



SUGARLOAF SKI TRIP – READ MORE ON PAGES

# Becket Keys Church of England School

20<sup>th</sup> April 2018

IN THIS ISSUE

**Mrs Sharp, Deputy Headteacher writes:**



## Sun, positivity and planning boosts students' wellbeing and academic performance

The school community has enjoyed the improved weather this week. Although it may or may not be set to continue, it is definitely a hot topic of conversation!

Whilst too much of the sun's warm rays can be harmful to the skin, the benefits of the right balance cannot be underestimated. Sunlight and

darkness trigger the release of hormones in your brain. Exposure to sunlight is thought to increase the brain's release of a hormone called serotonin. This is associated with boosting mood and helping a person feel calm and focused. When natural sunlight hits the skin, it also triggers the body's production of vitamin D. Vitamin D is also known as "the sunshine vitamin." It is a crucial ingredient for overall health and wellbeing. It also improves brain function and helps fight stress. Therefore, students having their exams in the summer can benefit from a boost in their performance!

Being out in the sunlight for short periods, two or three times a week, is enough to enjoy the

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**BECKET KEYS**  
Church of England School

### New Staff Member

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vitamin D-boosting benefits of the sun. However, we are all aware for the need to remind students of the need for moderation. Please be reassured that we have been blowing the whistle 10 minutes early at the end lunch, to encourage students to cool down and refill water bottles, in order to remain properly hydrated throughout their afternoon lessons. For Year 11 and 12 students, outdoor time should clearly be incorporated into their revision programmes for sunlight as well as exercise. Remember, they cannot make vitamin D if they are sitting indoors even by a sunny window because ultraviolet B (UVB) rays (the ones your body needs to make vitamin D) cannot get through the glass.

As well as the sun boosting exam performance, we can all make a big difference. The good news is that you do not need to be an expert in any of the subjects your child chooses to make a real difference. You also do not need to give up your life and other responsibilities; you just need to know how best to spend the time you do have. One of the hardest demands on students is that of understanding the long-term importance of doing the best they can, and learning to shelve short-term fun at times in the interest of long-term benefits (not easy even for adults). Students will also differ in their levels of maturity, their ability to take responsibility for their learning, organisational skills and levels of motivation. This is where parents

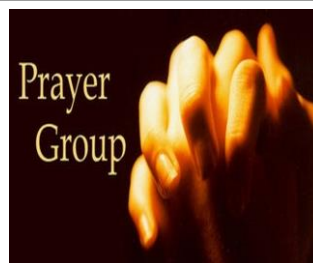


and carers come in. Your support, encouragement and interest can make a spectacular difference to your child's motivation and ability to cope with the academic and organisational demands of exam periods. Importantly, never let them think it too late to revise. This can be demotivating and leads to a 'what is the point' attitude. The message should be that it is never too late until you enter the exam hall. With revision, a little revision is better than none and could make the difference between passing and failing. A positive mindset goes a long way. There is still time to improve grades (as seen from analysis of exam results last year's).

These last few weeks before the GCSE exams are crucial for our students. Heads of Department have produced detailed micro schemes of work to ensure the best use is made of the time leading up to the exam. This has been based on question level analysis of their second mock papers. Interventions are also carefully planned to boost exam performance. Practice, practice

and more practice is the key here. Every lesson and intervention will include exam-style questions and teachers will be ensuring a quick marking turn around to inform student revision and ensure they continue to develop their approach to different types of exam questions. A similar approach is being taken with our Y12 students, as they approach their UCAS exams.

I wish everyone a wonderful weekend. Let us be thankful for the sunshine and for all the hard work and positivity of our parents and teachers. May it boost our students' wellbeing and academic performance.



There is time for parent/carers to pray with Mr. Scott-Evans Tuesdays 11:15am and Wednesdays 7:50am. All welcome.

## New Staff joining Becket Keys



### Mrs Price Acting Head of Art

After completing my GCSEs and A Levels at Westcliff-High-School for Girls, I decided to follow my passion for Art at University. While undertaking my degree in Fine Art at The University of Essex, I enjoyed exploring a wide range of two dimensional and digital artistic media and processes. I also discovered a new fascination with Italian architecture and urban space. This quickly became the basis of my artistic practice for the remainder of my degree course. In my final year, I volunteered at the Mind day centre in Southend, offering weekly art workshops to the people who visited the centre for support. I was very happy to help and enjoyed my first experience of teaching. This was an extremely valuable experience, as I feel it gave me the confidence to apply to train as a teacher.

