



# Becket Keys Church of England School

20<sup>th</sup> March 2020

## THE LENT SEASON CONTINUES

## IN THIS ISSUE

### Mr Scott-Evans writes...

Wednesday 18<sup>th</sup> March. The day when the Government took the unprecedented step of closing schools and announced that exams would not go ahead in the summer. Today is the day it happened. It is the first time ever! We live in extraordinary times and they call for extraordinary measures.

The Government really had no choice. This Coronavirus needs to be tackled with whatever measures necessary and in doing so sacrifices have to be made. Their modelling has shown that the normal exam series could fall right in the middle of the peak of the virus and clearly, schools were going to be in no fit state to prepare students effectively and fairly for the exams.

However, it has left all of us feeling hurt and confused.

Particularly, the Year 11s and Year 13s feel like they have been robbed of their 'rite of passage' to show what they can do in the exam hall this summer. They also felt robbed of their 'final day'. We agreed that today could not be their final day. It just was not right. We will get them back together at a better time when we can give them a proper send off. Today, with so many staff and students missing was just not the right time.

The feelings of frustration, fear and failure will not pass quickly. And there are many questions still unanswered. Not least – at the time of writing – how students will actually be graded this year for their achievements. As I sit writing this all I know is that students have been told they will not be disadvantaged and that

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**BECKET KEYS**  
Church of England School

### Open Spaces

You can still enjoy the outdoors. Information about places remaining open.

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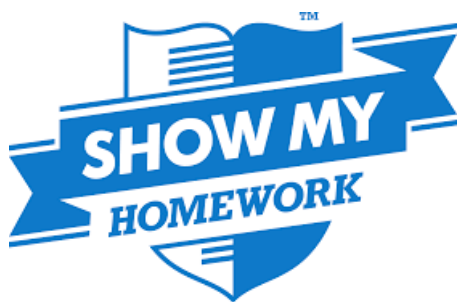
Lights of Joy & Hope.

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there will be 'means of redress' for students who think their assessments are unfair.

However, perspective will come with time and I am sure that things will work out. We will do all we can to continue to support students through the weeks ahead and give them the best possible experience despite the adversity. As we learn more we will pass it on to you.



Starting from Monday, we will begin the process of remote teaching in earnest. We are all set up to go and we are confident that we can give the students a good provision. Using Show My Homework we will set tasks and activities on a daily basis. Bite size chunks of learning will come to you and your son/daughter via the app or website in the normal way. We will be giving work that should occupy your sons/daughters for the same amount of time as their normal lessons with some opportunities for extension and further study. You should find your son/daughter has enough to do to fill the day whilst still allowing time for exercise, play, board games and fun.

Students will be able to communicate with their teachers

via Show My Homework and you will be able to see what teachers are saying on the app as well. Students can also send messages to teachers via the school website. Perhaps they want to write to their Form Tutor or Head of Year. They can write to me or one of the Senior Leadership Team. We will listen to any problems that they are having and try to get them sorted out.

I hope that they will not feel too overwhelmed. I am trying to tell our over-eager teachers not to push students too hard to start with! It will take some settling down.

You can help by making sure that there is a space to work and basic equipment available at home. Obviously, access to technology could be an issue so we are trying to set activities that will not lead to three siblings fighting over the one laptop in the house! Most things will be accessible on a mobile phone. I can imagine broadband and 4G struggling to cope on Monday. We will see. If the technology breaks or if you are having other problems, please remember that students cannot go far wrong with reading, going for a walk, starting a journal or diary and doing some practical things together at home. Gardening? Baking? Cleaning? All good!



In school, from Monday, we will be offering an important service for students of key-workers. We have written to all families who have expressed interest in this. If you have not already done so, please use our on-line survey to tell us what support you might want:

<https://tinyurl.com/becketkeys-covid-signup>



Families who qualify for Free School Meals will receive vouchers for food. In time, these will come from a Government Voucher system. For now, we have managed to successfully team up with Sainsbury's and will send all our Free School Meals families an electronic voucher to spend on Groceries. This should come on Monday with enough money for two weeks' worth of meals.

Again, express your interest in this via the form

<https://tinyurl.com/becketkeys-covid-signup>

Students in school will not be taught any differently to those who are at home. They will be in our ICT Suite supervised by staff who will be here on a rota basis. We will help students with the set activities, and they will be able to help each other as well. There will be breaks and lunchtimes and we will look to ensure that some PE opportunities exist for them.

