



Becket Keys Church of England School

23rd February 2018

TAKE A BREATH!

IN THIS ISSUE

Mrs. Sharp writes:

WHY DOES TAKING A DEEP BREATH HELP?

Year 11 students have returned from the Lent break to take their second mock series. The most recent blog from **InnerDrive** (the mental skills training company Becket Keys has had the pleasure of working with for many years) looks at how to help keep calm and manage revision stress by simply "taking a deep breath". It struck me, how important it is to physically and mentally prepare ourselves to succeed when faced with challenges, whether examinations, public speaking or interviews. Indeed, we all need to adopt techniques that work for us in situations we may perceive as stressful.

The information from the blog is shared below. It provides the

science behind the popular phrase 'take a deep breath' and why it actually works:

REGULATING THE AUTONOMIC NERVOUS SYSTEM

Slow breathing exercises can significantly improve the balancing of the autonomic nervous system (ANS). The ANS is the body's automatic control of the diaphragm that regulates our breathing. Normally in stressful situations, our heart rate increases and breathing becomes uncontrolled and erratic. Deep breathing provides us with a technique that can re-regulate our breathing.

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BECKET KEYS
Church of England School

Biblical Pause

Plug into the power of prayer.

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School Production

The next school production has been announced. Auditions are now being held!

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Friends of Becket Keys

Details of the next fundraising event organised by our hardworking PTA and information on an additional way to donate to the Playground Appeal.

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Sports News

Cross Country results and details of how you can 'get into running'.

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CONTROLLED BREATHING

Controlled breathing helps the body return to a state of physiological rest, where the brain and ANS are aligned in a synchronised coherence with one another. By controlling our breathing, we have the ability to enhance both our physiological and psychological functioning in our body. A useful tool that helps you feel in control of your emotions, thoughts and behaviours.

SYNCHRONISING OUR RESPIRATORY SYSTEM

Slow deep breathing aids the process of cardiorespiratory synchronisation. Simply, breathing can reduce the excitability of organs like the heart, to significantly reduce the onset and effects of negative emotions. Consequently, breathing techniques can be utilised to treat stress, anxiety, depression and a multitude of other emotional disorders, as well as everyday life stresses.

HEART RATE AND BLOOD PRESSURE

Deep breathing has also been shown to decrease heart rate and lower blood pressure in some participants. Research has also found that this is linked to an increase in melatonin production, a hormone that naturally helps normalise sleep patterns, increase relaxation and provide an increased sense of well-being.

Researchers have also discovered a vicious cycle between emotions and heart rate. The more stressed you are, the faster your heart beats. However, a faster heart-rate is often interpreted as stress, which means a tough situation can quickly escalate. If you pause for a moment and take a deep breath, this helps everything slow down and break the cycle.

PREPARING FOR EXAMS

One of the valuable and useful benefits breathing can offer for students is its ability to decrease test-anxiety, nervousness and self-doubt before an important exam. Students may see short-term benefits from taking part in deep and controlled breathing.

SUMMARY

Regular, controlled breathing utilises a range of useful physical and mental health benefits that can help improve your everyday life. When applied on a regular basis, this type of breathing can be used as an effective tool to control your body's reactions to the stressors you experience throughout life.

I wish all Year 11s every success in their mocks and pray they will take good care of themselves during the exam period. Revising hard, but also physically and mentally preparing themselves to succeed. "Take a deep breath". You can do it!

Mrs. Sharp
Deputy Headteacher

An exercise to try.

Breathe in and out counting to a particular number that feels comfortable. Maintain for several cycles.

Breathe in focusing on your heart. Breathe into the centre of your chest.

Make sure you breathe smoothly in and out.

Some people find it helps to breathe out for slightly longer (e.g. a count of 1 or 2 more) than breathing in.

You can learn more from these clips:

<https://www.youtube.com/watch?v=qo6YIWCR2Js>

https://youtu.be/Q_fAttg8No



BIBLICAL PAUSES

This term's Tutorial Collective Worship theme is 'Plug into the Power of Prayer'. This theme is appropriate to any time of the year, but particularly suitable for Lent, as we aim to draw closer to God. With this term's theme, students' progress from a thorough understanding of the Lord's Prayer in Year 7, to exploring prayer in the context of other spiritual practices in Year 12.



