



Becket Keys Church of England School

8th January 2021

IN THIS ISSUE

Mr Scott-Evans writes...

Ten Things To Do

In today's newsletter, I would like to propose ten ways in which we should all work together to help our students get through this period of lockdown and disruption to their learning. These ten things are based on an article by Education Support which is a UK charity providing mental health and wellbeing support. They have a free helpline for anyone working in Education: 08000 562561.

1. Routine

We must keep our students in a routine. Routines defeat boredom and uncertainty. They provide pattern and structure. In response to feedback from parents and students from last year's full lockdown, we are running our lessons exactly in line with the

timetable. The timetable has a start time (8:30), breaks, lunchtimes and a finish (3:10). Instant structure! Having a pattern of things that are happening and a programme helps avoid boredom and anxiety caused by not knowing what to do next.



Each student's routine is in Satchel One. The timetable is there and lessons will appear in Satchel One according to the

..... Contd. on Page 2



BECKET KEYS
Church of England School

Food Glorious Food!

This week we have a delicious recipe provided by a Year 7 student for you all to try at home.

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Art & Textiles Department

Lockdown will not stop the students being creative!

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Biblical Pause

New Year Gifts. The Christmas season is complete, and we look towards the future.

Page 10-11

PE Department

PE have some suggestions for you to try so you can keep healthy during lockdown!

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.....Contd. from Page 1

timetable. Many will be on Microsoft Teams particularly for students in Years 10-13. Younger students will have a bit more variety so that they are not in front of a screen all day every day.



2. Regular Exercise

Each of us should have a target of 30 minutes of activity each day. Whether we choose to go for a cycle, a run or a walk (perhaps with one other person?!), or do some other form of activity, we need to get those precious endorphins moving around our bodies. All students need to get up from their work space regularly. We suggest a brisk walk between each lesson (like they would at school) and some time outside at break and lunch and after school. This will be good for mental health and physical posture.



3. Rest

Most studies agree that teenagers need 9 ¼ hours sleep

per night. This has been my experience for years. I can always predict a student's likely success in exams based on how religious they are over their sleep. Making sure that bedtime and waking time is the same during the week as over the weekend also ensures that students do not suffer from a form of jet lag on Monday mornings that is often felt as their body clocks are shifting about too much. Sticking to the school timetable should help get students out of bed and ready for lesson one at 8:30am!



4. Keep in contact with friends and relatives

Keeping in touch with friends and relatives online is important for them and us. There are lots of ways to do it. My own highlight of the week is 3pm on Saturdays when I go to a 'virtual pub'. I join three or four friends on Facebook Messenger Video for a beer or two and a bag of crisps. A great time each week to share good company with friends that I can be honest with and have fun with.

We are running tutorial sessions for every student every day so that they can hear from each other. I visited Dr Hurdle's form time yesterday and heard lovely support from students to each other and also Ryan offering to

play some Beethoven on the piano to his class mates! We hope that this will be an important part of everyone's day.

5. Choose your news sources carefully

We all want to keep up with the news and know what is happening, but we need to choose our sources carefully. In a world where there is a bewildering number of possibilities, we need to help students choose. If we leave it up to them entirely, we should not be surprised when they develop extreme views or feel particularly depressed and disheartened by what they see of the world around them. In my opinion, the best news source for younger teenagers is 'The Week Junior'. It is a weekly roundup news magazine which I regularly recommend to families. It is delivered to your door each Friday.

THE WEEK Junior

6. Allocate a time for catching up with the news

As well as selection of news sources, we also need to limit how much time we spend consuming it. It is possible to have it drip feeding in all day and then we wonder why we are so gloomy! Selecting times of day to catch up and then leaving it alone is a very good idea. Helping

students to push their phone away and allow themselves to get consumed by something else is really crucial. Whether it is the news interrupting them or something else. Also, sitting to watch the news together can be really helpful; we can then help to explain it as it comes in. Pausing the news to allow questions – especially when it relates to the students is really important. We will be pausing to answer questions from Year 11 and 13 students in tutorials over the coming days as we find out more news about the exams process.

