



Becket Keys Church of England School

30th November 2018

IN THIS ISSUE

Mr. Scott-Evans writes...

Advent

Romans 7v15: "I do not understand what I do. For what I want to do I do not do, but what I hate I do."

In just three weeks' time, we will be on holiday! The end of term is nearly here. With the remaining thirteen school days we will all be focussing on Advent. The trees are going up, the decorations are being hung! The fairy lights are having new batteries installed and Advent candles are being lit!

Each day during Advent, we will say prayers (prepared by Mrs Sharp) which will help to prepare our hearts for Christmas. Every Friday, we will hold an Advent Eucharist in The John Wraw chapel. This is open to everyone who wishes to attend; please join

us, if you can. They are always very special services.

There will also be two Whole School Eucharists on the penultimate day of term (Tuesday 18th December) at St Thomas' church and in school.

Traditionally, Advent was a time of preparation and waiting. Christians would normally fast during Advent (a bit like Lent before Easter) as a time of discipline before the feast! Today, we are not so good at this, but it used to be a time of self-control and regulation. I would love to help the students in the school use this season as a time to develop their self-control.

Learning self-control is an important skill to acquire. Many psychological studies (the most

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BECKET KEYS
Church of England School

Christmas Dinner

Check out the fantastic menu and get your tickets for this year's Christmas feast provided by Aspens, our new catering company.

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Friends of Becket Keys

Read all about the recent fundraiser. The FoBK ball held at Stock Brook Manor

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Becket Keys Music Department

A busy time with many concerts for the music department.

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Sports News

Read about the recent matches and see what fixtures have been arranged for the next couple of weeks.

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famous is probably the Stanford Marshmallow Experiment:
https://en.wikipedia.org/wiki/Stanford_marshallmallow_experiment
 show the direct correlation between how much self-control someone has at a young age and how successful they will be in school, work and relationships. The ability to deny oneself is a strong indication of maturity and development.

Did you see that fascinating documentary this week 'Babies: Their wonderful world'? There was an excellent scene where they put the children (all under 2) in an experiment to see what self-control they had. They monitored their brain activity and it was clear that the babies had literally nothing going on in terms of their frontal lobe! They were told not to touch something, but they simply grabbed it! The babies wanted it and took it! No self-control! That part of their brain was not developed at all.

There were only two babies who had any self-control and they both managed to wait for a fabulous 40 seconds or so before the scientists stopped the experiment. These babies (slightly older) had learned how to distract themselves with other activities. They looked away, they made noises, they fiddled with other things – all brilliant tactics to distract themselves from the thing they knew they wanted. Our students could learn a thing or two from these babies! The brain scans showed these babies

had significant energy at the front of their brain during this period of self-control. I would love to wire up some of our students and conduct a similar experiment! How does your son/daughter get on with some of these things that require self-control? Homework! Eating sensibly! Staying off social media to revise! Going to bed on time! Choosing water over sugary drinks! Etc!

I am reading an interesting book at the moment called 'Triggers' by Marshall Goldsmith. It reminds me of one I read before that Mr Khoo recommended called 'The Power of Habit' by Charles Duhigg. Both books are very helpful in helping readers to understand how our environment is constantly tempting us to do things that even though we know we should not do, or do not want to do, we do anyway. We all have habits we want to break and new habits we want to form, but how much time and effort do we really put into developing our character to be what we want it to be? I recommend these books to you; put them on your Christmas list! It might help you to help your son or daughter too.

Life is full of temptations. Christmas, as a season, is a particularly problematic time! We could be tempted to indulge thoughtlessly and then regret it all in January. Or we could use the Advent season to help us prepare for the temptations to come and go into the festival stronger and more prepared!

The keys to self-control are practice and alertness.

Another great book I have read is called 'The One Thing' by Gary Keller and Jay Papasan.

It talks about 'will power' and how it wanes as we go through the day and lose energy. It describes self-control like a mobile phone battery. You have to keep it charged up and recognise that it will not necessarily last all day, nor have the same power all day.

It is very tempting, during Advent, not to bother to stop and ponder what the season is really all about, running around 'being busy' is the easy option. What we really need to do is "charge our batteries". At Becket Keys, we make sure that every day provides some time to stop, pray and reflect. We will also be thinking about techniques to develop self-control and being more self-aware of the 'triggers' that surround us.

Advent is a wonderful season – may it be one of discipline, self-control and thoughtful reflection for you and our school.

Mr. Scott-Evans
Headteacher



BECKET KEYS
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Year 7 Mandarin Day



The Mandarin department is busy organising the next Mandarin Day for the Year 7 students. The students will be able to taste Chinese food, try their hand at calligraphy, and enjoy the art, culture and science of China.

