

### Becket Keys Church of England School

7<sup>™</sup> February 2020

IN THIS ISSUE

#### Mr Scott-Evans writes...

#### Children's Mental Health Week 2020

As I continue my series on the teenage brain, it is a happy coincidence that it is 'Children's Mental Health Week' this week. I do hope that by encouraging everyone over the last few weeks to create time and space for stillness, to listen to God, to take exercise and to get organised/productive you are already reaping the rewards of lower cortisol levels and increased endorphins and dopamine.

This week, and over the remaining two weeks of this series, we are going to get on to the really good stuff!

This week, I want to look at serotonin which is sometimes known as the "feel good"

hormone. Teenage mental health can be boosted quickly and easily with exercise (endorphins) and successful completion of tasks (dopamine). Serotonin seems slightly harder to release, but the impact is more longer lasting and impactful.

There is evidence that serotonin is linked to long-term exercise. So, keep going with the endorphin-focused regular exercise programme and that will certainly help.

It is also true that release of serotonin is linked to being outside. Many parents rightly worry that their teenager is spending too much time inside: this is a problem. Finding reasons to get outside (even for 5 minutes) will help. Most of our students walk or cycle to school and this is a great start. They also

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#### Y10 Art Workshop

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Bumper sports news! A very busy week for the PE Department! Read all about the highs and lows of the latest fixtures and note the upcoming fixtures.

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have a 25-minute morning break and a 50-minute lunchtime providing plenty of time for getting outside. Thanks to parents' donations and fundraising, we have good facilities outside and it is great to see these enjoyed particularly in the summer. Regular lesson swap overs (where students have to walk between buildings) also ensures boosts to serotonin levels throughout the day. I am also a big fan of natural light, as any of our teachers will tell you; I walk around opening blinds and windows all day!

Serotonin lowers levels of hostility in teenagers and also reduces symptoms of depression. If you are finding your teenager is grumpy, argumentative and difficult then try tracking that against time spent in a dark bedroom, lit only by artificial light from a small expensive screen! Conversely, teenagers who are outside in nature will almost certainly be more agreeable. Take the dog for a walk, stroll out for a drink at the coffee shop and walk to church rather than jumping in the car. All of these things will help.

There are lots of rumours on the internet about various foods being good for serotonin levels. Coffee gives a short-term boost, but then you have a withdrawal which undermines the benefit. Some of the research on diet is rather sketchy (there are some 'interesting' ideas about turkey!). My own reading has shown that

Omega 3 fatty acids like those found in salmon, tuna and other oily fish can help. Personally, I take a cod liver oil tablet every day because I know I struggle to eat fish often enough!

Serotonin really is the feel-good hormone! It is also sometimes called the 'pride' chemical. This is because serotonin is released when we get recognition from other people for something we have done – it feels really, really good. Serotonin is the chemical that is the biological driver to community spirit! You need others around you to admire what you have done and be thankful. I am sure that it happened this week when Year 10 brought their reports home, and last week when Year 9 had parents' evening. It will happen again next week when Year 8 have their parents' evening. The pride teenagers feel when their parents and teachers praise them is key to releasing serotonin.

The great thing about serotonin is that it is released in other people too. Dopamine is fundamentally a selfish chemical which just makes us feel good. When our teens achieve something that we think is great, everyone gets to feel good! As headteacher, I benefit from this all the time! Whenever I see or hear about our students doing well, (winning the Perfect Pitch Regional Final, winning the Basketball competition, entering the Mathematics Challenge and so on) I am dosed up on serotonin!

Back in Stone Age times, serotonin helped members of tribes work and stay together by encouraging them to invest in each other. If you invest in your teenagers by congratulating them for the things that they are doing well, you will start to reap the rewards of mutual serotonin levels rising. Gratitude has been directly linked to serotonin induced happiness. We encourage students and teachers to thank each other as they walk out of lessons; it is a simple thing, but it works wonders!

