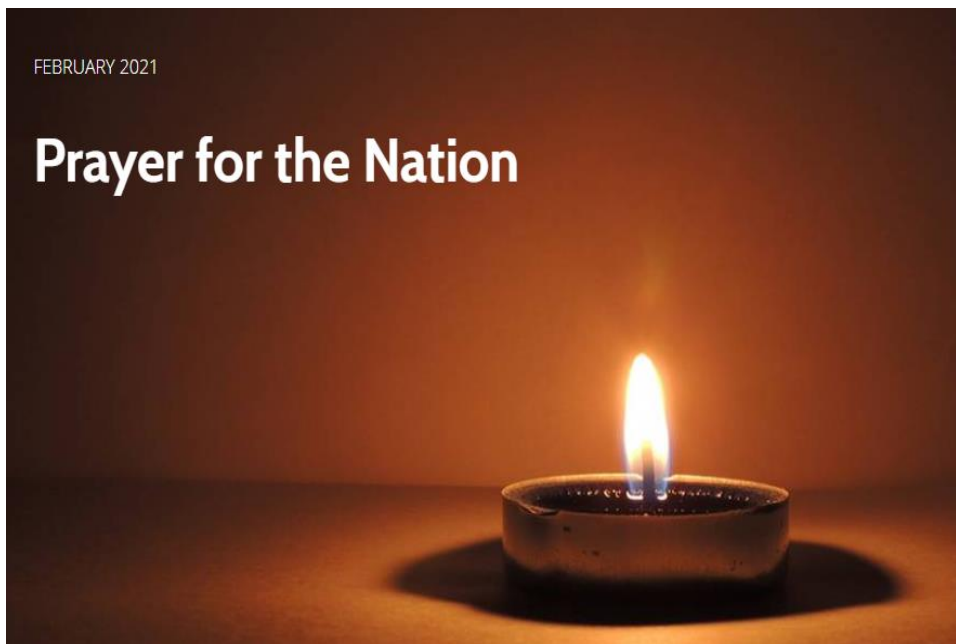


FEBRUARY 2021

Prayer for the Nation



Becket Keys Church of England School

29th January 2021

IN THIS ISSUE

Mr Scott-Evans writes...

Archbishops write to the nation.

The following letter was sent to the nation this week as we passed the terrible milestone of 100,000 deaths related to Covid-19. I thought it was appropriate to share it as the front page of this week's newsletter. There is a call to prayer at the end, it would be lovely to think that our school community would join in this every day at 6pm from Monday onwards.

Dear friends

As we reach the terrible milestone of 100,000 deaths from COVID-19, we invite everyone in our

nation to pause as we reflect on the enormity of this pandemic.

100,000 isn't just an abstract figure. Each number is a person: someone we loved and someone who loved us. We also believe that each of these people was known to God and cherished by God.

We write to you then in consolation, but also in encouragement, and ultimately in the hope of Jesus Christ. The God who comes to us in Jesus knew grief and suffering himself. On the cross, Jesus shares the weight of our sadness.

We therefore encourage everyone who is feeling scared, or lost or isolated to cast their fears on God. We also know that poorer communities, minority ethnic

..... Contd. on Page 2



BECKET KEYS
Church of England School

Inter House Competition!

We are hoping you will make use of your Art & Design skills by entering this competition.

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Biblical Pause

'The Hill we Climb'. Inspiration from 22 year-old US national youth poet laureate, Amanda Gorman.

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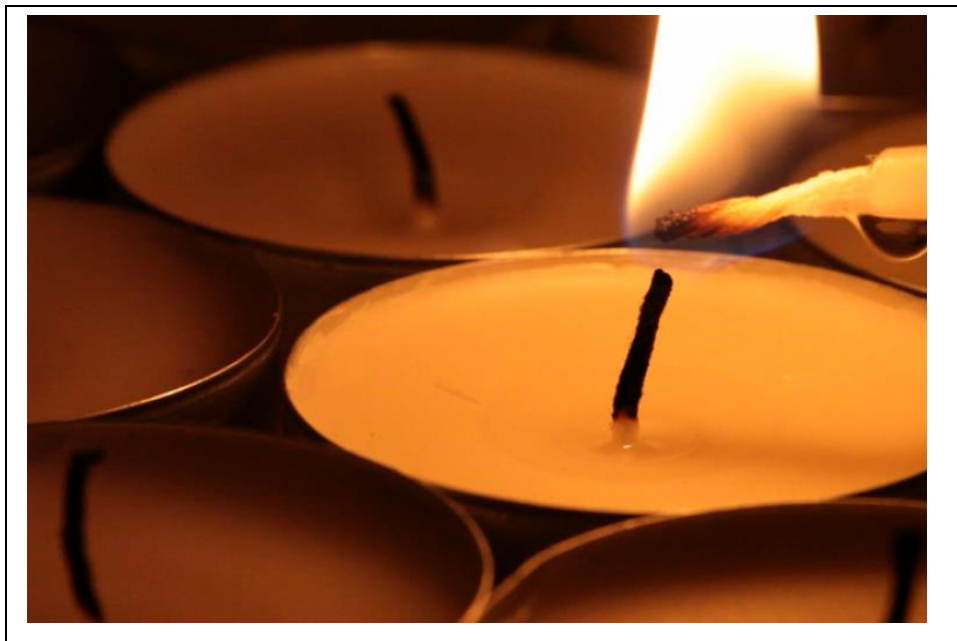
Screen Free Day

Ideas and challenges for a day away from your screens.

