



Becket Keys Church of England School

14th February 2020

IN THIS ISSUE

Mr Scott-Evans writes...

Visualise ways to help others!

In my mini-series about the teenage brain, I have written about cortisol, endorphins, dopamine and, last week, serotonin. This week, I will write about oxytocin. Before I get started, this week, I want to try an experiment. I will put this on Twitter later (@MrScottEvans) and would welcome your responses!

Close your eyes and imagine a red star. Please actually do this. Please try to imagine a red star in your mind's eye. Don't just think about it. Have a go!. Concentrate on it for at least 30 seconds. What can you see? What can you actually imagine?

Now turn to page 2 and decide which image best represents what you can 'see'. You may be surprised to find that there is so much

variation. We tend to think that everyone's brain works the same way. But we don't! Try it with your family. Let's see what results we get.

All the things I have written over the past few weeks are things that I have found to be generally true with the vast majority of teenagers. However, you may find that they do not work for you and your teen. We are all different!

Today, I want to introduce oxytocin to you. Oxytocin is a hormone that, like serotonin, plays a significant role in our mental health and in social bonding.

Oxytocin is an amazing chemical, which produces those warm and fuzzy happy feelings that we really treasure. It is the ultimate antidote to cortisol: it boosts our immune systems and encourages, it is why happy people live longer!

..... Contd on Page 2



BECKET KEYS
Church of England School

Charity Update

Read all about the exciting events being organised to support our nominated charities this year.

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It's not an instant shot like dopamine, however. Oxytocin takes time to build up in our systems. I think of it as the "kindness" chemical, because it's released when we do caring things for other people. Any act of random kindness that we do has the power to release oxytocin. Just this week, for example, I was carrying a stack of books and folders between the Williams Building and The Carey building towards a pull-only door. One of the students saw the potential for catastrophe and went out of his way to open the door for me. And as I said thank you, he smiled and then offered to take some of my folders. I felt good. He felt good. And the Year 9s who had seen what had happened smiled too. They felt good. Because even witnessing someone do something kind for someone else releases oxytocin. How amazing is that?

I went into the Library this week where I saw students helping each other. Prefects were there assisting younger students. Mr Lock was there playing Top Trumps with a couple of Year 7s. Year 11s were testing each other quietly in preparation for their Spanish Speaking Mock. My body flooded with oxytocin as I proudly saw a range of kind acts going on.

If you want to experience some oxytocin right now, try watching this video clip. In this clip the Crystal Palace goalkeeper (Vincente Guaita) is being kind to a young boy whose mother died recently. The goalie does not speak good English, but he has learned to say a few words of kindness to the

boy and his father.

<https://tinyurl.com/oxytocinCPFC>

As you watch it you should find that you get a warm fuzzy feeling. Oxytocin is released as we enjoy the thrill of someone putting the needs of others first.

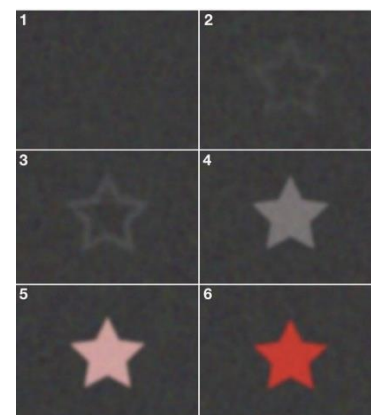
Our Character Education approach here at Becket Keys emphasises on a daily basis the importance of random acts of kindness. Our culture of expected excellence includes the fundamental belief that treating others as well as we want to be treated is where real joy comes from. In a largely self-centred world, teaching your teen that seeking their own satisfaction is, ironically, not ever going to bring satisfaction is critical. Only through the regular exposure to opportunities to experience oxytocin is any teen likely to actually discover this. It actually needs to be named and pointed out to them!

Teenage years are typically a particularly selfish time. Those who cope with it best are those teens who are involved in things that generate dopamine (physical exercise), serotonin (things that they can be proud of) and oxytocin (activities that benefit others). Making sure your teenager is in a choir, an orchestra or a sports club will really help. Churches offer these opportunities for free or next to nothing. Other opportunities come with a cost. I know gymnastics, for example, is very expensive, but very rewarding. At Becket Keys we have hundreds of clubs and societies all free of charge. What is your teenager attending?