Finally, I have set tasks every week for you and this weekend is no different! This weekend's homework is to try and generate as much serotonin as possible: get outside, be thankful, try some fish oil tablets and continue the exercise regime! You could put it all together, with your teen, as follows: walk to the shops to buy some fish oil tablets, head to the coffee shop and treat your teenager (for their recent report/parents' evening) with a hot chocolate then get back home, and do some sort of physically demanding activity outside (washing the car?). Make sure you thank them for helping and say what a good job they have done! Celebrate with a fish oil tablet!

I hope that makes you feel good!

Mr Scott-Evans Headteacher

#### Year 10 — Art Outreach Programme

This week the Art department arranged for the World-renowned Coulthauld Gallery to run an outreach programme for the Year 10 students.

Led by an experienced artisteducator, this practice-based workshop gave the students the an opportunity to develop a variety of drawing and sketchbook skills, it also provided further practical approaches to support new ways of looking at, questioning and responding to their current theme 'Identity'. Students were encouraged to take part in discussion and debate. They investigated different ways of looking, recording and questioning.

The workshop was a resounding success and inspired our students. The outcomes were fantastic, including a collaborative piece and individual self-portraits for their sketchbooks.

Ms Duff Art Teacher

The workshop was fun and great how it was directly linked with our current topic of 'Identity'.

Eva O'Flynn De La Torre

The workshop was really helpful and informative and I enjoyed it.

**Evie Knight** 





The Art workshop was really helpful as it made me realise I should think more about the meaning behind an artist's work.

Amelia Ashton-Jobin





As previously reported our Perfect Pitch group got through to the Grand Final of this Jack Petchey competition that is to be held at London's prestigious Cadogan Hall on Sunday 1 March 2020, 18:00. If you would like to come along to support the school tickets are available here:

https://cadoganhall.com/whats-on/jack-petcheysperfect-pitch/

Tickets are £13 each and will sell fast (first come first served).

A little more about the competition:

Jack Petchey's Perfect Pitch is a music education programme focusing on teaching acappella and performance skills to young people.

Almost 700 performers and 31 groups have participated to date and, after assessment visits, workshops and three Regional Finals. The Grand Final will see the crowning of the Perfect Pitch Champions! Over 250 amazing singers representing 12 groups will be taking part in this Final.





#### **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: <a href="https://www.mybandworkshops.org/holiday-myband/">https://www.mybandworkshops.org/holiday-myband/</a>

#### Friends of Becket Keys



Friends of Becket Keys are pleased to announce that they now have discounted Blue Bands for Adventure Island in Southendon-Sea for sale.

Full price tickets are usually £32, we have them for only £18 each!

Blue band tickets give access to all rides included in the wristband rides including red and green rides. (The bumper cars are not included).

Please note: there is a height restriction for the blue bands - users must be over 1.2 metres tall.

To purchase these go to <a href="https://www.pta-events.co.uk/fobk">https://www.pta-events.co.uk/fobk</a>

Once you have paid you will receive an email, which is your booking confirmation. You can exchange this at the school office for BLUE BAND vouchers - please then present these at the booking office at Adventure Island to exchange for the blue wrist band.

For more information about the park:

http://adventureisland.co.uk/



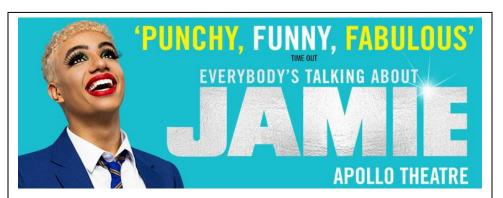
What if Juliet's famous ending was really just her beginning? What if she decided to choose her own fate?

Join Juliet on this sensational journey of self-discovery and second chances, told through some of the most glittering pop anthems of the last three decades.

& Juliet is the hilarious new musical that proves when it comes to love; there is always life after Romeo...

THURSDAY 2ND APRIL 2020

STALLS TICKETS £25.00



Inspired by a true story, this is the award-winning hit musical that everybody is talking about at the Apollo Theatre.

Jamie New is sixteen and lives on a council estate in Sheffield. Jamie doesn't quite fit in. Jamie is terrified about the future. He is going to be a sensation. Supported by his brilliant loving mum and surrounded by his friends, Jamie overcomes prejudice, beats the bullies and steps out of the darkness, into the spotlight.

