



Becket Keys Church of England School

2nd October 2020

DETAILS OF THE TEEN SLEEP MATTERS CAMPAIGN ARE ATTACHED.

IN THIS ISSUE

Mr Scott-Evans writes ...

Proverbs 13 v1:

**A wise son hears his father's instruction,
but a scoffer does not listen to rebuke.**

Today is my eldest daughter's 16th Birthday. Happy Birthday Holly! As a parent, and as a teacher of teenagers, I am naturally sympathetic to the teenage rebel; I was one in the dim and distant past myself!

At Becket Keys Church of England School, we support the teenage rebels in our midst, through strong discipline and the authority of the teacher. I have been writing about this in recent newsletters and wish to return to the subject again today because I think it is so important.

We have 7 Christian values which are well known by students and

staff, and these provide our framework for what is good character and conduct. Year 7s have been tested on them in their form times this week and most students have gained full marks in the test. Those that did not will be sitting a re-test next week! Both in the classroom and out of it, we expect students to be **respectful, responsible, caring, fair, honest and trustworthy**. We also teach the importance of **forgiveness**.

Everyone says that these values, and the boundaries that they create, bring a sense of belonging and safety. A student who moved here from another local school said to me recently: "It is a much better school because the teachers know how to control the classes here. No one messes about and we can learn. Teachers are tough on you, but I like it."

.....Contd on Page 2



BECKET KEYS
Church of England School

Black History Month

October is Black History Month, this has been celebrated in the UK since 1987. Find out more and get some book recommendations here.

Page 4-5

Message from the Head of Year 11

Miss Ellis reflects on the first few weeks for the Year 11 students.

Page 8

Recipe of the Week

Another delicious recipe to try this weekend from the Food Department.

Page 9

Biblical Pause

Gratitude and Giving.

Page 12

.....Contd from Page 1

It is interesting that despite his natural teenage desire to defy adult authority, he has so quickly identified the importance of it in developing his character and ensuring his happiness in school. Rebellion is a natural part of progression for the teenage brain as it comes to terms with the increasing knowledge of freedom and independence. However, what teenagers need is to find that the world around them does make sense and does still hold you to account. The most frightening thing for them is to discover that actually there are no rules and that the adults in your life are not actually going to tell you to stop or challenge your conduct.

That is why we are strict over things like uniform. This provides a platform for students to test the boundaries. If the most rebellious students are rebelling over the colour of their rucksack (which should be plain black) or the size of the label on their coat (which should be small and discreet) then we are in pretty good shape.

We take action when students are just a minute late. We take action if their hair is too long or not tied back. We battle daily with girls who roll their skirts over. These are the battle grounds that we want.

Many teachers in other schools think it is ridiculous to make a fuss about whether students are wearing the right colour socks, but our view is that it is better for

the rebels to focus on these misdemeanours than the more 'big ticket' items.

I would urge you as parents to draw the same battle lines. You can check out our main school uniform list here: <https://www.becketkeys.org/uniform.php> and the Sixth Form list here: <https://www.becketkeys6th.org/uniform.php>. You can also help us by searching your son/daughter's bag for chewing gum (banned) liquid tippex (banned) and smart watches (banned). Keeping the battle lines on what colour hairband your daughter uses (black, white, purple, grey or natural) is much more palatable than many other rebellious choices she could be making!

Next week, we will be urging all parents to join us in a review of uniform. We are one month in and there should be absolutely no let-up in our passion to see students dressed immaculately. We will unapologetically enforce the authority of the teacher on these issues and no parent should be surprised that this is the case. Anyone joining our school knows we are fastidious about these things. Consistency in uniform is incredibly reassuring for students so join us in making it clear that these things matter. We can be completely aligned on this as our expectations are so clear and straightforward.

If you chose this school hoping for a permissive environment where action is only taken when students are actually behaving

dangerously, then you've come to the wrong school! As Mr Shields says: "Sweat the small stuff!" This may be counter cultural in today's society, but it is the Becket Keys way and we know it works.

Mr Scott-Evans
Headteacher



Remember that Homework Club is up and running! Every afternoon after school students can stay until 4.30pm to complete their homework in C11.

Year groups will be 'bubbled' in different areas and if there are a lot of students who wish to make use of this opportunity, we will open other rooms.

Using Homework Club is just one way we provide for students who do not want to leave site at 3.10pm. Avoid the traffic! Stay here for a while!