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communities and those living with disabilities have been afflicted disproportionately and cry out for the healing of these inequalities. During this pandemic, we encourage everyone to do all they can to live within the guidelines and constraints given by government following the advice of the Chief Medical Officer and Chief Scientific Adviser. We show our commitment, care and love for one another by ensuring we do everything we can to stop the virus spreading.



None of this is easy. Very many of us are experiencing isolation, loneliness, anxiety and despondency like never before. Many people have lost their livelihoods. Our economy struggles. Also, the necessary restrictions we live with have also prevented us from being alongside loved ones as they died, or even at their graveside. All grief profoundly affects us, but this pandemic grief is so hard.

Therefore, we need to support each other. We do this by following the guidelines. But we also do it by reaching out to each other with care and kindness.

One thing we can all do is pray. We hope it is some consolation to know that the church prays for the life of our nation every day. Whether you're someone of faith, or not, we invite you to call on God in prayer. Starting on 1 February we invite you to set aside time every evening to pray,

particularly at 6pm each day. More than ever, this is a time when we need to love each other. Prayer is an expression of love. A number of resources will be made available **on our website**.

Finally, we write of hope. We are grateful for the hope we have because of the service of our NHS and social care staff. What a blessing and lifeline for our nation. We are grateful for the service given in local communities by clergy, other frontline workers and so many good neighbours. We are grateful for the hope of the vaccine. It is a testimony to the God-given wisdom and gifts of scientists and researchers. We urge everyone to take the vaccine as soon as it is offered to you.

Most of all, we have hope because God raised Jesus from the dead. This is the Christian hope that we will be celebrating at Easter. We live in the hope that we will share in his resurrection.

Death doesn't have the last word. In God's kingdom, every tear will be wiped away.

Please be assured of our prayers.

Please join us.

A Prayer for those who mourn

Gracious God,

As we remember before you the thousands who have died, surround us and all who mourn with your strong compassion. Be gentle with us in our grief, protect us from despair, and give us grace to persevere and face the future with hope in Jesus Christ our risen Lord.

Amen

**The Archbishops
of Canterbury & York**

Apprenticeships – An Appeal for Assistance



We currently have a group of Year 13 students who are not planning to attend university next year. Instead, they are applying for higher and degree level apprenticeships of varying formats and in different industries.

As part of the support programme we have put in place, we are after some assistance from members of the Becket Keys community.

These students need help with compiling CVs, writing letters of application, preparing for interviews - and more. If you are someone who has experience in these areas (or similar) and you would be willing to give a student some guidance, please get in touch as outlined below.

Equally, if you would be able to offer some handy hints and tips to these students to make them stand out from the crowd in certain sectors, that would be appreciated. The most common

areas the students are interested in are finance, marketing and engineering.

If you think you would be able to offer some help (no matter how small or large!), please can you contact Mr Peggs (Head of Sixth Form) by emailing him via office@becketkeys.org?

If you could offer a brief outline (a couple of bullets is enough: you will be a busy person!) of how you think you are able to support, Mr Peggs will then get back to you very quickly so your kind offer can be put to good use!

Thank you!



Student Contact Information

As we are sure you will all appreciate, it is vitally important that we hold accurate records, addresses and contact numbers. We need at least 2 contact names/numbers in case of an issue with your son/daughter at school. It is also vital that we hold necessary health information about all our students in the event of a medical emergency.

If you have changed any of your contact details (phone, email address or home address), please make sure you let us know immediately so we can update our systems.

Please email through any changes to office@becketkeys.org. Many thanks for your co-operation.



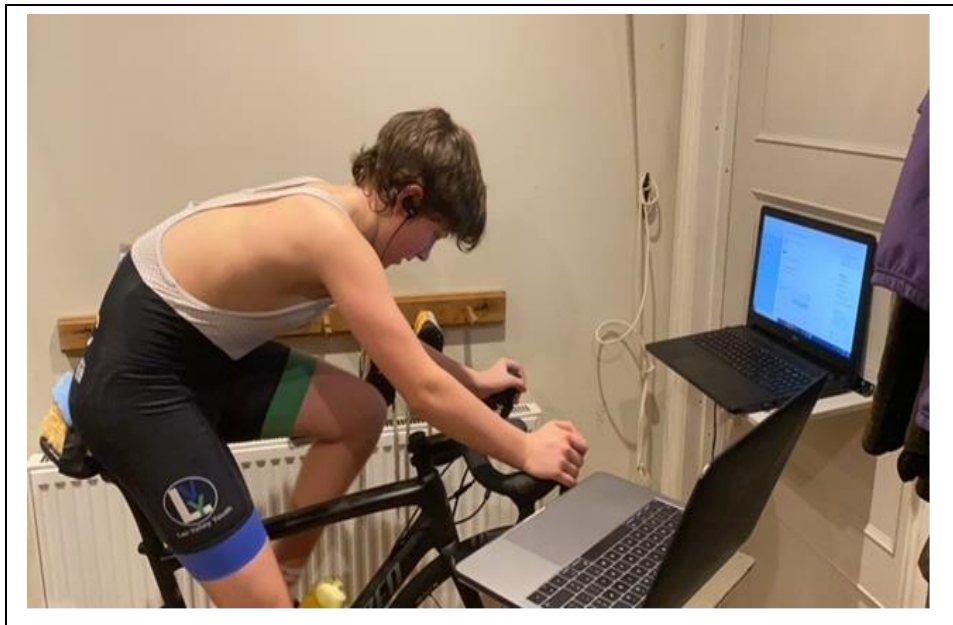
Student Achievement

Charlie Yardy Year 10

I wanted to take part in the Becket Keys Round the World Challenge and decided to undertake riding my bike for 24 hours nonstop on Zwift. Zwift is a virtual cycling world app where you can ride your bike using a turbo trainer. As this was going to be a really tough cycling challenge, I thought it would be a good idea to also try and raise some money for charity.



