



Becket Keys Church of England School

24th January 2020

BECKET KEYS ARE THROUGH TO THE NATIONAL FINAL!

Mr Scott-Evans writes...

The Teenage Brain

Last week, I wrote about cortisol in the first of my mini-series about the teenage brain. Although there are some positives about cortisol in terms of stress being sometimes useful to make teenagers take action and to sense danger, I also mentioned that too much of it causes wrong decisions to be made and negative symptoms to be experienced.

Today, I want to move on to write about the importance of a more positive chemical that we can experience: endorphins. One of the ways that teenagers need to make sure that they are helping themselves is through the release of endorphins. These hormones are released when we take

physical exercise and counteract cortisol.

They are designed to have an analgesic effect and help us to feel good after physical exercise. They help us to cope with some of the painful side effects of pushing our muscles hard to do physical work. However, their impact is straight forward and positive.

Teenagers need to be active! At Becket Keys we have hundreds of stairs causing students to engage in physical activity every day. We also ensure that we have a long enough break and a lunchtime everyday to give students the chance to exercise and run around. Football is encouraged on the Astro Turf and various other ball games can be played on the playground.

.....Contd on Page 2



BECKET KEYS
Church of England School

Sixth Former for a Day

We had 180 students here for this event last Friday!

Page 3-4

Jack Petchey Pitch Perfect

Read about the recent triumph for our students at the Regional Final of this competition.

Page 7

Chinese New Year Celebration

Year 7 had a fantastic day yesterday with the many different workshops.

Page 10-11

Caretakers of God's Creation

How seriously do you take your responsibility for the Earth?

Page 9

.....Contd from Page 1

I really enjoy seeing how inventive the younger students can be in creating games. Recently, whilst the table tennis tables have been out of action due to high winds they have been especially inventive.

It worries me when I see many schools allowing students to use their phones during the lunch break. Although it may help keep students 'occupied', the reduction in physical activity and social play is concerning. It is a huge reduction in endorphin creating opportunities!

The provision of numerous sports clubs at Becket Keys is also a crucial way in which we hope to offer students the opportunities to exercise. We love sport for the sake of sport! It is not just about winning; it is about taking part. If your son/daughter has not found a sport that works for them yet then take another look at the clubs list and think about what they could try!

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

Park Run is also a great way to get those endorphins going. There are great opportunities locally for families. Get involved! It is really simple!

In recent years, studies involving endorphins have begun to focus on how these endorphins contribute to learning. Physical activity is essential to brain development. Basically, when we feel good, we learn better. Intellectually stimulating the

brain when endorphins have been released, helps even more. When I was a primary school teacher I used to get pupils to try physical activities before learning to help get their brains active and engaged. At Becket Keys, moving between classes every 50 minutes is a similarly productive opportunity, but it cannot stop there.

When working with children and teens, it is important to remember this and help develop the whole self. By stimulating the positive neurotransmitters in the body, we will combat the cortisol and, therefore, have more happy teens. Physical activity leads to happiness, happiness leads to better learning, better learning leads to increased knowledge, increased knowledge leads to more confidence and so on.

I saw it last night as I watched the Perfect Pitch group leave the stage, after a rush of energetic singing and dancing they left the stage 'on a high'. The evidence was clear for all to see. The joy of singing and dancing is addictive and these students cannot wait for their next opportunity to perform.



My challenge last weekend was to find time to stop and pray and

to discern what God may be saying in his still small voice. Was the cortisol giving you an accurate message of what dangers lie around you or not?

My challenge this weekend is to repeat that again, but also to find some opportunities for physical exercise. If you are not going to make this happen for yourself and your teen – who is?

Have a 'feel good' weekend!

Mr Scott-Evans
Headteacher

Lunchtime Eucharist



Father Mark North comes in to school every Friday lunchtime to celebrate communion in the John Wraw Chapel (Justin Welby building).

All members of the local community and parents are also invited to these short twenty-minute services. Please arrive in reception at 12.50pm for a 1pm start.



Education Sunday 2020

Our annual church service to celebrate Education will take place at St Thomas' Church this Sunday, 26th January 2020.

