



Y11 GEOGRAPHY STUDENTS AT OLD HARRY ROCKS

Becket Keys Church of England School

31st January 2020

Mr Scott-Evans writes...

The Teenage Brain

Week 3 – Dopamine

Last week, I wrote about the importance of endorphins for the teenage brain and I considered the ways in which they help to counterbalance cortisol. Off the back of this, it has been great to see a wide range of sporting activity and success this week! I also went down to the Astro Turf for a couple of lunchtimes and saw over one hundred students down there playing football and enjoying the pleasure of physical exercise before the afternoon began.

This week, I want to turn my attention to another important chemical for the teenage brain: dopamine. Dopamine is a bit like endorphins in that it causes

feelings of happiness and can be deliberately triggered.

Dopamine is the chemical in the teenage brain that causes teens to want to get things done and achieve. Every time we tick something off our 'to do' list, we get a dose of dopamine. This feeling of contentment and satisfaction is crucial to our motivation, and it is something to be managed carefully.

The brain is indiscriminate and will send out dopamine pretty much regardless of what it is that we have achieved. Therefore, a teenager might find himself/herself feeling good because he/she has checked the Instagram account or caught up on all the SnapChat feeds. However, these are 'false achievements'!

.....Contd on Page 2



BECKET KEYS
Church of England School

Y11 Geography Trip

More than 60 students travelled to Swanage for their Geography field trip!

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Visiting Speaker

The Sixth Form students were fortunate to hear an inspirational talk from Tom Toumazis MBE.

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Biblical Pause

Stay connected to fruitful living.

Page 8-9

Sports News

Read all about the highs and lows of the latest fixtures and note the upcoming fixtures.

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.....Contd from Page 1



What we need to do is to organise ourselves so that we get the important stuff done first whilst we have good levels of energy and leave the quick wins to later. We all know this feeling. Revision needs to be done, but we distract ourselves with anything we possibly can first! Before I start I will make a cup of tea. Then I will organise the mugs into rainbow colours! Then I will polish the teaspoons. Then I will take the food waste outside. Next, I will check the best before date on the milk. That makes me think I ought to check the dates on everything in the fridge! And so on! Each of these achievements can give us a little boost of dopamine and we feel good, but actually we are not getting anywhere near the task that we set out to do: revise!

To help our teenagers here at Becket Keys, we use Show My Homework. This tool organises students' homework for them and helps by producing a list. They get a little boost of dopamine as they tick off a task. They also get marks and comments from teachers which also provide a little boost of dopamine as they confirm that something has been completed well.

I encourage teachers to set lots of smaller pieces of homework, rather than setting a huge piece which is going to take weeks to complete, so that students can get this boost of dopamine every time they complete a piece. Parents, you can help as well. Organising your teenagers in their revision programme or weekly routine, so that there are lots of genuine little

completions, will help. A 'To Do List' is crucial. A list that is organised by importance is even better. Music practice, chores, homework, exercise and revision can all be added to the checklist and ticked off. Every tick equals more feel good dopamine.

A study of rats showed that if the rats had low levels of dopamine they would settle with less food in exchange for an easy task. By contrast, higher levels of dopamine pushed the rats on to complete more challenging tasks in exchange for more food. It is very similar with teenagers! (Not that I am calling our students rodents!) I can see this every day: a clear division between those students with good habits in good routines making richer and better decisions. Meanwhile, those who are in bad habits and poor routines falling further and further behind. It is called the Matthew Effect or Matthew Principle. Jesus said in Matthew's Gospel: "To those who have, even more will be given; to those who have not, even what they have will be taken away from them." It is a self-evident truth. It is an accumulated advantage. Sometimes expressed as: "The rich get richer and the poor get poorer". The thing is you can choose to be rich in dopamine. It is a choice! There is no magic money

tree, but there is a magic endorphin and dopamine tree!

My challenge in the first week was to be still and listen to the messages that cortisol might be giving you.

My challenge last week was to take some physical exercise.

My challenge this week is to 'get organised' and get your to do lists sorted.