When I was 3 months old, I had open heart surgery at The Royal Brompton Hospital because I was born with a large hole in the heart. I set up a JustGiving page for The Brompton Fountain who raise money for the paediatric wards at the hospital. The challenge began at 6pm and I felt ready to take on the next 24



hours albeit a little apprehensive. Initially the ride was going well and the next 12 hours through the night were bearable cycling at a steady pace, keeping my energy levels high with fluids and snacks. Morning finally arrived and I was starting to feel the sleep deprivation; the thought of going all through the day filled me with dread. My family however gave me support to keep going and I was really encouraged to see how many donations had been given to the charity, so this kept me motivated until the end.

I was exhausted but so pleased that I had firstly raised over £1,500 for such a great cause but I had also completed my challenge too, riding a total distance of 215 miles. I will always be grateful to The Brompton and hope this money can go towards supporting other children and babies born or living with heart defects.

You can donate to Charlie's JustGiving page by clicking here:

[Charlie Yardy Fundraiser](#)

Donating through JustGiving is simple, fast and totally secure. Once you donate, they will send your money directly to The Brompton Fountain, so it's the most efficient way to give - saving time and cutting costs for the charity.

If you would like to find out more about this charity, then visit their web page here:

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





For those entitled to Free School Meals, Becket Keys has signed up again to the National Free School Meals Voucher Scheme which is being run by Edenred. Orders have been placed this week for those eligible to cover the period 18th – 29th January 2021. A further voucher will be sent after this date to cover the remaining 2 weeks of term. The system has advised it can take up to 4 days for the emails to be received by parents and to be aware that they will be from the email address noreply@edenred.co.uk. If you do not receive it within the next few days please check your junk mail folder.

The email will contain a 16-digit eCode and a link to the redemption website: www.freeschoolmeals.co.uk. Further details regarding how eCodes can be redeemed are available in the [parent/carer's FAQ document](#).

Please note you will have **1 month** to redeem your eCode. The expiry date for a specific eCode will be included in the

email. eGift cards have different expiry dates.

Once you have received your voucher, you will be able to redeem them in-store at the selected retailer by either:

- presenting the voucher on a smartphone or tablet
- presenting a paper copy of the voucher
- some supermarkets allow you to use the voucher online

Families are free to select the most appropriate nutritious food and drink for their child.

If you have any queries regarding this, please refer to the [parent/carer's FAQ document](#).

We hope that these emergency arrangements go some way to ensuring our students continue to receive a healthy meal at this challenging time.



18. Can the vouchers be used in-store and online?

Supermarket	In-store	Online
Sainsbury's	Yes	Yes
Tesco	Yes	No
Asda	Yes	Yes
Morrisons	Yes	No
Waitrose (John Lewis)	Yes	Yes
M&S food	Yes	No
McColl's (including RS McColl's and Martin's)	Yes	No
Aldi	Yes	No
Iceland	Yes	No
Company Shop Group	Yes	No

*For T&Cs, please refer to the supermarket's website.



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



Have you been out of work for more than 3 months?

ACL offer free courses to help you regain control of your employment prospects.

- Harness the skills you already have
- Develop your employability skills
- Gain confidence in your own abilities
- Take responsibility and realise your true potential