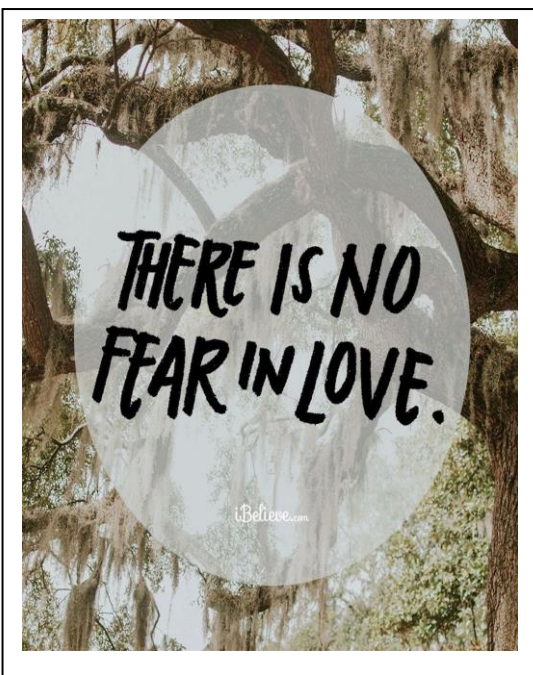


We will continue to release a Newsletter every week with tips for learning at home. Please feel free to send any questions you would like answered or issues you want addressed. Please also share what you are up to. I am sure other families would appreciate the chance to see what others are getting up to. Any good tips or ideas? Please let us know! Write to [office@becketkeys.org](mailto:office@becketkeys.org).

As we start this new phase, I want to remind you of the quote I used in a letter earlier this week: "You can't calm the storm...so stop trying. What you can do is calm yourself. The storm will pass." We can do this Becket Keys! We can fight this, and we can win. Stay strong and stay safe.

God bless you all.

**Mr Scott-Evans**  
Head Teacher



**Public Health England**

## Advice on the coronavirus for places of education

**How serious is the coronavirus?**

- it can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

**How likely are you to catch the virus?**

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas

**How can you stop coronaviruses spreading?**

**If you need to cough or sneeze**

- Catch it** with a tissue
- Bin it**
- Kill it** by washing your hands with soap & water or hand sanitiser

**You should wash hands with soap & water or hand sanitiser**

- After breaks & sport activities**
- Before cooking & eating**
- SCHOOL ETC.**
- On arrival at any childcare or educational setting**
- After using the toilet**
- Before leaving home**

- Try not to touch your eyes, nose, and mouth with unwashed hands
- Do not share items that come into contact with your mouth such as cups & bottles
- If unwell do not share items such as bedding, dishes, pencils & towels

Stop germs spreading with our e-Bug resources on hand and respiratory hygiene lesson plans for KS1, 2 and 3: [campaignresources.phe.gov.uk/schools](https://campaignresources.phe.gov.uk/schools)

**What should you do if you feel unwell?**

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus. If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days.

If your staff member or parent thinks you have symptoms of coronavirus, they should call **NHS 111** for advice. Follow the UK Government advice for childcare or educational settings [gov.uk/government/publications/guidance-to-educational-settings-about-covid-19](https://gov.uk/government/publications/guidance-to-educational-settings-about-covid-19). Parents can visit [NHS.UK](https://NHS.UK) to find out more information. Teachers and support staff should follow the UK Government advice.

Staff, students and pupils who have returned from Iran, specific lockdown areas in northern Italy, special care zones in South Korea or Hubei province China (returned in the past 14 days) should self isolate, and NOT attend education or work for 14 days. See [NHS.UK](https://NHS.UK) for advice on coronavirus.

**If there is an emergency, call 999 immediately**

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

**WHAT'S THE STORY?**

In the real world, Eliza Mirk is shy, weird, and friendless. Online, she's Lady Constellation, the anonymous creator of the wildly popular webcomic *Monstrous Sea*. Eliza cannot imagine enjoying the real world as much as she loves the online one, and she has no desire to try.

But when Eliza's secret is accidentally shared with the world, everything she's built—her story, her relationship with Wallace, and even her sanity—begins to fall apart.

**ELIZA AND HER MONSTERS**  
Francesca Zappia  
author of *Make Your Mind Up*

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



The National Trust protect and care for places so people and nature can thrive. They look after the nation's coastline, historic sites, countryside and green spaces, ensuring everyone benefits. With staff, members, volunteers and supporters, they are the biggest conservation charity in Europe.

The National Trust is, where possible, keeping open as many of its gardens and parks for free, but it will close its houses, cafes and shops by Friday 20<sup>th</sup> March to help the nation fight the spread of the coronavirus.

Director General of the National Trust, Hilary McGrady said that the charity would work hard to keep as many of the Trust's gardens and parklands open and free of charge, alongside coast and countryside, to encourage the nation to enjoy open space, if appropriate, during the pandemic, while adhering to the government's social distancing guidance.

