



Becket Keys Church of England School

15th January 2021

IN THIS ISSUE

Mr Scott-Evans writes...



How can we help at home?

This week, Mrs Course came across an article written by a head teacher called Katharine Birbalsingh who, if you look at her school's exam results, runs one of the most successful establishments in the country. It was an open letter to parents about how they can help their children during this period of remote learning. The points she made were excellent and so I have decided to share a version of them here below.

Her expectations of parents are high, as you can see. Indeed, she congratulates parents who get to the end of the article without

swearing! However, I know that many of you have similarly high expectations and would want to compete with the best of the best. So, here is my version of what parents could do to help...

5 Practical Tips: how can I help from home?

1. Make sure your son/daughter is ready before 8:30 (8:25?) for the first lesson to start with all that is needed: technology, paper, pens.
2. Check written work as often as you can. Every 20 minutes would be ideal, but every 30 or 60 minutes is also fine. Sign your initials in the margin, that way, when you come back you can see what has been completed since you were

..... *Contd. on Page 2*



BECKET KEYS
Church of England School

Meet Some New Staff

We have some new members of staff for you to meet.

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Free School Meals

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Lockdown will not stop the students being creative!

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A Little bit of kindness and love.

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Details about the 'Race Around the World' and how to join in!

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last there. It will also show teachers that you are checking! Even if you can only do this for 30 seconds a few times a day it will make a big difference!



3. If there is a live lesson going on, listen to the teacher for a few minutes and ask your son/daughter to explain what is being taught. If a question is asked, encourage him/her to respond to the teacher or give *you* the answer to the question. Compare it with the answer given by another student.
4. If a video has been provided, pause it and ask your son/daughter to explain the content. It would be a good idea to rewind and watch again if a good explanation cannot be given.
5. See what else is open on the desktop. It can be tempting for some students to minimise and maximise between schoolwork and other distractions. You can look at the 'history' on the browser to check this too.

What else can I do?

1. Ask if there is extension work. Check with the teachers if your son/daughter is regularly finishing early. You can send teachers a message via:
www.becketkeys.org/contact.php
2. Check what is happening on screens in "free time". It would be good to get away from screens during down time. SnapChat, Instagram and WhatsApp are a dangerous waste of time. Limit these to an hour per day. Netflix and YouTube are also tempting ways to while away the hours. What is being watched? They are probably a waste of time. One or two episodes a day is more than enough.
3. Over dinner, spend some time checking what subjects have been covered and what has been learned. What can your son/daughter teach you today?

I'm doing all this: what else can I do?



1. Chesskid.com is an excellent free site to learn to play chess.

2. Duolingo.com is another free site where students can practise their language skills.

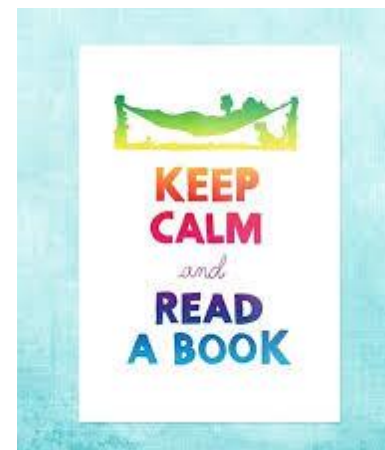


3. Go out together for a walk, bike ride or run and send your mileage into us so we can add it to our Mass Marathon around the World challenge.

4.



5. Encourage reading for up to 2 hours a day. If you have a reluctant reader on your hands, look into audio books or read together.





6. uk.smartickmethod.com, IXL and MathsWatch are all great Mathematics websites. You can never do too much Maths!



7. The BBC have a whole series
www.bbc.co.uk/bitesize
for students in Lockdown. It looks excellent.



8. Joe Wicks is doing PE lessons three times a week.
https://www.youtube.com/channel/UCAxW1XToiEJo_oTYIRfn6rYQ
9. Oak National Academy are offering many video lessons made by real teachers and used by real schools! Well worth a look.
<https://classroom.thenational.academy/>

If you have made it to here without swearing – well done! I have my own three children at home, and I will be honest with you, my own contribution is not as described above! It would not be possible to do ALL of this, but I hope there is something there that helps you. Next week, I will write an article of encouragement thinking about the bright side of what we are going through.