In the summer of 2007, as I approached the completion of my degree, I was fortunate enough to gain a place on the Essex County Council Graduate Teacher Training Program. Based at The Appleton

School in Benfleet full-time and attending specialist training workshops in Harlow, I quickly grew as a teacher. I really enjoyed working with the students, helping them to explore art and develop their own artistic ideas. I loved that every day was different. By the time I gained Qualified Teacher Status in the summer of 2008, I had gained a full-time teaching position in the Art Department at FitzWimarc School in Rayleigh. In January 2013, I began working at Belfairs Academy in Leigh-on-sea. This gave me my first opportunity to teach to A Level. This was something I particularly enjoyed, as I was able to help students to find their own artistic identity through creating individual personal projects. Soon after joining the Academy, I was promoted, initially to Key Stage 3 coordinator, then to Second in Department and more recently to Head of Department for Art and Photography. Whilst I was working there, I also had the opportunity to be the training mentor for two trainee art teachers. This was such an incredibly valuable experience; one which I feel truly helped me to become the teacher I am today.

After four and half years at Belfairs Academy, I made the difficult decision to leave the team that I had helped to create and follow a life-long dream. An opportunity arose for me to teach Art at an International School in Padua, Italy. This was a wonderful opportunity for me to explore teaching in a different environment and culture through the delivery of different courses; the International Baccalaureate and International GCSE. While in Italy, I was able to further develop myself as a teacher and an artist. I thoroughly enjoyed exploring the opportunities offered by the International Baccalaureate, working

with students from such wide ranging cultural backgrounds and challenging myself as a teacher in new ways. On the weekends, I explored Italy (and its architecture) through drawing and photography, wherever possible.

Sadly, sudden changes in a very close family member's health resulted in them passing away shortly before Christmas. This experience gave me an altered perspective on life and I knew that it was important for me to return home to be with family, particularly to be able to support them following the loss. On the very same day that I received news of the situation, I saw the post for this position at Becket Keys advertised. I always believe that the right opportunities appear when they are needed, and as such, I followed my heart and applied for the role. Having researched the school and having been interviewed with Mr. Scott-Evans, Mrs Bailey and Mrs Cherry, I felt sure that Becket Key would be an excellent school to work at and that it offered a warm, welcoming environment in which I would like to work, so I was very pleased to be offered the position.

After my first week here at Becket Keys, I already feel very welcome and have enjoyed meeting all of the students and staff. Thank you to everyone who has already made me feel so supported. I would also like to wish Mrs Bailey the very best as she starts her maternity leave.



## BIBLICAL PAUSES

### THE GIFT OF UNDERSTANDING

Christ is risen! He is risen indeed! Alleluia! The resurrection is central to Christianity. St. Paul, in his letter to the church in Corinth, even wrote:

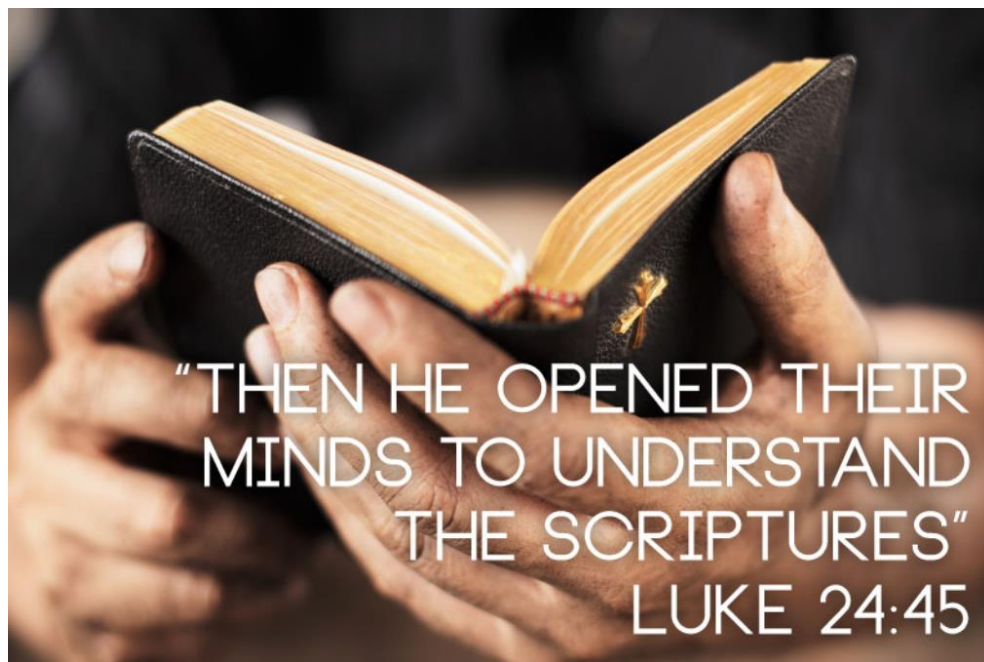
***'And if Christ has not been raised, our preaching is useless and so is your faith. More than that, we are then found to be false witnesses about God, for we have testified about God that he raised Christ from the dead. But he did not raise him if in fact the dead are not raised. For if the dead are not raised, then Christ has not been raised either. And if Christ has not been raised, your faith is futile...'***