7. Let close friends know if they are making you anxious!

Sometimes we get our news from our friends, but on reflection, listening to them is making us react in an anxious way. We have two options: either we silence their status updates, or we actually tell them the impact they are having on us. Hopefully, we can choose the latter and educate them into being a bit more positive and cheerful. Speak to your son/daughter about what sort of messages they are receiving and spend some time each night checking their messages while their phone is on charge. This is important for safeguarding reasons too.



8. Record anxieties

Let's encourage the students to get writing in a journal! Taking time each day to write down anything that is making them anxious can help them to stop getting overwhelmed.

9. Problem solving

In the journal, students can take a few minutes each day to problem solve some of the things that are bothering them. What can they do about them? What practical steps can they take? Who can they talk to? Where can they go for help and support? When should they make a start? How?



10. Be positive

Also, in their journal, students should record things that they are grateful for! There is always so much to be thankful for in life and students will benefit from taking a few minutes each day to stop and ponder all the things that they are appreciating today. Once you start to count your blessings, it is hard to stop.

One of my Christmas decorations had written on it: "count all the

gifts you have that money can't buy." That's a powerful thought and one which in the midst of all that we are going through at present will help students to see the brighter side.

I think if we can all pull together to help students to bring these 10 things into their lives at the moment, we will have another successful Lockdown. If you have other ideas or suggestions please do send them in to me; I would love to hear them and share them with the wider community. Similarly, if anything I have said here has caused you to have any questions about the approach that we are taking, do not hesitate to contact us. We need to have your feedback about how this is all working for you at home. Our general impression so far this week has been very positive with students and staff particularly engaging well with Microsoft Teams and Show My Homework. We will continue to pursue the things that work and share good practice amongst our staff who are once again learning quickly and dedicating themselves to the pursuit of teaching students energetically to help them continue to make progress.

May God bless our efforts as a school community, may He keep us protected and give us the strength that we need.

"God is our refuge and strength, an ever-present help in trouble"

Psalm 46v1.

Best wishes for the weekend!



We want you to know that SNAP are here to help families during this difficult time

The SNAP team is committed to ensuring we continue to deliver the best service we possibly can for families - registered and new - during this difficult time. We have always provided comprehensive online support with our [Information Network](#) and [Directory](#) and we will continue to share information, ideas and strategies.

We are researching and producing Information Sheets to help families to navigate these challenging times - please find below links to our first six as part of our [Coronavirus Family Guide](#). More information to follow will cover Anxiety and Activities.

SNAP's phone and email [Helpline](#) will continue to provide that essential listening ear for parents and carers for both registered and new families. Our parent advisers are happy to book in a phone appointment with any family who needs more in depth support at this time.

This Helpline is open from 9.00am until 5.00pm every Monday to Friday.

01277 211300

familyteam@snapcharity.org

OPEN EVENING

6-8.30pm

Virtual Open Evening (both campuses)
Thursday 4 February 2021

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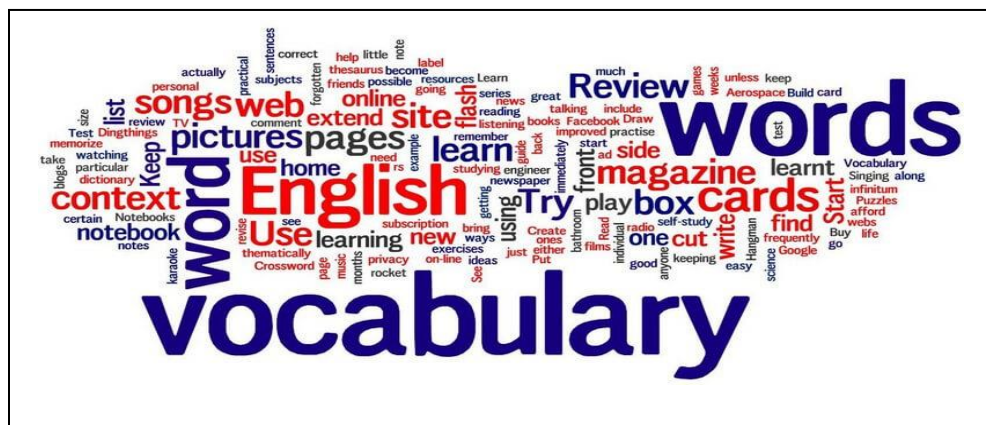
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OUR COURSES

