

Becket Keys Church of England School

12th October 2018

MENTAL HEALTH AWARENESS

Mr. Scott-Evans writes... Mental Health Awareness

Jesus says, 'Come to me all you who are troubled and I will give you rest'.

As I sit writing today, I can see our Sixth Formers looking after the pride of peacocks that have moved into Becket Keys Sixth Form decking area! It is clearly providing a great deal of entertainment and distraction to the students. You might expect me to be cross that the students are spending time out on the decking area when they should be studying. However, staff and students alike are enjoying interacting with them, talking to them and looking after them. You cannot ignore them - a beautiful and wonderful part of God's creation and completely unexpected and unusual. Over the next few days and weeks, I

hope that they will become a more regular part of our daily life. As a Primary Head Teacher, I always had fish, rabbits and guinea pigs for the pupils to look after. There was also the trusty school caretakers' cat! A Pride of Peacocks! Well, who would have imagined that?!

I had forgotten the importance of having animals around until this week. Animals are well known as good way to help young people protect their mental health. It is not specifically in our policy to have animals in school, but I might add it in! (Our new Mental Health Policy is on our website: https://tinyurl.com/BKMentalH)

There is a lot more to our approach to mental health than simply allowing wild animals to set up their home in our school.

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I was asked what we were doing to support Year 11 during their high-pressure year and it made me think that I ought to write something to draw attention to more of the marvellous work we do here.

Wednesday 10th October was Mental Health Awareness Day. We have had a few sessions with students this week talking about how they need to look after their mental well-being. This was supplemental to the regular teaching we do as part of our PSHE lessons.

We have a variety of ways for students to contact our specialist team, if they want support and our staff are trained to look for warning signs.

If students want to talk, they should know that they can speak to ANYONE wearing a Becket Keys Staff Lanyard. All staff are trained to listen and help direct students towards further support. Students make bonds with all types of staff and sometimes, for example, the science technician is the person they want to talk to – they can! Usually they will prefer to speak to their tutor or head of year – but anyone will do! The important thing is to talk.

Students can approach Mrs.
Cavalier, as our mental health lead, her office is open every day and is staffed by a specialist team at all times. Students know this and recognise it as a safe place to go!

There is a 'Confide' system where students can write to staff confidentially about any issue, they can choose who sees their request for help. It can be accessed from the school website (https://www.becketkeys.org/contact.php) and there is a button on every screen on every computer in the school that they can click, even without logging on. There is also a post box in main reception (near my office) that students can use.

If we have any concerns about a student or if a referral is made there are a variety of ways students can be supported. Learning mentors are in school every day to work alongside students, private 1:1 sessions can be organised before, during and/or after school. We also have Sixth Form mentors, sometimes low level confidence issues can be tackled by having some 1:1 tuition or some time with some of our wonderful, caring Sixth Formers (just see how much they care for Peacocks - imagine how they support younger students!). If our normal daily team are not managing to meet a need or if there is obviously a more significant issue, we employ a counsellor who works on Fridays from a service called 'Working4Children'. She can work with young people in relation to bereavement, anxiety, self-harm, risky behaviours, family breakdown, parental divorce, poor choices, low self-esteem and sexuality. There are also many other agencies we can call upon usually very quickly and effectively.

You can read more about all of this in our policy.

Often, it is making sure that the simple things in life are in place for our students. What they eat and drink; how much sleep they are getting, what exercise they are

engaging in, what they are doing on-line, what social activities they are enjoying, what clubs they are attending and helping them with homework and organisation are all critical to keeping things in balance. Our superb restaurant, our 100+ clubs per year, our daily tutorials, our no phone policy and so on, all work to support these things.

However, as Mrs. Trebess reminded Year 11 this week, students only spend 13% of their time in school. The other 87% is spent away from here. We can only work with what we see. If you, as a parent, have concerns please contact Mrs. Cavalier or me via the website. We are always happy to help and support.

A powerful World Health Organisation video was shown in collective worship and discussed in tutorials:

https://tinyurl.com/BKBlackDog I hope it, and this newsletter article, provide you with something to think about this weekend.

However, if you really want to explore this further and see some of the materials that our staff are using, please look at this fabulous resource page:

https://tinyurl.com/BKMHFA

So come, you who are burdened by regrets and anxieties, you who are broken in body and spirit you who are torn by relationships and by doubt, you who feel deeply within yourselves the divisions and injustices of our world. Come, for Jesus invites us to bring him our brokenness.