**1 Corinthians 12-17**

Belief in the Jesus' resurrection has had such a great impact on the Church. It provides a gift of understanding:

***'With that their eyes were opened and they recognised him, but he vanished from their sight. Then they said to each other, "Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?"'***

**Luke 24:31-32**



***'Then he opened their minds to understand the Scriptures.'***

**Luke 24:45**

These two passages above, from two subsequent appearances of Jesus to the Apostles, produced a unique blessing. In each story, Jesus opened the minds of the Apostles to the Scriptures in a new way. These were ordinary men who were given an extraordinary gift of understanding. It did not come to them as a result of long study and hard work. Rather, it came to them as a result of their openness to Christ's powerful action in their lives. Jesus unlocked the mysteries of the Kingdom of Heaven to them. As a result, they suddenly understood truths that could never be learned on their own.

So, it is with us. The mysteries of God are vast and wide. They are deep and transforming. However, we so often fail to understand. We often even fail to

want to understand. Think about those things in your life now, or in your past, that have left you confused. You need a special gift of the Holy Spirit to make sense of them. We also need this gift to make sense of the many good things of God found in the Scriptures. This is the gift of understanding. A spiritual gift which unlocks the many mysteries of life for us.

Without the gift of understanding, we are left on our own to try to make sense of life. This is especially true when we are faced with hardship and suffering. How is it, for example, that an all-powerful and all-loving God can allow the good and the innocent to suffer? How is it that God can seem absent at times from human tragedy? The truth is that He is not absent. He is centrally involved in all things. What we need to receive is an understanding of the

profound and mysterious ways of God. We need to understand the Scriptures, human suffering, human relationships, and divine action in our lives. But this will never happen unless we allow Jesus to open our minds.

Allowing Jesus to open our minds takes faith and surrender. It means we believe first and understand later. It means we trust Him even though we do not see. St. Augustine once said, "Faith is to believe what you do not see. The reward of faith is to see what you believe." Are you willing to believe without seeing? Are you willing to believe in the goodness and love of God even though life, or a particular situation in life, does not make sense?

Reflect, today, upon the gift of understanding. Believing in God means we believe in a person. We believe in Him even though we find ourselves confused about particular circumstances. Nevertheless, this gift of believing, the gift of faith, opens the door to a depth of understanding that we could never arrive at on our own.

*Lord, give me the gift of understanding. Help me to know You and to understand Your actions in my life. Help me to especially turn to You in the most troubling moments of life. Jesus, I trust in You.*  
**Amen.**

**Mrs Sharp**  
**Deputy Headteacher**



**The Friends of Becket Keys  
Charity Golf Tournament**



**Tuesday 10<sup>th</sup> July 2018**  
**£50 per person - Teams of 4**

- ▣ 8.00 am Registration opens with Bacon Rolls, Tea and Coffee
- ▣ 8.45 am - Welcome Introduction by PGA Professional
- ▣ 9.30 am - 18 Hole Competition (Shot Gun Start)
- ▣ 2.30 pm - Light Lunch followed by Team and Individual Prizes

**Contact: [fobk@becketkeys.org](mailto:fobk@becketkeys.org) to book your place**  
*Friends of Becket Keys - Registered Charity: 1164165*

**Warley Park Golf Club**  
Magpie Lane, Little Warley, Brentwood CM13 3DX  
01277 224891

## FRIENDS OF BECKET KEYS

### CLOTHING COLLECTION

Did you have a clear out over Easter?