Award winning The Sleep Charity has launched its brand-new Teen Sleep Hub on Thursday 1st October with funding received from the National Lottery Community Fund and Coronavirus Mental Health Response Fund (administered by Mind in partnership with the Mental Health Consortia).

It is an amazing resource that has been developed alongside a Youth Advisory Panel (young people aged 13-19 across the country) who told us that it was difficult to access credible evidence-based information around the subject of sleep. The hub – which includes a website and eBook – addresses poor sleep and its link with mental health as part of our wider Teen Sleep Matters campaign.

Attached with this newsletter is the Supporters' Pack which should give you all the information you require about the project. And also here is the link for social media assets too:
<https://thesleepcharity.org.uk/teen-sleep-hub-supporter-assets/>

Friends of Becket Keys

Raise funds for

The Friends of Becket Keys

every time you shop online

Find us on easyfundraising to start:

<https://www.easyfundraising.org.uk/causes/becketkeysschoolbrentwood/>

GET IT ON
Google Play

Download on the
App Store

Shop with over **3,300** online stores

amazon.co.uk

John Lewis

ebay

M&S

Argos

Booking.com

Boden

next

DEBENHAMS

GAP

Viking

Sainsbury's

SCREWFIX

JUST EAT

moonpig

ASOS
discover fashion online

easyfundraising
feel good shopping

£27 Million raised

1.6 Million users

130,000 causes

Easyfundraising, is the UK's biggest charity shopping site and has over 4,000 participating retailers. Easyfundraising turns your everyday online shopping into free donations for the School. It only takes five minutes to sign up and costs you nothing, but over the years we have raised over £2,300 from our supporters shopping via the Easyfundraising Scheme.

You can register here:
<https://www.easyfundraising.org.uk/causes/becketkeysschoolbrentwood/>

You can activate the donation reminder, which will pop-up on any of the participating retailers' websites if you chose to shop outside of the Easyfundraising portal.



Black History Month was first celebrated in the UK in October 1987, and was the initiative of Ghanaian analyst Akyaaba Addai-Sebo, who had worked as a co-ordinator of special projects for the Greater London Council (GLC). The concept of Black History Month originated in the US, at Kent State University, where it was first proposed in 1969 and first celebrated from January 2-February 28, 1970.

Within six years it was being marked in educational institutions all across the country, with President Gerald Ford telling Americans to 'seize the opportunity to honour the too-often neglected accomplishments of Black Americans in every area of endeavour throughout our history'.

Black History Month is also celebrated in Canada, Ireland and the Netherlands.

<https://youtu.be/TCPDq6hCwTo>

Black History Month Website:
<https://www.blackhistorymonth.org.uk/>

Akyaaba Addai-Sebo

After visiting America in the 1970s, Ghanaian-born Akyaaba Addai-Sebo came to the UK to seek refuge from what he called political persecution in Ghana during the regime of former military leader, Jerry John Rawlings in January 1984. He settled in London with his wife Nana and he would later be the architect of Black History Month in the UK, an annual commemoration of the achievements, history and contributions of black people.

Britain in the 1980s was in turmoil with the after-effects of the riots in Brixton, Tottenham and Toxteth. Black Britons were fighting for tolerance and acceptance, and against marginalisation, racism and also trying to define a sense of identity and purpose. It is in this context that Black History Month was adopted in the UK.



In 1987 Addai-Sebo, who was a special projects officer at the Greater London Council, developed the concept of Black History Month. His position in the GLC meant that he was able to

gain the support of politicians, community activists and senior officers the first official Black History Month event was held on 1 October 1987.

Addai-Sebo and his team were also leading the campaigns against institutional racism in the UK and the apartheid regimes in southern Africa.



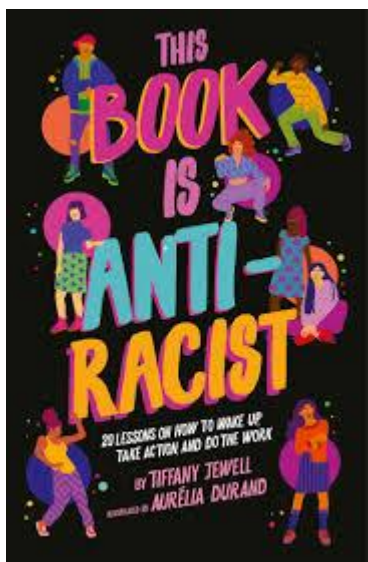
2020 has held a mirror up to the world and forced many to see the reality of racism in all its guises. From black people dying disproportionately in the pandemic, to the horrific murder of George Floyd and no justice for Breonna Taylor – the emergency medical worker killed by police in her own home.