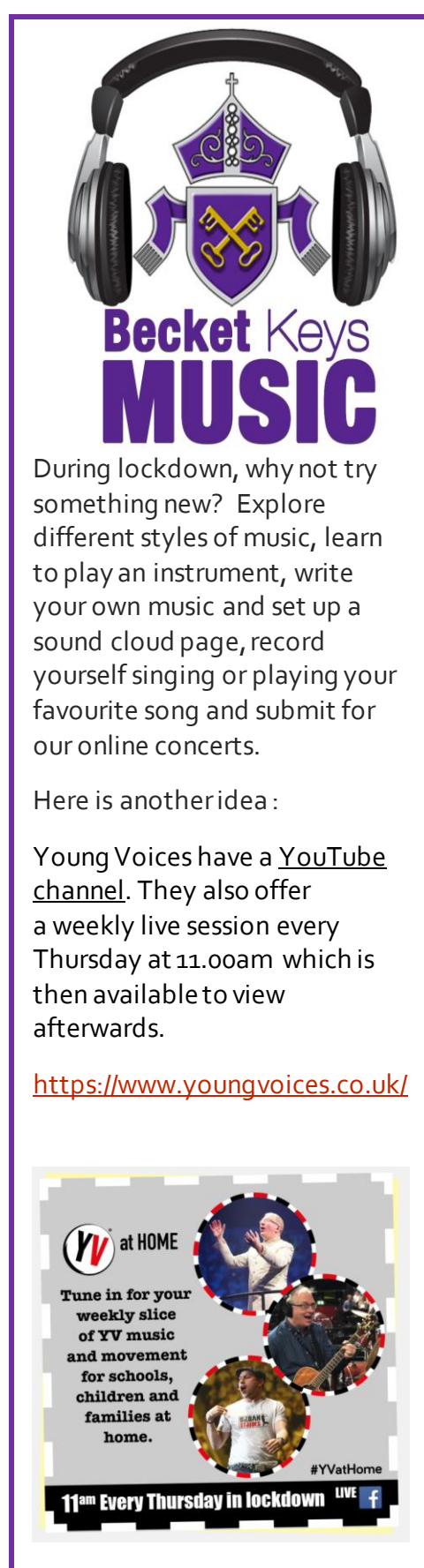
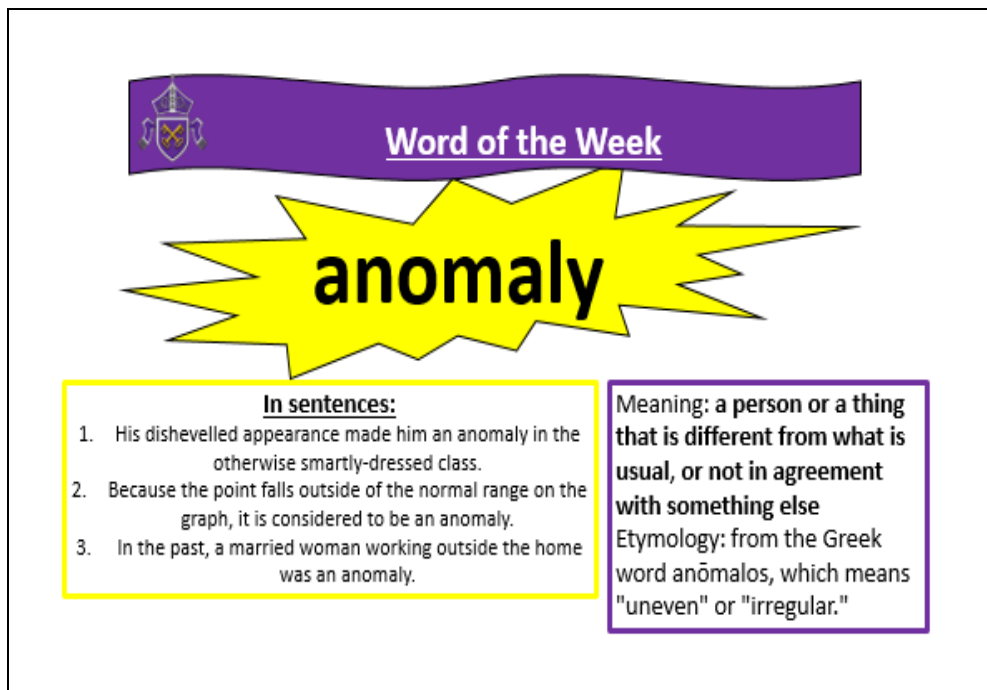
Book now: <https://aclessex.com/this-is-your-year>



Although the students are not physically in school, registers are being taken for all online lessons. If your son/daughter is unwell or has to attend a medical appointment please let the Admin team know by emailing:
office@becketkeys.org

Please do not call the absence line during this time, the office is running on a skeleton staff and your message may not be picked up.

Thank you



Art & Design House Competition

Even though we are away from school, we wanted to keep the interhouse competitions going!

This term's house competition is all about getting creative! We, as House Prefects, have tasked all students with creating something that reflects a topic that they are passionate about, or to raise awareness for a particular cause, e.g., global warming. Each entry will be worth house points, and there will be three lucky winners who will earn even more house points!

We want as many students as possible to send in their creations, the most important thing is that you do not need to have a collection of artistic equipment! This can be a painting or drawing, a DIY project or product of some sort which highlights the issue, or even arranging different materials and household items to portray their idea.

We want everyone to get as creative as possible utilising what you have, and we encourage all pupils to get involved, no matter their artistic ability.

Here are some examples to inspire everyone!

Making designs out of recycled cardboard:

<https://justsomething.co/japanese-artist-creates-incredibly-intricate-cardboard-sculptures-out-of-amazon-boxes/>

Creating water colour paint out of household ingredients.

<https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwiesKPTqbLuAhU7TxUIHd7JCfkQwqsBMAV6B-AgFEAM&url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DZNSVTkw1dhk&usg=AOvVaw1JXX1NsHnAoBOfTyVat7Uj>

The task is on Satchel One where all entries will be submitted. The deadline is 4:00pm, Friday the 12th of February. We would like everyone who enters to please upload a clear photo of their creation and write a few sentences explaining why you chose this topic - we hope to have some of your pieces featured in the Newsletter!

We look forward to seeing everyone's creations!

The House Prefect Team



Food Glorious Food!