A-Levels 3D Design Accounting Art (Fine) Biology (Inc. Applied) Biomedical Science Business (Inc. Applied) Chemistry Classical Civilisation Computer Science Core & STEP Maths Criminology (Applied) Drama & Theatre Studies Engineering English Language & Literature English Literature Extended Project Qualification (EPQ) Film Studies Financial Studies Geography Graphic Design History ICT Law (Inc. Applied) Maths Maths (Further) Media Studies Music Performance Photography Physics Politics Psychology (Inc. Applied) Sociology Sport & Exercise Science Textiles & Fashion Design Theatrical & Media Make-up	Professional (BTECs) Accounting (AAT) Advanced Personal Trainer Animal Care Animal Management with Science Art & Design Art, Design & Media Business Business & Finance Childcare & Education CILEx (Legal Secretaries) Computing Creative Media Production & Technology Early Years Practitioner Engineering Forensic & Analytical Science Games Development Health & Social Care Illustration & Graphic Art Information Technology Music Performance & Production Arts Performing & Production Arts Photography Public Services Science (Applied) Sport Sport & Exercise Science Travel & Tourism Visual Design	Apprenticeships Accounting (AAT) Business Administration Childcare IT Infrastructure Technician Network Engineer Teaching Assistant
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We understand that the Department for Education is to launch a national scheme for the payment of Free School Meal vouchers. We hope that the scheme is launched next week and, if so, we will immediately order vouchers to be issued to eligible parents. If there is any delay to the launch of the national scheme beyond next week, we will pursue alternative arrangements to ensure vouchers are issued to parents without further delay.

Word of the Week

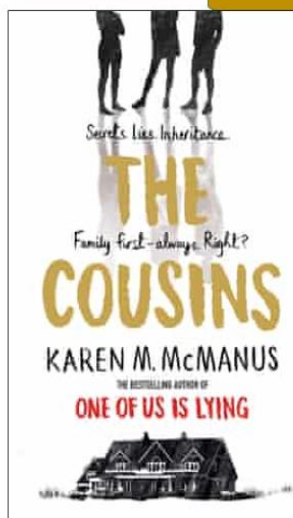
allure

1. She was drawn in by the allure of being on television.
2. Snacks can soon lose their allure if you have nothing else to eat.
3. Part of the continuing allure of crime dramas is the chance to glimpse into an unknown world.

Meaning: the quality of being attractive, interesting or exciting

Etymology: late Middle English (in the sense of to tempt or entice). Originally a falconry term, 'lure' being a type of bait.

Book of the Month - January



Brought up in luxury on their island off the east coast of America, the three Story children led charmed lives until their mother cut them off with a cryptic note, reading simply: "You know what you did." A generation on, and the banished siblings' children, 18-year-old cousins Aubrey, Milly and Jonah, are urgently invited to the island by their grandmother. What does she want from them – and what will happen if they pry into the family mystery?

If you read Karen McManus's debut thriller *One of Us Is Lying*, you will find this a highly readable treat (and if you didn't, read that too!)



BECKET KEYS
Church of England School

Food Glorious Food!

Hello and welcome back to a new term, I hope that you are all well and are staying safe in this latest lockdown!

I am sitting at home thinking about what to write for this first article for the January newsletter and I thought I could set the scene for you. My view is of a field where there are dog walkers wrapped up warm, runners, pounding the ground in gloves and hats, a brave postman wearing shorts and a woolly hat delivering mail. Across the field, I can see a man pushing a child on the swing, while misty fog is settling on the top of the houses. I am sitting at my laptop trying to think of a recipe for this week's newsletter. With all these distractions in front of me it was a little difficult.

But then, I was saved 😊 While KS3 have not started their online lessons yet I have had some very keen students wanting to complete and submit work for Food. So here is a recipe from one of my Year 7 students who has created and submitted her favourite recipe. This dish is well balanced and healthy, so is just what we need for a day like this.

I hope you enjoy this recipe.

Thank you, Morgan
Gouldsbrough, 😊



Recipe of the Week

Honey Glazed Salmon with New potatoes and vegetables.

Ingredients:

Salmon - 4 fillets

Honey 1 table spoon

Soy sauce 1 table spoon

Chilli flakes 1 teaspoon

New potatoes 500g bag

Broccoli 80g per person

Grilled Asparagus 80g per person

Honey glazed carrots. 80g per person

Method

Marinate the salmon in the honey, soya sauce and chilli flakes. Boil the new potatoes until soft, roast the salmon in the oven for 20 minutes. Steam the broccoli and carrots, griddle the asparagus on a hot griddle pan.