I urge you all to keep going with challenges 1 & 2, but to push on to create some dopamine highs this weekend. How many tasks can you come up with that need doing? Write a list! Organise to do the hardest ones first and get cracking. You will feel the dopamine start to flow!

Here is a guilty secret! Sometimes I start my list with something that I have already done – or am about to complete – just so I can tick it off! That is the addictive nature of dopamine and how easy it is to trigger. Why not write: 'Read the Newsletter' on your list? You can then read the next few pages and then cross it out! That can be my first gift of dopamine to you, this weekend.

Enjoy!

Mr Scott-Evans
Headteacher

Year 11 – Geography Trip to Swanage

As part of the GCSE Geography course, students are required to take part in a fieldwork study that investigates both human and physical geography. For Year 11, this study took place last week when students visited Swanage in Dorset for 2 nights.

After an early start on Wednesday morning, the group headed to Barton-On-Sea where students completed a field sketch and were able to see the effects of erosion on the coastline. A second stop occurred at Studland beach where the students completed other skills-based activities with Old Harry Rocks located in the distance for students to take photographs. Signs of mass movement engaged the students with their classroom learning. In the evening, the students visited a local cinema to watch Cats.

The first full day within Swanage itself involved collecting both physical and human geography data that students will use for their examinations in summer. The Year 11s split into two groups, with group one heading to the beach with Mr Taylor-Smith and Miss Romano for their physical geography enquiry, whilst group two remained in the town of Swanage with Mr Sutherland and Miss Tanner for their human geography enquiry.

At the beach, students investigated the effectiveness of



Durdle Door

the groynes that had been built to protect the coast by taking various measurements along the beach either side of the groyne. In the town, students completed various activities such as an environmental quality survey and traffic count to aid with their overarching question of whether Swanage is sustainable for people and the environment. In the evening, students used their collected data to draw a range of graphs. From these they will draw conclusions about both their

physical and human enquiry questions.



On the third and final day, students were delighted to visit some of the UK's most famous coastal landmarks such as Durdle Door and Lulworth Cove, where many walked across Scratchy Bottom and up to the top of Swyre Head, the highest point on the



Swanage Beach

Purbeck Hills at 208m. There was a fantastic view of the area. Undoubtedly, this helped students to develop their understanding of the geographical processes taking place here that they had learnt about.

The trip helped students see, in person, what they had learnt in the classroom which will help them answer their Paper 3 Geography fieldwork exam in the summer. The trip was a great way for students to develop their enquiry process when investigating key questions, a skill that will be invaluable for A-level Geography and university level studies.

Miss Tanner
Geography Teacher



Y11 geographers overlooking The Jurassic Coast from Swyre Head



Lulworth Cove



My Band Lent Holiday Music Course

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/>

Year 9 Curriculum Evening Tuesday 4th February 2020

We will be holding a **Guided Curriculum Choices Evening** for parents and students on **Tuesday 4th February, from 5.30 – 7.15pm**. The evening will begin with a presentation in the Main Hall to explain how the options process works. After this, you will be able to attend up to four subject presentations given by Heads of Department. The purpose of these is to gain some insight into what students will study and how students will be assessed. It is likely that you will want to attend presentations in the subjects that have been recommended for your son/daughter. It is extremely important that both parents and students attend, in order to fully understand how the process works and the choices that are available.

We would like you to book the subject presentations you wish to attend in advance. The booking system will be open from **Friday 31st January**. For information in advance, the system can be accessed at:

<https://becketkeys.parentseveningsystem.co.uk> or via the link under 'Latest News' on our website.

Please note that seating is limited in the Main Hall so seats are restricted to three per family (including your son/daughter). Please do not bring younger siblings, if possible. Students should attend in full school uniform. Information about subject and courses is also contained in the Guided Curriculum Choices booklet, which you will be able to take home with you.



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.

Lunchtime Eucharist Every Friday



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.

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.

Visit to the Sixth Form - Tom Toumazis MBE



On Tuesday, Year 12 had a visit from Tom Toumazis MBE, who delivered an engaging and inspirational talk on being and portraying yourself as the best version of you that you can be.