This week in the food department, we have been teaching our students all about fish: how to fillet a fish, the different types of fish and how Brexit will affect our UK fishing industry. We also looked at a healthy alternative of the classic British fish and chips. Oh, how lovely would it be to take a stroll along the promenade while tucking into fish and chips out of the paper wrapping! 😊

One of my favourite ways to cook fish is called "En Papillote" (French for "in paper") which refers to a cooking technique that uses built-up steam inside the folded piece of parchment paper (or aluminum foil), which gently cooks lighter proteins like fish, thinly cut chicken breast, or vegetables. It puffs up and looks like a pillow and often served like this for the "wow factor", as once opened the smells fill the air.

I was taught how to use this method of cooking while working at Channel 4 in London as a chef de partie. I will never forget this

story I am about to share with you!

One day, we had prepared and cooked a delicious En Papillote fish dish for the Spice Girls, inside it was monk fish, asparagus, turned vegetables, and a reduction of a classic white wine sauce with herbs. My team had really gone the extra mile! All dishes were cooked to perfection. Once all dishes were served the chef brigade were able to breathe a sigh of relief. We all carried on with our jobs until, one dish came back..... Baby Spice (Emma Bunton) did not want to eat fish, she fancied a peanut butter sandwich! I'm sure you can imagine my head chef's face, he was most disappointed, and found it an insult to his talent. I on the other hand was not so fussed, I was just grateful that I was not chosen to go to the shop and buy some peanut butter!

Here is a recipe I found on BBC Good Food, I love to use Asian ingredients as they are so aromatic and flavoursome. You could use anything you like though just make sure your ingredients are not too big, so they cook all at the same time. I hope you enjoy this recipe. 😊

<https://www.bbcgoodfood.com/recipes/sea-bass-en-papillote-thai-flavours>

Mrs English
Food Teacher



Remember that all correspondence to the school must come through the school office email:

office@becketkeys.org

Your message will be forwarded to the member of staff concerned.

You can also send a message via the contact page on the website:

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

Students can contact their teachers via Satchel One if they have any queries regarding their lessons.

Please do not email staff directly as any message received in this way will not receive a response.

Many thanks for your understanding.



BECKET KEYS
Church of England School

Keegan Blignaut

Year 7



My Dad works for AstraZeneca which is a pharmaceutical company.

As part of their virtual company conference earlier this week they had Tim Peake as a guest speaker, and I was lucky enough to be able to hear him speak.



Major Timothy Nigel Peake CMG is a British Army Air Corps officer, European Space Agency astronaut and a former International Space Station crew member.

Born in Chichester, England, on 7 April 1972, Tim was the first British ESA astronaut to visit the International Space Station. He launched on a Soyuz rocket on 15 December 2015 and landed back on Earth on 18 June 2016 after 186 days in space!

The talk from Tim was very inspiring because Tim was able to share his experience about what it was like to prepare to go into going to space. They had to do lots of training, and it took 2 ½ years before he was ready. He also had to learn Russian as well because all their manuals were in Russian. That is very hard to do.

Listening to Tim made me feel inspired, he was telling me about what actually happens in space, for example, you are not 'walking' in space, you are actually jumping. He told us that you don't 'walk' in space as you have to use your arms.

Major Peake was very interested in photography and used special lenses to take photos of the earth whilst he was on the space station. He showed the group lots of photos which were of the view from the space station down to earth. This made me appreciate how amazing the planet earth is, with its atmosphere and seeing how the stars look from space.



Tim also spoke about mindset and explained that you have to be prepared to work hard and do extensive training in order to get to space.

What do astronauts do in space for entertainment?

They used to try and jump down the long passage from the Russian to the American section of the space station to see who could jump the furthest. For relaxation they could play the guitar or grow some plants.



I enjoyed listening to Tim Peake because he was so interesting, and it was amazing to see him in real life.

Have you done something 'virtually' during the lockdown? Have you seen an interesting online speech like Keegan? Been able to raise money for charity like Charlie? Maybe you have found a new hobby? We would love to hear about it so please send the details to office@becketkeys.org and you could be featured in a future newsletter.

Support for Parents




Is your child using TEAMS for remote learning?

Have a device to use but not sure how TEAMS works?
You are not alone!

Thursday 4th/11th Feb 3-5pm

Come and have time to explore, no question is a silly question. We will help you get on using whatever device you have.




Is your child using TEAMS for remote learning?

Have a device to use but not sure how TEAMS works?
You are not alone!

Thursday 11th/18th Feb 7-9pm

Come and have time to explore, no question is a silly question. We will help you get on using whatever device you have.

Free Training on Teams session for Parents.

Is your child using Teams for remote learning? Are you concerned about helping them as Microsoft Teams for Education is alien to you, and your child? Do you feel like it is just too scary to even try and get your device ready for them to use? Then come to 2, two-hour sessions where specialist advisors will help answer questions and give you a guided tour around TEAMS.

The first session will be offered online through ZOOM, just one click and you will be on, and the 2nd session we will get you online onto TEAMS, so you can experience what your children will access. This will open up doors for your children to learn, whilst remote learning is in place as well as help you to access online support that may be holding you back as a parent. What have you got to lose? Give it a go! Booking open:

<http://bit.ly/trainingontteams4Feb>
<http://bit.ly/trainingontteams11Feb>

National Theatre home

The National Theatre have an all-new streaming service offering unforgettable British theatre available to watch at anytime, anywhere.

You can choose to subscribe or pay for a single play and new plays are added every month.

Watch National Theatre Live recordings filmed in high definition for cinema to capture all the twists and turns, laughter and heartbreak. The National are also releasing a treasure trove of plays from the National Theatre archive.

