



Becket Keys Church of England School

8th December 2017

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Beating the winter blues

By Mrs Trebess

On the 21st December, we reach the shortest day of the year, or the winter solstice. On this day, the sun will set at 4.28pm and daylight will last for a mere seven hours, 49 minutes and 41 seconds – almost nine hours less than the year's longest day in the summer.

In spite of the promised excitement of Christmas, the shorter days and lack of daylight can sometimes lead to teenagers feeling distinctly lacking in energy and motivation. So here are a few tips to make sure they stay jolly and bright this winter.

1. Sleep

Many teenagers find it very difficult to get out of bed at the best of times – let alone whilst it is dark

and freezing cold outside! Install a mobile phone App like 'Light Alarm Free', which gradually increases the amount of light in the morning to simulate the rising sun. Instead of waking in darkness, wake to what looks like a sunny morning.

2. Go outdoors

Whenever possible, get outside during daylight hours to get exposure to the sun. Take a short walk outdoors. Increase the amount of natural light indoors by opening blinds and curtains and sitting near windows.

3. Exercise

Exercise is a powerful way to improve mood,

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BECKET KEYS
Church of England School

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Especially exercising outside in natural daylight. Regular exercise can boost serotonin, endorphins, and other feel-good brain chemicals. Exercise can also help to improve sleep and boost self-esteem.

4. Food

Eating small, well-balanced meals throughout the day, with plenty of fresh fruit and vegetables, will help keep energy up and minimise mood swings. Foods such as whole grain bread, brown rice, and bananas can boost feel-good serotonin levels. Foods rich in certain omega 3 fats—such as oily fish, walnuts, soybeans, and flaxseeds—can also improve mood.

Follow the advice above and hopefully we can all enjoy the winter with a little bit of extra ho ho ho!

Mrs. Trebess
Deputy Headteacher

A Message from Finance

Year 11 English Literature Jekyll & Hyde Trip – Payment needs to be received by Friday 15th December 2017 via ScoPay please.



NON-UNIFORM DAY

Supporting the school charities



Usual school rules for hair and make-up, but do use tinsel or Christmassy bands to tie back hair if you wish.

Sensible footwear.

Make sure that your clothes choice is appropriate for school wear! In particular, no crop tops or low necklines and shoulders

14th Of December 2017

One pound paid to form tutors week of 10th December



Music Exam Success!

Daniel Peters 8EW has passed Grade 3 Piano with Merit. Congratulations!



Friends of Becket Keys

Christmas Cake Raffle



Thanks to Mr. James Hillary, a Becket Keys parent and Great British Bake Off contestant, for this lovely Christmas fruit cake! We are raffling it off. Proceeds to Friends of Becket Keys. Get your tickets from Main Reception, £1 per ticket.



As featured in:
the guardian The Telegraph Daily Mail The Independent Evening Standard MAIL

Christmas Shopping? Why not see if you can help raise some funds for FoBK through your online purchases in a few easy steps:

Follow this link:

<https://www.easyfundraising.org.uk/causes/becketkeyschoolbrentwood/?q=becket&cat=cause-autosuggest>

- Click 'Join us'
- If new to Easyfundraising then set up an account.
- Browse the hundreds of online shops who participate in the scheme and go shopping! As long as you go into the online sites through the Easyfundraising site, you will register a donation to FoBK. You can even get an App for your phone! It will not cost you a penny!

If already a member then why not refer a friend? FoBK will get a bonus when each referral make a purchase.

<https://www.easyfundraising.org.uk/invite/1W14ZX/>



This year's Christmas Carols Concert takes place on Tuesday 12th December in the main hall and will be a wonderful opportunity to listen to music performed by our Chamber Choir, Orchestra, Year 7 - Year Group Choir, Stage Band and Gospel Choir, as well as a chance to sing carols with the Worship Band.