Education Sunday is a national day of prayer and celebration for everyone involved in the world of education. It is our chance to offer thanks and prayers for the life and work of Becket Keys Church of England School, St. Thomas' Infant and Junior School, Jigsaw Pre -School and all people associated with them.

We hope as many students and families as possible will be able to attend and come together as a school and church community for this special service. **All students attending must wear their school uniform** and will be expected to sit together at the front of the Church with their teachers. Parents are very welcome to stay and sit in other areas of the church for the



service. **Students will need to gather at 9.40 for a 10am start.** The theme this year is 'Stewards of God's Creation'.

If you feel able, please also take part in the St Thomas' Great British Bake off. This includes prizes for the best cakes in the following categories: pre-school, infant school, junior school, senior school and adult. You may bake whatever cake or biscuit you like. Entry to the competition is free. Please deliver any cakes to the kitchen prior to the service.

The service will be followed by a Friends of Saint Thomas' cake sale (in aid of church funds), which will take place in the church hall after the service, to

which all are very welcome. Tea and coffee will also be served.

I am looking forward to seeing our parish church full of Becket Keys' students and parents!

Mrs. Sharp
Deputy Headteacher



BECKET KEYS
Church of England School

Sixth Former for a Day

After a few months of excited expectancy, today saw the occasion of our fourth Sixth Former for a Day event – and this year it was bigger and better than ever as word of our excellent Sixth Form has spread!

Over 180 Year 11 students, including over 50 from other schools, experienced a day of Key Stage 5 lessons in order to help them gain an insight into what they can expect at Becket Keys next year. They also had the chance to become familiar with important parts of the Sixth Form programme as they attended a Collective Worship and tutorial period. Both of these are central to keeping the students bonded as a tightly knit community where there is plenty of support (and laughs) for each other.



The tutorial groups are also the basis of the House Cup that runs over the academic year and the Year 11 students took part in the weekly current affairs quiz. Mr. Taylor-Smith's form for the day won this.

Of course, with the main objective of the day being to discover what is different between Year 11 and the Sixth

Form, there were plenty of opportunities to gain this knowledge and ask interesting questions. During a talk in the morning, the six Senior Prefects explained what they found interesting and enjoyable about their time in the Sixth Form so far, as well as pointing out the main differences to last year and what has surprised them. This meant that the younger students were able to understand:

- how external students are made to feel extremely welcome and settle in successfully
- how they will be supported with their learning and their emotional wellbeing
- the extra-curricular opportunities on offer
- the structure of the 'Next Steps' programme that will help them apply for university, apprenticeships and employment
- the ways in which our more able students are given chances to develop as part of the Scholars' Society
- the House Cup
- and much more!

Another important way for students to find out crucial information about the choices that they have to make was



through the subject fair. Year 12 and Year 13 students ran these 'market stalls' all day and answered a huge number of interesting questions about the content of different courses, the ways in which lessons are delivered and how the pressures of studying at this advanced level need to be handled. Naturally, Year 11 students were curious to see the older students' work and – naturally! – the Sixth Form students enjoyed showing off their organised subject folders, skilled exam responses and creative coursework.



So far, we have had nearly 200 applications from students who are interested in joining our Sixth Form next year, including over 60 from students who currently go

to other schools – and they keep on coming in on a daily basis. **The closing deadline for applications is Friday 14th February;** please see the information at the end of this article for details of how to apply. **Every student who applies will be interviewed** and these will commence shortly after the deadline.

All students who are interviewed will be offered a place in the Sixth Form and invited to our compulsory Bridging Event that will last for two days towards the end of June. There will also be several other occasions that prospective Sixth Form students will be able to join in activities in order to prepare for their time in Years 12 and 13 at Becket Keys. Please keep an eye out for notices about these.

If you know a Year 11 student who you think might be interested in applying, please let him/her know the closing deadline for applications and ask him/her to do so by using the relevant forms on the Sixth Form area of the school website (<https://www.becketkeys.org/app/lyforsixthform.php>). Questions about the Sixth Form can be sent to SixthForm@becketkeys.org

Mr. Peggs
Head of Sixth Form



Pitch Perfect – Regional Final

On Saturday 18th January, Becket Keys Glee Club performed at Chelmsford Civic Theatre having qualified for 'The Jack Petchey Perfect Pitch Challenge – Regional Final'. Our school competed against 10 other groups from the region that comprised of some of the most elite Theatre Schools in the area.