Recent performances include:

Frankenstein

War Horse

King Lear

A View from the Bridge

Cyrano de Bergerac

Share the magic of theatre with friends and family!

<https://www.nationaltheatre.org.uk/file/introducing-national-theatre-home>

Mathematics Department

During our second lockdown, I have been amazed by the enthusiasm our students have shown us these past few weeks. Despite the occasional technical hiccup and despite the limited resources at home, our students are really putting their all into getting the most out of their online lessons. With this passion for education in mind, I have been thinking of ways in which technology can help aid them in understanding more practical aspects of mathematics that are much harder to learn outside of a classroom. This is why I recommend students take a look at GeoGebra (<https://www.geogebra.org/?lang=en-GB>). A free online, browser-based tool which can be used from everything from measuring angles, to sketching graphs, as well as being capable of anything a normal handheld calculator can do. Give it a try, mess around and see what you can get it to do. It might be just the thing you need to push your understanding to the next level!

Puzzle of the week:

Matchsticks

These are great practical puzzles that anyone can try from the comfort of their own home. If you do not have matchsticks, you can use any small, long, thin object in their place. Pencils/Pens, toothpicks, cotton earbuds, cutlery, etc. to use in their place.

Level 1

Matchstick puzzle 1

1. The cherry in the glass

4 matchsticks can be placed as shown to make a wine glass. A round cherry has been put inside the glass.

Can you, by moving 2 matchsticks only and not touching the cherry, re-make the glass with the cherry outside?

Level 2

Matchstick puzzle 4

4. Six three

There are six squares in this pattern. Five small squares and one larger square.

Can you take three matches away and without moving any of the other matchsticks, leave just three squares?



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Level 3

You will have to think outside of the box for this one!

Matchstick puzzle 10

10. Make 9

Two puzzles for the price of one, here!

1. Turn just three matchsticks into 9.

2. Now rearrange these 11 matchsticks to make a nine:

Mr Taylor
Mathematics Teacher

Maths Puzzle 1

Solution: Missing Vowels

Level 1 – Easy

Decimal	Multiply	Circle
Angle	Fraction	Square
Percent	Triangle	Average
Radius	Graph	Reflect

Level 2 – Medium





Correlation	Corresponding	Product
Integer	Venn	Probability
Median	Recurring	Indices
Statistics	Histogram	Translation

Level 3 – Challenge

Kilogram	Grid	Volume
Capacity	Dice	Product
Maximum	Amount	Total
Expression	Divisible	Divisor



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Church of England School

Family Wellbeing

This year's focus for Time to Talk Day is on the power of small, because however you have a conversation about mental health – whether it's a quick text to a friend, a virtual coffee morning with colleagues, or a walk and talk with your family – it has the power to make a big difference. [The website](#) has some resources you can use to support these conversations, including Bingo for young people!

They have also developed a [poster](#) for parents that encouraging the importance of talking to children about mental health and gives some helpful hints on how to do that.

The theme of this year's Children's Mental Health Week is **Express Yourself**.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself. As parents and carers, you play an important role in your child's mental health. There are some [great resources](#) that are available as part of the campaign to help you get involved that include:

- Top Tips for expressing your feelings
- Drawing your feelings
- Squiggle Game

[Mind](#) also has some excellent resources for parents of teens who may be struggling with their mental health and wellbeing. They can guide you around conversation, where to access help and the importance of looking after yourself too.

Family Wellbeing

As part of the Every Mind Matters Campaign, the NHS also has some excellent advice around supporting you and your families mental health and wellbeing.



Resources include

- Top Tips to promote good mental health for children and young people
- Signs that something is wrong
- Looking after your own mental health
- How to get support

Visit [their website](#) for more information.

To find out more information about us and the wide range of services we offer, please visit www.essexfamilycare@being.co.uk

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings. Please send your reply to Essex.Communications@virgincare.co.uk

Art & Textiles

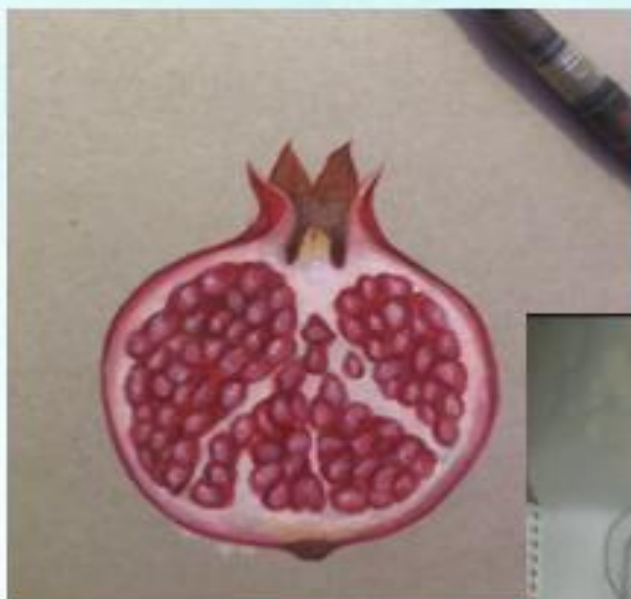
Lockdown continues but that will not stop the artists from creating! Here is all the great work from this week.



