



INCLUDED IN THIS MONTH:

1. WELL-BEING WEEK
2. WELL-BEING HOTSPOTS
3. GUEST WRITER: WELL-BEING TEAM
4. LEST WE FORGET
5. BETHS IN BARCELONA
6. HEADBOY INTERVIEW
7. BONFIRE NIGHT
8. SCIENCE AND TECH NEWS
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10. GAMING: FORTNITE
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14. QUIZZING CORNER ANSWERS

Best of the Beths

ISSUE THREE

30/11/2019

Well-being Week at Beths

Being active has a significant impact on improving our mental health and well-being, so we had a week this term to support Mental Health and Well-Being of everyone at the school to raise awareness.

One in four people wrestle with their mental health every year, and many others will be affected by the stigma surrounding mental illness.

This is a big problem in our school and that is

why we have and are still acting on it.

Whether acting on it is being active, learning or enjoying a moment, please try something new and you could possibly enjoy it!

Students can always come to teachers or the IEN for help fighting mental illness.

We try to help by holding activities like Turn-it-off-Tuesday, where you should avoid using your phone for the whole day.

Studies show that many people with mental health problems are normally those who avoid social contact. If you are struggling at home, school or anything else, don't struggle in science! We have excellent teachers who will always assist you no matter what. If you do have any suggestions to help and improve this aspect of school, please tell a teacher or inform a school councillor at the school.

Hamadin

Well-Being Hotspots at Beths

If you need any extra help at Beths, either academically or emotionally, please let your Form Tutor/ Head of Year know as soon as possible.

Your Form Tutor/Head of Year are the best place to start because they know you well and will be able to point you

in the right direction for further support.

However, we know that sometimes talking to your Form Tutor/Head of Year might be difficult and if that is the case then you can get further support and advice from any of the following:

- Pupil Well-being

champions

- Connect Club on Wednesday in C4
- Well-being pages on the school website
- Any member of the IEN team
- Your school counsellors, Denies and Jo
- The 'Be Better Box' next to IT3

Mr Blyghton and the Well-being team



The Guest Edit— Well-being

In this month's guest edit, the Well-being Team give you the low down on what it means to be well!

Why Wellbeing Week?

This week has been the third annual Wellbeing Week at Beths... why?

It is very important to Beths that our young people are feeling well. There are things we can all do to help ourselves to stay well. We are passionate about encouraging these messages around school and Wellbeing week provided an excellent opportunity to get our young people thinking about how they are feeling.

What is feeling 'well'?

Wellbeing and good mental health are being able to feel, express and manage a range of positive and negative emotions. It is realistic to acknowledge that we may not feel 100% happy at all times, but it is essential to know what we can do to help ourselves. Being well contributes to our overall health, because being emotionally and physically healthy feels good!

What did we do?

The Wellbeing team at Beths are committed to promoting emotional self-awareness and Wellbeing Week provided lots of opportunities for this.

The Stress Bucket - students were asked to consider the areas in their lives that may be causing them stress and the ways they may reduce that stress.

Favourite Memory – KS3 students were asked to write or draw their favourite memory – research has identified that recalling positive memories and experiences during adolescence may help

resilience in teens and reduce the risk of depression in later life.

Resilience Planning – being resilient means we are better able to adapt to and cope with difficult challenges. Resilience can be learnt by planning what we can do to help ourselves at those times.

Five Ways to Wellbeing - are you getting your "five a day"? If we are participating in these activities each day, research shows our wellbeing improves and our risk of mental illness reduces.

We have also delivered assemblies about the Five Ways to Wellbeing, asked students to complete a Wellbeing Assessment, and had Turn it Off Tuesday to encourage socialising. What a busy week...

Ms Jones & Ms Brett-Smith
School Counsellors and Well-being Champions



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



Your time,
your words,
your presence



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF

Lest We Forget

This month we have commemorated all of the soldier's who have fallen in combat. We all know what Remembrance Day is, but do we know how different countries around the world celebrate it?

Bermuda

Remembrance Day is celebrated with a public holiday, where a parade of surviving war veterans and descendants of deceased veterans in full military uniform and their medals march from 11AM, ending up the Cenotaph in front of the Cabinet House. Wreaths are laid and a 2 minute silence is held to remember those who fell in WW1 and WW2.



United States

In the USA, the day was renamed 'Veterans Day' in 1954, after a campaign to extend the commemorations to include those who served in WW2. America celebrated its Remembrance Day on the last Monday in May.