We are extremely proud to announce that we were one of the four groups to go through to the Grand Final to be held on 1st March at London's Cadogan Hall!

This vocal ensemble group comprises of 22 students from Year 8 to Year 13 and they have been rehearsing tirelessly since July last year to achieve this. The group have formed a beautiful bond and have a great sense of team spirit, which we believe has been their biggest asset in the competition so far. Some of the students involved share their experience.

I am immensely grateful for the phenomenal experience we had achieving a place in the Grand Final in London. The moment we heard "Becket Keys!!" announced felt like a dream! We managed to exceed our own expectations and made it through with some of the area's best theatre schools! We performed 'Chandelier' by Sia and 'Friend Like Me' from Aladdin. We could not have succeeded so brilliantly without the incredible coaching and encouragement from



our teachers and the support from our family and friends in the audience"

Lucy O'Hare (9FS)

"Performing in the regional final was such a great experience. The energy that everyone had was brilliant and I feel it really brought us together as a team. The feeling that we had when the winners were announced was beyond description. I loved every minute of the regional final."

Millie Double (12FS)

"I have enjoyed this experience a lot, because I loved performing with my friends and having fun."

Jessica Martin (9WW)

"This was such a positive experience and an amazing atmosphere."

Hope Lawrence (10PP)



Tickets for the grand final go on sale on 1st February at 10.00am. If you would like to come and support the group, tickets can be booked online at www.cadoganhall.com for £13 each.



GCSE Awards Evening

We had a wonderful evening celebrating the achievements of the 2017-2019 GCSE cohort last night.

It was wonderful to see so many of our students looking so smart and eager to celebrate the achievements of their year group and collect their GCSE certificates.

We also distributed an Ebacc certificate to over half the cohort! This prestigious award is given to students who have achieved a grade 4 and above in English, Mathematics, Science, a humanity such as History or Geography and a language.

We had wonderful musical entertainment from Katherine Ellery and Euan Inverarity and the finale of the event was a performance from the Becket Keys group who recently qualified for the National final of the Jack Petchey Pitch Perfect competition.

Many thanks to Mr Ian Kemble for attending as our guest speaker and congratulations to all the prizewinners.



Extra-Curricular Clubs

Chess Club

- WHO: All years
 - WHEN: Thursday 12:55 – 1:25
(please eat lunch first)
 - WHERE: 1st floor Runcie
- Hosted by Tyler Christian and Harry Bull



Lego & Board Games Club

- WHO: All years
 - WHEN: Friday 12:50 – 1:20
(please eat lunch first)
 - WHERE: R14 – 1st floor Runcie
- Hosted by Mrs Cavalier /Mr Thorpe



Knitting Club Has Expanded!!

How do you fancy doing some weaving?
We will be making items similar to the ones shown below.
You can of course still come and knit if that's what you prefer.

When: Monday Lunchtime – 12.55 – 1.25

Where: C20



Becket Keys
MUSIC

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

Gospel Choir

- WHO: Singers and musicians from all years
- WHEN: Friday 1:00-1:30pm
- WHERE: Dance Hall (Runcie)
- WHY: For people who love and have a passion for music and want to use their talents.

Hosted by Zoe, Malachia, Lucy, and Jay (6th Formers)



Maths Club



Welcome to the
United Kingdom Mathematics Trust

The UKMT Junior Maths Challenge takes place for selected students on:

Year 9, 10 – 6th February

Year 7, 8 – 30th April

If you enjoy a good puzzle, or solving problems, come prepare for this competition on **Wednesday lunchtimes 1pm in J25.**

A team of students who attend will also be selected to represent Becket Keys at a team event at Cambridge University in March.