It was very inspiring to hear his life story as he told us how he didn't do well at school and no one really believed in him, but he worked hard, took chances by going to university and asking for a place, and applied for jobs he had no experience in. As a result, he ended up being really successful. This message proved that, as long as you work hard, you can still succeed, even if things don't go the way you planned.

He also taught us that every experience is valuable as every experience you have, whether you enjoy it or not, will teach you something. This was inspiring as we all have to do something we don't want to do, but it can still help us to succeed.

Tom encouraged us to craft, refine and practise a short speech about ourselves in a similar style to that of a TED talk. In order to develop an engaging piece, he suggested that

we record ourselves as well as reciting to friends and family. The aim of this exercise is to prepare us for the moment, be it formal or informal, that we are asked about ourselves. Then this moment would not be wasted, and potential opportunities lost, because we would be able to display the interesting and experienced people we really are.

One of Tom's main messages was to encourage us to avoid using the word 'maybe'. This normally suggests that 'no' is the answer, and it both creates uncertainty and wastes time. Instead, we should be more certain of what we want, answering 'yes' or 'no' or 'yes, but...' or 'no, until...', introducing certain conditions. This helps us to see what is important to us, allowing us to seize the opportunities that will benefit our lives by giving a clear 'yes'.

Tom also linked this idea of taking opportunities to suggesting how we can get the most out of our time. He encouraged us to try and give up time on our phones as they 'absorb' hours of our day, and instead use these hours to work towards a goal such as playing an instrument. This will make us more interesting people, therefore opening more doors in life to give us the best possible chance of success.

As he spoke to us, Tom returned more than once to the importance of two simple words: 'thank you'. Feeling the power of thanking someone cannot be overestimated, he urged us to make a conscious effort to express our gratitude. He was particularly encouraging us to appreciate those such as our parents

and teachers, who do so much for us, yet can be forgotten in our thanks. Tom also strongly suggested taking the time to express our gratitude in the form of a letter. For being a less commonly used form of communication, writing a letter can make what you say stand out and so hold a greater impact. Tom even handed out thank you letters at the end to help us on our way!

Tom was also kind enough to allow us to ask him lots of questions, which he answered fully, honestly and helpfully. It showed us more about his excellent character and, also, clearly displayed to us that he really cared about assisting and inspiring our generation. On top of this, he then stayed to advise some of the students in Year 12 who went back to speak with him. They have started small businesses and wanted to benefit from his expert views. These students were truly thankful as they understood that he would have had other events and meetings to attend that day, yet he did not once give the impression that he would rather be anywhere else than at Becket Keys!

There was a clear buzz around the Sixth Form area for the rest of the day and there still is now. It was a great opportunity to learn and there is no doubt that Tom delivered even more than we had hoped for through what he said and how he presented it. Reflecting on him, it is easy to see how he has been so successful that he is now Tom Toumazis MBE - but the key message from him was that it was not easy to achieve this success and so we should all be willing to work hard and take risks.

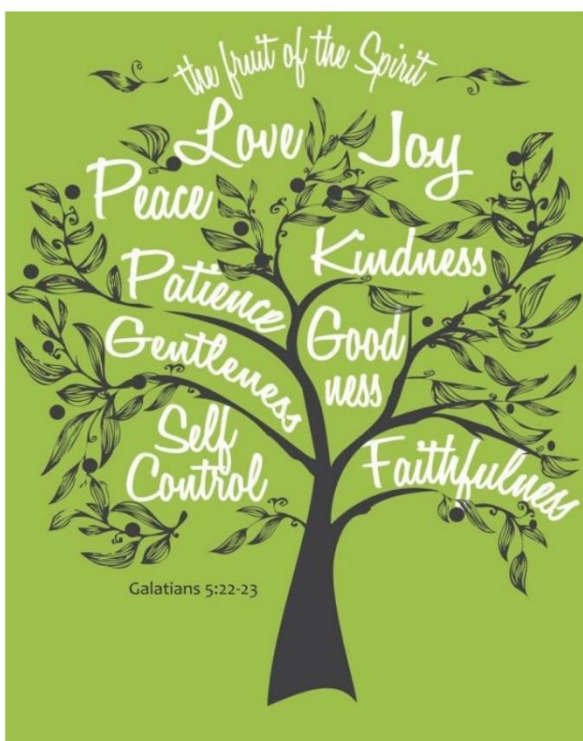
**Lola Webb, Miriam Hall
and Ella Crowley**

PAUSE



Stay connected to fruitful living

As creatures of habit, we tend to go through life on autopilot. We often miss clues that indicate that our spirit is not enjoying the good health that God created it for.