WEDNESDAY 6TH MAY 2020

STALLS TICKETS £27.50

https://www.pta-events.co.uk/fobk



## Talking and questioning for learning



Questions are the cornerstone of great teaching. A series of probing questions helps students to go beyond their initial responses. Students are given the opportunity to think harder, practice recalling what they know and are supported in making connections they may not have yet made. The teacher also gets a clear idea of how their teaching of a concept has taken shape in a student's memory. There is better feedback between student and teacher, than when simple or partial responses are accepted. The necessary challenge is provided and learning is pushed to the next level, helping the student to excel.

This term at Becket Keys, the

professional development focus for teachers is the use of probing questions to help students make visible and demonstrable progress. This technique is designed to help students to activate their existing schema about a topic and to develop their spoken answers. You can usually see some progress being made almost instantly by using this strategy. Probing is a form of questioning that encourages students to extend their verbal answers in the classroom.

It is sometimes tempting, when a student gives you the right answer on the first attempt, to move straight on to the next part of a lesson. By moving on immediately, however, is wasting a learning opportunity for that student. They already had the knowledge that they were requesting, and although their answer might have helped other students in the class, their level of understanding (and the understanding of students at the same level as them) has been left unaltered. This is where probing comes in. Encouraging students to explain their answer or to further develop an element of their answer helps to push their own understanding (and their

levels or articulacy). This is known as elaboration. Research suggests that this process helps your brain to form new connections between information, making it more likely that you remember and store it. In our Sixth Form area, we purposefully have a group learning areas as well as an individual study area. It is good to hear students challenging each other's responses and indeed teaching each other new things or share an alternative perspective on an issue. This learning is just as important as the discipline of independent study.

You may be thinking, this is very interesting, but what has this got to do with me? Next week there will be end of unit assessments in many subjects. In addition, the second series of Year 11 and 13 mocks will commence after the Lent holidays. Consider discussing and questioning your son/daughter about their learning with them. This is a powerful way that you can support their learning too! There are three types of probing questions; probing to clarify ideas, probing to expand on ideas and probing to contextualise ideas. Try the following:

#### 1. Clarifying



When you ask son/daughter to **clarify** an answer, you are asking them to make it more clear:

- What do you mean by that?
- How would you explain that to a younger sister/brother?
- Can you give me another example of that?
- How did you work that out?

#### 2. Expanding



When you ask son/daughter to **expand** on an idea, you are asking them to elaborate on and extend their understanding of the idea:

- How do you think this would have an impact on...?
- What evidence do you have for that?

- That is an interesting word you used there – can you explain why you chose it?
- What would this mean for... (related idea, topic, step, or process)?

#### 3. Contextualising



When you ask your son/daughter to **contextualise** an answer, you are asking them to place it in its correct context to discover how this might affect the accuracy of the answer:

- How did your knowledge of the time period affect your answer?
- How would your answer change if we were alive 100 years ago?
- Why do you think some people might disagree with your answer?

An added benefit of this dialogue is the building of vocabulary. Building vocabulary opens doors to lifelong learning. Effective communication relies on having the right words to articulate knowledge and understanding. Talking is a well-established solution for developing an individual's vocabulary.

Surprisingly, a small number of words predominate in our daily talk. Around 2,000 words make up 80 per cent of our spoken language (Alex Quigley, 2018). Encourage your son/daughter to use academic language and 'proper' English when discussing their learning with you will improve their speech. Ask; 'what other words could you use. This will set them apart for success beyond the school gates. So get talking and questioning!

#### 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.

7.50am and 11.15am every <u>Wednesday.</u>

All are welcome.

#### **Mathematics Department**

#### **UKMT Mathematics Challenge**

On Thursday 6<sup>th</sup> February students from Year 9 and 10 took part in the annual UKMT Maths Challenge. The UKMT individual maths challenges are a national competition involving lively, intriguing multiple choice question papers, which are designed to stimulate interest in maths in large numbers of students. The three levels cover the secondary school range 11-18 and together they attract over 600,000 entries from over 4,000 schools and colleges. The papers contain 25 multiple choice questions. Of these, the first 15 are more accessible whilst the final 10 will provide more food for thought. Gold, silver and bronze certificates are awarded to 40% of participants nationally. The most successful participants at each level are invited to enter follow-on rounds at regional finals on 23 March 2020.