Hilary McGrady said:

*"The National Trust was founded 125 years ago for the benefit of the entire nation. We want to honour our mission – to enable people and nature to thrive. Over the coming weeks we will do all that we can to keep on providing public benefit through caring for places and giving people access wherever possible".*

There are concerns about the Mother's Day weekend which is forecast to be dry and sunny so some smaller parks and gardens may have to close.

The situation is, of course, ever changing and so please make sure that you check the website for updated information before you set off to visit any of the sites and remember to bring a picnic!

<https://www.nationaltrust.org.uk/>

The country parks are also open.



The Royal Horticultural Society is the UK's leading gardening charity. They aim to enrich everyone's life through plants and make the UK a greener and more beautiful place.

Whilst the large-scale events have been cancelled, the RHS are also hoping to keep their gardens open so that people are able to enjoy the fresh air and beautiful open spaces.

Some facilities will be closed such as the children's play areas and glasshouses and catering will be on a takeaway basis only (card payments only).

Make sure you visit the website before making your journey as the sites may have reduced opening times or more up to date information.

<https://www.rhs.org.uk/>

This website is a great resource if you are planning to get out in your own garden. There are tips for beginners, jobs to do at this time of year, advice about what to plant where and tips to encourage bees into your garden.

The RHS have advice on hundreds of gardening topics.



### What is positive wellbeing?

It is a state of overall good health in both body and mind and can include:

- ✓ **Intellectual** (cognitive stimulation such as problem solving puzzles),
- ✓ **Spiritual** (understanding sense of purpose and beyond your own existence, can be through prayer or exploration of a higher power, etc)
- ✓ **Social** (building relationships and community support through friends and family and neighbours etc.)
- ✓ **Physical** (Movement, whether in sports or walking, movement that brings joy.)

### 11 TOP TIPS FOR POSITIVE WELLBEING WHEN YOU ARE OFF SCHOOL

Taking breaks from technology. It can create strain on the eyes, disrupt sleep, overstimulate your brain and normally technology is linked to a lack of movement.



Spend time outside in nature. Nature is healing, going to your local park or green space and taking a walk is a great way to de-stress. .

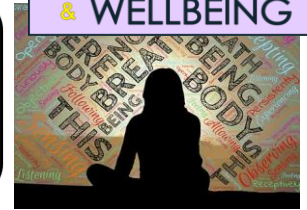
Spend time with people who support you. Social interaction and a strong network of support is important for mental health, sharing problems and building social skills



Eat fresh fruit and vegetables daily. Food helps to build and nourish your body, it provides energy and helps you when you're not feeling well. Aim for at least 5 portions daily.



Breathing exercise. Practise breathing slowly into your stomach, through your nose and out slowly to calm down nervousness. Left and right nostril breathing is all good for enhancing these effects.



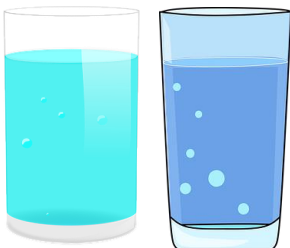
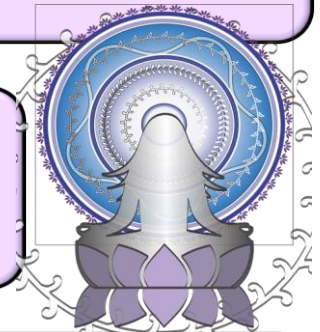
Find a creative activity. Finding a way to expressive yourself through your chosen form of art from acting, playing an instrument, art, writing short stories or poems is great for relaxing and spending time away from technology.

Limit phone time. Social Media can be a very negative environment and hyperfiltered which can distort how we see and feel about ourselves. Breaks are a good reminder that social media is a filtered highlight reel, not real life.



Talk about your problems. They can seem much worse in your head, especially if you don't talk about them and let them build up. Find someone you can trust.

Meditation. Close your eyes for a few minutes each day and just focus on breathing. You don't need to do anything else but witness your thoughts and feelings.



Drink plenty of water. We are over 70% water and dehydration can cause low energy amongst other undesirable symptoms.

Write your feelings on paper. Keeping a journal, can help ease a troubled mind when you're not ready to talk about what is bothering you.