One final thought of something that we can all do and should all do. As a Christian, I also have the privilege of knowing that another contribution that I can make is to pray with and for my children. Every night before dinner I say a short prayer with them. In the car on my way to work I pray for them. I also pray for all of your children! Our school day is peppered with prayer. In tutorials, in staff meetings, in quiet moments, we take time to pray for our students.

I urge you to pray for our teachers. They are working long hours preparing lessons for on-line delivery, they are in front of a screen all day teaching and giving feedback and much of their weekends are taken up catching up and trying to get ahead. It is a relentless cycle of activity and we are finding it tough – many of us have our own children too!



We need the support of each other at these times! Thank you for all you are doing to support us.

God bless you. Enjoy the weekend.

Mr Scott -Evans
Headteacher

Charity News

New Hope Children's Centre



Thank you once again to all those families who donated to the 'shoe boxes' that were sent to New Hope for Christmas. We were able to provide a present for each of the children there.

You can see a message from Anne Chenge who runs the centre here:

<https://youtu.be/VHYV7F4ebqw>

We also have a thank you message from some of the children here:

https://youtu.be/g_vl18DMzJE

Meet Some New Staff



Mrs Joughin PE Teacher

I have lived in Essex since I was born and went to secondary school at Sacred Heart of Mary in Upminster. At school I studied ten GCSEs and then went on to complete A Levels in Physical Education, Biology and Italian. I took a gap year before attending University when I worked as an Insurance Technician for Aon in London. I also spent some time in Italy where I worked on my spoken Italian at the same time as exploring the country. Following this period, I then attended St Mary's University in Twickenham and the University of East London where I studied to become a PE teacher. From 2006 to 2020 I taught at a secondary school in Havering.

From a young age I participated in a variety of sports, including netball, swimming and gymnastics. In the present day I

continue to play netball and keep fit by running and taking part in exercise classes. I also like to travel both abroad and within the UK and I love to socialise with friends and family when it is possible!

Teaching here at Becket Keys is the first time that I have taught in Brentwood and I look forward to meeting the students and parents virtually and face to face when the time comes.

Mr Thompson Business & Economics Teacher

It gives me immense pleasure to join Becket Keys CofE school this year, at a time of tremendous challenges in our world. I love the fact the this is a faith school as I have always wanted the experience of teaching in a faith school in England. I attended a faith school in my primary years, and it is no surprise that the standards and expectations I have found here are high. I am excited to make my contribution to this outstanding institution.

I am originally from Freetown, Sierra Leone in West Africa, where I had my schooling and worked in Education and the Insurance Industry. I have an Arts background but switched to studying Business and Financial Services at London Guildhall

university and gained my post graduate teaching qualification at Greenwich University.

I started teaching business and financial reporting at Westminster Kingsway college in 2001, from there I went to Havering Sixth Form College in Hornchurch where I stayed for sixteen years. My teaching of Economics started at Palmers Sixth Form few years ago and I have not looked back. With that experience I wanted to have a different challenge and made the decision to move into schools and I have taught at different schools in Essex prior to arriving at Becket Keys. I am finding Becket Keys refreshing in the management and administration of the school and though I am yet to meet students personally (looking forward to it) I am sure I will be able to make positive and meaningful contribution to the progress and well-being of all learners I will come across.





Ms Escudero Spanish Teacher

I grew up in a tiny island in the east of Spain called Ibiza and developed my passion for languages since I was little. Years later, I moved to another small but very enchanting city, Salamanca, where I studied my degree in Spanish Philology and specialised in Sociolinguistics.

I guess it was only a matter of time before I would move somewhere else, and I have been here in the UK since 2017. I very much enjoy living in this country and teaching Spanish and our culture, and probably the thing that I always highlight about my job is that there are no two days that are alike, which is exciting. Outside school life, my main hobby is travelling and I hope I will soon have the chance to get back on track!

I am looking forward to beginning this new chapter at Becket Keys, which I am certainly sure will be unforgettable!



