

Becket Keys Church of England School

20th September 2019

IN THIS ISSUE

Mr Scott Evans writes...

Sleep, concentration and electronic devices

Recent scientific research confirms the vital role that sleep plays in a healthy lifestyle. The developing minds of children and teenagers is particularly reliant on a good night's sleep. After years of working in schools, I have come to believe that I can pretty much predict the sort of progress a student will make based on the following information: diet, exercise, sleep and use of electronic devices. The latter two are the main focus of my newsletter today, but the former are extremely important too. As a parent, we still hold the keys to these things for our sons and daughters right through to the end of their time in Sixth Form.

Your son or daughter's ability to learn, memorise, engage and improve at school are highly dependent on energy levels and these are of course directly linked to how much sleep has been enjoyed the night before. The internal body clock of many teenagers can start to slip over time as they stay up later and later, particularly at weekends and during holidays. Resetting the clock can be a challenge! But there is much we can do to help.

Using devices and looking at screens just before bed is a disaster! Most young people need guidance about routines and planning. Setting screen time limits and making sure devices are on charge downstairs away from the bedroom are simple steps most of us can do.

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A fun night for Year 7 students organised by Friends of Becket Keys.

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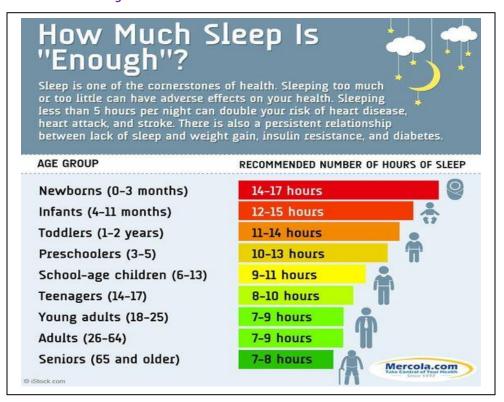
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More challenging, but equally beneficial is encouraging physical exercise. That really helps with sleep.

Simple dietary steps can make a big difference. Avoiding any caffeine (remember chocolate has this in it too), or high sugar foods (yes, that includes fruit!) within two hours of bedtime will also help. Reading a book will help prepare the brain for sleep (and will also help with advancing precious literacy skills).

However, getting a grip on use of devices does not only ensure better quality sleep. We frequently speak about the issue of on-line safety, and specifically cover it in many of our workshops. In addition, it comes into our PSHE and tutorial programme on a very regular basis. If you have not done so recently, I suggest you speak to your son or daughter about:

- Not giving out information to strangers or companies you do not trust
- Keeping all privacy settings to the maximum
- In case of receiving unpleasant messages, show your parents/teacher, disengage, collect evidence, bring to the attention of the police or the school
- The law regarding certain types of image. In particular, the



- phenomenon of 'sexting' which can result in young people being sent indecent images of other young people. Storing any such image is a crime.
- Language used. Any offensive language, swearing and even 'banter' can be classed as criminal. If you would not want your mum, head teacher and grandma to see it do not write it!
- Never do anything on a webcam that you would not want up on the screens at school.

Parents can help their children avoid cyber bullying by talking to them about their worries of social media and by taking an interest in what they do on their phone. Young people should be encouraged to speak to their parents or a trusted teacher

about anything that makes them feel uncomfortable.

Adults and young people are spending an increasing amount of time on their electronic devices and social media. Social media has undoubtedly connected people around the world and provided ways to communicate instantly. However, there are increasing concerns about its effects on our wellbeing, and particularly on the physical and mental health of young people. A few simple 'rules' regarding the use of their phone can help your son or daughter manage their screen time and stay safe online. They will then get the amount of sleep required to regulate their moods, boost their immune system and their brain will be restored and ready for the day ahead.

> Mr. Scott-Evans Headteacher

Year 7 Disco



During the evening of Friday 13th September the school was awash with our new Year 7 pupils, dressed in their finest as they enjoyed their 'first night out' as secondary school students. After only a couple of weeks in their new home, they had the place to themselves!