Mr. Scott-Evans

Year 7 Disco

After experiencing the first few weeks of secondary education, the Year 7s had the chance to join their new friends at the annual welcoming Disco, kindly organised by the Friends of Becket Keys on Friday 5th October. Over 100 of our Year 7 students put on their dancing shoes and attended the disco. It took place in the school's Bistro; the night was fun for the students with plenty of crisps, drinks and songs to add to their enjoyment.

Many thanks to the teachers and volunteers who organised and attended this event.





Glee Club

Glee Club have qualified for the regional finals!



our Glee Club students
participated in a workshop /
audition conducted by Mr.
Lee Thompson (Programme
Director of the Jack Petchey
Glee Club Challenge). He
challenged our students
through numerous activities and
asked them to perform their
rehearsed number at the start
and end of the audition.

With only 3 weeks of rehearsal time, the students worked extremely hard to learn



and perform their audition piece and performed exceptionally well during the workshop. Following this, the school received the wonderful news that they had been selected as one of the regional finalists and proceed to the next round. The team will now take part at a boot camp on 1st December where they will obtain invaluable advice and training from professionals within the industry. Following this, the team will perform two numbers at the regional finals on 26th January 2019 at the Civic Theatre in Chelmsford.

Two members of the team, Katherine Ellery and Millie Double said:

"We are so excited to be through to the regional final! Waiting for the result was very tense especially after all the hard work we put in over such a short space of time. We are really looking forward to working with amazing professionals in order to develop our performance. We can't wait to see what happens next!"

We wish the whole team the best at the regional finals.

Mrs Butcher Choreographer



How do I intercede for others?

"For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding."

(Colossians 1:9)

Last week, the focus of the Biblical Pause was on the fact that God wants us to pray for others. To summarise, it was demonstrated that intercessory prayer reflects God's own character of outgoing love and mercy. God wants us to think as He does, and praying for others helps us to think beyond ourselves and to grow in compassion for others. A Year 7 student asked me over lunch for some ideas about how to pray for others and we discussed the idea of the five fingers of prayer. There are numerous versions of this structure of prayer, but I felt this one was most useful at the time and it is based on the focus of last week's Biblical Pause.





The format illustrated allows students and children to recall and pray in their own words for five different groups of people. All this lines up with the five fingers of their hand:

Whilst this is obviously written for children, its simplicity is useful for us all. Indeed, expertise is not required to pray effectively. Instead, focus on humility, honesty and simplicity – childlike prayer. Perhaps you already

Prayer Thumb (people who are close to you)

These are your close friends and family, often the first you think about when you pray. Give thanks to God and ask his protection on your parents, siblings, friends, and classmates.

Pointer (people who point the way)

These are leaders in your life, such as teachers and priests. Offer God your thanksgiving for them and ask him to help them in their important work.

Tall Finger (people in authority)

The big people in the world need prayer too. Ask God to give wisdom to our government, military, and police.

Ring Finger (people who are weak)

This is your weakest finger. We should remember others who are sick, live in poverty, or are treated badly. Pray that Jesus would give them new strength.

Little Finger (your own needs)

God wants to hear your needs too, especially when you put others first. Pray for your own growth in mind, body, and spirit.

use this when praying as a family or perhaps it is prayer format you would like to try?

Dear Lord Jesus,

Thank you for the privilege of praying for others. We are blessed to be the recipient of others' prayers. Cleanse our hearts so that our prayers for others may be unhindered. Thank you that, through your name, we can come boldly before you and pray with confidence, according to your will and know that you hear. There are so many needs for us to consider Lord, but you are adequate for every need. Your name is powerful, and your power is great. So it is in your name we pray and believe.

Amen.