We look forward to getting the results of the competition in four weeks, so keep an eye out next term for any winning entries.

We are busy preparing for the Junior Maths Challenge on 30th April for Year 7 and 8 students, so please encourage attendance of the Maths Challenge Club on Wednesdays, 1pm in J25. There will be lots of opportunities to have a go at some past paper questions.

There are a sample of questions opposite for you to try! Solutions will be revealed in the newsletter next week. Alternatively send your son/daughter to see Mrs. Rubery if you can't wait that long!

1. Farmer Fatima rears chickens and goats. Today she returned from market and said, "I sold 80 animals and now there are 200 fewer legs on my farm than before!"

How many goats did she sell?

- a) 15
- b) 20
- c) 25
- d) 30
- e) 35

2. Four of the following coordinate pairs are correct of a square. Which is the odd one out?

- a) (4, 1)
- b) (2,4)
- c) (5,6) d) (3,5)
- e) (7,3)

3. Which of the following has the largest value?

- a) 2<sup>6</sup>
- b) 3<sup>5</sup>
- c)  $4^4$
- d)  $5^3$
- e) 6<sup>2</sup>

4. What is the difference between 25% of £37 and 25% of £17

- a) £4.25
- b) £5
- c) £6
- d) £7.50
- e) £9.25

5. The result of the calculation 9 x 11 x 13 x 17 is the six digit number 3n8185. What is the value of n?

- a) 2
- b) 4
- c) 6
- d) 8
- e) 0

#### **Maths Club**



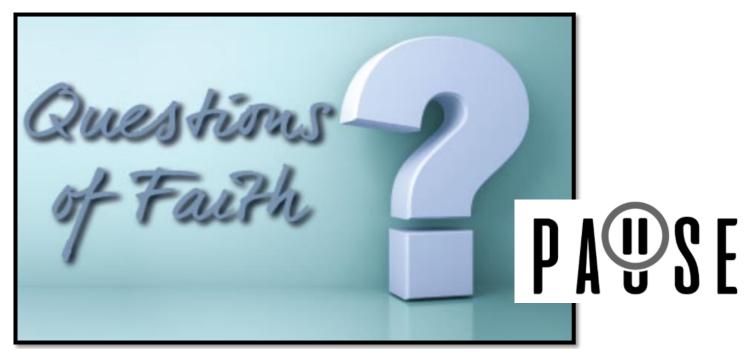
The UKMT Junior Maths Challenge takes place for selected students on:

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 lunchtime at 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.





The gift of our curiosity is its power to open us up to new and greater possibilities in every moment. Curiosity is essentially the state of being in constant, unhindered question, inquiry and wonder.

Discussions around the psychological benefits of curiosity indicate that not only is it key to creating lasting happiness, it also has the power to change your life and the world around you. Even Albert Einstein, one of the

greatest minds of our time, credited his curiosity above his talent or intellect. Newton is also remembered for his curiosity.

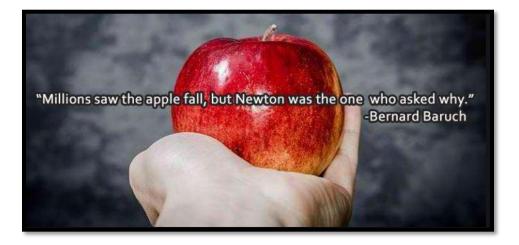
Bernard Baruch said; 'Millions saw the apple fall, but Sir Isaac Newton was the one who asked why'.

Spiritual health is in many ways enhanced by this curiosity. The big questions of faith we ask in our lives include, 'Why do I exist?' and 'What is the purpose of my life?' There are perhaps no

bigger questions than these. It is essential that we are curious and give time to exploring these questions. They shape the way we live our lives.

To answer these questions, we need to understand God.