The Becket Keys disco (unofficially sponsored by Brylcreem and PINK body spray!) ran from 7pm until 9pm and over 130 students were in attendance. Run by our wonderful Friends of Becket Keys team, Steve the resident DJ and ably assisted by many of our teaching staff, our students enjoyed loud music, dancing, socialising and sugar. Sorry Mr Scott-Evans. (Just read your article!)

As Head of Year 7, it was a real pleasure to be part of this fantastic event. Students thoroughly enjoyed being with friends, old and new. Our students were welcoming of one

another and inclusive to all.
Gone are the days of Polaroids and disposable cameras, but memories were captured throughout the night and I am sure the experience will live long in the minds of everyone in attendance. In fact, we had a tough job at 9pm when the lights came on and it was time to clear the Bistro for home time.

It really has been a great start to this year for Year 7, and I am excited by what lies ahead for this extremely talented, respectful and responsible year group. We have been delighted by how well the new cohort have settled in here, and that is testament to their willingness to immerse themselves in Becket Keys life.

Mr Pethers Head of Year 7 & 8



EXTRA CURRICULAR CLUBS



Science Club

WHO: Year 7, 8 and 9

• WHEN: Monday After School, 3:20 –

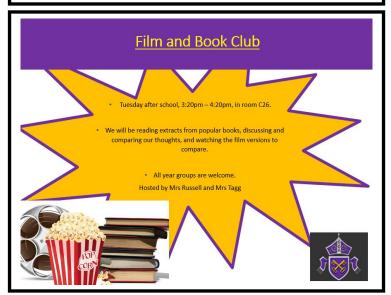
4:00pm WHERE: in room W21

WHY: Do fun experiments!!!

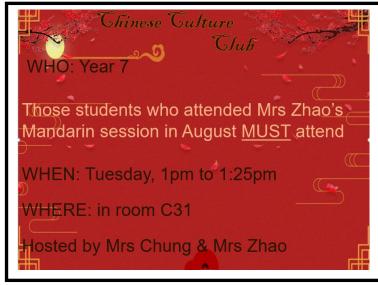
Hosted by Miss Major and Mr Hurdle.













	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch	Ukulele	Junior Wind	Chamber Choir	Perfect	Worship
	Club	Band		Pitch/	Band/
				Saxophone	Junior
				Choir	Voices
3:30	Stage	GCSE	Orchestra		Rock
	Band	Composition			School/
					Perfect
					Pitch

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.

THE WEEK Junior

Student Achievement Joshua Witchalls 7PP



The Week Junior is an extension of the the adult weekly news magazine 'The Week'. My grandparents bought me a subscription for my 9th birthday and my sister and I look forward to reading them when they come through every Friday.

I like the Week Junior because it tells you what is going on around the world in an interesting way that is appropriate for children and young people. I am particularly interested in finding out what Boris Johnson has got up to each week!

The Week Junior encourages young people to send in their reflections on an article or writing

on a subject they are interested in and sometimes they will reward people by sending them a 'Roving Reporter' badge.

Last week, whilst I was reading their book reviews, I noticed that they hadn't finished a sentence. I decided to contact them asking whether this was a ruse to encourage me to read the book... after all they left it on a cliff hanger!

To my surprise and delight, they got in contact with me and congratulated me on my editorial skills and that it was in fact an error. I am now the proud owner of a roving Reporter badge.





I am looking forward to continuing to develop my reporting skills and have already started going to the Becket Keys newspaper club.

If anyone is interested in reading 'The Week Junior', why not visit the school library where there is a whole stack of them!



Hosted by Miss Silman and Miss Romano





UNCHECKED SIN

This week, I led Collective Worship with Year 9 and 10, based on The Parable of the Sheep and Goats (Matthew 25:31-46). The message clearly linked to the readings (including Luke 15:1-10 – The Parable of the Lost Sheep and The Parable of the Lost coin) read in churches last weekend. Carolyn Robertson, Licensed Lay Minister at St. Thomas of Canterbury Church, has given me permission to share these words:

Here we go, again. Human sin is accelerating all around us, causing consequences that we could never have imagined.