Mrs. Sharp Deputy Headteacher



Mrs. Fenn Head of Religion & Philosophy

Originally, from Northern Ireland, I moved to Essex in October 2016 after getting married to Mr. Fenn. From a young age, I wanted to be a teacher as I often made my two

RET Creative Writing Competition KS3, KS4 and KS5

- Entries should be word-processed and adhere to a word limit of 500 in KS3, 750 in KS4 and 1,000 in KS5. This is to encourage the careful shaping of writing, with a focus on quality rather than length.
- The competition is loosely based on celebrating 70 years of the NHS ... but your writing
 does not have to be about hospitals or illness. It could be based on the principles of the
 NHS: Care, Commitment, Compassion, Competence, Communication, Courage
- Each school may submit one entry from each KS and submit entries by email to Elizabeth Bogle at RET by the first Monday of December.
- Deadline is the 16th November 2018. To be passed to Mrs Docker or one of the English teachers.
- You can attend Creative writing club on Tuesday lunch time at 1pm in C25 to discuss ideas and improve your work.
- The will be a ceremony for all shortlisted candidates in London, before the end of Term 2.
 Esther Menon is trying to book a room for us at the Globe Theatre.
- In 2018, prizes will be presented by Jennie Rooney, who is a published writer of fiction. A
 film of her novel Red Joan, directed by Trevor Nunn and staring Judi Dench, has recently
 been released. https://www.imdb.com/title/tt7615302.
- See also
- https://www.telegraph.co.uk/culture/books/fictionreviews/9946354/Red-Joan-by-Jennie-Rooney-review.html





brothers play 'school' when we were younger and being the eldest, always had the role of the teacher. Although my parents might say this was typical eldest child bossy syndrome, I like to think it was the start of a budding career!

I loved studying religion at school; I had a fantastic teacher who had so much enthusiasm for the subject that it was hard not to be interested in the topics we often discussed and debated. I found it fascinating to discover so much about the way people think, what they put into practice because of their religious beliefs and how they make moral decisions based on those convictions.

My friends used to think that I would be an eternal student – having gone through school and then completing three university courses with a handful of part-time jobs in-between – and I quess in one way I still am, as it is

important to still be a learner, even as a teacher. My first degree was in Theology and, from there, I completed a Masters in TESOL (Teaching English to Speakers of Other Languages) where I had the opportunity to live and teach in Hungary for six weeks.
Following this, I completed my PGSE in Religious Education. I spent a year teaching in Northern Ireland before moving to Essex and teaching in Upminster.

Outside of school, I enjoy spending time with family and friends. I am an active member of my local church and volunteer on a camp in the summer time. I enjoy travelling to new places and reading good books.

I have enjoyed my first few weeks at Becket Keys and am looking forward to building relationships with the students and hope to inspire them the way my Religious Education teacher did for me.

Mathematics Department

Mathswatch is a revision tool available to all year groups within the school. It provides helpful resources on all mathematics topics and has real exam questions for the students to complete.

The following students are to be commended for their determination and hard work this term! Miss Barnes has analysed the usage of Mathswatch, and here are the top 10 students in the whole school. This table includes minutes spent, practice questions completed and number of videos watched. Congratulations!

Well done to everyone who has been using Mathswatch for their own independent learning – keep up the hard work!

Name	Year	Mathswatch points
Fahmid Chowdhury	9	1536
Rachel Lyle	7	1378
Chidu Uche-Igbokwe	10	1368
Reece Pardoe	11	953
Rebecca Lyle	8	733
Zara Shepherd	7	657
Lois Thomson	7	638
Lucy O'Hare	8	592
Holly Rowland	11	550
Adriana Ciccarelli Santos	9	511



Theatre Trip - Year 11



The English Department has been able to reserve 40 seats to see 'Macbeth' at the RSC Barbican theatre in London. Christopher Eccleston makes his RSC debut in the title role of Shakespeare's psychological thriller, opposite Niamh Cusack as Lady Macbeth and with Edward Bennett as Macduff.

These tickets are in high demand and we were fortunate to be able to reserve this number.

The date of the performance is **Thursday 10**th **January**; the coach would leave school at approximately 5.15pm and the return to Becket Keys is expected to be between 11.00 and 11.30pm. Final times will be announced closer to the date when the running time of the performance is known.

Students will attend in school uniform and will need to bring a packed tea.

Due to the limited number of tickets available, tickets will be allocated on a first come first served basis, and payment is through Parent Pay. The tickets cost £28.65 and will be available to purchase online from ParentPay from 4pm on Monday 15th October.

Should all the places be filled, please email the school and ask to be placed on a waiting list.

finance@becketkeys.org

Operation Christmas Child Shoebox Appeal



Once again, we will be supporting the Christmas Shoebox Appeal, to give people in disadvantaged areas the gift of Christmas. This year, we are hoping to break our record and donate over 150 shoeboxes!

Charity reps will visit tutor groups to give some more information to any student who wants to pack a shoebox for operation Christmas Child.