#BlackLivesMatter protests around the world sparked a commitment among many individuals and organisations to educate themselves about Black history, heritage and culture – as part of understanding racism and standing in solidarity against it.

Black History Month 2020 is a time for people to come together and hopefully learn lessons for the present and the future. To learning and standing united.

Book Club Suggestions – Black History Month

A selection of non-fiction books centred around the struggles and injustices of differing BAME (Black, Asian and Minority Ethnic) backgrounds. Each book offers a unique exploration of the complex struggles and prejudices experienced by minorities across the world; these books utilise the power of the written word to place a strong spotlight onto the necessary values of equality, unity and compassion within society.



Who are you? What is racism? Where does it come from? Why does it exist? What can you do to disrupt it? Learn about social identities, the history of racism and resistance against it, and how you can use your anti-racist lens and voice to move the world toward equity and liberation. (Ages 10+)



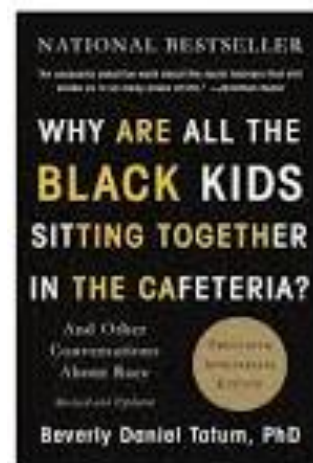
Sixteen-year-old Starr Carter moves between two worlds: the poor neighborhood where she lives and the fancy suburban prep school she attends. The uneasy balance between these worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer. Khalil was unarmed.

Soon afterward, his death is a national headline. Some are calling him a thug, maybe even a drug dealer and a gangbanger. Protesters are taking to the streets in Khalil's name. Some cops and the local drug lord try to intimidate Starr and her family. What everyone wants to know is: what *really* went down that night? And the only person alive who can answer that is Starr.

But what Starr does—or does not—say could upend her community. It could also endanger her life.

The classic, bestselling book on the psychology of racism—now fully revised and updated. Walk into any racially mixed high school and you will see Black, White, and Latino youth clustered in their own groups. Is this self-segregation a problem to address or a coping strategy? Beverly Daniel Tatum, a renowned authority on the psychology of racism, argues that straight talk about our racial identities is essential if we are serious about enabling communication across racial and ethnic divides.

(Age 14+)



Other Authors to read:

Toni Morrison

Alice Walker

Maya Angelou

James Baldwin

Derek Owusu



Word of the Week

Abhor

verb

In sentences:

1. I abhor all forms of racism.
2. Out of fear of drowning, some children **abhor** the thought of swimming.
3. Kristi abhors having to take her medicine because it tastes terrible.

Meaning: **to hate a way of behaving or thinking, often because you think it is not moral.** See also **abhorrent** (adjective), **abhorrence** (noun)

Etymology: Late 16th century from Latin **abhorrent** - 'shuddering away from in horror'.

School Transport

Students are strongly encouraged to avoid public transport for their journeys to school wherever possible. As ever, we encourage walking and cycling to school as green modes of travel with clear health benefits. However, we recognise that it will not be feasible for some students to walk/cycle to our site.

If you travel to school by public transport, please make sure that you check the timetable for any changes that have been implemented for the new term.

Remember that you will require a face covering to travel on any public transport.

NIBS Buses

http://www.nibsbuses.com/?page_id=42



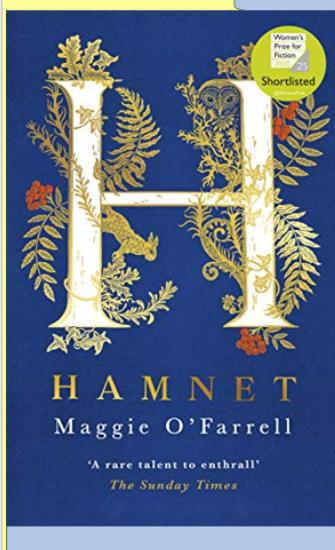
First Buses

<https://www.firstgroup.com/ess>
[ex](#)

Trains

<https://www.greateranglia.co.uk/>

Book of the Month - October



WHY SHOULD I READ IT?

This book makes an award winning story from a few of the details we know about William Shakespeare's life.