BECKET KEYS
Church of England School



On Tuesday evening, all Year 13 Spanish students had the wonderful opportunity to “attend” (virtually) a talk by Dra Magda Sepúlveda, an expert from the Pontificia Universidad Católica de Chile on the Chilean novel, “La Casa de los Espíritus” by Isabel Allende (“The House of the Spirits”), which we have been studying in class.

The webinar provided us with new insights into the book. For me, it was interesting to note that the topic of her talk was masculinity, even though the book is mainly centred on four female protagonists. This was thought-provoking and intriguing as it was an angle I had not fully considered before.

After the talk, we had the chance to ask questions, which was extremely beneficial: firstly, because it meant that we could ask Dra Sepúlveda’s learned opinion of topics that we have debated and discussed in class; and secondly, as it provided us with new points of view that we will be able to further develop in our essays.



Not only did the webinar widen our understanding, it was also completely in Spanish! This was the first time that I have been in a formal situation where I have had to use my Spanish with a native speaker, and it really brought home to me that we are learning something that will be useful in life and in the future, not just for our course. I found that I understood most of what was said, despite Chilean-accented Spanish being slightly different to what we are used to hearing. When I look back to my level of Spanish at the start of the course, the fact that I can now attend a webinar in this second language really shows the improvements I have made.

I am so grateful to Radley College for organising this for students from all over the world who wanted to learn more about the book, and also to Mrs Martin for arranging it for us. Muchas gracias- ¡fue una oportunidad maravillosa!

Millie Double
Year 13



The DfE has announced that the national FSM voucher scheme will open to schools from Monday 18th January to allow us to order vouchers for those eligible families. It has been confirmed that the voucher system used will be Edenred (the system that was used during lockdown last year). We will be able to order vouchers to cover the period between 18th January to 12th February (4 weeks). We imagine that the system will be extremely busy in the first few days so we will order and distribute the vouchers as soon as possible.

As we are only able to purchase vouchers from Monday onwards, we have purchased additional vouchers through the provider 'Wonde' (used by the Local Authority over the Christmas period), to cover the first two weeks of term. These have been sent through to eligible families today via email. This will contain a link to 'redeem a voucher'. You will be taken to Wonde's 'school vouchers' page where you will need to enter your details and confirm your email address before being asked to select the retailer you wish to receive a voucher for. You will be able to select McColl's, Morrisons, Iceland, Aldi, Sainsbury's, Tesco, ASDA or Waitrose. Not all vouchers can be used online so

| Supermarket | When do the vouchers expire? | Can the voucher be used online? |
|-------------|------------------------------|---------------------------------|
| Asda | 2 Years | Yes |
| Morrisons | 1 Year | No |
| Aldi | 5 Years | No |
| Tesco | 5 Years | No |
| Sainsbury's | 2 Years | Yes |
| Iceland | 1 Year | No |
| McColl's | 31st December 2021 | No |
| Waitrose | 2 Years | Yes |

please check before selecting. You will then be given a PIN and the option to view the voucher. Having confirmed the PIN, you will be issued your voucher. The voucher barcode can be printed off or scanned on a smartphone for use in-store.

Details of the process and more questions about Wonde can be found on their website here help.schoolvouchers.com/hc/en-gb





Speakers for Schools were founded in 2010 by ITV's Political Editor, Robert Peston, their aim is to end educational inequality by giving all young people access to the same prestigious networks available to the top fee-paying schools in the UK. There are many talks from today's influential figures via the Inspiration programme, those that are available week commencing 18th January are listed below and are all free of charge.