It is not just religious people who pray. Even those who say they have no religious faith will, at some time or other, find themselves inclined to pray. Whether simply looking heavenward or exclaiming 'thank God', people find themselves wanting to plead with a mysterious 'somebody out there' for help in a difficult situation or to give thanks for a good thing that happened or even a bad thing that did not.



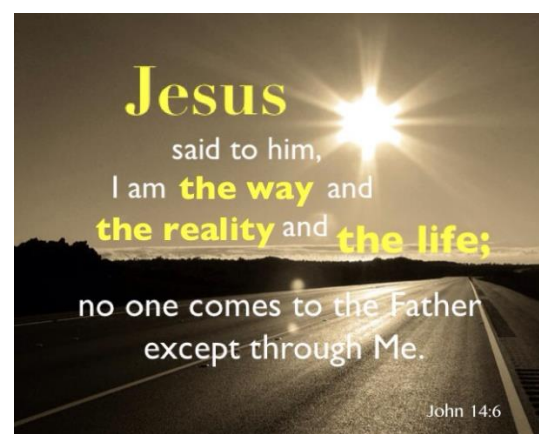
The instinct to pray seems to be deep rooted in us human beings. However, what exactly is prayer? Is it a repetition of a set formula of words? In addition, who, or even what, do we pray to? For two thousand years, many millions of people have been guided by the teaching of Jesus. In John's Gospel, Jesus made an astonishing statement about Himself and said, '**I am the way, and the truth and the life**' (John 14:6).

All three claims are relevant to prayer because:

- **Jesus is the way to God.** He gives His followers access to God; His death and resurrection clear the way for those who trust in Him to go to God.
- **Jesus is the truth about God.** People have speculated widely about God. Jesus, however, knows God in a way that is trustworthy. Indeed, through Jesus we see who God is.

- **Jesus is the life in our relationship to God.**

Prayer can sometimes seem formal and dull. Jesus, however, brings energy and reality into it! Therefore, when it comes to prayer, we need to go to Jesus for the answers. A man of prayer, He taught His followers to pray.



Lord Jesus, our desire is to know you, to serve you, and to love you more deeply. Help us as we seek to deepen our discipleship and take time to pray daily, throughout Lent and always. Amen.

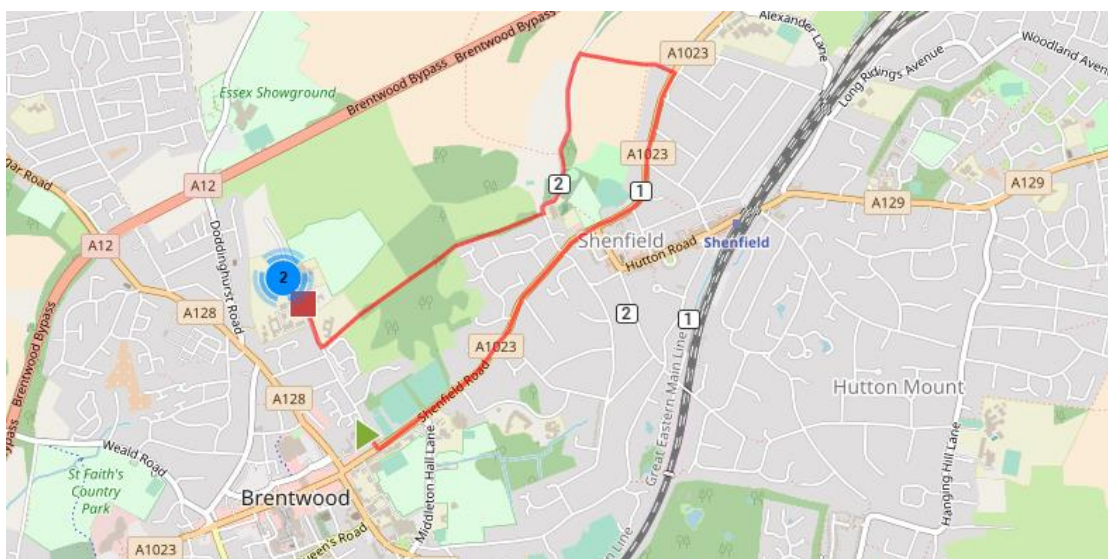
Mrs. Sharp
Deputy Headteacher



When: **SUNDAY 18TH MARCH 2018**

What: 5k charity run around Brentwood. (Not to be confused with the half marathon on the same day!!)