Why? Because people are turning away from God. They do not care. They do not fear Him. And they do not understand the ultimate consequence of sin. Sin, that left unchecked, unrepented, unforgiven, takes us as individuals and as nations, further and further away from God. And further into chaos.

It is not just 'other people' who sin. We Christians sin too. Every single one of us. And as we know, when we genuinely repent, God forgives us. But what happens when we don't? What happens when our sins go unchecked? Daily sins that we may not realise we are even committing. Like the sin of judgement that slides

upon us when we are not looking. A subconscious act upon our friends, our neighbours, our family. Judging relationships. People's clothes. Their jobs. Their behaviour.

And we judge our authorities too. Leaders, who, for God's own reasons, have a place at the head of society. People at the forefront of education, politics, religion, public services, world affairs. We sit in judgement upon our leaders, often without realising it. Sin that we ignore. But God doesn't.

And maybe, we are inclined to think, if we ever stop to think, that small unchecked sins, count for nothing in the great scheme of things. That somehow, we are disconnected from those people who deliberately sin and turn ever further away from God.

But of course, we are not disconnected. Every human is interconnected, regardless of faith or none. Whatever we think, say, and do affects other people. Every act of sin, however small, has a consequence on others. Think for a moment about families, businesses and institutions. Take a look at our great outdoors. Can we say, with hand on heart, that ours is a perfect

society full of joy? Or do you see the consequence of man's sin?

Sins that go unchecked may seem irrelevant. But sin multiplies. Three sins become 30. Becomes three hundred. Three hundred thousand. Three hundred thousand. Thirty million ... billions of sins that apparently count for nothing contribute to the great cup of iniquity that is almost overflowing.

We are no different from people of Old Testament times. No different from the Israelites who Moses led out of Egypt. According to the Hebrew scriptures Exodus, read today, God saved the Israelites from misery and slavery. But, in a moment of panic and judgement, they turned away from Him and His commands. They sinned. They rebelled against God and all that He stands for. God was moving towards them, but they were moving away. It's a story that's been repeated time and again. Adam and Eve. The time of Noah. The cities of Sodom and Gomorrah. The Amalekites, the Moabites, the cities of Babylon and Sidon. And if that sounds meaningless, too outdated, too mythical, too "out there" – just turn to Social Media or turn on the news and you will see

man's rebellion against God and the consequences.

Can there ever be a more accurate saying than 'People never learn?'

This is the repetitive cycle of life. God moves towards man in love and forgiveness. Man moves away from God in rebellion through sin. It is sin that takes us away from God.

And there is another deadly sin. It seeps from out of judgement. And it is called, blame.

When those Israelites turned away from God, Moses was still on Mount Sinai. Aaron, Moses brother and spokesperson, moulded a golden image of a calf made from the Israelites golden earrings. And the people turned away from God to worship that golden calf - their new gods.

Moses, now back from Mount Sinai asked Aaron why he had brought such sin upon the people. And the first thing that Aaron did, was to blame someone else!

Today, as we run headlong into each crisis everyone seems to know whose fault it is.

The Politicians. The System. The Authorities. The Church. Selfish Individuals. Greedy People. God.

I have heard not one person with the courage to say - it is mine. It is my fault. Because sin is inherent within me, and I let it go unchecked.

Behold that golden calf. That false god made of the people's golden rings.

Behold our judgement. Behold our blaming. Behold our bank accounts. Our houses. Our cars. Our own ways, that have saved us. According to a recent Faith Survey, within 5 years, Church membership in the UK will slide to about two and a half million. That's around 4% of the population. People are moving away from God. Including Christians.

Sin has got it's hold. It won't let go. We have to let go of it. And that means searching, at a very deep level, exactly how committed we are to God. Which is why there are still people around who can help us. Priests who can help us work towards a deeper and genuine relationship with God.