The school has invited some external Chinese experts to offer various workshops for our Year 7 students to have a taste of China on Wednesday 30th January in welcoming the Year of the Pig. We have drafted a timetable for the day, as you can see.

So that we can give the students an experience to remember, we require a voluntary contribution of £11.25 from each Year 7 student in order to fund the day. If you wish your child to be able to experience this fantastic day and to enhance their learning, please make your donation via ParentPay as soon as possible, so that we know the day can go ahead.



Congratulations Mr. & Mrs Fox!



Congratulations to Mr. & Mrs Fox on the safe arrival of Jonah James Fox. Born Monday 19th November. 8lbs 7oz. 15 days overdue!

Sixth Form News

Many of our Year 13 students are in the process of having interviews and auditions for their chosen universities. We wish them all luck as they make important decisions about their future.

UCAS

BIBLICAL PAUSES

A week of Hope

Therefore, the Lord himself will give you a sign: The virgin will be with child and will give birth to a son, and will call him Immanuel

Isaiah 7:14

Advent is a season of expectation and preparation, as the Church prepares to celebrate the coming (adventus) of Christ in his incarnation, and also looks ahead to his final advent. He will come to search the world in the light of God's values, to look for justice and for love in our lives and relationships. We are not only expecting a child, but also a judge – and He is one and the same person, the vulnerable baby who judges us and challenges us in his profound need for care and security.

Waiting is always hard, but Christmas is worth waiting for! It is a special time and at its heart is a gift of love from God to the world. At Becket Keys Church of England School, students and staff will ensure that, despite commercial pressure and the busyness of this season, there is plenty of time for spiritual preparation. Each week, I will share with you the theme our school community will be



focusing on, so you too can join us in our Advent journey. There are three ways to join us:

1. Follow the Becket Keys prayer calendar
2. Join us at one or more of our Eucharists
3. Read the Biblical Pause each week to discover the coming week's focus for worship

I have included our **prayer calendar** in this newsletter. At the end of each day, lessons will pause, lights will be dimmed and candles will be lit for a short time of quiet reflection and prayer. Join us, whether at home or work, perhaps even encourage others to join you. There are A3 versions of this calendar in reception if you would like to collect one.

There will also be **short lunchtime Eucharists** in the **John**

Wraw Chapel in our Justin Welby building at 1pm on Fridays. Feel free to join us, if you can. Our **whole school Eucharists** will be on the **18th December at 11.15am**, to which you are also warmly invited. We will be able to confirm which year groups are in St. Thomas of Canterbury Church and which are in the school hall nearer the time.

Next week, as explored in this week's Biblical Pause, our first theme will be **hope**. The story of Jesus' birth began thousands of years before he was born. God promised the people of Israel that he would provide a Messiah (Saviour) to save them from their sins. For centuries, the people of Israel waited with great hope for the Messiah to come. In the words of Isaiah 7:14, 'Therefore, the Lord himself will give you a sign: The virgin will be with child

and will give birth to a son, and will call him Immanuel'.

The prophet Isaiah, who lived hundreds of years before Jesus, predicted the birth of Jesus as a **promise of hope** from God. The word Immanuel means God living with us, and was fulfilled when Jesus came to live on earth as the Messiah.

Reflect on these questions:

What is something you are hoping for this Christmas?

What is the hardest part of waiting

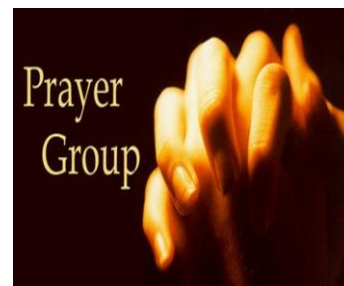
until Christmas to receive your presents?

Can you imagine waiting hundreds of years for Jesus to come like the people of Israel had to do?

Let us pray:

Father in heaven, thank you for the gift of your son Jesus who was not only the hope of Israel thousands of years ago, but our hope of salvation today. Help us to keep the hope of Jesus in our school and homes this Advent and Christmas season. Amen.

**Mrs. Sharp
Deputy Headteacher**



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!