Belgium and France

Remembrance Day is celebrated with an official holiday in both countries. The end of the war may have been a time of happiness and celebration, but the huge amount of death in the war means that the day is a sombre day of reflection. In France, many parades take place across the country.



Ben

Barcelona Football Tour November 2019

In the early hours of Thursday 31st October, a group of Year 8 and 10 set off for Stansted Airport. They were about to embark on their incredible footballing journey for the next four days, playing in the World Schools Football Cup. When they arrived at Barcelona airport, they immediately set off for the Camp Nou, the prestigious stadium of Barcelona Football Club.

During the tour, the commentator's box, the dugouts and the press room were all open to view, as well as some amazing historical objects, like shirts worn by famous players and a countless number of trophies won. After a few hours at the biggest stadium in Europe, everyone had to endure two hours on the coach back to the chosen resort - Cambrils Park Resort.

The following day, the first matches were played with the U15's winning three out of three, the U13's team one, winning four out of four and the U13's team two, winning three out of four (drawing one). All in all, a very successful day.

On Saturday, the most important games took place. For both of the U13's teams, there was one more group stage game to play, with unfortunate losses in the two matches. However, this did not matter, as both teams had already been guaranteed a place in the next round, where both teams would play each other. This was good, as it meant one team was definitely in the final. On the other hand, it was bad, as it meant that both teams were not able to reach the final.



Barcelona Football Tour November 2019

The game took place later on in the day, ending in a result of 4-2, with David adding three to his collection of goals over the tournament, securing his team's place in the final. Beths U13's team one would play Ovingham School in the U13's final. Meanwhile, in the U15's semi-finals, Beths had triumphed over a school all the way from Dubai. This meant that they had reached the final, and were playing Douglas Academy from Scotland!

The Beths U13's team one were the first out of the two Beths teams to play in the final. Despite all of their efforts, the team could not defeat Ovingham, losing 2-0, but still earning themselves a silver medal. However, one trophy was brought back to the school, with the U15's team triumphing over Douglas Academy 1-0.

Not only did they win the trophy, but they were also the only team to not concede a single goal.

After all of the finals were concluded, the awards ceremony commenced, where each team was given a participation medal, or a gold, silver or bronze medal if they came first second or third. The U13's were the first to collect their medals, with a silver medal for team one and team two narrowly missing out on a bronze, coming fourth.

As well as this, David in 8w won the golden boot of the U13's category, due to his eleven goals in seven games. Next to step up to the podium were the Under 15's, who received a large trophy in recognition of their victory.



**THE WORLD SCHOOLS
FOOTBALL CUP**
THE WORLD SCHOOLS
FOOTBALL CUP
2019

When the ceremony had ended, all teams headed back to the resort to relax and enjoy their last night in Barcelona.

The following day was departure day, and after some sightseeing in the morning, the three teams set off for the airport. When they arrived, they were met by famous footballer, Gerard Deulofeu, who had just happened to be getting into his car at that exact moment. Luckily, he noticed us, and posed for a picture.

Later that evening, the Beths plane reached its destination – London Stansted. Unfortunately, this meant it was the end of the trip, and as if it wasn't bad enough, there was school the next day!

Daniel

Interviewing the Head Boy

Elgin is the current head boy at Beths Grammar School. With the new head boy and head girl being elected from the current year 12 cohort, Kwaku went to interview our current head boy to find out more about him as a person and his role here at Beths before he begins to prepare for his A Level exams in the summer.

What football team do you support and how well do you think they are doing?

I support Chelsea Football Club. At the minute I think Frank Lampard and the club are doing very well.

What is your favourite food?

My favourite African food is jollof rice — I know that you are waiting for me to say that! My favourite food outside of British and Ghanaian cuisine is Chinese.

What do you enjoy about being the head boy at Beths Grammar school?

I enjoy being the head boy at Beths because there are lots of opportunities where I can work with all of the students across the school.

One of the biggest challenges that I have faced was organising the Year 12 open evening.

Being the head boy fills up your calendar — I am very busy, but not so busy that I miss out on having my lunch.

My favourite part about being the head boy was definitely the presentation evening that took place earlier this year. This is where all of the awards for the year are handed out to students in all of the subjects which are studied here. There are also a number of special awards that are handed out at this event. Things such as this make Beths such a lovely community to be a part of.