Star Artist for Art Chloe Whiston Year 12



Cordelia Hoxha Year 11



Anna-Kaye Fullerton

Yr 8



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

Yasmin Garner

Very creative use of the technique of 'trapping' by Yasmin in Y11.



Jessica Perkin-Davidson Y11



Amelia Walker Y12



@becketkeysart

Key stage 3

Star Designer for Textiles

Isobel Barry

Very clever use of paper weaving to make this shopping bag – well done Isobel!



Y9 Textiles



Noah Mumby Y8



Ella Jade Patel Y7

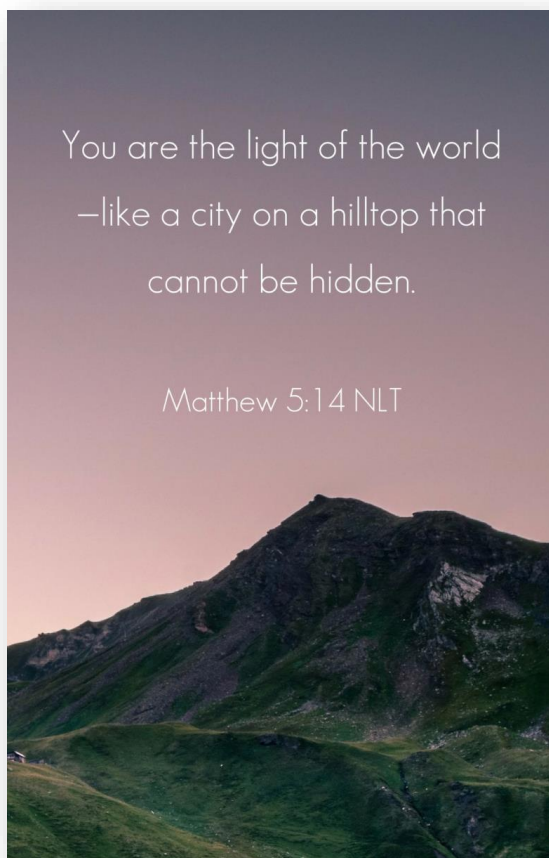


@becketkeysart

PAUSE

You are the light of the world
—like a city on a hilltop that
cannot be hidden.

Matthew 5:14 NLT



The Hill We Climb

'When day comes, we ask ourselves where can we find light in this never-ending shade? . . . For there is always light, if only we're brave enough to see it. If only we're brave enough to be it.'

Amanda Gorman

These words are from the poem 'The Hill We Climb' written and recited by the 22-year-old US national youth poet laureate, Amanda Gorman, at the inauguration of Joe Biden on 20th January 2021. In her poem, she

skilfully used images of light and dark to encapsulate the two opposing sides of America; those who want to divide and those who want to unite. Amanda Gorman's history-defining, inspiring and moving words had a message of togetherness and unity; identifying the good work all could do. She did not gloss over the shadows. It was not an easy climb. However, moving from the past to the present to the future, she ended in the light of hope and healing that is yet to come. 'For there is always light, if we're brave enough to see it. If only we're brave enough to be it'.

Are we brave enough to see it?
Are we brave enough to be it?
Through faith we are! These words drew my mind to the Gospel of Matthew, to the moral



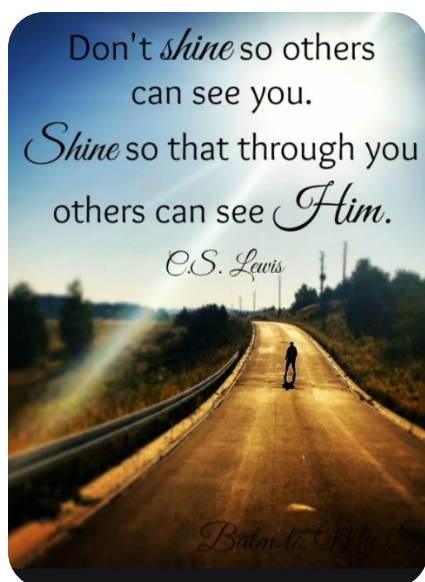
teachings of the Sermon on the Mount, to the opposites in the Beatitudes, to the city on the hilltop and the call to be a light to the world. This is a message for all time, but poignant during this pandemic.

In Matthew 5:14-16, Jesus says:

¹⁴ "You are the light of the world. A city set on a hill cannot be hidden. ¹⁵ Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. ¹⁶ In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."

We are here to be light. To bring God's colours in the world. We are here to radiate the light of God's love and truth into the lives of others. We must shine brightly and stand out in the world (like a city or a church on a hill). We must be generous with our lives, show kindness and empathy, serve others and forgive others, even when the world be darkened, when the best way

forward is difficult to decide and the climb to the hilltop challenging.



Let us pray:

Lord our God shine through us.
May others catch a glimpse of Christ
through the way we choose to live our lives.
Renew us with your heavenly grace,
and in all our weaknesses sustain us.
May we be people of light,
courage, patience and hope.
Protect, guide and bless us always.
Amen.

Mrs Sharp
Deputy Headteacher

Race Around the World

Remember the PE department have set up a designated email where Becket Keys staff, pupils and parents are able to submit their distances (in Km) to be added to our Race Around the World!