And searching means accepting the shocking fact that every one of us is accountable for the mess the world is in. Everything is not rosy. We are not blameless. Until we recognise and root out every sin within us to move closer to God and not away from Him, nothing will improve.

God wants people, and nations, to turn to Him and be saved. It grieves His heart when people refuse His love.

He provided the way for us to recognise, acknowledge and repent of our sins, to be forgiven and truly reconciled to Him, and to help others do the same. As we heard in Luke 15, God welcomes sinners. And His message of forgiveness is throughout the Bible. He told us in Second Chronicles "...if my people who are called by my name humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land." (2 Chronicles 7:14).

And we heard in 1 Timothy that Christ Jesus came into the world to save sinners. He paid the price for our sins when He died on a cross for you and me. We cannot force people to believe in that. It is their choice. But as Christians, whether we face God's judgment or are forgiven of our sins and inherit eternal life, is up to us. The choice is ours.

We have to look deeply into our souls and be honest. We have to face God and tell Him that we are sorry.

To ask Him to show us our sins and to tell us what we need to do.

Do not be afraid that things are getting difficult. Nor bury your head in the sand. Make firm your choice to meet God as He moves towards you. Don't be tempted to run any further away.

I found these words thought provoking. When we trust in Jesus and believe that He died so that our sins could be forgiven, something happens. We change. We are not the same as we were before we decided to love and trust Jesus. He died for us and rose again. This is of message of salvation. We need to love others as he loved us.

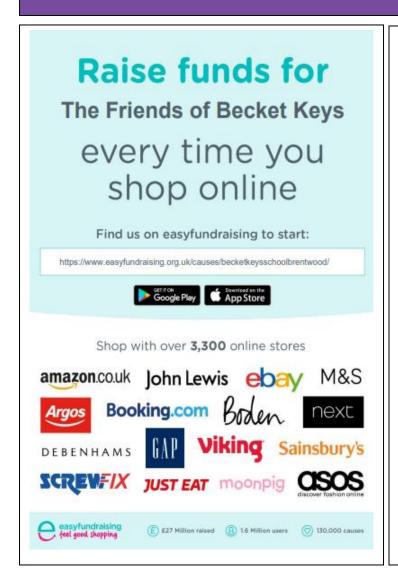
So, in the Words of Hebrews verse 13:20, let us pray:

Now may the God of peace, who brought back from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, make you complete in everything good so that you may do his will, working among us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever.

Amen.

Mrs Sharp Deputy Headteacher

Friends of Becket Keys





Annual General Meeting - FoBK

The AGM will take place on Wednesday 9th October at 6pm in the School Library. As a registered School Charity we hold an AGM every year. Since all parents/staff are automatically members of FoBK you are very welcome to attend, with no obligation to become involved with the committee or organising any events, we welcome your ideas

as to how funds might best be spent and suggestions for future events. At this meeting, we will be outlining our successes over the course of the past year, highlight how our fundraising has benefited the School and electing a new committee for 2019/20.

If you would like to be an active committee member, and take part in meetings and events planning then we would be delighted to hear from you as we are always happy to welcome new members to the committee. We do however recognise that people have very busy lives and cannot always commit their time to get involved. If you wish to stand for Chair, Secretary or Treasurer please attend the AGM and have a parent that will propose you for the post and another to second your nomination.

We look forward to seeing you there!

Alison Butler - Chair FoBK



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.

7.50am and 11.15am every Wednesday.

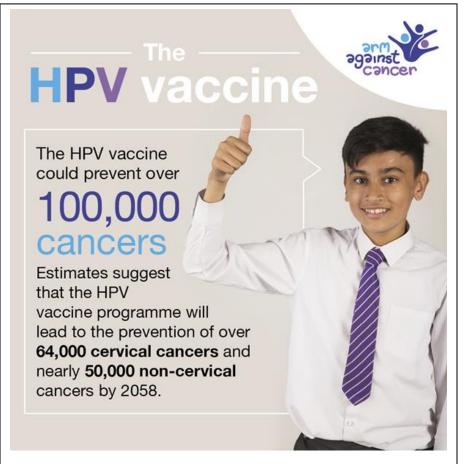
All are welcome.