WEEK COMMENCING MONDAY 18th JANUARY 2021

| DATE | SPEAKER | INFO |
|--|---|--|
| Tues 19 th January 5-6pm | Anthony Salcito, Vice President of Microsoft Worldwide Education for KS4-5/S4-6 LINK TO JOIN | Anthony Salcito is the Vice President of Microsoft Worldwide Education and was previously the Vice President of the Public Sector & Government. Anthony's role involves empowering educators and inspiring students to achieve more. He aims to transform the way we all learn, with the support of the best technology, to help build the skills needed for the 21st century workplace. In this SFS broadcast, tune in to hear Anthony's thoughts on how technology has impacted education, what skills are important for your future career and get the opportunity to ask your questions! |
| Wed 20 th January 10-11am | Sophie Darlington, Wildlife Cinematographer for KS3-5/S1-6 LINK TO JOIN | Join us to hear Sophie Darlington share insights into what it is like to be a Wildlife Cinematographer. Sophie will be interviewed by SFS on what it was like to work on "Our Planet" and "Perfect Planet", where she gains her inspiration from and will be sharing some top tips on filmmaking. A broadcast not to be missed for students interested in nature and filmmaking. |
| Wed 20 th January on ZOOM 2-3pm | Introduction to Animation & VFX with Industrial Light & Magic for KS3/S1-3 FORM TO SIGN UP | Join Industrial Light and Magic for this ZOOM webinar about what it is like to have a career in VFX! There will be the opportunity to hear from people who work for ILM and how they started in their careers and more about their work. There will be the opportunity to ask the speakers questions too. |

HOW TO JOIN THE LIVE BROADCASTS

- Join 10 minutes before the broadcast to be ready.
- You can join without needing an account – [Watch how here](#)
- For full speaker descriptions visit the [Broadcast Schedule here](#)



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

Pre-book online at
uspcollege.ac.uk

Stand out with career-focused learning at USP College

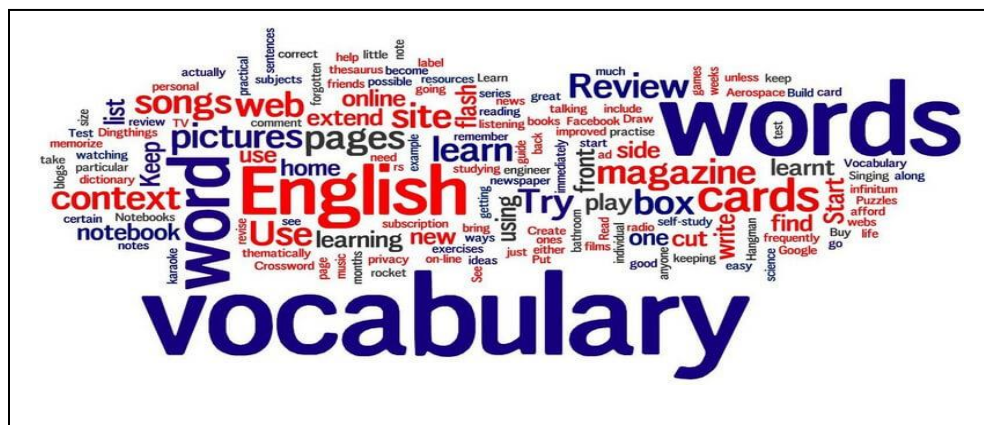
USP College

A-Levels
Professional (BTECs)
Foundation Learning
Apprenticeships

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 |
| Foundation Functional Skills Level 1 Vocational Studies Pathways Prince's Trust Achieve Programme Prince's Trust Team Programme Skills to Employment (STEP) Supported Internship | Higher Education Art & Design Business Business Management Computing Creative Media Production Early Years Education Studies & Early Years Health Promotion & Social Care Hospitality Management Sport Science & Coaching Travel & Tourism | Level 4 Diplomas Foundation Diploma in Art & Design Professional Diploma in Creative Enterprise |
| Adult Education GCSE English Language GCSE Maths Accounting (AAT) Access to Higher Education: <ul style="list-style-type: none"> • Law & Business • Criminology & Social Science • Health Professionals • Social Science & Humanities • Social Care & Social Work • Teaching & Education | | |

Apply online
uspcollege.ac.uk



Word of the Week

ameliorate

In sentences:

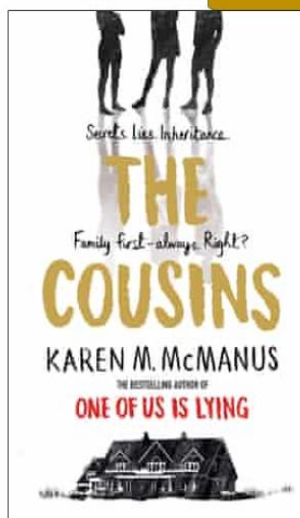
1. Working hard can ameliorate bad mock grades.
2. School staff are working hard to ameliorate the effects of the lockdown.
3. Giving to charity is one way to ameliorate the suffering of others

Meaning: to make a bad or unpleasant situation better

Etymology: from the French *meilleur* meaning 'better'.