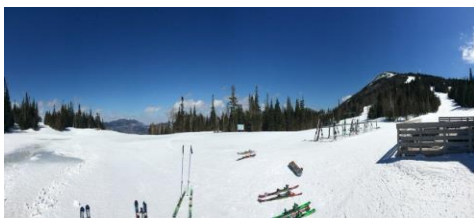
Drop your unwanted, good quality clothes, shoes, belts, soft toys, DVDs and CDs to the school on **Sunday 13<sup>th</sup> May** between 10.00am – 1.00pm and we can raise some cash for the school!

For more information email [fobk@becketkeys.org](mailto:fobk@becketkeys.org).



## Sugarloaf Ski Trip 2018

We spent a week in America at a ski resort on the East Coast called Sugarloaf Mountain (1295m). Sugarloaf Mountain is a stunning, remote and picturesque ski resort a few hours from Boston. We could not have picked a better location!



When we arrived at the hotel, we dumped our bags, explored the hotel and the surrounding area, had dinner and then went to bed (wanting to get a good night's sleep in preparation for our first day of skiing).



We went through ski hire smoothly and quickly after breakfast and were greeted by our instructors for the week. We were split into groups by ability and spent the morning either learning to ski on the practice

slopes (for beginners) or heading up the mountain for the more advanced groups.



After each morning session, we would break for lunch. There were plenty of places to eat at the base of the mountain, to boost our energy levels for everything that the afternoon sessions would have in store.



Each afternoon we would ski until the ski lifts closed and then head back to the hotel to shower, change and recover in the outdoor hot tubs.



Dinner was at 6pm each day and then each evening we had organised activities. This varied from relaxing evenings in the hotel (e.g. film night, hot tubs,

social time around the log fire) to bigger activities such as the 'snowcat' where we went up to the top of the mountain at sunset to take panoramic photos of the spectacular views. One night we also went to the anti-gravity centre where there was a climbing wall, trampolines, an indoor skate park and a basketball court. Basketball was the main attraction of the evening with the Year 12s playing the Year 10s, the boys playing the girls and the staff playing the students. Fun was had by all!



On the final evening, we had a quiz and awards night with various rounds including a Sugarloaf round and a 'guess which teacher' round. There were a variety of awards to be won including: slalom king and queen for each group, best dressed, most progress, best hair, loudest voice and more.

The weather was great, we had perfect sunshine for four days out of the five days. On one of the days we had snow and this helped to keep the surface soft.



Student feedback:

***"It's the best trip I have ever been on, my friends and I are now looking to organise a ski trip ourselves next year when we are 18."***

Year 12 student

***"I have never skied before and made so much progress. On the last day, I skied a black run (expert)."***

Year 12 student

***"100% recommend this trip. I would love to go back. Truly the best trip I have been on."***

Year 12 student



***"I want to go back when I am in Year 12!"***

Year 10 student

***"I would like to thank you and the team for giving the students the opportunity to visit the USA. Every contact with my son was extremely positive. He just wished the vacation had been longer!"***

Year 10 parent



***"All teachers went above and beyond making the skiing trip for our son the best holiday he has ever had and an experience that we could never have given him. We are extremely grateful to Becket Keys and each member of staff for their contribution to making it such a great trip and memory that he will always have."***

Year 12 parent



***"A truly memorable experience and wonderful opportunity. Your staff are valued and loved!"***

Year 10 parent

***"A big thank you to all the staff who gave up their holidays and ensured that #sugarloaf18 was a once in a lifetime experience for their students."***

Year 10 parent

Joe Bailey Year 12  
& Mr. Fenn

## Sugarloaf 2019

We are going to Sugarloaf again next Easter. There are still some spaces available. Please see the Becket Keys PE Staff twitter page for photos from and comments about the 2018 trip. Miss Schafer has also created a short video that can be found here:

<https://www.youtube.com/watch?v=er1WwtNCLnU&feature=youtu.be>

Please email or call the office next week if you would like to sign up. Priority places go to next year's Year 10 and Year 12 students, but the trip is open to other year groups as well.

Contact the office for more information about this fantastic experience.



## Music Department

### Music Students Hit The High Notes

Towards the end of last term, a number of students who have tuition on instruments and vocals at school entered their ABRSM music exams. These exams require dedicated and committed practice each day and can take months to prepare for.