What is your favourite subject?

My favourite subject is Chemistry.

What are your plans for the future?

In the future I would like to study dentistry, here I hope to meet a wide range of people and make lots of new friends. After this, I would like to put my degree into practice and become a dentist.

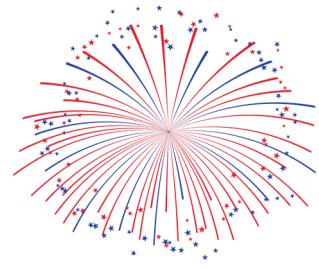
Kwaku



The Origins of Bonfire Night

What is Bonfire night?

Bonfire night is an annual celebration on 5th November where people all over the UK light bonfires and set off fireworks in fantastic displays. While it may just seem like a great opportunity to have some fun with friends and family, there is actually a historical reason why we do this. So, where did it all come from?



The Story of Guy Fawkes

Guy Fawkes was part of the Gunpowder plot in 1605. He wanted to blow up the Houses of Parliament, primarily because of religious beliefs. England was a Protestant country and the plotters were Catholic. They wanted England to be Catholic again, which they thought they could do if they killed King James I and his ministers.

Fawkes and his group put 36 barrels of gunpowder in cellars underneath the Houses of Parliament in London, ready to set off a massive explosion. However, one member of Fawkes' group, sent a letter to his brother-in-law, Lord Monteagle, who worked in Parliament, warning him to stay away on 5th November. The King's supporters got hold of the letter and the plot was ruined.

Guy was tortured, his guards cut open his chest while he was still alive and cooked his organs! If that wasn't enough already, Guy Fawkes was then cut up into small pieces which were burnt, and his head was put on a pike outside of The Houses of Parliament.

Tom

News in Science and Technology

'Hyper-realistic' masks have recently been surfacing around Japan at only a cost of around £1,000. Researchers say that these "masks are so convincing that people can't distinguish them from a real face".



This can be seen when a sum of 240 people in both the UK and Japan were tested to distinguish which photos showed a face and which showed masks and in a fifth of these scenarios, they were fooled.

Dr Jet Sanders says, "Failure to detect synthetic faces may have important implications for security and crime prevention as hyper-realistic masks may allow the key characteristics of a person's appearance to be incorrectly identified"

There are concerns that with time, these masks will gain more popularity and prices will become more affordable, possibly causing crime numbers to sky-rocket.

Levi

ROCKING UR TEENS



On Tuesday 12th November a group of year 8 and 9 students attended the Rocking Your Teens

conference. It was an inspirational experience all who attended this conference.

We began our journey with a train ride to Canary Wharf. When we reached the prestigious office building we took our nametags and began our journey.

We walked into the upstairs lobby and saw that had travelled from over countries just to hear this conference— so we knew it was going to be good.

The first speaker we had was Ragz, he connected to lots of people and he talked about growing up in a rough area and how he got through it by doing what he wanted and found his way; he connected with lots of people and really brought welcomed us well into this conference experience.



The next speaker was an entrepreneur and lots of people who want to make lots of money in the future were interested in his story. He also got famous YouTuber KSI to talk about his children and that made people listen to him because they wanted to know how he got KSI.

We then had a really inspirational speaker who had dyslexia and ADD, yet still got into university and tried his best no matter the odds. We then had a guitarist who wrote some songs and answered questions about mentoring for us.

During our lunch we had a bingo sheet where we went around asking people if they fit certain criteria e.g are they left handed?, does their name begin with J? This allowed us to find more about a person and make new friends.

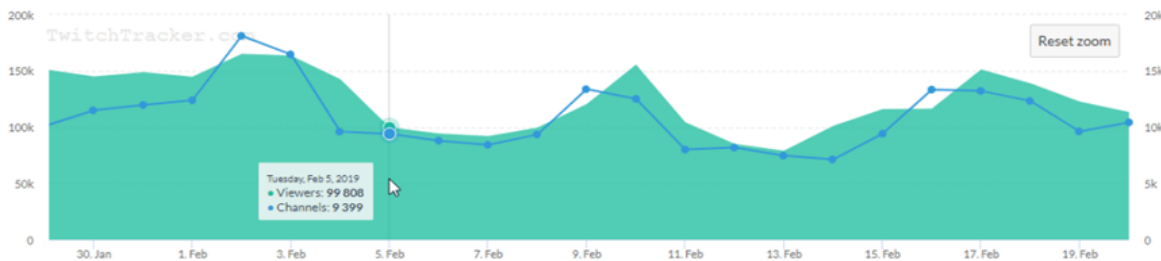
The theme of this conference was to learn what it meant to be a man. To be a man is what you think on the inside, nobody can tell you what it means to be a man apart from yourself!