Year 7 – Chinese New Year Celebration

The Year 7 celebration of the Chinese New Year was a varied and fun filled day. It began with a talk by Mr Trapp from the British Museum. He spoke about Chinese inventions and I was particularly surprised to learn that football originated in China! He also showed us some Chinese artefacts, some dating from the 19th Century. The stand-out piece for me was a porcelain bowl from the Tek Sing shipwreck of 1822.

The science session was fun. We learnt about the chemicals that make the colours in fireworks. We put various chemicals over bunsen burners to create different coloured flames. We also used iron shavings to create the sparkling effects of fireworks and also used indoor sparklers. We had a cracking time!

Chinese cooking was another activity that I enjoyed. We learnt how to cook vegetable rice and how to use chopsticks so that we could eat our creations in the correct Chinese manner!

The lion dance and Chinese drumming that took place on the playground at lunchtime was very entertaining and a memorable; I hadn't experienced anything like this before. I was glad that I could celebrate this day with my friends.

Olivia Banfield 7PP





Friends of Becket Keys

Friends of Becket Keys
Presents

GIN TASTING NIGHT

Calling all Gin Lovers!

Join us in celebrating the fabulous world of gin as John Kernaghan, local Gin Buff, will be helping guests understand what gin actually is, its history, how it's made and the key botanicals.



Friday 7th February 2020
(7.30 pm for 8.00 pm start)

Welcome Drink on Arrival
Enjoy a selection of Artisan Gins paired with premium tonic/garnishes
Delicious canapés/nibbles served throughout the evening.

TICKETS: £20
<https://www.pta-events.co.uk/fobk>


Tickets are selling fast for this event please visit www.pta-events.co.uk/fobk to purchase. Last order date 30th January 2020.

Reminder!

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



MYBAND
Workshops for 11 - 18 year olds

Song writing
Performing
Recording
Playing

2020 VENUE
BECKET KEYS
SCHOOL
19th & 20th February
9.30 - 4.30pm

Holiday Music Course
BOOK NOW
www.mybandmusic.co.uk

The thrill of being part of a band is a magical experience. This course provides the opportunity for young people between 11-18 to have the unique experience of being in a band. The students will write songs, jam, rehearse and record over two days during the Lent holiday.

This is an amazing opportunity and the students get to work with professional musicians.

Having a performance goal encourages practice and practice means that the students will improve. Stage presence and the art of performance are essential elements to being in a band. The students are helped to create a band identity that is unveiled at the final performance that parents and friends are invited to attend.

For more information go to:

<https://www.mybandworkshops.org/holiday-myband/>



**BILLERICAY
EDUCATIONAL
CONSORTIUM**

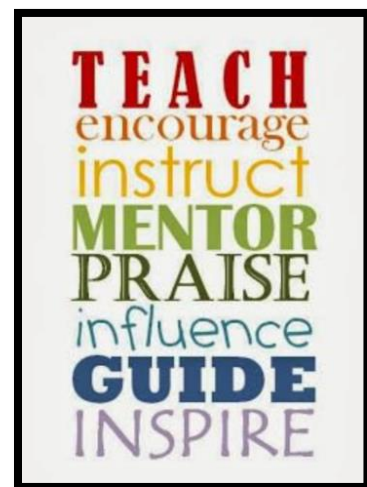
School Centred Initial Teacher Training

INTERESTED IN TEACHING?

The school is always interested to hear from those who wish to consider teaching as a career. Readers may well be aware of the current difficulties all schools face in recruiting high quality staff. Becket Keys Church of England School has an advantage given its reputation and being an outstanding church school, but we cannot be complacent. The school would welcome expressions of interest from qualified teachers, those looking to return to the profession or those wishing to enter the profession.

We offer School Centred Initial Teacher Training (SCITT) as a route into teaching. We work closely with the Billericay Education Consortium who have connections to a large network of partnership schools in Essex and Havering. They provide bespoke training of the highest quality and over the last five years 100% of their trainees have passed the course with Qualified Teacher Status (QTS) and gained a Post Graduate Certificate in Education (PGCE) with 60 Master credits. The programme offers a real balance between hands on classroom experiences and the theory underpinning educational practice.

Please contact **Mrs. Sharp (Professional Mentor for Billericay Education Consortium at Becket Keys)** or go direct to <https://www.billericayscitt.com/> for further details.