The teenagers I worry about most are those who are simply coming home and getting onto their X-box or Phone. Those who do not engage in any activities that benefit others.

Your challenge over the Lent Holiday is to think about what Lent will look like for you and your family. Lent is traditionally a time of fasting, prayer and giving. A wonderful time for oxytocin! A time where the needs of others come first. There is a reason why societies build these opportunities into our customs and traditions. Because it is good for us.

Here are those pictures I talked about on the front page. We all see the star differently. All our teenagers are different. However, the need for these positive chemicals that I have been writing about is a proven medical truth. How your teenager best generates them will be up to you and him/her to discover! Spend some time this weekend visualising what you want for your teen and I pray that your hopes and dreams are realised not just visualised!



Have a great week. We start back on **Tuesday 25th February** after an INSET day.

Mr Scott-Evans , Headteacher



A photograph showing a variety of baked goods arranged on a red tablecloth. In the center is a large rectangular cake with yellow frosting. To its left are several chocolate brownies. To its right are round pastries with golden-brown crusts. In the foreground, there are several muffins in paper liners, some topped with chocolate chips. To the right of the muffins are small round tarts or cookies, some topped with raspberries. In the background, there are more pastries and a small cake with white frosting. The items are arranged on white plates and a red tablecloth.



As previously reported our Perfect Pitch group got through to the Grand Final of this Jack Pethey 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-petcheys-perfect-pitch/>

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

A little more about the competition:

Jack Pethey'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:

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

Friends of Becket Keys



Friends of Becket Keys are pleased to announce that they now have discounted Blue Bands for Adventure Island in Southend-on-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 tickets please go to: <https://www.pta-events.co.uk/fobk>

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/>



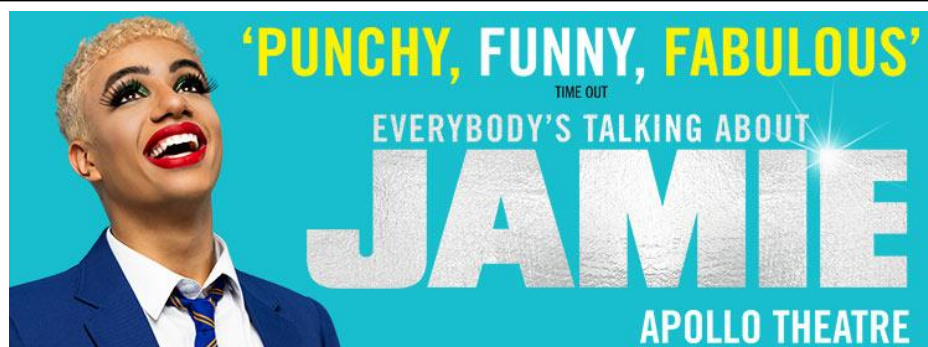
What if Juliet's famous ending was really just her beginning? What if she decided to choose her own fate?

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>

Mathematics Department



Congratulations to everybody who has been making good use of MathsWatch since January! The "MathsWatch points" are made of a combination of the following: Number of independent questions attempted, number of assignments set and number of videos watched – keep up the hard work at home!

If you are not regularly using MathsWatch it is useful resource to help you prepare for assessments and exams.

First Name	Surname	Class	
Ambrose	Taylor	8 M1a	4696
Folarinwa	Are	11 2a	2624
Cameron	Beaken	8M3	2243
Folarin	Olukoya	8M2b	1683
Doru	Brescan	9M1b	1500
Erin	Delea	8 M1a	982
Isobel	Barry	8 M1a	830
Andrew	Sabbagh	11 2b	800
Chidu	Uche-Igbokwe	11 2a	737
Fahmid	Chowdhury	10 1A	668
Joshua	Benad-Smith	11 2b	625
Regan	Clarke	8M2c	570
Isabelle	Tilbrook	11 2a	502
Jamie	Short	11 2a	463
Grace	Bowtell	11 1b	458
Lizzie	Dixon	8 M1a	388
Reese	Wildman	11 2b	386
Niyi	Olulode	11 1b	334
Ryan	Kambasha	8M1b	310
Sheridan	Mathews	8M3	310

UKMT Mathematics Challenge – Answers

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?

b) 20

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

d) (3,5)