On a summer's day in 1596, a young girl in Stratford-upon-Avon takes to her bed with a fever. Her twin brother, Hamnet, searches everywhere for help. Why is nobody at home?

Their mother, Agnes, is over a mile away, in the garden where she grows medicinal herbs. Their father is working in London. Neither parent knows that one of the children will not survive the week.

Hamnet is a novel inspired by the son of a famous playwright. It is a story of the bond between twins, and of a marriage pushed to the brink by grief. It is also the story of a kestrel and its mistress; a flea that boards a ship in Alexandria; and a glovemaking's son who flouts convention in pursuit of the woman he loves. Above all, it is a tender and unforgettable reimagining of a boy whose life has been all but forgotten, but whose name was (almost) given to one of the most celebrated plays ever written.

Art & Textiles



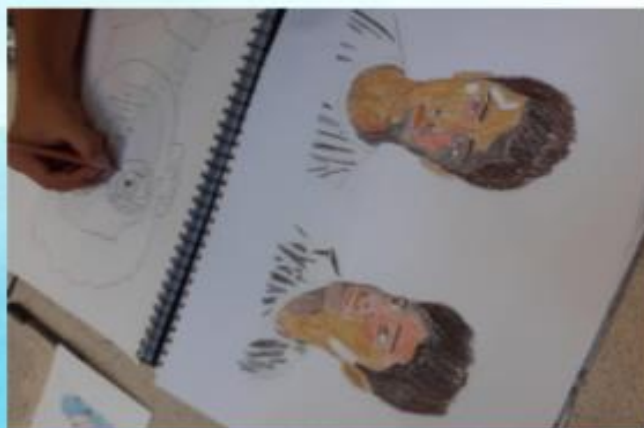
The Art & Textiles students have been working extremely hard in the return to school and are producing some fantastic pieces!



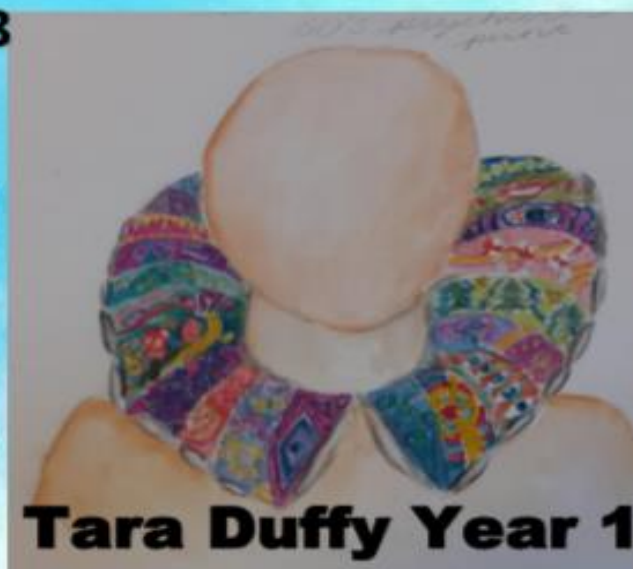
Tom Morrison-Rees Yr 8

Star Artist for Art

David Kirk Yr 11



Macey Laker Yr 9



Tara Duffy Year 12

A Message from: Miss Ellis Head of Year 11



As we end our fourth week of term, it is time to reflect on the success of Year 11 so far. It is a pleasure to be able to stay as their Head of Year to support them through the biggest challenges they have faced in their education so far. I remember welcoming the year group as their Head of Year in Year 7. Their faces were filled with both excitement and nerves as they started their journey at Becket Keys. It has been a delight to see them grow into the determined and well-mannered Year 11s they now are.

I was so proud of all the effort students made during the lockdown period. Students really cared about their progress and this was evident in the work they produced. Since being back at school, students have settled back into their daily routines well.

When I walk around and observe lessons, the students are engaged and focused. Teachers have been impressed with the determination of students to get back on track, with students going out of their way to ask teachers for help.

I know that anxieties are high as we start this new year, but we are here to support students all the way. They have a brilliant team of tutors to guide them through any obstacle and I am looking forward to seeing what they can achieve this year.

Stay Hydrated!



Please make sure that your son/daughter has adequate drinking water for the day. This is especially important during this spell of warm weather on the days they have PE.

Remember that drinks are available for purchase from the Bistro at break and lunch.



Uniform

All students are required to wear shoes and not trainers.