Book of the Month - January



WHY SHOULD I READ IT?

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 MUSIC

During lockdown, why not try something new? Explore different styles of music, learn to play an instrument, write your own music and set up a sound cloud page, record yourself singing or playing your favourite song and submit for our online concerts.

Here are some ideas to get you started:

Ableton has created a 'Get started making music' page for beginners to learn the basics of music making online. No prior experience or equipment is needed, and the lessons cover a wide range of musical principles.

<https://learningmusic.ableton.com>

ABRSM has a Play On page specifically created during the pandemic. It is filled with lots of useful resources for teachers and parents, including a new weekly session with a musician (Thursday, 4pm).

<https://gb.abrsm.org/en/inspire/>

Food Glorious Food!

Hello from the Food Department. Wow what a week this has been! We have been teaching all of our food classes live on teams, using different types of learning platforms, and teaching our students how to use a live word document. It has been very rewarding to see students completing this work and using these learning platforms after only one lesson. Many proud teacher moments!

While students are completing their schoolwork at home some are still finding the time to cook for their families. Harrison Cox in Year 8 had a go at making Morgan's salmon recipe from last week's newsletter, it looks amazing, see for yourself in the photo bellow.

Tyler Jordan in Year 9 sent in photos of his latest cooking attempt, a comforting Cottage Pie. I was so impressed with his picture and cooking skills that I Googled the recipe that he used to put in today's newsletter. Below is the link to the recipe and a fantastic step by step picture guide. Well done Tyler!

<https://www.gousto.co.uk/cookbook/beef-recipes/comforting-cottage-pie>

I would like to take this opportunity to share with you a local project that has been running for a while now, it is called the Daily Bread Pop up Café at St Peter's Church in Hutton. They are a charity that have a team of volunteers that go

around to supermarkets and food businesses collecting food that would normally go into land fill. This food is still perfectly good to consume and has only been thrown away by the supermarkets due to the strict rules and regulations they have to follow. Something my GCSE students have learnt a lot about.

They then bring the food back to the church, where the team bag it up for anyone who needs it. You can go along at the specified times to grab yourself a bag or two of mixed produce. This service is open at St Peter's Church Monday-Saturday 10-12 and now at Sawyers Hall Church on Saturdays 10.00am -12.00pm. They are a really friendly bunch of people who are providing this service to support the community far and wide. If you know of anyone who is in need of a little help for any reason please do share this amazing project.

You can follow them on Facebook; the link is below.

<https://www.facebook.com/dailybreadpopupcafe/>

Have a great weekend all, stay safe and remember if you cook Tyler's recipe please send your pictures in. 😊

Mrs English
Food Teacher



Harrison Cox - Year 8
Took inspiration from last week's recipe and made Honey Glazed Salmon with new potatoes and vegetables.



Tyler Jordan
Year 9
Cottage Pie

Art & Textiles

Lockdown continues but that will not stop the artists from creating! Here is all the great work from this week.

★ **Star Artist for Art** ★ **Daniel Adeeko Year 13**



★
Matilda Gamble Yr 9



Frankie Peet Year 9



Lockdown Art Competition

Create a mask. Follow the instructions and add your own twist!

It does not have to be a clown, you could add more hair or exaggerated features. Use your imagination!

Upload your pieces onto SMHW for your Art Teacher and keep an eye on Twitter & Instagram!

#becketkeysarttextiles



In Textiles this week

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

Key stage 4 & 5

Star Designer for Textiles

Lili Fisher-Hope

Excellent sample of the textiles technique of patchwork by Lili in Y11. Well done Lili!