Where: Brentwood. Starts outside our school. See the route below:



Who: ANYBODY! Whether you are competitive and you want to win it or you want to do it just for the challenge. This is available to everybody. We also need any volunteers who are able to give out drinks, which are provided at school, or just to come down and cheer everybody on.

How: Sign up on the website and register. There is more information about how to help and a sponsorship form attached with the newsletter.

<http://www.brentwoodhalf.org/copy-of-take-part>

THE BIGGEST, BRIGHTEST, MOST BRILLIANT MUSICAL
BECKET KEYS HAS EVER SEEN...

AUDITIONS 22nd and 27th February
PICK A DATE AND MEET IN RUNCIE HALL AT 3.15PM

OPPORTUNITIES FOR:

- *Actors
- *Singers
- *Dancers
- *Musicians
- *Stage hands
- *Make up specialists
- *Lighting/Set designers

HIGH SCHOOL MUSICAL

Community Spirit



Two of our Year 7 students Ester Savill-Downs and Georgina Eaton spent 2 hours collecting rubbish in the High Street in Brentwood last week. They borrowed litter-picking equipment from the Brentwood Centre and when returning it, they filled another sack with the rubbish they found there, as they were surprised at the amount of litter to be seen.

The girls were working voluntarily and did the job willingly with smiles all the way!

We decided to do the litter pick because we thought we could improve the High Street. When we go to the shops at the weekend, it is often very messy. Whilst we were working, we also found a lost purse, which we handed into the police station. We love where we live and wanted Brentwood to be a better place.

Georgina Eaton 7EW

We wanted to do a nice thing, which is why we decided to pick up litter, even though I thought it might be a bit weird to begin with. It turned out to be a lot of fun! We picked up lots of items such as drink cans and cigarette

ends. A local homeless man also helped us tidy up the High Street and when we returned to the Brentwood Centre, we saw rubbish there to collect.

Ester Savill-Downs 7AC

Dear Becket Keys

Hogarth attended the Cross Country event yesterday and I would like to express my gratitude to your young helpers. They were magnificent! We have a boy who suffers from asthma, your young leaders were fantastic, helping him with his inhaler, and staying with him to make sure he was OK. There were also other leaders encouraging the pupils in a positive way to make sure they completed the course. They were outstanding. Thank you very much.

Matt Smith, Director of Sport
Hogarth Primary School

Women in Science Residential Year 11

4th - 6th April, 2018

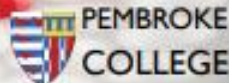
Love science? Apply to our free, three day Women in Science Residential to:

- Take part in academic sessions
- Meet current students and members of staff
- Experience life at a Cambridge College
- And more!

For further information, and to apply, visit:

www.pem.cam.ac.uk/women-in-science-residential2018

Please note that eligibility criteria apply. See our website for further details.
Applications close at 8am, 27th February 2018.



Year 10 and 11

Journey's End

Theatre Trip

Thursday 22nd March.



Please be aware that currently this trip is full. Information about departure and return times will be sent in an email to all those attending in the first week of March.

Year 9

Bude Trip

Please make sure that all forms regarding dietary requirements and room allocation are returned to Form Tutors by Monday 26th February.

These forms were sent home to all students who are attending this trip.

Prayer Group



There is time for parent/carers and the wider school community to come and pray with Mr. Scott-Evans Tuesdays 11:15am and Wednesdays 7:50am.

A warm welcome to all!