Girls in Year 7-9, should have their hair completely tied up. Year 10-11 – hair can be half up/ half down. Black, purple or neutral coloured hair ties please

Boys should not have any extreme hairstyles and hair must not be dyed, no shapes cut into the hair e.g stripes or undercuts and long hair is not permitted in Year 7-11.

Now that the weather is getting colder please remember that all students will be in need of a **COAT** – Plain **BLACK** without coloured flashes, logos or slogans, no 'fashion items', no 'puffer' jackets.

Bags should also be plain black.



Please see the website, if you need more details about the school dress code.

Food Department

Sunday Brunch

While backpacking around Mexico in my younger days, I discovered a dish that was served at brunch that is packed full of nutrition and kept me going until my next meal. Huevos Rancheros, a dish of fried or poached eggs served on a tortilla with salsa. I adapt this recipe slightly with whatever I have in the fridge or cupboard, however the cooking method is the same. I hope you enjoy having a go at making this quick nutritious meal. ☺

Recipe of the Week

Ingredients for the salsa serves

4

3 kale leaves, finely chopped (or any other green leaf vegetable)

1 onion, finely chopped (red or brown)

1 green pepper, finely chopped

1 red pepper, finely chopped

1 small bird's eye chilli, finely chopped

1 courgette, finely chopped (sometimes I grate this to hide the vegetable)

1 garlic clove, finely chopped

150ml/5fl oz tomato passata or use fresh tomatoes

1 tbsp olive oil



A knob of butter

8 free-range eggs

Salt and freshly ground black pepper

Method

To make the salsa, put the kale, onion, peppers, chilli, courgette, garlic and passata into a bowl. Season with salt and pepper and mix well.

Heat the oil in a medium lidded frying pan over a medium heat and add a quarter of the salsa. Stir to warm through, then make a hole in the middle of the salsa. Place the butter in the clear area in the middle of the pan, then break 2 eggs into this space. Put the lid on the pan and cook for 3-4 minutes, (if you do not have a lidded pan place the frying

pan under a warm grill to cook the egg from the top.

The dish is ready when the eggs are cooked into the salsa and the whites are firm. Slide the eggs and salsa onto a large plate and keep warm as you repeat this process three more times, or if you happen to have a larger frying pan you could cook this all at once by adding all of your eggs.

To serve, sprinkle each dish with coriander leaves and serve the warm tortillas.

Enjoy!

Mrs English
Food Teacher



BECKET KEYS
Church of England School

YOUTH SERVICE

Inspire
Enable
Achieve

You can access Zoom via the internet or download the app

Online activities via

For 13-17 year olds:

Mondays 6pm, cooking & baking. Quick tasty meals, cakes and biscuits. Beginners & those who want to improve – everyone welcome.

Tuesdays – video gaming club. 90 minutes of online video games

Thursdays 6pm – quiz and challenge time – come and have ago and test your skills against our youth workers.

For 18-19 years or up to 25 with additional needs:

Wednesdays 5pm - Cooking, budgeting, applying for apprenticeships, job search, healthy living and more.

We also have many other regular clubs which you may be interested in joining (see below). Email youth.work@essex.gov.uk letting us know where you live and we will put you in touch with the Youth Worker.

Young Carers, primary & secondary groups	Saved by the Bell
Young Adult Carers	The Quirky Squad
Young Essex Assembly	NCS Grads
Young Volunteers	South Gateway
Young Commissioners	Basildon Youth Council
Rochford Youth Council	SEND Volunteer Support
Nexus	Hermit Drop In
Laughs at the Lodge	Hermit Young Volunteers

Find out more about these groups on our website: Search for Essex Youth Service, Online Activities

To book your place, please contact youth.work@essex.gov.uk with:

- Full name and age
- Where you heard about the session or who told you about it
- Name date and time of session/s you would like to attend.

Once you are booked on, you will receive an email with a link to your session.
Each person can book on one session per week.
Bookings only taken Mon-Fri 8am-3pm
Note: By booking a place, you are giving your consent to share any interactions you use during the online session with other participants, e.g. video streaming and audio content.
You have the option of turning off your camera and microphone if you wish.

YOUTH SERVICE

Essex County Council


In order to keep the students and staff safe, we are unable to allow any parents to access the school site at this time, unless an appointment has been made.

If you need to drop something urgently it will need to be left at the school gate. Students should be have all the uniform and equipment they require on a daily basis.

Any lost property is stored in reception. If your son/daughter has misplaced anything, please send them to collect it. Remember to named all items of uniform so that things can be returned.