3. Which of the following has the largest value?

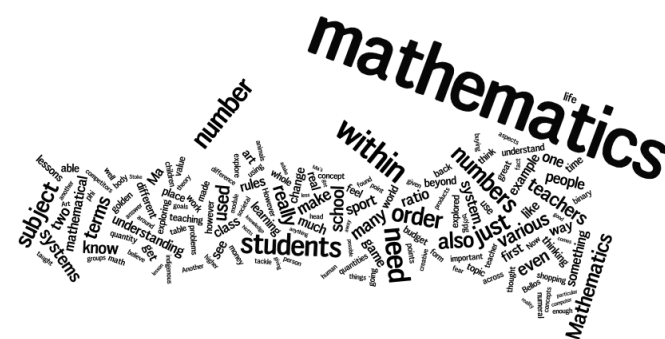
c) 4^4

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

b) £5

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

a) 2





SHROVE TUESDAY PANCAKES

JOIN US FOR DELICIOUS FOOD
AND A GREAT CAUSE!

FEBRUARY 25, 2020
4PM-5.30PM

£3
FOR 2 PANCAKES AND
TOPPINGS

ST THOMAS OF
CANTERBURY CHURCH
HALL



Love Your Library day is back! On 15 February libraries will be showcasing Science, Technology, Engineering, Art and Mathematics (STEAM).

On December's Love Your Library day, library users enjoyed a wonderful variety of activities and showed their love for libraries by getting involved in story times, craft activities, quizzes, board games and coffee mornings.

In February, Love Your Library day will showcase library events and services that relate to Science, Technology, Engineering, Art and Mathematics (STEAM).

STEAM will be celebrated across the county this year with [Essex 2020 – a Year of Science and Creativity](#). This exciting campaign hopes to inspire more people and communities to learn about and get involved in science and creativity.

So, get ready to experiment, create, game, program and more, because on 15 February every library in Essex will be celebrating STEAM. Find out which [Love Your Library event](#) is happening in [your library](#) and help us inspire the scientists, engineers and artists of the future.

All happening at Shenfield Library tomorrow from 10 am - 4 pm! Many free and fun activities from crafts, to science, with rocks and fossils too. Come and see what your library offers and join up - the greenest way to read books!

Vacancy Catering Assistant

We are currently recruiting a Catering Service Assistant to join our catering team at Becket Keys School in Brentwood.

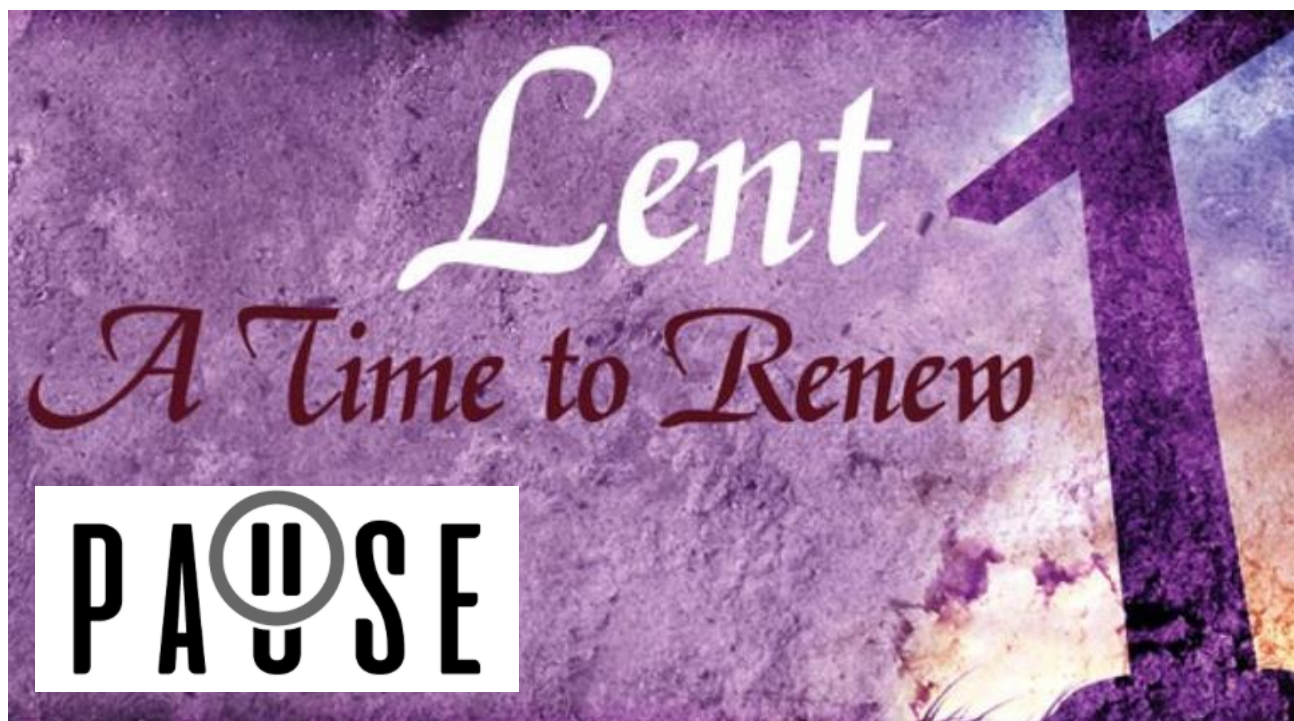
Monday - Friday
16 Hours per week
Term Time Only