David



Fortnite Is Dying!

Fortnite has without a doubt faced some serious competition with the release of Apex Legends. So— is Fortnite actually dying? Well, it depends on how you define dying... The game will not completely disappear, that's for sure. However, it could still lose more popularity than it has in recent time. Anyone who frequently visits Twitch or YouTube is cer-



tain to have noticed the drop in Fortnite's views.

According to these statistics, it's pretty clear that Fortnite has taken a beating in terms of viewership since the introduction of Apex Legends. The blue line on the graph represents the number of channels streaming the game on average at any time during a 24 hour period. The green line shows the average viewership at any time during a 24-hour period. What is notable is the steep fall in the number of channels streaming the game, and the initial fall in viewership of about 33%. However, Fortnite is recovering a great deal.

Pharrell

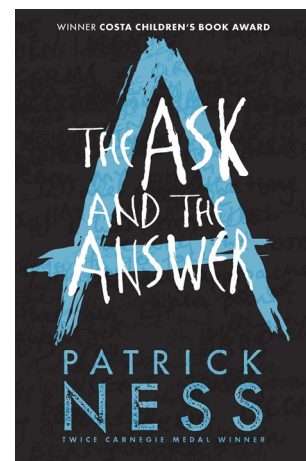
Book Review: *The Ask and The Answer*

This book is the sequel to '*The Knife of Never Letting Go*' and is the second book in the Chaos Walking trilogy.

In book, this we have the main protagonists — Todd and Viola. Without trying to spoil too much, Todd and Viola (who are literally soul mates) are unfortunately separated because of the tyrant leader, President Prentiss. During the book, more secrets are uncovered about the tension between the tyrant and his son, Todd is forced to work doing things that are inexcusable whilst Viola has to escape during all this anarchy.

This series is something is so authentic and original. I recommend it to absolutely anyone because it carries themes of sexism, dystopia, vengeance, thrill, terrorism, invasion, tyranny and so much more. It's not a book that can be read and then never thought of again. This Young Adult novel leaves you with a whole different perspective of life to think about. The imagination that Patrick Ness acquires inspires you. The novel was absolutely outstanding and I might even compare it to series such as Noughts and Crosses or, a personal favourite of mine, Harry Potter.

Levi



The Fifa Segment

Players To Buy: Who to Watch

Juan Mata

Manchester United

Selling for 135,000 FUT coins

There is a lot of controversy about this new flashback card. With his appealing statistics and commonly used league (EPL) you may well decide that he is the player for you. His estimated SBC price is around 135,000—but is it really worth getting another untradeable SBC card?

Some people may like to use this card but his 4STAR skills and 3STAR weak foot is not that great... In my opinion, I don't think it's worth it as he doesn't fit my team... Nothing to do with the fact that I can't afford him. Besides, I think I will get tired of him.



Team of the Month - Show Your Squad

Would you like to Show Your Squad to the rest of the school? The idea behind Show Your Squad is that you can send a screenshot of your Fifa Squad to me and then I will rate your team out of 10 and showcase your squad in the next publication of the newsletter. If you would like to get involved, please find me in B3 during morning registration or during a Tuesday lunchtime.

Reuben



Quizzing Corner

- Q.1) What are the two ways in which you can qualify for Euro 2020?
- Q.2) Who qualifies for Euro 2020 through Nations League?
- Q.3) How long does the competition last?
- Q.4) What cities and stadiums are hosting Euro 2020?
- Q.5) What does UEFA stand for?
- Q.6) How many goals have been scored in the competition so far?
- Q.7) How many goals have England scored in the competition so far?
- Q.8) Who is the top scorer in the competition so far?
- Q.9) Who has scored the most goals for their international team?
- Q.10) Who has scored the most goals for England?



The solved answers will be in next month's Best of the Beths.

Kwaku

Quizzing Corner — Answers



GRAMMAR
EARDLEY
WICKHAM
ENGLISH
HURST
MATHS
SCIENCE
CRAY
BEXLEY
BRAMPTON
BETHS
ABBNEY