Becket Keys Church of England School Advent Prayer Calendar 2018-2019				
As we light our candle this advent, we remember that Jesus is the light of the world. May we reflect the light of God's love and grace to others at this special season and always. Amen.				
Monday	Tuesday	Wednesday	Thursday	Friday
3 Week 1: Hope Dear Jesus, you are the hope in our messy world. This Advent, help us slow down, listen to your voice, and focus on what is really important. We place our hope in you as we prepare our hearts to celebrate your birth on Christmas. Amen.	4 Lord of all, you are a God of plenty, a Lord who provides for us in our need. As I begin these early days of Advent help me to believe that you know what I need. Give me the courage to listen to your voice and the freedom to open my heart to the graces you are offering me to place my trust in you. Amen.	5 Lord, thank you that in Jesus Christ we find all the treasures of wisdom and knowledge. Thank you that through our relationship with Jesus we can know God and the purpose of our lives. Help us to develop this relationship more and more, to grow into maturity in our knowledge of him and to hear the words of Jesus speaking to us clearly. Help us to proclaim Jesus with authority and power, so that many will put their faith in Christ and find the purpose of their lives. Amen.	6 God of hope, who brought love into this world, be the love that dwells between us. God of hope, who brought peace into this world, be the peace that dwells between us. God of hope, who brought joy into this world, be the joy that dwells between us. God of hope, the rock we stand upon, be the centre, the focus of our lives always, and particularly this Advent time. Amen.	7 God of hope be with us in our Advent journey to the stable and beyond, be with us in our meeting and in our travelling together, be with us in our worship and our praying together, be with us in our Advent journey to the stable and beyond. Amen.
10 Week 2: Peace Dear Jesus, you entered our world on Christmas as the Prince of Peace. This Advent, as we strive to become the best-version-of-ourselves, fill us with a deep and abiding peace. Help us share that peace with everyone we encounter, especially those who need it most. Amen.	11 From the very beginning was Your Word Which spoke this world into being Your Word Which thunders from the skies Your Word Which flows like mountain streams Your Word Which whispers in morning breeze Your Word Revealed through kings and prophets Your Word Revealed through Angels' praise Your Word Revealed in humble service Your Word Revealed through a tiny child Your Word Alive from the beginning of all things And to eternity. Amen.	12 This Advent-time we remember Mary and Joseph, giving thanks for their faithfulness, courage and obedience, stepping out into the unknown in the strength of your Spirit, playing their part in the fulfilment of your plan to bring your prodigal people home again. We pray that their example might be the pattern of our lives, that when your gentle whisper breaks through the clamour of this world and into our small corner, we might be ready to listen, and having listened, to act. Amen.	13 Advent God, we journey with you, to Bethlehem's stable and a new-born King, ears attuned to the song of angels, eyes alert for Bethlehem's star. Forgive us if on our journey if we are distracted by the tempting offers of this world. Keep our hearts aflame with the hope and peace of Christmas, and the promise of a Saviour. Amen.	14 Restore us, O Lord, we pray, bring us back to that place where we once met, as shepherds to the stable after hearing angels sing. Bring us back to that place when our love was fresh, not embarrassed to express itself in praise to our heavenly King. Restore us, O Lord, we pray. Amen.
17 Week 3: Joy Dear Jesus, help us focus on you during this busy season. May we stay aware of the joy you bring into our lives. We want to find you in the everyday moments and come with hearts of gratitude to your manger on Christmas. Amen.	18 God grant you the light of Christmas, which is faith; the warmth of Christmas, which is purity; the righteousness of Christmas, which is justice; the belief in Christmas, which is truth; the all of Christmas, which is the joy of Christ. Amen.	19 Lord God, we thank you for Christmas and its message of how, in Jesus Christ, you came to live with us and die for us. Prepare our hearts, not only for the celebration to come, but also for sharing that Good News with friends and family. Grant us courage and a real willingness to talk joyfully about the love that came down to earth and walked among us. Amen.	20 As we prepare to celebrate Christmas, may we be mindful before you, God, that many people will be struggling to gather enough pennies together for a celebratory meal. We pray today for the half a million people in the UK reliant on food assistance last year. Bless the work of those running food banks; move us to give to them generously now and in the new year. May all know the joy of Jesus' birth. Amen.	21 Lord Jesus, we remember that, for love of us, you came in utter helplessness to share our lives so that we might have your life. Give us courage to live the life you offer us, and hope through the light you shine in our lives. Bless the people of Bethlehem, and all who live in the lands in which you lived and walked. Bring them peace. We ask for these gifts in your wonderful name. Amen. (Most Rev Justin Welby, Archbishop of Canterbury)
24 Week 4: Love Dear Jesus, may the light of your love always shine in our hearts. As Christmas draws closer, we marvel at your great love for us. Let your love transform every aspect of our lives and touch everyone we encounter. Our hearts are open to you, Jesus. Amen.	25 Christmas Day Thank you God for sending Your Son on one glorious night to be born a virgin, to live a perfect life and to die on the cross for my sins. Thank you that he rose from the dead three days later and that this Christmas and every Christmas we can celebrate the gift of eternal life through Jesus Christ. Amen.	Christmas Blessings: May the joy of the angels, the eagerness of the shepherds, the perseverance of the wise men, the obedience of Joseph and Mary, and the peace of the Christ-child be yours this Christmas and always. Amen. May the spirit of Christmas bring you peace. May the joy of Christmas bring you hope and the message of Christmas reveal God's amazing love. Amen.		