If you are interested, please get in touch.

CONTACT DAVE ASHMAN ON
BECKET.KEYS@ASPENS-SERVICES.COM



Aspens
SCHOOL CATERING



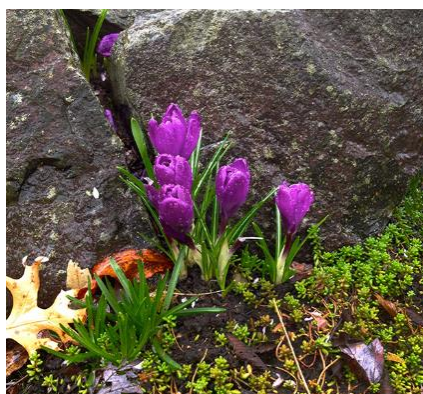
Prepare for Lent - It is closer than you think!

It may seem too early for me to be writing about Lent, but it starts on 26th February and it ends on 11th April, so this is the last opportunity to pause together (prior to the holidays) and think about how we might prepare ourselves to make the most of this special season; a holy season of self-reflection and renewal.

The early church described Lent as 'God's springtime'. The poet Gerard Manley Hopkins words reveal the accuracy of this description:

*'Nothing is so beautiful as spring
Growth in everything –
Flesh and fleece, fur and feather.
Grass and greenworld all
together..'*

It is, to borrow a phrase from C.S. Lewis, a season of a kind of 'happiness and wonder that makes you serious'. Let us take action during the weeks leading up to Easter. Let us all welcome this time and opportunity to grow. Let our spiritual side come to the surface and have a fresh awareness of God.



The former Archbishop of Canterbury, Rowan Williams once said:

'It is important to remember that the word 'Lent' itself comes from the old English word for 'spring'. It is not about feeling gloomy for

forty days; it is not about making yourself miserable for forty days; it is not even about giving things up for forty days. Lent is spring-time. It is preparing for that great climax of springtime which is Easter – new life bursting through death. And as we prepare ourselves for Easter during these days, by prayer and by self-denial, what motivates us and what fills the horizon is not self-denial as an end in itself, but trying to sweep and clean the room of our own minds and hearts so that the new life really may have room to come in and take over and transform us at Easter.'

The summary for Bishop Stephen Cottrell's book 'The Things He Carried' says:

'The narrative of the Holy week is powerful and painful, and because we know how the story ends, it is easy to gloss over the difficult details and stay in the comfort zone of our understanding.'

It is my prayer that as you journey from Ash Wednesday to Easter, you will be reminded that your journey is a personal one. It is- yes one you can share with others as you wish, but as days grow brighter, I hope you will experience a meaningful journey. Just as you carefully prepare for big events in your personal lives, I pray that you will consider how you will make your hearts ready for remembering Jesus' death and resurrection.

At a Lent retreat, these words were said by the leader:

*'Come, all who are thirsty says Jesus, our Lord,
come, all who are weak, taste the living water that I shall give.
Dip your hands in the stream,
refresh body and soul,
drink from it, depend on it, for this water will never run dry.
Come, all who are thirsty says Jesus, our Lord.'*

Reflection:

How will you prepare for Lent? Will you do things differently this year? Will you do some spring cleaning? Will you step out of your comfort zone to deepen your experience of the Jesus' death and resurrection? Will you draw closer to Christ?