Congratulations to the students below who all gained their qualifications and a special thank you to Mr. Rooke (vocals) Mr. Terrall (drums) and Mr. Kennard (piano) for their high quality instrumental and vocal tuition.

#### Singing

**Cameron Galvin**  
Grade 6 Singing - Merit  
**Nancy Hookings**  
Grade 5 Singing - Pass  
**Hannah Thomas**  
Grade 3 Singing - Pass



A special mention for **Georgina Podd** in Year 12 who passed her ARSM (Associate of the Royal Schools of Music) diploma singing examination with merit (1 mark off a Distinction) with 44 marks out of 50! She is entitled to append **ARSM** letters after her name.



#### Drums

**Holly Rowland - Grade 2 merit**  
**Rory O'Brien - Grade 1 merit**



#### Piano

**Archie Mowatt**  
Grade 4 piano, Merit  
**Patrick Warriner**  
Grade 4 piano, Pass  
**Millie Double**  
Grade 5 theory, Distinction

The Music Department currently offer tuition in singing, piano, drums, guitar and violin and are hoping to offer trumpet/brass tuition soon. If you would like your son/daughter to have

lessons, please do contact **Mr. Romhany**.

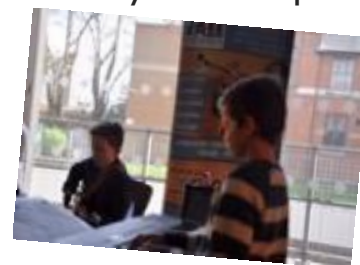
### All That Jazz

During the first week of the Easter Holidays, members of the Becket Key's Stage Band took part in four days of workshops with Spike's Jazz Academy, working with other young jazz musicians from Essex and some of the UK's leading jazz tutors. The students worked from gam until 5pm every day covering instrument tuition, band workshops, tutor Q and A sessions, advanced harmony and directing a band. The week ended with a gig at The Jazz Centre UK, where all of our students performed with confidence and expertise.

Well done to Todd Brand, Will Uings, Daniel Saunders and Luca Orasanu.



If you are interested in taking part next year, please contact **Mr. Romhany - Music Department**.





## Year 9

### Prince's Trust Managing Money



The Year 9 Prince's Trust group has been learning how to manage money. They have compared the financial services offered by various providers, explored the process of opening a bank account, discussed the reasons for borrowing money, discovered the consequences for not repaying loans and devised ways of saving money.

Many of the students had their eyes opened to the harsh realities of tax and other deductions, but also debated on the merits and benefits these offer to many less fortunate, or those in need, in the UK or further afield. The students also had their maths skills stretched and their priorities tested, when given the challenge to create a monthly family budget. The fine balance between income and expense was measured against the even

more delicate balance between needs and wants.

Conversations soon got onto the subject of how hard it must be to be a parent and how much they do for their families. Students also reflected on how grateful they were to get the opportunity to practice these skills before joining the "real world".

***"This will actually help in the future because we will know how to sort money properly and know what our needs and wants are."***

**Bradley Boardman  
Year 9**

***"We think that it is important to save money whenever we can."***

**Adam Taylor  
Year 9**

As well as finding out about money and the rigmaroles of "staying in the black", the pupils demonstrated fantastic teamwork – supporting each other and sharing their mathematical skills and financial knowledge throughout the tasks. The students developed a great work ethic and utilised teamwork opportunities to work with a great deal of independence.

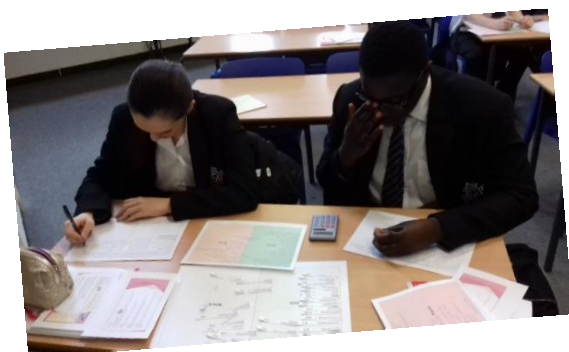


**Prince's Trust**

Overall, the Prince's Trust group have worked diligently throughout this term and have accomplished many of the targets set, whilst also overcoming personal challenges. They are all well on their way to achieving their certificates which, at this rate, will not take long! This is a triumph worth sharing and celebrating.

Well done Year 9!