Shoeboxes need to be taken to Reception by <u>Friday 2nd</u>
<u>November</u>. (Please note new date)

Help to break our previous record!



Gift Suggestions

Something the child will immediately embrace, like a cuddly toy, doll, skipping rope or a small puzzle.

Pens, pencils & sharpeners, crayons or felt pens, stamps & ink pad sets, writing pads or notebooks & paper, solar calculators, colouring & picture books etc.

Toothbrush and toothpaste, bars of wrapped soap, comb or hairbrush, flannel.

Hat, cap, gloves or scarf, sunglasses, hair accessories, jewellery set, wind up torch, wrapped sweets (best-before-date must be at least March of the following year).

Please **DO NOT** include - used or damaged items, war related items such as toy guns, play soldiers or knives; chocolate or other food items; liquids or lotions of any type including bubbles; medicines; hand-made or knitted stuffed toys; anything of a political, racial or religious nature; sharp objects; glass containers, mirrors or fragile items; playing cards of the 4-suit variety; clothing other than as listed above.

How to pack a shoebox:

- 1. Get an empty, medium-sized shoebox, wrapping the lid and box separately in colourful wrapping paper. Attach the appropriate boy/girl label and the age category 2-4, 5-9 or 10-14 to the top of the shoebox.
- 2. Fill with a selection of gifts, fun toys, hygiene items and school supplies along with a 'wow' item such as a cuddly toy or deflated football and pump.
- 3. Make your shipping donation, online is best, you can then discover the destination of your box if you add the barcode supplied to the shoebox. Please donate £5 for each shoebox you send to cover the transportation costs. Alternatively put cash or

- cheque in an envelope on top of the contents of your box.
- 4. Pray for the child who will receive your box. You can put a photograph, card or letter in the box, if you like.
- Please bring your shoeboxes to Reception by Friday 2nd November.

Find out more:
https://www.samaritans-purse.org.uk/what-we-do/operation-christmas-child



Year 10 Careers Fair

On Wednesday 3rd October, our Year 10 students attended 'Opportunity Thurrock', a borough wide careers fair at The London Cruise Terminal. The event is designed to raise aspirations and to ignite interest in our students' futures. By bringing together more than 90 education providers and employers, pupils were offered advice and guidance, which will support their aspirational journey.

A great afternoon was had by all and it was wonderful to see the pupils getting involved and enthusiastic about life post GCSEs.

We are confident that our students now have lots to think about on their path to continued education and on to a career.

Ms. North Teacher of PE/Head of PSHE





CHARITY CAKE SALE TUESDAY 16TH OCTOBER

Bring a cake or biscuits to sell and money to buy!

All students and staff are invited to bake or bring in cakes or biscuits to sell. Cakes for sale should be brought to the staff room before school on Tuesday morning.

The cakes will be sold at lunchtime from 12.50 in the playground, with prices ranging from 30p to £1.

The more cakes available for sale, the more money we will raise for charity. Please support us!

The Charity Committee









Every week we allocate time to pray for the school and the wider community. Parents, carers, teachers and friends are invited to take time and pray with Mr. Scott-Evans.

11.15am on Tuesday and 7.50am on Wednesday.

All are welcome!



Bude - Year 9

3rd – 8th May 2019

Initial payment of £100 by 12th October (today!) to secure place on trip.

All payments available on ParentPay.



Late Gate

At Becket Keys, we look to ensure that we are preparing students for life beyond school; this includes encouraging students to attend school regularly, and of course, on time.

Currently, our school gates shut at 8.30am, which is the start of period one. Students should be already in their classroom at this time!

In response to this, we will now be closing the school gates at **8.25am**. This will allow students enough time to be at their first lesson on time. For most students, this will not require any changes to their morning schedule, however, for those who arrive close to the current 8.30am deadline some adjustment will be needed.

This will come into effect on Tuesday 30th October 2018.

Brentwood is tough to manoeuvre on some occasions so we encourage students and parents to contact the school in the case of *genuine* lateness such as delayed public transport.

Parents can call the main school line or use the "Studybugs" app.

We thank you for your support.



Sixth Form Open Evening

Our annual Sixth Form
Information Evening for
students in Year 9, 10 and 11
will take place on **Tuesday**16th October. It will start at
5.30pm and finish at 8.30pm. If
you would like to attend,
please register at Eventbrite:

https://www.eventbrite.co.uk/e/six th-form-open-evening-tickets-50068694814?