Last week, the focus of the 'Biblical Pause' was being stewards of God's creation. A call to live gently. Although the focus was on the environment, the ideas can also be applied to our relationships with other people. The all-embracing vision of God for creation is broken when there is inequality and injustice in God's world. We are called to act with love and kindness. We are called to help foster positive relationships and build community.

Prior to his crucifixion, Jesus gave last-minute instruction to his followers: *'Live in me, and I will live in you. A branch cannot produce any fruit by itself. It has to stay attached to the vine. In the same way, you cannot produce fruit unless you live in me'* (John 15:4).

Jesus uses the idea of being attached to a vine as a simile for being spiritually connected. You are not going to have any fruitfulness or productivity in your life if you are out there on your own. You must stay connected. We can learn many lessons from gardening and tending the earth about fruit bearing and mending the spirit!

Now think about what kind of fruit you should produce when you are connected to the Body of Christ? *'The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control'* (Galatians 5:22-23).

These nine characteristics help us understand what it means to live in God's world according to the Fruit of the Spirit. This table below demonstrates the Holy Spirit active in our lives:

Love	'Love is patient, love is kind. (love) is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails.' <i>1 Corinthians 13: 4-7</i>
Joy	'Rejoice in the Lord always. I shall say it again: rejoice!' <i>Philippians 4:4</i>
Peace	'Peace I leave with you, my peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.' <i>John 14-27</i>
Patience	'The Lord is slow to anger and rich in kindness.' <i>Exodus 34:6</i>
Kindness	'Be kind to one another and forgive each other, just as God in Christ also has forgiven you.' <i>Ephesians 4:32</i>
Goodness	'Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.' <i>Matthew 5:16</i>
Faithfulness	'For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.' <i>John 3:16</i>
Gentleness	'Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person.' <i>Galatians 6:1</i>
Self-control	'Make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance.' <i>2 Peter 1: 5-7</i>

I am sure we all would like to be more loving, joyful (regardless of our situation), at peace, kind, full of goodness, gentle and self-controlled. These are the fruits of faithful living. This is the evidence that we are spiritually connected. If you are not seeing yourself grow in all these things, it means you are not spiritually connected. Our strength comes from 'abiding in Him'.

This is a call to live gently and walk by the Spirit. When we follow the Spirit's lead, instead of being led by our self-focused desires, He produces the fruit. But even when we do not walk by the Spirit, the Spirit will guide us and restore proper order in our lives. God promises that if we are willing to admit that we have been walking our own way and ask for His forgiveness and cleansing, He will empower us through His Spirit to live the abundant life for which He has created us.

Reflect on these questions:

- What is the evidence in your life that you are bearing fruit?
- In what 'fruits' do you need to grow? How are you going to do that?
- What benefits have you witnessed in your life from being connected to the Body of Christ and walking by the Spirit?

Pray:

Father, I pray that you might enable us all to abide in You. May we rest in your provision and love. May we show your love through word and deed. May we find joy through bringing peace, as it is a blessing to see hearts touched by the riches of your grace. Cultivate in us the fruit of the Spirit. Amen.

Mrs Sharp – Deputy Headteacher

Sports News

Year 7 Basketball



Congratulations to the Year 7 team who won their first basketball fixture! What an achievement against a confident side. The girls appear to be forming a fantastic relationship together and in doing so have created a dynamic of a growing team. Offensively our girls are basket driven, which works 80% of the time, however, we must work on finishing at the basket and getting back on defence in order to stop a fast break point from the opposing side.

Thankfully, on this day we were the better team! We must continue to work hard and focus on playing around before we finish our shots. A fantastic performance by these girls – keep it up!