Saffron Wilson Y13



Charlotte Hope Y11



@becketkeysart

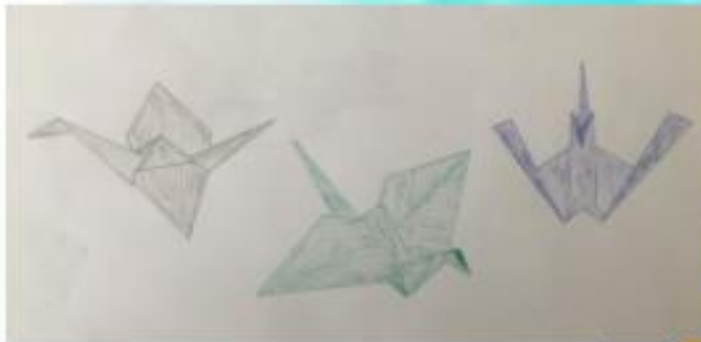


Key stage 3

Star Designer for Textiles

Alfie Clark

Two quality submissions from Alfie Clark in Year 9. Well done Alfie, keep up the excellent work!



Noah Mumby Y8



Jeremiah Ajanlek Y9



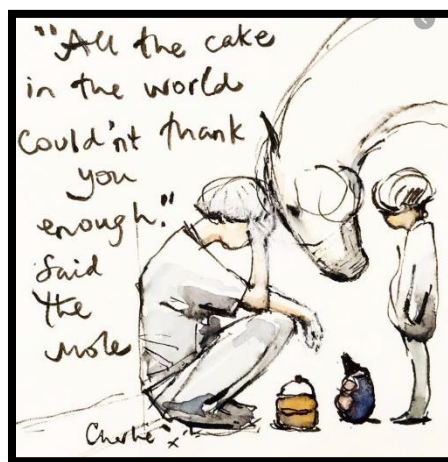
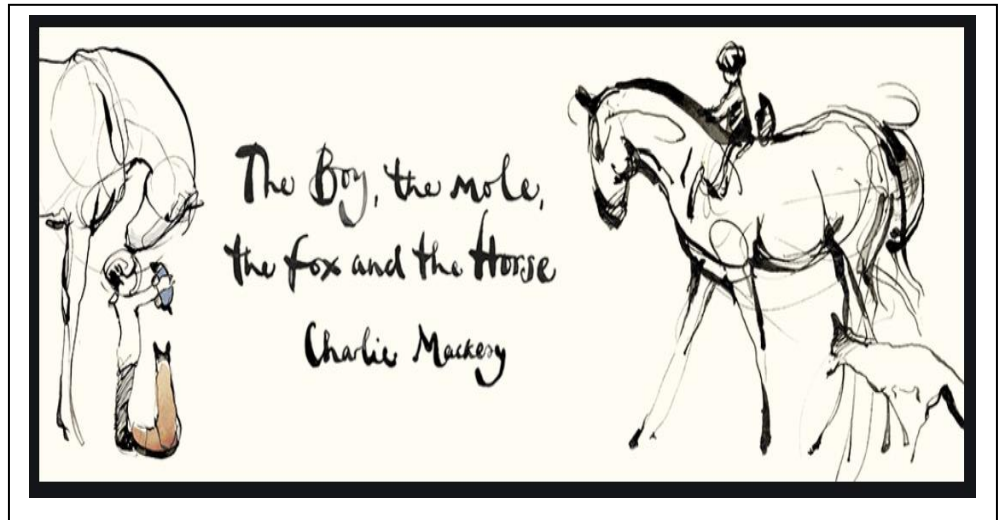
@becketkeysart

PAUSE

A little bit of kindness and love

Recently, I have been drawn to the illustrations of Charlie Mackesy; first through his book *The Boy, the Mole, the Fox and the Horse* and later through his use of drawings to help others throughout the pandemic. His book won the 2019 Waterstones' Book of the Year and this year it has also sold over one million copies in the UK and USA alone. For many, it has been seen as almost predicting the emotions associated this pandemic.

The reflections of the characters, 'Everyone is a bit scared, but we are less scared together', 'the storm will pass' and 'life is difficult but you are loved', resonate with me. These are the words we all need to hear right now. In the book, one drawing shows the mole talking to the boy as they both sit on a large branch. "What do you want to be when you grow up?" asks the mole. "Kind," says the boy. In another, the boy asks the mole, "What do you think success is?" "To love," says the mole. The messages are simple, heartfelt and timeless. They are the ingredients for a better world.