A Message from the Food Department

Please can you make sure that your son or daughter now has an apron? All students should be bringing in their blue and white striped food apron for their practical lessons each week.

If your son or daughter has lost their apron, they can be purchased from Smarty Pants.





The Immunisation Team will be in school on Thursday 26th September to deliver the HPV vaccination to <u>all</u> of Year 8.

This is the first year the vaccine is being offered to boys as well as girls. Please return any outstanding consent forms to reception by **Monday 23**rd **September**.

If you have any questions or wish to find out more about this vaccine please contact the Immunisation Team on 01375 364663.

All students should ensure they have their timetable in school everyday.

From Monday 23rd September reception will be charging 50p for a new copy of your timetable

I believe in

restoring dignity reviving hope





Harvest Festival Foodbank Appeal

Each year, to coincide with the celebration of the Harvest Festival in local churches, our school supports the Brentwood Food Bank, recognising the need to help local people in crisis. The foodbank provide three days of nutritionally balanced emergency food and support local people referred to them.

The Brentwood Foodbank has stated that the following items are most needed at this time:

Tinned goods: potatoes, spaghetti, tomatoes, tuna, sardines, meat pies, custard, rice pudding, ravioli, All Day Breakfast

Savoury rice, pasta, noodles

Sugar, packets/bags of rice, instant mash, biscuits

Washing powder/liquids, shower gel, shampoo, deodorant, toothpaste, toilet rolls, all cleaners

Christmas supplies

Our Foodbank collection will be commencing on the **Monday 23rd September**. Students can bring donations to reception before school and add them to our harvest display. Staff, visitors and friends of Becket Keys can place any donations in reception at their convenience. The final date for donations is the **Friday 5th October**.

If you are able, please add some of the items listed above to your shopping list.

Let us use this opportunity of blessing others to remind ourselves of the blessings that we receive from God. Let us be truly thankful for the gifts of food which we so easily take for granted. May we never lose the wonder of your goodness displayed in the harvest and may we seek to cultivate good fruit in our own lives. Amen.

> Mrs. Sharp Deputy Headteacher

Meet the New Staff in the Modern Language Department



Miss Bolaños Spanish Teacher

I grew up in a Spanish city called Valladolid and enjoyed spending a few summers learning English in England and the US when I was a teenager. At secondary school, I also studied French, and when I decided to go to university in Barcelona, I had to quickly learn Catalan as well. I guess I have always had a passion for languages but did not truly realise until, after finishing my degree in Product Design, I happened to start teaching some private English lessons. One thing led to another and I ended up moving to the UK to work while I got my masters in Applied Linguistics followed by my PGCE at the Institute of Education.

After having taught at a school in Essex for the last few years, I am very excited to work at Becket Keys. I have been very impressed by the school's take on Character Education, which is valued just as much as academic results.
Growing up I developed an interest in music, photography and the arts and I love seeing students given the chance to find and follow their own passions.

I feel lucky to be here, students and staff have been so welcoming and made me feel at home as soon as I joined. I am looking forward to getting to know everyone better and sharing my love for the Spanish language!

Miss Chung Mandarin Teacher

I have had a keen interest in languages since my childhood in Hong Kong, where I was lucky enough to learn English from a young age.

I also enjoy traveling and, so far, I have been to fourteen countries in Europe and Asia. It was while exchanging languages during one of these trips that I became inspired to share my own language and teach Mandarin.

I hope to inspire my new students with the same passion that has driven me since my youth. I am looking forward to giving my students at Becket Keys the chance to dive into the rich language and culture of one of the world's oldest and most vibrant nations.



Apprentice Assistant Caretaker Start ASAP Full time – 37 hours a week, 5 days per week

We are looking for a professional and well-organised apprentice to support the site team in providing a safe, secure and well-maintained site. This role will be for 52 weeks. This opportunity may lead to a full time position thereafter.