When the carrots are cooked add them to the salmon in the oven and drizzle a little more honey over them to glaze.

Once all is cooked plate up and serve.

"I like to make this dish because it's so interesting to make and that it is very delicious as a dinner. It's not just the cooking part I like, it's the eating too. Also, I think the dish is very unique".

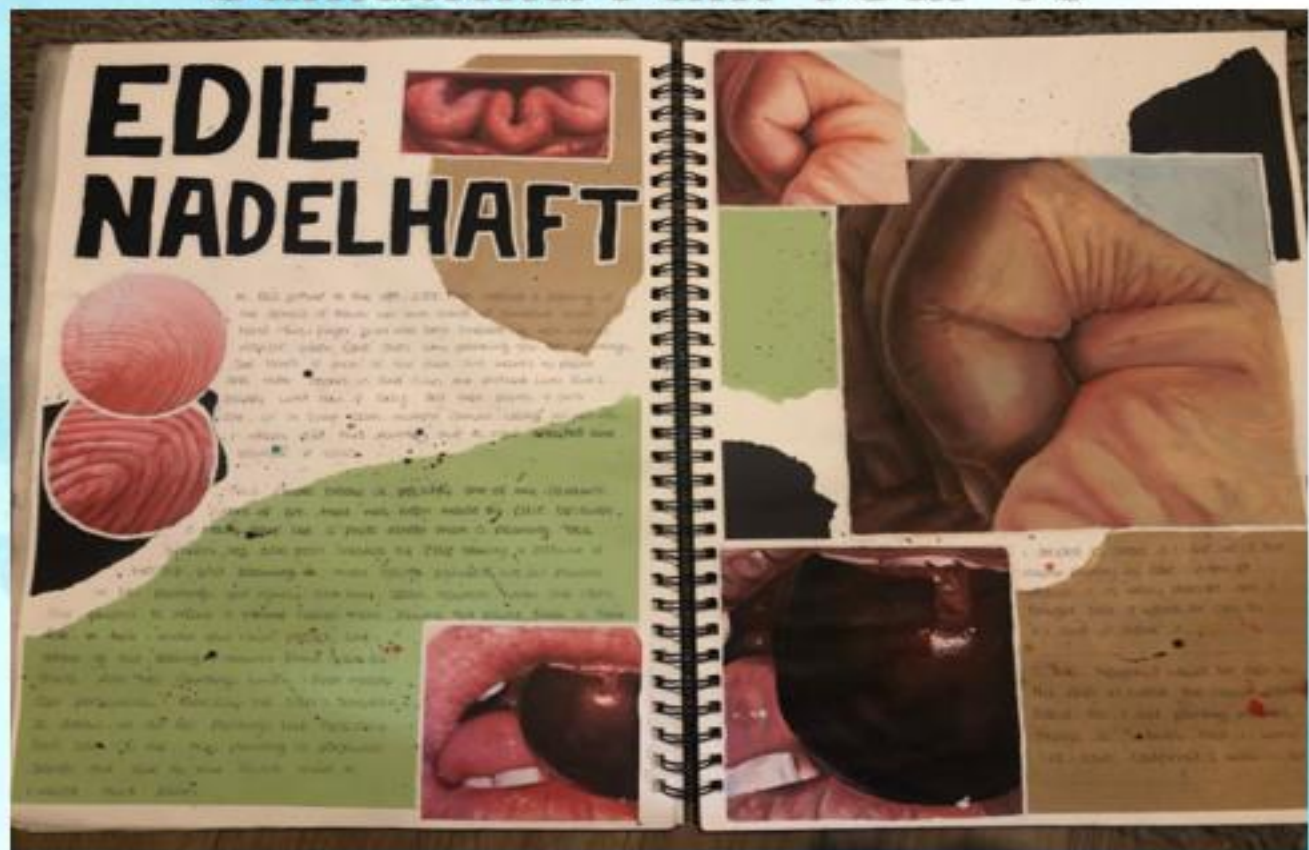
Morgan Gouldsbrough
Year 7.

Art & Textiles

Lockdown has begun again but that will not stop the artists from creating! Here is all the fantastic work from this week.