So far, we have travelled over 5,000km!

racearoundtheworld@becketkeys.org

Romans 12:12 states: 'Be joyful in hopefulness, patient in affliction, faithful in prayers.' We must remember that the way we climb is important. All we can do is, in faith, courageously put one foot in front of the other and then one-day look back at the mountain we have climbed together. We will grow through the climb. In a world with uncertainty, may we sustain each other, encourage each other and bring hope. We will all then be brave enough to see and brave enough to be the light that other's need (Christ's light), now, and in the weeks to come.



ACL offer free hour-long online sessions to inspire you to pursue a passion, find a new hobby or develop existing skills and knowledge.

More sessions are added all the time, so keep an eye out!

Book now:

<https://aclessex.com/learn-at-your-leisure/>

Extra ideas for Screen Free Thursday?

Teachers will set activities that will ensure you can stay off laptops, phones, TVs and consoles. If you run out of things to do, here are lots of great ideas.

<p>TO START: Wake up at a good time ready to make the most of Screen Free Thursday. Don't be tempted to waste the day in bed!</p> 	<p>NEXT: Look at the options here and pick which ones will be best for you.</p>  <p>Bake! Put your bake-off skills to the test by trying a new recipe and testing it on your family. If it is successful, send a photograph and the recipe to the Food Department and you could feature in the newsletter.</p>	<p>It's TIME to UNPLUG — Explore — Wonder — Experience — Play — Connect — Live</p> 	<p>Go for a WALK. Push yourself, STRIDE out and blast those cobwebs away! Remember to log your distance for the Race Around the World. (Submit tomorrow you are back on the screen!)</p>  <p>when</p>	<p>Make yourself a healthy breakfast and enjoy having time to eat it.</p> 	<p>Play a board game with your family.</p> 	<p>Say a prayer from the Church of England 'Prayer for the Nation Pack' It was sent round with the Newsletter. It is also available here: www.tinyurl.com/8KPrayerForTheNation</p>	
<p>WHO DO YOU THINK YOU ARE? Draw up a family tree. How many generations of grandparents can you go back to? Observe their names? Where did they live? What were their jobs?</p> 	<p>Although you have missed the RSPB Big Garden Birdwatch (29th - 31st Jan). Sit somewhere quietly and get watching for the birds that frequent your garden. You can print an identification chart here: www.rspb.org.uk/get-involved/activities/birdwatch/</p> 	<p>Keepy Uppy! How long can you go for? Already the King or Queen of Keepy Uppy? Try using a tennis ball instead.</p> 	<p>READ -a book, a newspaper, childhood favourite story, magazine... indulge in reading something that will whisk you away into another world....</p>	<p>Contact a friend or relative you have not seen for a while. Speak to them, DON'T text!</p>  <p>Talk to your parents about what it was like being a teenager in the 1980s or 1990s? What music did they listen to? Where did they hang out? What was their first job? Their first car?</p>	<p>De clutter your bedroom and redesign your living space. Sit back and RELAX!</p> 	<p>Jigsaw puzzles Will you complete? 500? 1000? It is the new lockdown go to and surprisingly relaxing!</p> 	<p>Hand write a DIARY ENTRY of how lockdown is making you feel and what you are up to. Pop it in an envelope, seal it and place it somewhere to read in a year's time.</p>  <p>Do you have a musical instrument sat gathering dust? Not played since Year 6? Provide your family with an impromptu concert (after some practice of course...!)</p> 
<p>Pamper your pet! Groom, walk, play ball. You and your pet will benefit!</p> 	<p>Dig out some old photos... Not on your phone, but actual printed photos... you are all of the age where they existed once! Enjoy looking back and reminiscing.</p> 	<p>WRITE a card or letter to someone who has helped you since this lockdown started and post it to them.</p> 	<p>Get in touch with nature: Take a NATURE WALK in your local area and look closely for signs of spring. This can be plants, animals, birds, insects.</p> 	<p>Listen to your favourite music – on a speaker.... ditch the ear pods!</p> 	<p>Learn a new skill which DOESN'T require a YouTube video for instruction</p> 	<p>Make life easier for someone else in your home. Offer to do some household jobs, make the lunch or perhaps just offer a cuppa!</p>  <p>Practice some YOGA</p>	<p>GET CREATIVE! Draw, model or make something. Why not enter the Inter House Competition?</p>  <p>FINISH: Think about how today has felt. Was it good to get away from the screen? Get ready to talk to your tutor about it tomorrow. We will want to know whether this was a good idea. Should we do it again?</p>

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).

 thurrock.gov.uk

 southendonssea.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.



CREATIVE WRITING COMPETITION 2021

Change

Entries of prose or poetry on the theme of:

Do you enjoy creative writing? Perhaps, you are a budding poet...

If you are interested in entering this Year's *RET Creative Writing competition*, please, read the information on this poster.

All entries must be word-processed and sent to either Miss Romano or Mr Fox in the English Department via office@becketkeys.org by no later than **Wednesday 31st March**.

Entry is open to all students, even those who no longer study English, and is a great opportunity for you to express your creative talents!

There will be 2 winners from each Key Stage, so get creative and get writing – best of luck!

Celebrate your writing with the four other schools in the Trust.

The theme this year is **Change**
Interpret that as you choose!

- Word limit: 1000 words
- Entries submitted to your teacher by 31st March.
- Two winners will be selected from each category: KS3, KS4 and Sixth Form.
- All winning entries will be published in a book.
- Win an author visit for your school!



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