During the evening, you will hear from Mr. Scott-Evans, Headteacher, and Mr. Peggs, Assistant Headteacher and Head of Sixth Form. They will inform you about:

- What the Sixth Form is like and our vision for the future.
- How to apply for a place in the Sixth Form and key steps and dates along the way.
- Which subjects will suit your skills and interests.
- Which combination of subjects will be possible.
- The entry requirements.
- How we will advise you when making difficult choices.
- The different ways in which you can discover more about the subjects you want to take.
- Extra-curricular opportunities at Becket Keys.
- What an 'ordinary' day, week, term and year are like in the Sixth Form at Becket Keys.

 How we will support your preparation for the next steps after being in the Sixth Form.

The Sixth Form Prospectus and the Sixth Form Course Guide will be available for you to take home. You can then discuss the different options available with your son/daughter. There will also be an opportunity to take a tour of the Sixth Form area in the Justin Welby building.

We do have limited space so kindly book a ticket for each person attending.

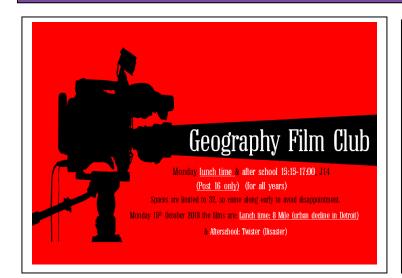






Any questions please email: sixthform@becketkeys.org

Extra-Curricular Clubs



Y9-13 ADVANCED SCIENCE CLUB

- When: Tuesdays at 3.15
- Where: W21 or W22
- What: Carry out Science based projects that YOU want to find out about and enter in for competitions like Google Science Fair or work towards a CREST Award that you can put on your CV.
- See Mr Macallan/Mr Thomas for more details













	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch	Ukulele	Junior	Chamber Choir	Glee Club	Worship
	Band	Band			Band/
					Junior
					Voices
3:30	Stage		Orchestra		School
	Band				of Rock/
					Glee
					Club

Note: Students who would like to rehearse in a music room at lunchtime need to book the room. This can only be done on the morning of the day you wish to book.

Friends of Becket Keys

Friends of Becket Keys are our hard working PTA.

One social event not to be missed is the Annual Ball, which will be held on Saturday 24th November in the Banqueting Suite at Stock Brook Manor. Last year, 150 people enjoyed a fantastic evening! It was a night not to be missed with guests enjoying a lovely drinks reception, a delicious dinner, and the opportunity to win some very generous prizes.

This year, the event will be even bigger and we are delighted to announce that we have a fantastic live band, 'City

Sounds'. https://www.youtube.com/watch?v=jye5hcbsPmQ This contemporary pop, dance and soul band is made up of some of the UK's most exciting professional musicians and are renowned for their energetic stage presence and extraordinary musical talent. We look forward to having them to entertain us!

Tables can be booked for 8, 10 or 12 people. However, do not worry if you have a smaller group attending as tables can be shared. We also have a ladies table. All are welcome!

Tickets are £70.00 per person.

Payments for the ball tickets can be made in two installments. You can pay by cash, cheque or bank transfer. For more information or to book tickets contact fobk@becketkeys.org



FOBK FIREWORKS DISPLAY THURSDAY 1ST NOVEMBER 2018



We are excited to announce that FoBK have organised a family torchlight Fireworks Display on our sports field opposite the school.

Doors open at **6.30pm** and the display begins at **7.30pm**.

There will be hotdogs, drinks and snacks on sale and you can grab yourself some glow sticks prior to the display. Our resident DJ will also be there to entertain the crowd.

Tickets are on sale online <u>www.pta-events.co.uk/fobk</u> (You will need to register with this site in order to purchase tickets).

Considering Dance? We have a new opportunity for you!





ESSEX DANCE THEATRE (BRENTWOOD)

EDT Brentwood Satellite Centre is part of the Essex County Council Dance Project. Classes take place in Brentwood at Becket Keys School weekday evenings & Saturdays.

Beginners Teenagers Ballet & Tap Senior Jazz Body Conditioning ISTD Ballet, Tap & Modern

ISTD examinations for dancers who wish to do so (100% pass rate)

If you are interesting in getting involved with this exciting new opportunity please see the PE department for further details.