Doors open at 7pm, with a short reception (refreshments will be available), and the concert begins starts at 7:30pm. As our main hall can only seat 300, we have to limit seats to three per family, at a cost of £4.50 per seat. To reserve your seats please pay on the online SCOPay system and bring the receipt as your concert ticket. All performers will be onstage throughout, so you do not need a ticket for your son/daughter if they are performing.

The Christmas Carols Concert is a wonderful tradition at Becket Keys and we look forward to sharing in the festivities with you and your family.

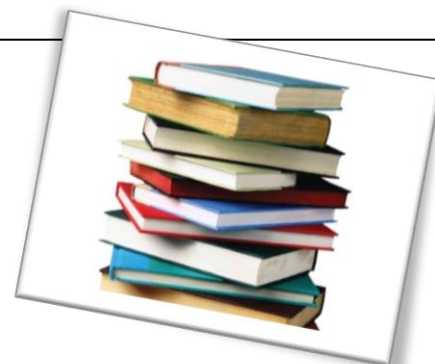
Numeracy Challenge

During the Christmas carol 'The Twelve Days of Christmas' how many presents does the true love send?

We are happy for parents and students to try and work out the numeracy challenge. You can send your solution to Mr Tyson on twitter [@BKS_MATHS](https://twitter.com/BKS_MATHS)

Give the Gift of Reading this Christmas

Remember, Mr Fox is appealing to parents, students and staff, alike, to donate a book this Christmas. With three Christmas trees located around the school building, this is the perfect opportunity for people to wrap up a favourite or inspirational read, and allow others to enjoy the gift of reading. Whether your chosen read is a work of fiction or non-fiction, intended for enjoyment and escapism or to enhance subject knowledge and academia, all types of literary gifts are much welcomed. There will be a separate Christmas tree in the Sixth Form area for people to donate more challenging and thought-provoking books – perhaps, directly relating to one of the A-level courses being studied. It would be so rewarding and beneficial if we could continue to foster the love for reading in the Becket Keys community, and what better time to ignite the flame of literacy than during the Advent season? So, please, consider donating a book this Christmas; the gift of reading is one that we should all be able to enjoy.



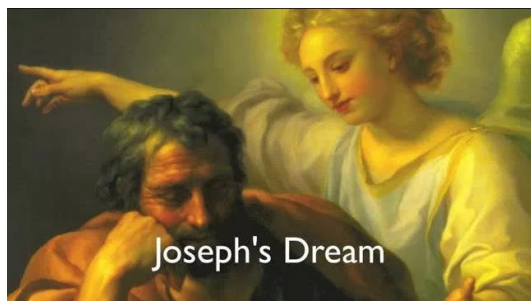
Student Achievement

Congratulations Beatrice Mullan Year 9! She has just been chosen to represent Essex and the UK at Scouts World Jamboree North America



BIBLICAL PAUSES

A reading from Matthew 1:18-25



Joseph's Dream

'This was how the birth of Jesus Christ took place. His mother Mary was engaged to Joseph, but before they were married, she found out that she was going to have a baby by the Holy Spirit. Joseph was a man who always did what was right, but he did not want to disgrace Mary publicly, so he made plans to break the engagement privately. While he was thinking about this, an angel of the Lord appeared to him in a dream and said, "Joseph, descendant of David, do not be afraid to take Mary to be your wife. For it is by the Holy Spirit that she has conceived. She will have a son, and you will name him Jesus—because he will save his people from their sins."

Now all this happened in order to make come true what the Lord had said through the prophet, "A virgin will become pregnant and have a son, and he will be called Immanuel" (which means, "God is with us"). So when Joseph woke up, he married Mary, as the angel of the Lord had told him to. But he had no sexual relations with her



before she gave birth to her son. And Joseph named him Jesus.'

We do not use the word 'joy' much these days and yet it is what we are all really searching for. We do the things we do for some sort of fulfillment of a void in our life or because it meets a felt need of some sort. That is an indication of the search for joy. Joy is much deeper than being happy. It goes beyond feeling good. It is a deep sense of finding fulfillment and purpose.