If you know anyone who might be interested, please direct them to our website www.becketkeys.org or please email us at wacancies@becketkeys.org if you would like to discuss this role further.



Please make sure that ALL items of uniform, PE Kit and equipment is named.

There are many items that we are unable to return as we do not know whom they belong to.

Lost Property can be collected from Reception.

<u>Upcoming</u> <u>Sports Fixtures</u>

Tuesday 24th September

Year 9 Girls' Basketball v St Martin's (A)

Year 8 Girls' Basketball v St Martin's (H)

Wednesday 25th September

Year 9 Boys' Football v Hylands (A)

Y 7 Girls' Basketball v St Martin's (H) Cancelled

Thursday 26th September

Year 9 Rugby v Plume (A)

Monday 30th September

Year 9 Netball (Essex Cup) v City Academy

(H - 2:45 start)

Tuesday 1st October

Year 7 Boys' Football v Sandon (H)

Year 8 Boys' Football v Boswells (A)

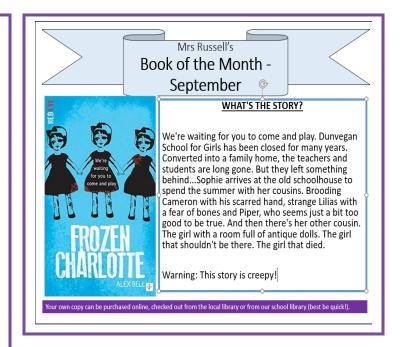
Monday 7th October

Year 9, 10 & 11 Netball Scouting Evening @ Ongar Academy (6pm finish)

Tuesday 8th October

Year 7 Boys' Football v Chelmer Valley High School (A)

Year 7, 8 & 9 Girls' Football V Shenfield High School (A)







DATES FOR YOUR DIARY

YEAR 8 GIRLS & BOYS

HPV VACCINATION

THURSDAY 26TH SEPTEMBER

*

OPEN EVENTS FOR NEW STUDENTS

MORNING 9.00am - 11.15am

EVENING 5.00pm - 8.00pm

THURSDAY 26TH SEPTEMBER 2019

WEDNESDAY 2ND OCTOBER 2019

(VOLUNTEERS NEEDED)

*

FRIENDS OF BECKET KEYS

AGM (ALL WELCOME)

WEDNESDAY 9TH OCTOBER

*

SIXTH FORM OPEN EVENT

TUESDAY 15TH OCTOBER 2019

(SIXTH FORMERS NEEDED)

*

INSET DAY

FRIDAY 18TH OCTOBER

*

ALL SAINTS' HOLIDAY

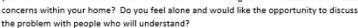
MONDAY 28TH OCTOBER –

FRIDAY 1ST NOVEMBER

FLASH

Families Learning About Self-Harm

Do you have a young person aged 11- 17 who is self-harming? Do you want more information on self-harm and how to manage the concerns within your home? Do you feel alone and would like the





Then this FLASH course may be what you're looking for:

FLASH is a group programme, free for parents/carers whose young person is exhibiting self-harming behaviour and how this may impact on the whole family.

In September 2019 FLASH will run over ten consecutive Tuesdays. Each session is designed to build on the previous sessions.

If you are interested book your place on the INFORMATION SESSION on Tuesday 17th September 2019 Time 9-10am

Main programme starts on Tuesday 24th September 2019 Time: 9-11am

These are the topics we will cover:

- 1. Introduction
- 2. Teen development
- 3. Self-harm reality and fears
- 4. Listening skills
- 5. Raising self-esteem
- 6. Walking on eggshells
- 7. Consequences
- 8. Managing difficult times
- 9. The others other family members
- 10. Putting it together

Venue: St Martin's School, Hanging Hill Lane, Hutton, Brentwood, CM13 2HG

This programme is run in partnership with Brentwood Borough Council and St Martin's School, Hutton.

Places are limited. Please contact lesleybentley2019@outlook.com to book a place.







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