Friends Of Becket Keys



FRIENDS OF BECKET KEYS

The Best of British Quiz Night.

FRIDAY 16TH MARCH 2018

Doors open at 7:30pm.

Teams of up to 10. Bring your own drinks and nibbles.
Tickets are £5 per person + booking fee.

<https://www.eventbrite.co.uk/e/fobk-quiz-night-tickets-42746481878>

Alternatively apply via Facebook or email fobk@becketkeys.org



Friends of Becket Keys

CASH & COINS

Are you going on Holiday this year?

Please help us raise funds for the School
Playground Appeal

by donating your unwanted foreign
currency from around the world

We can take ANY coins or notes of ANY
denomination from ANY country.

We can even take old pound coins if you
still have these.

Please bring your coins/notes into school
and drop into the

Purple collection bucket at Reception.

Thanks for your continued support.

Do not forget to ask your family, friends
and colleagues at work!



Sports News

Year 7 & 8 Cross Country

On Wednesday, we took our Year 7 and Year 8 cross-country runners to Stubbers to compete in the Essex schools championships. It was a sunny day and spirits (and nerves) were high. Our Y7 team consisted of Luke Rouse, Oscar Pain, Josh Hall, Joe Marder, Lucy Gunn, Izzy Brook, Isabella Price and Tilly Wright. Our Y8 team was Alex Power, Toby Brennan, Matthew Matkin, Maddie Barker, Evie Knight, Mia Evans and Melita Kupryte. All of our students ran well, conducted themselves brilliantly and had the



opportunity to run against some top runners in the county. A special mention must go to Maddie Barker, who finished 8th and qualified for the Essex team. Maddie will represent the county on the 24th March. Well done to all who competed.

Interested in getting in to running? There are many ways to get involved. Park Run is every Sunday and Thrift Green Trotters meet at the school on a Thursday. Why not sign up for the Brentwood Fun Run in March?

Parkrun



Remember everyone can take part in the Park Run each week. It is held every Saturday at 9.00am. Get there at 8.40am, so you can warm up!

All results are kept on the website and you can be ranked throughout the UK.

It would be great for all those students who are part of a school team to take part in these events to improve their overall fitness. **#parkrun**

Weald Country Park
South Weald
Brentwood CM14 5QS.

Year 10 Girls' Basketball

The Year 10 team had a match against St Martin's this week in which they provided an exemplary performance and sportswomanship.

Although the team did not win, the girls worked very hard throughout and made some fantastic shots. The PE department were very impressed with their resilience and



Thrift Green Trotters is a running club that works in partnership with Becket Keys and meets every Thursday after school.

There is a small subscription fee and places are limited by the optimal coach to runner ratio, which is why booking and payment is requested in advance.

Contact the school for more details.

determination. A special thank you to Molly whose coaching and encouragement really helped to motivate the team. Also, thanks to Cleo who stayed to do the scoring and timing, we really appreciate the time and effort you put in to supporting our team.

Full team:

Isla Bradley, Grace Middleditch, Rebecca Sharp, Molly Whymark, Ella Brook, Nancy Parish, Amelia Walker

Final Score:

St Martin's	34
Becket Keys	11

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DATES FOR YOUR DIARY

LENT LUNCHTIME EUCHARISTS

EVERY FRIDAY FROM 23RD FEBRUARY

*

FOBK COMMITTEE MEETING

6.00 PM WEDNESDAY 14TH MARCH

(LIBRARY)

*

CHANGE OF DATE

YEAR 10 CONSULTATION EVENING

THURSDAY 15TH MARCH

*

FOBK - BEST OF BRITISH QUIZ

FRIDAY 16TH MARCH

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LINKS WITH CHINA - INTRODUCTION

7.30PM WEDNESDAY 21ST MARCH

Tickets via Eventbrite

<https://www.eventbrite.co.uk/e/links-with-china-introduction-evening-tickets-42669090398>

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YEAR 11 CONSULTATION EVENING

BY INVITATION ONLY

THURSDAY 29TH MARCH 2018

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YEAR 7 CONSULTATION EVENING

THURSDAY 19TH APRIL 2018