TASTER EVENTS

Mrs. Sharp will be organising taster events for Thursday 30th January 2020 and Thursday 14th May 2020 from 9.30 - 12.30am at Becket Keys. Attending one of these events will give you a chance to experience life in school and discover whether teaching may be the career for you. During your visit, you will observe lessons and meet with mentors and staff who work in partnership with the Billericay Educational Consortium. You will get the chance to have a chat with ex-trainees who have been employed by the school, and current trainees who are placed there for their training year. You will also have the opportunity to ask any questions you may have, either about the course or teaching in general.

If you are interested in attending either of these events, please complete the form found on line at <https://www.billericayscitt.com/information-events/> or, alternatively, contact becky@billericayscitt.com to reserve a place.

PAUSE



As you will be aware, this year's theme for Education Sunday is 'Stewards of God's Creation'. With the increasing climate change emergency and attention to environmental issues, this is an important theme in our desire to preserve God's world for our children and our children's children. Sustainability, and indeed education for a sustainable future, should be high on everyone's agenda.

You may have noticed that I have used the term '**God's world**'. As a Church of England School, we are careful to share this perspective

with our students. It is **not our world**. Ownership is basic to our culture and the idea of not owning the world goes against the grain. We naturally put the label 'mine' or 'ours' on things. However, the Bible speaks of God as creator and sustainer of the earth, it is His world. God placed people in His world to enjoy it and look after it, not to own it or exploit it. This creation gift was an expression of God's love and His faith in people. It was also an expression of faith in this world, as God's world also communicates hope, as this world belongs to Him and its ultimate destiny rests with God,

though people are called to work with God in caring for the earth. There is a huge difference between viewing ourselves as guests in God's world and seeing ourselves as owners. The former changes the relationship with the environment to one of stewardship.

Reflect on these Bible verses:

- The earth and everything on it belong to the Lord. The world and its people belong to him. *Psalm 24:1*
- Everything belongs to the Lord your God, not only the earth and everything on it, but also the sky and the highest heavens. *Deuteronomy 10:14*

What difference could this perspective make to your daily life? How much do you appreciate and take care of creation. How seriously do you take your responsibility as a caretaker for the earth's resources? The future of our beautiful and fragile planet is in our hands.




Let us pray:

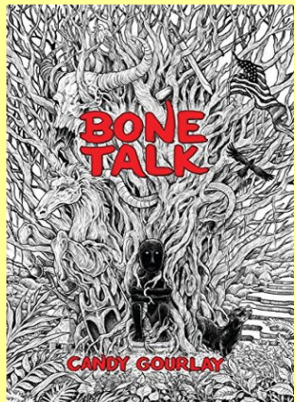
Dear Lord, we thank you for the gift of education and we ask you to help us use our knowledge and understanding to respond to the climate change emergency. From the vast biodiversity, to the mountains and rivers, God created it all, and it is a display of His majesty and wonder. Therefore, let us praise God for this wonderful world and thank Him for all the beauty that there is within creation. Let us pray for our world and pray for good decisions and policies from those in authority and decision makers. Let us pray for answers and for more people to make changes to their life, so that together we can make positive steps for the sake of our planet. In the words of Bishop Stephen Cottrell, in his New Year's message, help us 'live gently in the world and enhance God's creation'.

Amen

Mrs Sharp
Deputy Headteacher



Mrs Russell's
**Book of the Month -
January**




WHAT'S THE STORY?


Samkad dreams of becoming a mighty head-hunter like his father, carrying his own weapons and etching tattoos across his chest to proclaim his greatness as a warrior. His best friend is a girl his age, Little Luki and Little Luki wants to become a mighty warrior too... Except in their culture, girls don't grow up to become warriors.

The two friends have no idea about the world outside their isolated mountain village until a boy from the Lowlands turns up ... a boy who can speak many tongues and who tells stories about the world outside that seem ridiculous and unbelievable especially the part about invaders called 'Americans' who are coming to take over the village.

Your own copy can be purchased online, checked out from the local library or from our school library (best be quick!).