The Bible says, 'God is love.' It does not say He has love, it says He is love. It is part of His nature, His character and is the essence of His being. God is love. Love is not of great value unless it is bestowed upon something and the Bible says, 'God made you to love you'. You were created as an object of God's love. If you want to know why you are taking a breath right now, why your heart is beating, it is because God made you to love you. It is the sole reason. You were made to be loved by God and to bring Him pleasure.



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In Matthew 22:37, Jesus' gives his first and greatest commandment; 'You shall love the Lord your God with all your heart and with all your soul and with all your mind'.

JESUS REPLIED:
'LOVE THE LORD YOUR GOD WITH ALL
YOUR HEART AND WITH ALL YOUR
SOUL AND WITH ALL YOUR MIND.'
Matt 22:37

This leads to the first purpose in our lives, to learn to love Him back. We need to love Him more dearly and know Him a little better day by day. This is fundamental to understanding our purpose in life. Until we understand that we were made by God and we were made for God, life will not make sense. God has an incredible plan for each and every one of us.

The only way to know the purpose of our lives (God's plan for us) is to talk to the creator who made us or read His Word. Take time to meet with Him in prayer and let the Bible speak to you. Answers sometimes do not come immediately, but He alone is the source of the answers. Persist in prayer. Take time to discover your purpose, for with this comes a lifestyle based on eternal purpose, not cultural

values. In the words of Ephesians 1:11 (The Message):

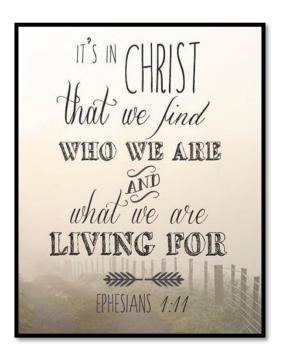
'It is in Christ that we find out who we are and what we are living for. Long before we first heard of Christ...he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone.'

#### Let us pray:

Dear God, great giver of life, continue to help us discover our purpose in you. Reveal yourself to us in prayer and through your Word. Help us to spend time with you every day. Thank you that you care about every detail of our lives. Help us know you more and depend on you for guidance in all aspect of our lives. Help us follow you and trust you. In your name we pray.

Amen.

Mrs Sharp Deputy Headteacher



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#### 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.

#### Sports News

#### **Gymnastics**

The biggest squad yet had a very early start on Sunday when they travelled to the competition last weekend. Well done to all the performers for their continued hard work and dedication to the team. A highly elite year of competition this time.

We are very proud of you all!

Thank you to all the parents, friends and family who came to support the team. It is greatly appreciated!



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## Year 9 Boys' Basketball Essex Cup Quarter Finals



This home game gave the team a positive environment to thrive in with the support from their home fans – of which there were many. This team are still playing in the pasarela format in which students must rotate with 5 players on and do a straight 5 swap 5 minutes in. This allowed for two dominant teams to take to the stage and get as much court time as possible. The team consisted of:

- Melchi Egbeyemi
- Calum Hayes
- Immanuel Baptist
- Josh Haworth
- Jack Saunders
- Benson Reid
- Zach Humpheries
- Gerrard Ohene-Duah
- Brady Doyle
- Sam Hawkins (Debut)
- Josh Hall (unfortunately out through illness)

The first quarter was slow and nearly ended in a loss. However, the second group of 5 were

strong in their performance and brought the score back to a Becket Keys' lead.



The students got back in their stride and found themselves back to winning ways! The game ended 101 – 52. This gives the boys fantastic momentum going into their semi-final match against last year's winners Westcliff High School for Boys. This game will be played on the 5<sup>th</sup> March at King John's School in Benfleet. Tip Time: 4pm. Please come along to support the boys in their journey.

#### Year 9 Netball MESSSA League



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Year 9 took on their toughest competition of the year after narrowly losing to them in the Essex Cup. The girls lost, but still have one final match to redeem themselves before Ms North goes on maternity leave! Hopefully this loss will encourage them to dig deep and improve their performance to show how fantastic they are!

Thank you to Sophie Gunn for stepping up.

## Year 7 Girls' Football

A bare minimum squad, due to injuries and other sporting commitments, saw the Year 7 girls start the game on the back foot. The very large Boswell squad had the benefit of being able to rotate players and keep legs fresh.