Becket Keys Christmas Lunch

Friends of Becket Keys



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/invite/1W14ZX/>

- 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!



BECKET KEYS
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Friends of Becket Keys Ball

Last Saturday Parents, Staff, Friends and Family dressed up in their finest and headed to Stock Brook Manor to join FoBK for a spectacular evening of entertainment and fundraising. This was not an event to be missed, with great entertainment, a delicious menu and fantastic prizes lined up.



The night really was one for everyone. Guests mingled and enjoyed a reception drinks arrival and posed for formal photographs. After call to dinner a delicious 4 course meal was served, with various games interspersed between courses to give guests the opportunity to win some terrific prizes. The Games started with a lucky Ball Ticket Draw, with a bottle of



Tattinger Champagne up for grabs, followed by a "Heads & Tails" competition run by Mr Scott Evans - the lucky winner receiving a John Lewis luxury Christmas Hamper donated by R J Evans Flat Roofing Ltd. Whilst awaiting dessert, a Christmas themed Bingo round was led by James Savage, whose witty remarks provided for great entertainment and offered a winner on every table a prestigious bottle of Bottega Gold Prosecco. There was further fundraising through a raffle, which gave guests the chance to win a range of luxury prizes. Congratulations to all those who were lucky in the raffle draw and thank you to Stock Brook for hosting our evening in their Banqueting Suite, with fantastic food and service all night.



Following dinner, everyone had a marvellous time dancing the night away to an incredibly talented Live Band - *City Sounds*, who had the dance floor packed and kept everyone in the mood all night! The whole ambience was what a big party should be and it was wonderful to see our guests enjoying themselves.



Special thanks to all those who donated some fabulous prizes - Education London, R J Evans Flat Roofing, Ronnie Scott's London, Royal Scott Crystal, Stock Brook Manor, Wortley Byers Law, Bonnetts Garden Village, Bloomin Jacks, Merrymeade Tea Rooms, www.tastefullyyours.co.uk, The Beauty Salon, LRH Lashes, Michelle Jones Wellness & Exercise, Julia Nibbs Tanning, The French Quarter, as well as some wonderful parents.

Fundraising is exceptionally hard work. So much effort always goes into this event and, once again, that has paid off. Our Ball is always the highlight in our calendar and thanks to the kind generosity of our prize sponsors and guests, we are happy to confirm the evening raised over £2,350 which I am sure you will agree is a fantastic amount. A big thank you to all who attended for what was possibly our most enjoyable Ball ever and making this a fantastic evening from start to finish!

Photos are available to purchase directly from Keith Hoskins, the Stock Brook photographer - please go to the following link:-
<https://galleries.everybodysmile.co.uk/cgi-bin/public.cgi?Id=355326>

Alison Butler
FoBK Chair



Becket Keys Music Department

Christmas Concerts & Rehearsals

Saturday 1st December Glee Club Boot Camp in Chelmsford – all day

Sunday 2nd December Chamber Choir at the Royal Albert Hall singing Handel's Messiah – all day. Full school uniform.

Tuesday 4th December Becket Singers at the Baytree Centre singing Carols – 10:30 – 11:30 (leave school at 10am, return at 12)

Chamber Choir, Glee Club (not Year 11), Junior Voices – full school uniform

Saturday 8th December Becket Singers at Bonnetts Garden Village, Mascalls Lane, Brentwood 11am-12pm. Meet at 10:45am

Chamber Choir, Glee Club (not Year 11), Junior Voices – full school uniform

Wednesday 12th December **Becket Keys Christmas Carols Concert – 7pm** (venue to be confirmed)

Year 7, Chamber Choir, Junior Voices, Glee, Stage Band, Worship Band, Orchestra, Junior Band