Becket Keys Cross Country

We have 2 more school competitions coming up:

- 30/31st October
- 7th November



If you are someone who wants to be selected or is likely to be selected do at least one of the following:

- 1) Attend running club on a Thursday after school.
- Attend the parkrun on a Saturday morning (there will be a large attendance this weekend)
- 3) Go for a run yourself during the All Saints Holiday and weekends!

Doing one of the above will make a huge difference to your time in the upcoming competitions.

Girls' Football

We would love to see more girls attending football training this year!

Girls' football training takes place every Thursday after school 3.10pm -4.30pm.

This year, all year groups are entered into the MESSA Cup and have at least eight fixtures each. We had our first fixture on Monday and the more girls that attend training and join the squad, the stronger our teams will become.

We want to see as many of you as possible on a Thursday! Remember to check News for Today everyday so you know when your fixtures will be.



PE Autumn Extra Curricular

Day	Lunchtime	After-School
Monday	All Years' Trampolining (Boys and Girls) Year 8 & 9 Boys' Basketball	Year 7 Boys' Football
Tuesday	Year 7 Boys' Basketball	Year 7 & 8 Netball Year 8 Boys' Football
Wednesday	All Years' Girls' Basketball	Year 9, 10 & 11 Netball Year 9, 10 & 11 Boys' Football Year 7,8 & 9 Girls' and Boys' Rugby
Thursday	Gymnastics Squad (Invite Only) All Years' Badminton Club	All Years Girls' Football
Friday	Dance Squad Turn Up and Play Basketball	PE Intervention

Keys:

- Astro
- Sports hall
- Main Hall
- Drama Hall
- Field

Sports News

Year 7 Girls' Basketball

The Year 7 girls had their first basketball game of the season against Great Baddow on Monday this week.

This was a real learning opportunity and the girls put in 100% effort and determination. We have gained a great deal of understanding for our next game and have set goals to improve shooting and rebounds for future fixtures.

Full Team

Marsha Powell

Lucy Falco

Olivia James

Millie Buckland

Matilda Smith

Neve Jackson

Felicity Hockings

Lydia Christian

Darcy Moody

Poppy Haywood-Biles

Ella Stevenson

Well done girls!

Miss North
PE Teacher



Sports Fixtures

MONDAY 15TH OCTOBER

Year 7 Football v St John Payne (h)

Year 7 Netball v Hylands School (h)

Year 8 Netball v Hylands School (h)

Sixth Form Netball Rally (at Brentwood Ursuline)

TUESDAY 16TH OCTOBER

Year 10 and 11 Girls' Badminton @ St Martin's (a)

Year 7 Rugby Tournament (a)

WEDNESDAY 17TH OCTOBER

Year 7 Football v Hylands (a)

Year 8 Football v Hylands (a)

Year 9 Netball v Brentwood (h)

Year 7b Netball Rally (at WDF)

THURSDAY 18TH OCTOBER

Year 8 MESSA Rugby Tournament (a)

Year 7 Girls' Football v Shenfield High School (a)

Year 8 Girls' Football v Shenfield High School (a)

Year 9 Girls' Football v Shenfield High School (a)

Year 8b Netball Rally (at WDF)

DATES FOR YOUR DIARY

CAKE SALE

TUESDAY 16TH OCTOBER
LUNCHTIME

*

SIXTH FORM OPEN EVENT

TUESDAY 16TH OCTOBER

5.30pm - 8.30pm

*

ALL SAINTS' HOLIDAY

MONDAY 22ND OCTOBER –
FRIDAY 26 OCTOBER

*

INSET DAY

MONDAY 29TH OCTOBER
(NO STUDENTS IN SCHOOL)

*

YEAR 8 CONSULTATION EVENING

THURSDAY 15TH NOVEMBER

*

YEAR 12 CONSULTATION EVENING

THURSDAY 22ND NOVEMBER

*

SIXTH FORM CURRICULUM EVENING

TUESDAY 27TH NOVEMBER



Parkrun

Parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in.

These events take place in pleasant parkland surroundings and they encourage people of every ability to take part; from those taking their first steps in running to Olympians; from juniors to experienced runners. All are welcome!

Parkrun takes place every **Saturday at 9.00am**. The event takes place at Weald Country Park, South Weald, Brentwood, CM14 5QS.

It is free to take part but please register prior to attending. For more information:

http://www.parkrun.org.uk/brentwood/

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