Star Artist for Art Samantha Pain Year 10



Samuel Lock Year 8



Danilo De Vito Year 11



**Follow us on Twitter &
Instagram
@Becketkeysarttextiles**



In Textiles this week

Here are some great examples of work submitted recently for Textiles.
Well done everybody!



Star Designer for Textiles

Tara Duffy



Denise Tsankova



Olli Uche-Igbokwe

**Amelia
Hussey**



@becketkeysart



New Year's gifts

At Becket Keys we are constantly trying to encourage our students to make their thinking 'visible' both in our subjects and through our character education approach. A typical question is; 'What made you say that?' In a grand and wonderful way, God made His thinking visible in Jesus Christ. The mind of God became visible in Jesus; the Word of God became flesh and blood.

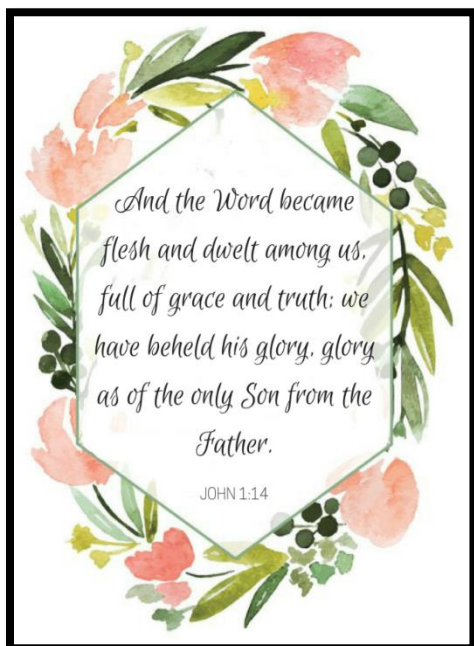


The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only son, who came from the Father, full of grace and truth" (John 1:14).

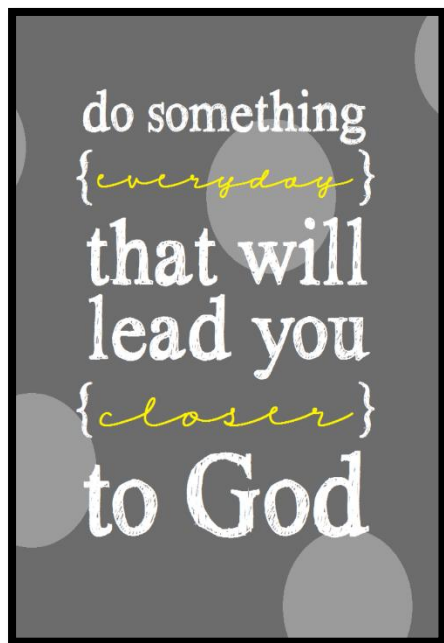
When you want to know what God is thinking, all you have to do is look at the life, death, and resurrection of Jesus Christ. If you want to know God's plans and purpose, look at the compassion and determination of Jesus. Jesus is the grace of God in flesh. Jesus is the truth of God in human skin. You may wonder at the ways of God and ask, "Where did that come from?" The answer is in Jesus Christ. You may question God, "What made you do that?" Look to Jesus. Jesus is the thinking, the heartbeat, and the essence of God. He came that we might personally know Him. The gifts of Jesus are love, peace,

hope and joy. His gift gives us a deeper and more authentic relationship with one another as well as a more genuine understanding of ourselves.

The **Feast of Epiphany** was celebrated this Wednesday 6th January and this has been a focus of our worship, via Microsoft Teams, this week. The gifts of the Magi were quite strange for giving to a baby, but they were the gifts which foretold the significance of this child. Gold for a King, Frankincense for worship and Myrrh to show that Jesus would suffer and die for us. This is the greatest gift of all. What can we give back? **Our gift to God** is to live by Christian values and be God's kingdom on earth. What gifts would you offer baby Jesus? I am not talking about possessions; I am talking about giving of yourself. Ask yourself,



how can I use the gifts I have been given to serve God, not myself? This could be through your musical talents to entertain and uplift others, your patience or time to support others, or



forgiving someone and moving on . . .