Students to meet in full school uniform at 6pm – full school uniform

Friday 14th December Becket Singers at Bentley Crematorium – 12-1pm

Glee Club (not Year 11), Junior Voices, Chamber Choir – full school uniform

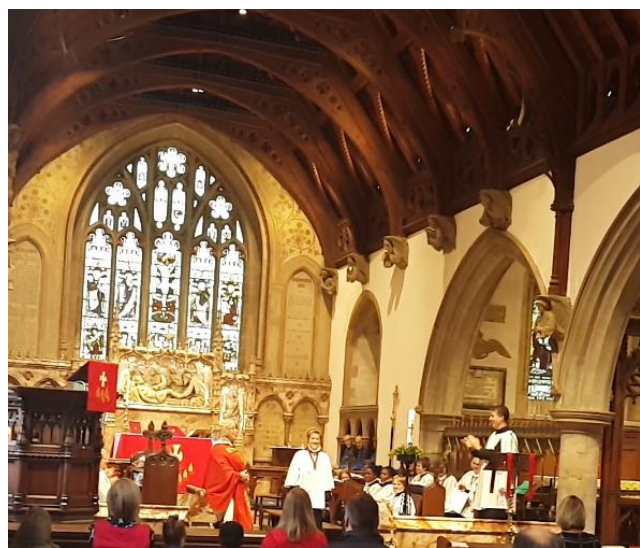
Please note: Transport from school is only being arranged for Tuesday 4th December and Friday 14th December. On the 4th December we will be walking from school, leaving at 10am. On Friday 14th we will be using the school minibus. Parents are responsible for dropping and picking students up for the other performances.



Students from Becket Keys were entertaining the crowds during the St Thomas Christmas Fair held during the Lighting Up Brentwood event on 24th November.

Student Achievement

Eira-Mia Higgs – Year 7



Eira-Mia has become the head chorister at St Peter's Church.

Sports News

Year 7,8 & 9 Girls' Football vs Plume

On a very miserable day our girls' brought their enthusiasm and skill to a very well-matched game of football. The Plume sides, much like our own, are developing teams and this leant itself well to a good few games! Our Year 7 played a well-structured game, the defensive team were in excellent form (Lizzie Dixon, Millie Latham and Lowri Cole). A phenomenal goal from Eniola Olulode put the team 1-0 up in the first half, however in the second Plume fought back and ended the game 1-1.

Women of the Match: Lizzie Dixon.

The Year 8 girls had a very strong opposition, they worked incredibly hard and the really obvious strength over their opposition came from their communication as a team. Throughout the game our students were calling and indicating where they were, where the ball needed to be and where their opposition were. It was a display of friendship and sporting excellence. Throughout the game, the score was constantly changing but our girls were victorious with a 3-2 win!

Women of the Match: Isabella Price (scoring 2 goals)

Sports Fixtures

Monday 3rd December

Year 7 Girls' Basketball v Boswells (h)

Tuesday 4th December

Year 7 Girls' Basketball v St Martin's (a)

Year 7 Boys' Indoor Football Competition
@Shenfield

Wednesday 5th December

Year 11 Boys' Basketball v KEGS (a)

Year 7 Girls' Indoor Football @Shenfield

Monday 10th December

Year 9 Girls' Basketball

v Shenfield High School(a)

Tuesday 11th December

Year 9 Boys' Basketball v Boswells (h)

Wednesday 12th December

Year 8 Boys' Basketball v St John Payne (h)

Monday 17th December

Year 7, 8 and 9 Girls' Football v Moulsham (a)

Year 11 Boys' Basketball v GBHS (h)

DATES FOR YOUR DIARY

CHRISTMAS CAROL CONCERT

NEW DATE

WEDNESDAY 12TH DECEMBER

*

SCHOOL CHRISTMAS LUNCH

NON-UNIFORM DAY

THURSDAY 13TH DECEMBER

*

CHRISTMAS EUCHARIST

TUESDAY 18TH DECEMBER

*

LAST DAY OF TERM

(HALF DAY FOR STUDENTS
FINISHING AT 12.40PM)

WEDNESDAY 19TH DECEMBER

*

INSET DAYS

THURSDAY 3RD JANUARY
& FRIDAY 4TH JANUARY 2019

*

SIXTH FORMER FOR A DAY

FRIDAY 18TH JANUARY 2019

*

YEAR 13 PROM

MONDAY 13TH JULY 2019

Messages from the Admin Team

Year 9 – Bude Trip



A couple of places have become available on this fantastic Year 9 multi-activity trip. Please email payments@becketkeys.org, if you are interested in your son/daughter attending.

Exams

Please make sure that you check out all the exam information on the website. Students need to make sure that they have all the equipment they require and that they do not bring their mobile phone into the exam room.

<https://www.becketkeys.org/exams.php>

Becket Keys

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