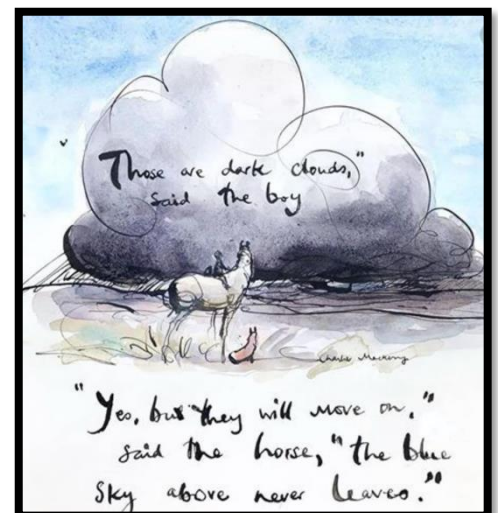


When the boy asks the horse, 'What is the bravest thing you have ever said?', he was told: 'Help'. Using his talents, in a unique way, Charlie Mackesy has been doing just that throughout lockdown. He has continued to draw the characters from the book and posted them on Twitter and Instagram, in order to thank frontline workers and remind us all of the power of kindness, compassion and understanding. The NHS has been using his drawings as their national screensavers and staff have been printing them out to display in rest rooms and wards. These drawings are not for money, just

a way of giving back to others and showing he cares.

Exploring a little more about this artist, I have discovered that his Christian faith is at the heart of his philosophy and the explorations of his drawings. His drawings, for me, provide glimpse beyond this world and reflect the character of God.

We can all do something, however small and provide a relief for those around us. What will you do? A little bit of kindness and love goes a long way. Through faith, a little bit of kindness and love brings the hope of Jesus Christ.



Isaiah 60:1-3 states: *Arise, shine, for your light has come, and the glory of the Lord rises upon you. See, darkness covers the earth and thick darkness is over the peoples, but the LORD rises upon you and his glory appears over you. Nations will come to your light, and kings to the brightness of your dawn.*

Dear Father in heaven,
accept us as your children,
whose lives are under your
protection
and who turn to you for strength.
Keep us certain of your love and
goodness.
Remind us to reflect your loving
kindness.
May the hope you have given us
bring
light and strength for our own
lives
and the lives of those we love.
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 11-15 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

The Young Essex Assembly (YEA) is the elected Youth Council for Essex. The YEA gives young people in Essex a platform to speak their views and to be heard. It also creates opportunities to develop their individual skills and knowledge.

The YEA encourages young people to become active members of their local and wider community and enables them to implement change.

The Young Essex Assembly members are regularly asked to take part in consultations to gain and give the views of young people in Essex. For example:

- Transport • Violence & Vulnerability • SEND • Equality Framework • Libraries • Youth Service Strategic Plan

Contact us: YEA@essex.gov.uk

www.young-essex-assembly.org.uk



Becket Keys Race Around the World



| House | Totals |
|-------|--------|
| AC | 53.4 |
| FS | 74.2 |
| HS | 11.2 |
| EW | 37.2 |
| PP | 41.8 |
| WW | 101.7 |

319.5

**SUBMIT
HERE** ↓

racearoundtheworld@becketkeys.org

Due to the outstanding popularity that the Race Around the World has gathered in such a short space of time, the PE department have set up a designated email where the Becket Keys triangle of Staff, Pupils and Parents are able to submit their distances (in Km) to be added to our Race Around the World!

As you can see, we have managed to complete 800km in the first week with results flooding in thick and fast! Remember that Houses are competing against each other!

We expect the weekends to be the busy period where you will make the most of your free time! You can run, walk or cycle but make sure you log your distance.

Follow @BecketKeysPE for constant updates and highlights of milestones, individual achievement and personalised teacher motivational recordings 📺



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/elffor Essex

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

 thurrock.gov.uk

 [southend on sea](http://www.southend.gov.uk)

 Essex County Council

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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