I wonder how many people have decided to eat more healthily as a **New Year's resolution**. But, what about our spirituality? That never needs a diet! Can we dedicate time to read His Word, to meditate and to pray? This could be as simple as downloading an App with a daily verse, reflection and prayer or subscribing to a daily email. A message of hope and comfort at this challenging time. Or, what about giving extra time to sowing the seeds of faith. Pledge to 'know him more clearly, love him more dearly and follow him more nearly, day by day'.

Create a life that feels good on the inside, not just one that looks good on the outside.

Let us pray:

Lord Jesus,

We thank you for the comfort and joy of Christmas. We ask that you remind us why you came and how we can prepare for you to come still more to transform our hearts, our lives and our world. We thank you for the many gifts in our lives and pray that we may use them to serve you. May we hear and see you more clearly as you are –

Christ our King – the true gift of this time. As we begin this new year and term, keep us safe and be with us all in the uncertainty. In Jesus' name.

Amen.

**Mrs Sharp
Deputy Headteacher**

YOUTH SERVICE | Inspire Enable Achieve

The Young Essex Assembly is the elected Youth Council for Essex representing the voice of young people.

What can you bring to the Young Essex Assembly?

If you are aged between 11-19 years and live or go to school in Essex, get an information pack today and take your first step to making a difference.

5 Deadline: Register for election by 5 February 2021

www.young-essex-assembly.org.uk

Be who you WANT to be...

YOUTH SERVICE | Essex County Council

Keeping Healthy with the PE Department

Healthy Eating during the Pandemic

For some, lockdown provided an opportunity to reflect and change or develop new eating habits. For others it was a struggle to maintain a healthy lifestyle. Disrupted routines and stress affected how and what individuals and families ate.

Eating well provides one's body with the vitamins and minerals it needs to build and maintain a healthy immune system.

It is important to eat fresh fruit and vegetables. Cooking can destroy some vitamins so it is better to eat them raw or steamed.

Variety is key – you need all the vitamins not just one of them. Be careful to wash fruit and vegetables especially if you are going to eat them raw.

Staying Active

Any physical activity uses energy. Physical activity can be categorized into the following:

Sedentary Activity such as sitting, computer work or reading. There are health risks associated with too much sedentary activity.

Light Activity includes cooking, walking, sweeping and shopping. If you can do these tasks without getting out of breath (i.e. you can talk and/or sing) then this is considered a 'light activity'.



Moderate activity includes brisk walking, cycling or dance. Whilst partaking in these activities you should be able to talk, however singing is difficult.

Vigorous Activity is more strenuous and includes running, swimming and playing sports. These activities will make you breathless.

Regular physical activity reduces your risk of disease, strengthens your bones and is good for your mental health. It is also anti-ageing.

The guidelines in the UK are for people to partake in 150 minutes of moderate physical activity per week or you can do 75 minutes of vigorous activity. Resistance training is also important to keep muscles, bones and joints strong and so the ideal is to do this twice a week. In the absence of being able to go to the gym practising

yoga or even carrying heavy shopping can be beneficial.

The PE Department have a few ideas below for extra-curricular activities.

Hockey:

<https://www.youtube.com/watch?v=bibdoA5WtSQ>

Basketball:

<https://www.youtube.com/watch?v=FpPVbAikOG0>

Gymnastics for the whole family:

https://www.youtube.com/watch?v=8_oyMCR2nDk



BECKET KEYS
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Becket Keys Extra Curricular PE



The PE department know just how much you are all missing us over this second home-learning period, and we have come up with an idea where you can push yourselves to the limits and represent yourself, your house, and your year group!

The task is going to be a 'Distance Travelled (k)'

This competition will allow each person to track and record how active they are and how much distance they cover each week. This task is not just for those that want a timed 5k run but it can also be for those who take the dog for a walk around the block or to the park, all this distance will add up!

So how does it work? We will look at our lovely Y11 for example...

Let us take Dan as I know he will be super keen to take part in this! If Dan went for a short run and travelled 2k he would make a note and throughout the week he would add up (with evidence) his distances and send them through SMHW to his PE teacher for us to log the data. Dan gets his totals for 'Pupil Total' which is his, 'Year total' which is the entire of Y11 and 'Tutor total' where he is representing AC! We want to see which year group is the most active, which house is the most active and there will be individual shoutouts on Twitter for those showing super effort!