Joy is a pleasurable aspect of something or source of happiness. When you experience joy, you are at peace with the situation around you. What is your source of happiness? If your source of happiness is found in this world, it will leave you longing and searching for more and more.

God is the source of true joy. The morsel of truth He gave to the woman at the well in John 4:13-14 is the same truth He gives to you and me. Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I

give him will become in him a spring of water welling up to eternal life." It is joy that anchors our life regardless of the situation.

What can we learn from Joseph and Mary? From the outside, the news of the birth of Jesus could be very troubling and cause much anxiety, but Joseph and Mary found joy in God's plan.

The Joy of Joseph as seen in his life:

- He was "a man of stern principle" (Matthew 1:19a). When you have joy, you are not worried about what others think nor do you measure success by the standards of the world. Joseph was a man of stern principle, which means he had morals and values that he lived by.
- Being compassionate, he "decided to break the engagement quietly, so not to disgrace her publicly" (Matthew 1:19b). Joy takes the focus off you and looks toward the good of others.

Joseph truly cared about Mary and her well-being and did not want to inflict undue duress.

- He was obedient. "He did what the angel of the Lord commanded" (Matthew 1:24a). Joy is seen and experienced when you allow God's will above your own will. Joseph was obedient. He trusted God even when things did not make sense.

you put God's agenda ahead of yours.

- She was thankful. "Oh, how I praise the Lord. How I rejoice in God my Saviour!" (Luke 1:46-47). Mary had a great perspective. She not only trusted God with her life she rejoiced. She embraced life and celebrated, even in the most difficult and sometimes confusing news.

This kind of joy is found when we realise that God's way is better than our way.

"For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord. As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts" (Isaiah 55:8-9).

God is above all things. He sees and knows what is best for you and me. Find your joy in that truth. Joy is found in the promise of the Christmas message and is a gift for all who are willing to receive it.

The Joy of Mary as seen in her life:

- She was trustworthy. "Greetings, favoured woman! The Lord is with you!" (Luke 1:28). Mary was trustworthy. She trusted God with her life even before the angel appeared before her. She was known as one who found joy in the Lord.
- She was pure. "But how can I have a baby? I am a virgin!" (Luke 1:34). Mary knew what it meant to wait and rely on God's plan. She understood that the world can only offer superficial joy or happiness. She had true joy and it was seen in her purity.
- She was available. "I am the Lord's servant, and I am willing to do whatever he wants. May everything you said come true" (Luke 1:38). Mary completely trusted God with her very life. Finding joy comes when

The Joy seen in your life:

The good news is this; you too can have this joy. What is meant by true joy?

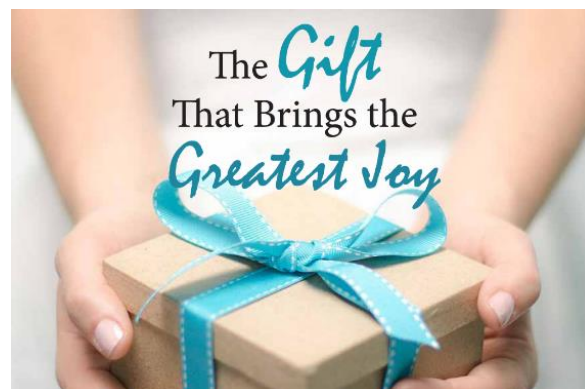
- It is not a claim to have all the answers. I am sure Joseph was still unsure how he was going to explain Mary's "condition" without her getting stoned.
- It is not a claim where you have to pretend that everything is all fine. Both Mary and Joseph had real life problems that they had to deal with.
- It is not a claim that everyone around you will understand and accept you because you have joy. I am sure that Mary and Joseph were the subjects of ridicule and rejection.
- It is a claim that all of these things, though important, have no bearing on your life and deep down you can have a peace to know that God is in control.

Dear God,

Thank you for the joy of the Christmas message. Thank you for the realisation that true joy is a gift for all who are willing to receive it. Thank you for the peace that comes from knowing the God is in control and that God's way is better than our way.