The positive attitudes from the girls is exactly what we strive towards and despite a few setbacks, the girls were not going to give up!

Full time score was 5-4 to a strong Boswell side, but the team should be proud of their achievement having scored 4 goals! All the hard work and training is paying off.



### Year 8 Girls' Football

The girls played really well with a small squad. They unfortunately found themselves falling behind early into the match. After conceding a goal, the girls managed to string passes together and start playing.

Late into the second half, Eniola found the equalizer, but unfortunately we switched off from a long throw and found ourselves trailing with seconds to go. Full time score 2-1 to Boswells in a very competitive fixture that could have gone either way.

#### Year 8 Girls' Basketball MESSSA League



What a game for the 6 woman army that is our Year 8 Girls' basketball team. Due to a clash in Year 8 fixtures, we went to Great Baddow High School without our usual team. Playing this match were:

- Darcy Moody
- Lowri Cole
- Lizzie Dixon
- Neve Jackson
- Lowri O'Brien
- Erin Delea

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What a performance they gave! On arrival the girls were intimidated by the 15 woman squad that Baddow had put out, but after some pep talks the girls shone and were up by 2 in the first quarter. This gave them confidence to continue, and all students fought incredibly hard. However, the inevitable happened and, due to the fatigue and exhaustion, Baddow took the win. Throughout the game, each student made an incredible contribution and this was the best performance of the session.

The coaches player of the match is Lowri O'Brien and the woman of the match (awarded by the other team) was Lowri Cole. We are so proud of their performance and are hoping to see the same again next week!

# Year 7 Boys' Basketball V St Martins – MESSSA League

An always competitive game against the mighty SAINTS ended in a spectacular win for the Year 7 boys, who are now undefeated within their league! What a place to be! Even without their teacher Mr Lane the boys stepped up for

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him and performed out of their skin. Luke Coombs turned up late due to his cross-country fixture and completed the 11-man team.

Man of the Match goes to Sidney Eldred.

Final Score = 37-12.

Well done boys!

## Essex Cross Country Championships

Another cross-country event for our budding young runners! On Wednesday, the Year 7 & 8 boys and girls took on their toughest course of the year – The Essex Cross Country Championships. This is the biggest event in the cross-country calendar and infamous for its tough course and testing terrain. The teams were as following:

Year 7 Girls – Katie Todd, Emma Cooper, Elizabath Thompson, Sophie Gunn, Tilly O'Shea and Grace Francis





Year 7 Boys – Taylor Jamieson, Daniel Boatang, Reece Mason, Thomas Lewis, Luke Coombs and Alex Keefe

Year 8 Boys – Alfie Geeves, Henry Wainwright, Joe Thomas, Matthew Tilbrook and Sam Carey



Year 8 Girls – Erin Delea, Lizzie Dixon, Ana Matthews and Matilda Gamble

All competitors were racing more than 250 students so all positions were against the best competitors in Essex. We are so incredibly proud. Special mention to Alfie Geeves who qualified as part of the National Team!

#### **CONGRATULATIONS!**

#### Results

#### Year 7 Boys:

- 37<sup>th</sup> Thomas Lewis
- 38<sup>th</sup> Alex Keefe
- 151<sup>st</sup> Luke Coombs
- 168<sup>th</sup> Taylor Jamieson
- 195<sup>th</sup> Daniel Boatang
- 206<sup>th</sup> Reece Mason

Team position =  $23^{rd}$ 

#### Year 8 Girls:

65<sup>th</sup> Ana Matthews

- 120<sup>th</sup> Erin Delea
- 142<sup>nd</sup> Matilda Gamble
  - 154<sup>th</sup> Lizzie Dixon

Team position =  $23^{rd}$ 

#### Year 8 Boys:

- 24<sup>th</sup> Alfie Geeves
- 34<sup>th</sup> Sam Carey
- 62<sup>nd</sup> Matthew Tilbrook
- 79<sup>th</sup> Henry Wainwright
- 98<sup>th</sup> Joe Thomas

Team position =  $9^{th}$ 

#### Year 7 Girls:

- 41st Elizabeth Thompson
- 159<sup>th</sup> Katie Todd
- 161<sup>st</sup> Emma Cooper
- 174<sup>th</sup> Sophie Gunn
- 180th Tilly O'Shea
- 209<sup>th</sup> Grace Francis

#### Year 7 Netball



Another fixture against the formidable Brentwood School, it is impressive the see that just the mention of playing them strikes fear into the girl's hearts.