We also have a number of coats which were left at school prior to the lockdown

5th Oct, 2nd Nov, 23rd Nov, 14th Dec**World
KITCHEN.****WEEK THREE****Aspens**


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL DISH	Quesadilla Spicy beef layered tortilla wrap with street corn and fajita wedge	Chicken Shawarma Arabic spiced chicken, flatbread with soured red cabbage & parsley with a hummus dressing	Pineapple Roasted Gammon Served with red onion salsa, roast potatoes & vegetables	Dopiazza Chicken Sausage & Chips Chicken cooked in a onion spiced sauce served with naan bread	Butchers pork sausage served with chips and beans
VEGGIE DISH 	Quornadilla Spicy Quorn and bean layered tortilla wrap with street corn and fajita wedge	Spicy Asian Noodles Tofu and vegetables in a spicy sauce served with noodles	Egyptian Falafel Served with a flatbread and kale & mango salad	Vegetable Paella Served with a house salad	Quorn Sausage & Chips Quorn sausage served with chips and beans
Hot DELI.	Our Hot Deli Range includes fresh doughs, pasta & noodle pots, filled jacket spuds & paninis hot chicken wraps, wings & dusted wedges. We rotate our range throughout the week.				
DELICIOUS DESSERTS	Italian Crumble Cake	Chocolate Sponge	Sticky Toffee Pudding	Apple Flapjack	Ice Cream Tub

Bistro & Orangery

Although the Bistro are currently unable to offer their full range of food, there are still some delicious dishes to try. Check out next week's menu!

The Catering staff are working very hard in order to make sure that the food offered is individually packaged and safe, but please remind your son/daughter that if they pick up any item they are then required to buy it and their account will be charged.

Please make sure that you check and top-up your ParentPay account regularly.



ParentPay

COUNT ON US



Gratitude and Giving

Gratitude is something that is easy to express when good things happen, but what about when things are difficult and not going as planned?

Gratitude is a virtue most worthy of our cultivation. Indeed, in the life of a Christian, gratitude is to be planted, watered, dressed, and harvested, in all life's situations. C.S. Lewis, in one of his letters, wrote:

"We ought to give thanks for all fortune: if it is 'good,' because it is good, if 'bad' because it works in us patience, humility and the contempt of this world and the hope of our eternal country."

In other words, we do not have to muster up a false pleasure in bad times, but true gratitude comes from seeing the hand of God working in our lives. In all things 'give thanks with a grateful heart' (1 Thessalonians 5:18).

Gifts to organisations such as Brentwood Foodbank at this

time, whether large or small, can help transform lives. This week, slow down and take time to recognise how you have and can touch the lives of others through your generosity; whether through donations, giving freely of your time or simply praying for others.

Let us pray:

Dear Lord,
Help us, we pray, to recognise the difference between satisfaction and smugness, being content and being comfortable.

May our expressions of gratitude
Never deafen us to the cries of those in need and, in celebrating your love, may we never forget that your love reaches others through us.

Amen



School Prayer

Heavenly Father, we pray that Becket Keys School will be a blessing to the people of Brentwood.

Encouraged by the example of Peter, Thomas of Canterbury and all your saints, may its students know the beauty of your truth;

May its staff know the joy of your service;

May its headteacher and governors be led by a vision of your kingdom;

And together may the school community know your Holy Spirit in its midst.

This we ask through Jesus Christ our Lord.

Amen

DATES FOR YOUR DIARY

INSET DAY

(NO STUDENTS IN SCHOOL)

FRIDAY 23RD OCTOBER

*

ALL SAINTS' HOLIDAY

YEAR 11 INTERVENTIONS

MONDAY 26TH OCTOBER –

FRIDAY 30TH OCTOBER

*

STUDENT HALF DAY

FRIDAY 18TH DECEMBER

*

CHRISTMAS HOLIDAY

MONDAY 21ST DECEMBER 2020 –

FRIDAY 1ST JANUARY 2021

*

INSET DAY

(NO STUDENTS IN SCHOOL)

MONDAY 4TH JANUARY 2021

Becket Keys Church of England School

Sawyers Hall Lane
Brentwood, Essex
CM15 9DA
01277 286600

www.becketkeys.org
office@becketkeys.org
finance@becketkeys.org

Twitter:

@BecketKeys
@MrScottEvans
@BecketKeys6th
@BecketKeysMusic
@BecketKeysPE
@BecketKeysArt

Facebook: [Becket Keys Church School](https://www.facebook.com/BecketKeysChurchSchool)