Amen.

**Mrs. Sharp
Deputy Headteacher**



Sports News

MESSA 5 a-side Futsal



Student Match Report

The Year 7 Girls' Football team played a tournament against Shenfield, Great Baddow and Brentwood Ursuline. The Becket Keys team was McKenzie, Isabella Proce, Izzy Brook, Milly Cordwell, Saskia Bashford, Lucy Gunn and Alice Savill. All of the games except one were a draw and unfortunately, The Ursuline beat us 1-0. The team enjoyed the tournament and went home with a good attitude and ready for future games.

What is Futsal?

Futsal is an exciting, fast-paced small sided football game that is widely played across the world and is officially recognised by both UEFA and FIFA.

The nature of the game places a large emphasis on technical skill and ability in situations of high pressure, and is subsequently an excellent breeding ground for football competencies that can be translated into the 11-a-side format of the game.

"Futsal is an extremely important way for kids to develop their skills and understanding of the game."

Ronaldinho

FIFA World Footballer of the
Year 2004/2005

Many of the top world class footballers played Futsal in their youth and credit it with supporting their footballing development; players of the calibre of Pele, Zico, Ronaldinho, Kaka, Lionel Messi to name but a few all played and enjoyed Futsal. On the European stage Cristiano Ronaldo, Deco, Xavi and Cesc Fabregas, amongst many others, have played Futsal to develop their skills.

"Futsal was important in helping to develop my ball control, quick thinking, passing....also for dribbling, balance, concentration.... Futsal was very, very important, no doubt."

**Pele, FIFA World Cup Winner
1958, 1962 & 1970**

Futsal is a five-a-side game, normally played on a flat indoor pitch with hockey sized goals and a size four ball with a reduced bounce. It is played to touchlines and all players are free to enter the penalty area and play the ball over head-height. Games are 20 minutes per half, played to a stopping clock (similar to basketball) with time-outs permitted.

Upcoming Fixtures

MONDAY 11TH DECEMBER

Year 8 Football v Anglo (a)
Year 10 Girls' Basketball v Boswells (a)

TUESDAY 12TH DECEMBER

Year 7 Basketball v St Martins (a)

WEDNESDAY 13 DECEMBER

Year 9 Football v Plume (h)
Year 7 Basketball v SJP (h)
Year 9 Netball v WDF (a)
Year 8 Girls' Basketball v St Martins (a)
Girls' Basketball v Boswells (a)

THURSDAY 14TH DECEMBER

Year 11 Basketball v St Benedict's
Year 8 Girls' Basketball v SJP (a)

MONDAY 18TH DECEMBER

Year 11 Basketball v Mayflower (h)

TUESDAY 19TH DECEMBER

Year 8 Girls' Basketball v WDF (a)

DATES FOR YOUR DIARY

BECKET KEYS CHRISTMAS CAROL CONCERT

TUESDAY 12TH DECEMBER

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SCHOOL CHRISTMAS LUNCH & CHRISTMAS JUMPER DAY

THURSDAY 14TH DECEMBER

*

CHANGE OF DATE! WHOLE SCHOOL CHRISTMAS EUCHARIST

TUESDAY 19TH DECEMBER
ST THOMAS OF CANTERBURY CHURCH
11.15AM

Parents & Carers Are Welcome to Attend

LAST DAY OF TERM

WEDNESDAY 20TH DECEMBER
SCHOOL WILL CLOSE AT 12.40PM

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INSET DAY

WEDNESDAY 3RD JANUARY 2018

*

SIXTH FORMER FOR A DAY

FRIDAY 12TH JANUARY 2018

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YEAR 9

SUBJECT CONSULTATION EVENING

TUESDAY 23 JANUARY 2018



Join us at our Christingle

Help us make children's lives better.

We would love for you, your friends and your family to join us at our Christingle celebration so we can help to support vulnerable children.

Date: 24th December

Time: 4.30pm and 6pm

Location: St Thomas Church

Please contact:

christingle.org

Charity Registration No. 222224



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