Woman of the Match - Katie Todd

Becket Keys	18
The Boswells School	10

Year 9 Boys' Basketball



The boys were on the back of a winning streak coming into a fixture against a strong Brentwood County High School side. The conditions were far from ideal but the performance surely was. Within minutes, the boys saw themselves breaking the deadlock. Just like the rain, the goals came flooding in. A second and third were scored in as many minutes. There was a spell of defending required but the boys managed to hold off the attacks and turn the momentum as they scored a fourth on the counter. Straight from kick off the boys managed to capitalise on the dropped BCHS heads and steal a fifth before the half time whistle.

Positive talks at half time from Mr Lane for the attitudes shown on a horrible evening allowed multiple changes to be made with positions and formations being altered throughout. The team managed to score two more midway through the second half but that caused us to become complacent and we conceded a

sloppy goal. Much to the credit of BCHS they battled hard and scored the goal of the game with an audacious rabona from the edge of the box!

Becket Keys	7
Brentwood County High School	2

Year 9 Girls' Basketball



The passion from these girls is flawless, we are so proud of the progress they have made over the years and hope to see it continue forever! We did face a tough side in Boswells which is full credit to them. Our students have executed the fast break very well, their ability to play around players and drive past them is exceptional. We must work on moving the ball around the key more and using our 5-out principle more frequently. Saskia Bashford is growing into a well-rounded sports woman and continues to be an outstanding basketball player. Josianne won the rebound game by a country mile, her feisty personality plays well in her defensive role. The girls continue to impress us daily

and we look forward to seeing them flourish!

Woman of the Match – Izzi Brook

Becket Keys 38
The Boswells School 48

Year 7 Netball



The Year 7 girls end their Essex Plate campaign with a fantastic performance against a feisty Sir Freddrick Gibberb of Harlow. Unfortunately, injuries reduced our team to a 6 man army and thankfully Arabella Carroll stepped up to take the shooter position with Emma Cooper coming along as a step in substitute defender. After a shaky start, Miss Schafer offered some specific feedback for all students to improve their game. It seemed to do the trick as all players showed a sense of enthusiasm and execution in their performance.

The third quarter showed a problem with catching skills, which was a real issue to say the least. Thankfully, the girls got

their heads together and continued to work hard and apply all elements of training within their play. They took the game 14-11, with a convincing ending from all.

Women of the Match – Arabella Carroll & Sophie Gunn

Team: Anna Kaye Fullerton, Katie Todd, Brooke Calver, Sophie Gunn, Lexie Kerry, Layla Ford, Arabella Carroll, Emma Cooper.

GCSE Students Rock Climbing

A group of students completed their GCSE practical for PE at Thriftwood Scout Camp by completing a rock climbing challenge. Many thanks to them for hosting this group. These students continue to impress us with their talents!





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 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)

Wednesday 5th February

Year 7 & 8 Essex Schools Cross Country
12:20-3:00
Year 8 Netball v Brentwood School (A)
Year 7 Basketball v St Martin's School (A)

Thursday 6th February

Year 7 Netball v Brentwood (H)
Year 10 Basketball v Shenfield High School
(A)

Monday 10th February

Year 9 Netball v St John Payne (H)
Year 8 Girls' Basketball v The Boswells
School (A)
Year 9 Boys' Football v Moulsham High
School (H)

Tuesday 11th February

Year 11 Netball v Brentwood (H)
Year 9 Boys' Basketball v Shenfield High
School (A)

DATES FOR YOUR DIARY

YEAR 9 CURRICULUM EVENING

OPTIONS

5.30pm 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

*

YEAR 10 SUBJECT CONSULTATION EVENING

THURSDAY 19TH MARCH

*

YEAR 11 SUBJECT CONSULTATION EVENING

INVITE ONLY

THURSDAY 26TH MARCH

OPENING
EVENINGS

Palmer's Campus

Chadwell Road, Grays, Essex RM17 5TD

Thursday 30 January

Seevic Campus

Runnymede Chase, Benfleet, Essex SS7 1TW

Thursday 6 February

6-8.30pm

Pre-book online
and beat the queues
uspcollege.ac.uk

USP College

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