Name	Year	Tutor	Distance							Pupil Total	Year total	Tutor Total
			Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7			
Adesokan, Daniel	Year 11	11AC								0	0	AC 0
Alexander, Daniel	Year 11	11AC								0		EW 0
Aston-John, Amelia	Year 11	11AC								0		FS 0
Brennan, Toby	Year 11	11AC								0		HS 0
Broughton, Ava	Year 11	11AC								0		PP 0
Cheke, Jemima	Year 11	11AC								0		WW 0
Chinnery-Hart, Harlee	Year 11	11AC								0		
Collins, Harry	Year 11	11AC								0		
Fisher-Hope, Lili	Year 11	11AC								0		
Gouldsbrough, Megan	Year 11	11AC								0		
Hollington, Abbie	Year 11	11AC								0		
Hope, Charlotte	Year 11	11AC								0		
Kunle-Adenuga, Faith	Year 11	11AC								0		
Manderson, Joe	Year 11	11AC								0		
Matkin, Matthew	Year 11	11AC								0		
Mumby, Ella	Year 11	11AC								0		
O'Brien, Rory	Year 11	11AC								0		
Oxley, Harrison	Year 11	11AC								0		
Phillips, Charlie	Year 11	11AC								0		
Ridley, Scarlet	Year 11	11AC								0		
Brentwood, Joshella	Year 11	11AC								0		

Some of you may have seen this little tab...
Yes, you guessed it!

Staff will also be doing what we can! We think it will be good to see if we can compete with you all!



Emergency help with bills, food and other items



If you find yourself in need of some help this winter, the Essential Living Fund can help pay for heating, electricity, water and food. We can also help you get essential household items like a fridge, cooker or table.

To get a grant you must

- Live in Essex, Southend or Thurrock
- Be aged over 16

How to apply

Check if this applies to you.

Visit www.southend.gov.uk/elfforessex

Or if you are vulnerable or have no access to the internet you can call 0300 7900124 (between 8:45am - 5:00pm).



BRENTWOOD FOODBANK

HELPING LOCAL PEOPLE IN CRISIS

Tinned Goods

Meatballs, Chicken in Sauce, Ham, All Day Breakfast, Corned Beef, Salmon, Potatoes, Meat Pies, Rice Pudding, Fruit, Custard (tins or cartons)

Sweets & Treats, Biscuits, Savouries, Christmas Pudding, Christmas Cake, Cakes, Chocolates, Selection Boxes, Pickles,

Washing Powders/Liquids, Deodorants, Shaving Gel/Foam, Razors, Washing up Liquid, Shampoo, Conditioner, Kitchen/Bathroom Cleaner
Nappies sizes 3,4, 5, 6

<https://brentwood.foodbank.org.uk/>

Sainsburys in Brentwood has a collection point for the foodbank.

The
Children's
Society

Online Activities

6th – 29th January 2021 via Microsoft Teams
You can access Microsoft Teams via the internet or download the app



Note: By booking a place, you are giving your consent to share any interactions you use during the online session with other participants, eg. Video streaming and audio content. Participants are required to use their camera and use headphones during the cyp virtual session.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10 AM	Mindfulness and Relaxation Families 	Self-Care For You Mixed ages CYP 	Staying Active for Life Families 	Self-Care For You Parents 	Staying Active for Life Families
12 PM	Conflict resolution and managing anger 13-19 	Staying Safe in a Virtual World Mixed ages CYP 	Strong Resilience and emotional wellbeing 13-19 	Staying Safe in a Virtual World Parents 	One Community 13-19
2 PM	Coping through Covid Families 	Strong Resilience and emotional wellbeing 8-12 	Conflict resolution and managing anger 8-12 	Tips and guidance for managing home learning Mixed ages CYP 	EYPDAS Drug and Alcohol awareness session
4 PM	Family Scavenger Hunt Families 	Family Bingo Families 	Family Fun snack ideas Families 	FAMILY FUN QUIZ Families 	2pm – 3pm Ages 13-17 3pm to 4pm Ages 18 - 25

To book your place, please check out our website: www.childrenssociety.org.uk/east/services/safe-in-essex
or contact Essexreferrals@childrenssociety.org.uk

Safe in Essex Advice Line 10am – 2pm: 07725 639571 (if unanswered, leave a message and someone will contact you)

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