Thankfully, our fearless Year 7 girls did not seem to have such feelings on this day! After their success in the Essex plate Ms North got to see a great piece of the action before she leaves for her maternity leave! The team consisted of:

- Anna-Kaye Fullerton
- Brooke Calver
- Katie Todd
- Lexie Kerry
- Sophie Gunn
- Layla Ford
- Elizabeth Thompson (returning from injury)

After a strong start in the first quarter, the girls struggled to find their stride ending the next quarter 3-2. After a passionate team talk from Ms North, they took to the stage again for a more feisty quarter and stepped up to win the half 8-2!

From this point there were only positives. All players gelled to create a well-oiled machine in which Ms North could only describe as 'GOLD-DUST'.

Despite Brentwood's best efforts our competitive Year 7s took the game creating a state of euphoria amongst the team!

Final Score: 17-7.

Woman of the Match goes to Layla Ford. Her shooting was on fire and she was as strong as a bull in defence!





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

#### Wednesday 12th February

Year 8 Boys' Basketball v St Martin's School (H)

Year 9 Girls' Basketball v Shenfield High School (A)

Year 12 & 13 Rugby v St Martin's School (A)

#### Tuesday 25<sup>th</sup> February

Year 9 Football v Sandon (A)
Year 10 Netball v Brentwood School (A)
Year 7 & 8 Netball v Moulsham High School
(H)

#### Wednesday 26th February

Year 9 Rugby v Anglo European School Year 8 Girls' Basketball v Shenfield High School (H)

Quiksticks Hockey 11:00am - 3:00pm

#### Thursday 27<sup>th</sup> February

Year 9 Girls' Football v Chelmer Valley High School (A)

Year 8 Netball Rally @ Shenfield High School

#### DATES FOR YOUR DIARY

#### YEAR 8 SUBJECT CONSULTATION **EVENING**

THURSDAY 13<sup>TH</sup> FEBRUARY

#### **LENT HOLIDAY**

MONDAY 17<sup>TH</sup> FEBRUARY - FRIDAY 21<sup>ST</sup> FEBRUARY

**INSET DAY** (NO STUDENTS IN SCHOOL) MONDAY 24<sup>TH</sup> FEBRUARY

YEAR 10 SUBJECT CONSULTATION **EVENING** 

THURSDAY 19TH MARCH

YEAR 11 SUBJECT CONSULTATION **EVENING** 

**INVITE ONLY** 

THURSDAY 26TH MARCH

YEAR 12 UNIVERSITY APPLICATION INFORMATION EVENING TUESDAY 19<sup>TH</sup> MAY (NEW DATE)

THE ROTARY CLUB OF BRENTWOOD



## **Spring Concert**

Retiring Collection in aid of Little Havens Hospice



#### Phoenix Youth Orchestra Conductor - Stephen Rumsey

Performance to Include The Beautiful Blue Danube - Johann Strauss Jnr. The Moldau (from My Country) - Smetana Danzón No.2 – Márquez

Plus Special Performances From Shenfield St. Mary's Primary School Choir **Becket Keys Stage Band** 

#### Saturday 28th March 2020 7.00pm St. Thomas' Church Brentwood

DOORS OPEN 6.30pm - NO RESERVED SEATING

#### Ticket Booking

Online & on the door Also from Heart of Gold Jewellers 61 High Street Brentwood Shenfield Wine Company 86 Hutton Road Shenfield Adults £10 - 18yrs and under £5





www.brentwoodrotary.org.uk concert@brentwoodrotary.org.uk



is kindly organised by a supporter of Hoyana Hospices. Any queries about the event should be directed to the organiser

#### **Becket Keys** Church of England School

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