**Mr. Thorpe**



## Mathematics Department

On Thursday 19<sup>th</sup> April, all Year 7 students attended a Roadshow which was delivered on behalf of BAE Systems in partnership with the RAF and the Royal Navy.

This Roadshow was devised in response to the Government's acknowledgement that there is already a shortfall of 'home grown' scientists and engineers to meet the needs of the country. The intention is to capture the interest of young people aged 10 – 13.

The roadshow saw a number of interesting and interactive experiments, including a dancing robot! Students got involved in the experiments by estimating the projectile of a metal ball rolling down a drainpipe. They then tried this experiment with some members of their year group. The team also taught us about engineering on a large scale. Students then found out how we can use arithmetic to plan the best location for stationery aircraft on an aircraft carrier, in order to avoid the ship from tipping over! The grand finale involved a paramotor and we saw first-hand the power of the engine attached.

A fantastic afternoon! Well done to everyone who took part!

**Miss Barnes**  
**Head of Mathematics**



## Sports News

### Girls' Football

Prior to the Easter break, Becket Keys School once again paired up with its local primary school, St. Helens, for a friendly engagement of girls' sport. This time in a football context. Two teams took on the opposition for a fun, developmental game of football and what a joy it was for all!

Despite Becket Keys winning both games, the younger students really enjoyed playing against a talented opposition. Stand out performances highlighted by Mr. Jackson included Ester Savill-Downs fantastic defensive role and Orla Carolans' scoring ability!

Thank you to Mr. Blom for bringing the girls over. We will be sure to schedule this in as an annual event for the two schools. Also, thank you to Mr. Jackson for taking the fixture and giving up his time to develop our students.

***"Well done girls, we look forward to your step into competitive football next year."***

Miss Schafer



### Year 10 & 11 Football

Great effort from the joint Year 10 & 11 football squads. Some of the Year 11s last performance for the school! Brilliant to see them running around and enjoying their football. Thanks to all the Year 12 helpers.



**THRIFT GREEN TROTTERS**

BRENTWOOD RUNNING CLUB

Bookings are now open for places in this term's after school running club.

Held for one hour each Thursday afternoon between 26th April and 12th July.

Payment may be made for the first half term of 5 weeks x £2 = £10.00 and second half term of 6 weeks x £2 = £12.00 either separately or together. The small weekly fee covers the time given by qualified coaches from Thrift Green Trotters Running Club to lead the sessions. Please make payment by bank transfer to the following account:

Account name: Thrift Green Trotters

Sort code: 09-01-51

Account number: 73777309

Please use BK followed by your child's name as payment reference. Please direct any queries to the Youth Section on the Thrift Green Trotters web site <https://thriftgreentrotters.co.uk/juniors/>.

Melvyn Cooper



## DATES FOR YOUR DIARY

### PARENT INTRODUCTION MEETING

#### NEW YEAR 7 COHORT FOR SEPT 2018

TUESDAY 24<sup>TH</sup> APRIL

7.00PM – 8.00PM

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### MADRID MEETING

5.00PM FRIDAY 27<sup>TH</sup> APRIL

\*

### BUDE TRIP

FRIDAY 27<sup>TH</sup> APRIL – 2<sup>ND</sup> MAY

\*

### BANK HOLIDAY

MONDAY 7<sup>TH</sup> MAY

\*

### WHOLE SCHOOL PHOTOGRAPH

WEDNESDAY 9<sup>TH</sup> MAY

\*

### MADRID TRIP

24<sup>TH</sup> – 27<sup>TH</sup> MAY

## SPORTING FIXTURE

YEAR 7 BASKETBALL

FINAL V GREAT BADDOW (A)

MONDAY 23<sup>RD</sup> APRIL



Our Year 7 boys have made it to the MESSA Final and will be battling Great Baddow next Monday.

They will be playing at Shenfield High School at 4pm. Please come down and show your support to a very talented side.

Good luck boys!

## Becket Keys

## Church of England School

Sawyers Hall Lane  
Brentwood, Essex  
CM15 9DA  
01277 28660

[office@becketkeys.org](mailto:office@becketkeys.org)

[www.becketkeys.org](http://www.becketkeys.org)

[Twitter: @BecketKeys](https://twitter.com/BecketKeys)

[@BecketKeys6th](https://twitter.com/BecketKeys6th)

[@MrScottEvans](https://twitter.com/MrScottEvans)