During the Lent period, I will focus the Biblical Pause on the journey to the cross. We will not gloss over the narrative of Holy Week. It is not an easy journey, but the reward is great - a life in the full light of the resurrection.

Prayer:

In the words of Ephesians 1:17-20:

'I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us

who believe, according to the working of his great power. God put this power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places.'

Amen.

**Mrs Sharp
Deputy Headteacher**



Every week we allocate time to pray for the school and the wider community. Parents, carers, teachers and friends are invited to take time and pray with Mr. Scott-Evans.

**7.50am and 11.15am every
Wednesday.**

All are welcome.



School Uniform



The Lent holiday is an ideal time to make sure that your sons/daughters have the correct uniform and equipment.

Feedback from our families is crucial to our development; parents have mentioned to us that they appreciate consistency and firmness with regards to uniform, and so, with this in mind, we want to have a perfect start to the new term.

Bags & Coats

Please ensure, in all cases, that these items are **black**.

Year 7 & 8 students must have Becket Keys' bags from SmartyPants.

Older students are allowed to choose their own bags, but no large logos please.

Coats must be plain black for all year groups.

Shoes

Please ensure all students have returned to school after the Lent holiday with the correct footwear, trainers should only be worn, if there is a medical issue (a note must be supplied and kept in the students' blazer).

Jewellery

A watch is allowed but no smart watches capable of sending and receiving messages are allowed.

Girls may wear one small silver or gold sleeper or stud in the lobe of each ear, but they must be removed for PE lessons. It is not acceptable to put tape over their ears.

No other jewellery or body piercing is acceptable.

Equipment

Please ensure you check your son/daughter's stationery, you may need to top up pencil cases! Please check for red/black/blue pens, whiteboard markers, pencils, rulers, rubbers and calculators. These are all basic requirements at Becket Keys.

Please remember to name all items so that they can be returned if misplaced.



School uniforms to suit you

Smarty Pants Schoolwear

Unit 1
Chancerygate
33 Tallon Road
Brentwood
Essex CM13 1TE

Call Smarty Pants

01277 363275

Visit the website here:

<http://www.smartypantsschoolwear.com/>



Revision Tips

► Get started!

► There are lots of revision guides available.

► Practice questions not just reading through materials

► **Don't spend ages making your notes look pretty**

► Get up early and get on with it

► You will be at your best in the morning

► You can then look forward to some relaxing time later on

► Start as early as possible

► **Sit at a proper desk**

► Drink sips of water

► Eat as you revise, then you don't have excuses to keep getting up

► Eat fruit, nuts and healthy choices – it is better food for the brain

► Take a 10 minute break every hour – not every 10 minutes!

► Switch your phone off

► Switch TV off

► Get some peace and quiet

► Close your door

► Music can sometimes be OK – if it is just 'there'. But not something that you get distracted by. Music without singing is best

► Take your shoes off

► Wear something relaxing and comfortable

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.

Hire of School Facilities

Are you, or any groups or organisations you know looking to hire some of the amazing facilities at Becket Keys School?

We have some availability for our fabulous new Sports Hall, classrooms, cookery rooms, The John Wraw Chapel and Sixth Form areas in our new Justin Welby building!

Please email:

lettings@becketkeys.org or call 01277 286649 or visit

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



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

Tuesday 25th 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 27th February

Year 9 Girls' Football v Chelmer Valley High School (A)
Year 8 Netball Rally @ Shenfield High School

Monday 2nd March

Year 7 Boys' Football v Hylands (H)
Year 9 Rugby v SJP (H)
Year 7 Netball Rally @ Brentwood

Tuesday 3rd March

Year 7, 8 & 9 Girls' Football v Sandon (A)
Schools Gymnastics U14 All Day

Wednesday 4th March

Year 7, 8 & 9 Boys' Football v SJP (A)
Year 9 Girls' Football v Great Baddow High School (A)

DATES FOR YOUR DIARY

LENT HOLIDAY

MONDAY 17TH FEBRUARY
– FRIDAY 21ST FEBRUARY

*

INSET DAY

(NO STUDENTS IN SCHOOL)

MONDAY 24TH FEBRUARY

*

NFER NATIONAL REFERENCE TEST

THURSDAY 5TH MARCH

*

A –LEVEL DRAMA TRIP

'I THINK WE'RE ALONE NOW'

FRIDAY 6TH MARCH

*

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 19TH 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 Jr.

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



01277 424027

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

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