## News from St Thomas of Canterbury Church

**Fr Mark, Vicar of St Thomas writes:**

One of the challenges of this new situation that we all find ourselves in, is the sense of isolation. This is especially true when our usual support networks are removed by the need to stay at home and particularly when we cannot gather to worship God. In an effort to maintain that sense of community that underpins the work of St Thomas of Canterbury Church and the schools within the parish I have been sending a daily email with prayer resources, updates on what is happening and requests for prayer for specific individuals and situations as appropriate. If you would like to join this community, please email the Parish Office with a quick note of your name and the school you are connected to, and we will add you to our database.

I have been humbled by the response of those currently receiving these updates and the sense of community shown. I hope they benefit from being able to join in the prayer of the church in their homes.

Since sending these updates, we have received many offers of help and there is a goodly number of people on standby ready to assist those who are self-isolating for whatever reason. Please let me know if you need some help or would appreciate a phone call.

On Sunday, we are asked to



support the day of prayer and action and place a lighted candle in our windows as a sign of the light of Christ.

Thinking about Sunday, I am looking into live streaming some sort of worship in the morning. This would be through the St Thomas' Facebook page and all those with Facebook access would be able to join in. In this instance, you would be making a spiritual communion with our Lord and so in addition to the prayers for Friday, I have also attached the rite of Spiritual Communion for you to use (attached).

We try and say these together at 9am and 5pm, if possible. In your prayers please remember our schools as they prepare to close

for the foreseeable future and for their new role in looking after the children of those considered key workers in our response to this virus.

God bless,

**Fr Mark  
Priest in Charge - Vicar  
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St Thomas' Vicarage  
91 Queens Road  
Brentwood  
CM14 4EY**

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01277 231629 (Vicarage)  
01277 201094 (Parish Office)**

# PAUSE

## LIGHTS OF JOY AND HOPE

Carolyn Robertson, Licensed Lay Minister at St. Thomas of Canterbury Church has given me permission to share these words with you. Words of joy and hope at this difficult time:

*'Look up my children. Do not fear. For there is nothing to fear and what point is there in fearing nothing?*


*And so I say again, do not fear.'*

Over the years, these, or similar words, have come to the hearts of Christians in the stillness of a private moment, quietening the soul and bringing a sense of peace and calm into a time of darkness.

But what now? What now, when every turn you take greets you with mounting anxiety, panic or worry? It is all too easy to become frightened when faced with things way beyond our control. The mind begins to wander into

places of darkness where God's Words are so easily forgotten.

And perhaps this is how it has been and is, for millions across the world. The millions of men, women and children who for decades have awaited the arrival of a hurricane or tsunami. Or for our Brothers and Sisters in the Middle East or other war-torn countries, awaiting the next explosion. One thing I have learnt, is that their fear is very real and ever-present. Yet, they find *joy* in the face of suffering. Rather than allowing fear to grip them, rather than spreading panic or gossip or spilling unkind comments from their lips, they face the foe with dignity and faith and an extraordinary love of Jesus. They seek all that is good



Light gives us hope  
that God is there  
for us.

*Light of  
the Lord*

and light and hopeful. They count their blessings in thanks and praise.

In Ephesians 5:4 we read *'Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving.'* Whilst an unseen enemy threatens us all, so we can be thankful that Spring is ever-visible, pushing forward in all her glory, sharing newness and beauty after long days of winter.

Whilst the fearful fill their bags with too much food, so we can be thankful for the food we do have, for many of us are blessed whilst others face hunger every day. Whilst we see fear disguised as selfishness, panic and anger, so





we can be thankful for others reaching out; a distant smile, a phone call, an offer of help, an inspiring tune on the radio, a card through the door. Whilst the news sensationalises, confuses, pushes us towards darkness, the truth shines out like a beacon from every page in our Bibles. Lights of joy in the face of suffering.

He asks us to trust. He asks us to pray. He asks us to remain hopeful, to look up – look up joyfully to the light, to walk in the light. For in the light, there is no fear.

*For at one time you were darkness, but now you are light in the Lord. Walk as children of light'* (Ephesians 5:8 ).

So, let us pray together, today and in the weeks to come:

Dear Lord,

Unite us in prayer at this difficult time.

**Sustain and strengthen us, so that we may walk in Your light; a light of joy and hope.**

**Quieten our troubled minds and help us find comfort in the knowledge that nothing can separate us from Your love.**

**Amen.**

**Mrs. Sharp  
Deputy Headteacher**

## The Body Coach Workout

Joe Wicks aka The Body Coach will be holding a daily workout that students can do from home whilst they are not at school to make sure they are still getting some exercise.

Starting Monday, every single a live workout called PE with Joe will be broadcast on YouTube.

Joe says 'I'm going to get your kids moving, feeling energised, positive, optimistic.'

Join in at 9.00am every day.

<https://www.youtube.com/watch?v=K6rg9N3kXME>

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