Mrs Russell's
Word of the Week



Galore

In sentences:

1. There were goals galore in the games that day.
2. The hotel is surrounded by restaurants galore.
3. There are prizes galore at the fairground.

Definition of galore in English:

In great quantity.

Use the adjective **galore** as many times as possible throughout the week! This can be verbally, in your written work or even when messaging friends and family!



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.

Sports News

Year 9 Girls' Basketball



The Year 9 girls' basketball team are growing from strength to strength at the moment. They have been transferring skills from their other strong sports and using them wisely for the game. Through injury, illness and appointments we lost Isabella Haywood Biles and Josiane Pouadjeu for this match however, Nicole Sala made a return to the team alongside an enthusiastic Amy Benson. The team were confident that they could create an impact at Brentwood County High School and they did not disappoint! With the introduction of the stats sheet all students were playing for a personal best. Saskia Bashford, ever the basketball player, took 18 points out of our 52! A commendable effort. Phillipa Burrell won the rebound battle in the first half which encouraged others to get

involved. Lucy Gunn hit a flawless 3 in the 3rd and the entire hall went crazy, including the table judges! However, despite a number of incredible performances the woman of the match goes to Amy Benson who scored 8 points on her debut to the Becket Keys Basketball team and has gained herself another call up for the next match!

Team:

- Phillipa Burrell
- Izzi Brook
- Saskia Bashford
- Lucy Gunn
- Pip Barden
- Nicole Sala
- Amy Benson
- Grace Deal

Well done all!

Year 7 & 8 Girls' Football



Two brilliant games of football from these teams. Year 8 won their match and Year 7 narrowly missed a win against a very strong Ormiston side.

Gymnastics Squad

All gymnasts are required to attend training on Wednesday after school in the Main Hall. These sessions will be running until the Milano Trios Competition.



This is requirement from ALL trios.

Failure to attend may result in removal from the competition!



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.

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/>

If you are a member of any of the school sports teams, then joining the Park Run each week will be great way to improve your overall fitness.



Sports Fixtures

Monday 27th January

Year 9 Girls' Basketball v The Boswells School (H)

Tuesday 28th January

Year 7 Rugby Festival @ Great Baddow High School

Year 7 Girls' Basketball v The Boswells School (A)

Year 9 Boys' Basketball v Great Baddow High School (H)

Wednesday 29th January

Year 9 Netball v Great Baddow High School (H)

Year 8 Girls' Football v Chelmsford County High School (A)

Year 7 Essex Plate Netball v SFG (A)

Thursday 30th January

Year 8 Rugby Festival @ Great Baddow High School

Monday 3rd February

Year 9 Boys' Basketball v King Edwards Grammar School (H)

Essex Cup Quarter Final

Tuesday 4th February

Year 9 Netball v Brentwood School (H)

Year 7 & 8 Girls' Football v The Boswells School (H)

Year 8 Girls' Basketball v Great Baddow High School (A)

DATES FOR YOUR DIARY

YEAR 9 SUBJECT CONSULTATION EVENING

THURSDAY 30TH JANUARY 2020

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YEAR 9 CURRICULUM EVENING

OPTIONS

TUESDAY 4TH FEBRUARY

*

YEAR 8 SUBJECT CONSULTATION EVENING

THURSDAY 13TH FEBRUARY

*

LENT HOLIDAY

MONDAY 17TH FEBRUARY – FRIDAY 21ST
FEBRUARY

*

INSET DAY


(NO STUDENTS IN SCHOOL)
MONDAY 24TH FEBRUARY

*

YEAR 12 UNIVERSITY APPLICATION INFORMATION EVENING

TUESDAY 10TH MARCH

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26th January 2020
St Thomas' Great British Bake Off
and cake sale


**Baking competition open to all.
Bake whatever cake or biscuit you like.
Free entry**

Pre-school, Infant School,
Junior School, Senior School and
Adult categories

**Come and watch the judges in action;
the heads of our Church Schools with Great
British Bakeoff contestant, James Hillery**

All entries will be sold as part of
the cake sale after judging

**If the competition isn't for you, please either
donate to the cake sale (please deliver before
Mass) or buy some of the cakes in aid of church
funds**



Becket Keys

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