

## Becket Keys Church of England School

12th February 2021

IN THIS ISSUE



#### Mr Scott-Evans writes...

Dear Parents & Carers,

My PA, Ms McNeela, tells me that this week's newsletter has so much content that I should write a very short piece for the front page. So, this is it. Short and sweet.

- Thank you for everything you have done this past term.
- 2. Have a fabulous Lent Holiday.

 See you on Tuesday 23<sup>rd</sup> February!

Best wishes

Mr Scott-Evans Headteacher

PS Thank you to Ms McNeela who does a fabulous job preparing the newsletter each week. This wonderous publication takes a huge amount of effort.



#### **Chinese New Year!**

The Mandarin Department have been making sure that students studying the language are still able to join in the New Year celebration

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Escape with a Book!
We have some holiday book recommendations for you.

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Messages from the Pastoral Team Mr Shields and the Heads of Year have an end of term message for you.

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**Biblical Pause**The Inward Journey of Lent.

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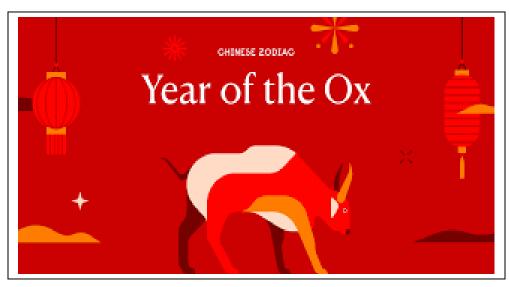
## Happy Chinese New Year!

Today is the Chinese New Year's Day. Becket Keys usually have a Mandarin Day at school to celebrate the Chinese New Year and our students are able to take part in different workshops to explore Chinese culture, to cook a Chinese dish and try their hand at some of the writing. The whole school are treated to some Chinese food in the Bistro and we are entertained by lion dancing in the playground at lunchtime.

This year, our Year 7 and 8 Mandarin Excellence Programme students have carried on celebrating the festival, but in different ways.

The students have spent a great deal of time doing research in Teams lessons or home learning. Year 7 students have learnt lots of new year greeting words to wish all the teachers and students at Becket Keys a happy New Year. Year 8 students explored the legendary story of the origins of the New Year, traditions of celebrating new year, comparing the past and present. They also researched different social aspects linked to the Spring festival, such as the spring migrations and the pressure on transportation around New Year time in China. As the Head of Department, I am extremely proud of what our students have achieved under the current circumstances!

In addition, our Year 7, 8 and Sixth Form students were able to



join a live stream celebration with a family in Beijing yesterday, New Year's Eve, which is when families get together to welcome the new year. The host of the family showed all the students the new year decorations in the apartment and demonstrated how to make and cook dumplings. Finally, the whole family sat together wishing us all a very good year of the OX!

Should you wish to join the celebrations, Miss Zhang and I have put a few recipes together should you wish to try them at home.

Wishing you and your family a healthy and prosperous year of the OX!

Mrs JingJing Zhao Head of Mandarin

Chinese New Year is as important in China as Christmas is in Britain.

On this day, being together with family is the most important part. My family and I were unable to be together in person, however we were able to reunite online with a 'virtual reunion'.

I am very happy that I celebrated the New Year with all the MEP students this year and enjoyed the New Year's activities.

In China this year, because of the COVID -19, many people could not return to their hometowns for the New Year. In order to protect their families, they choose to spend the New Year alone in the cities where they work. Everyone is trying hard to make a contribution to the restoration of normal life. I also hope that we can end the pandemic soon and back to the normal life.

Mrs Yanyan Zhang Mandarin Teacher



### Mandarin Students Celebrate Chinese New Year

On Thursday we took some time out of our lessons to watch a family hosting a Chinese New Year celebration. Understanding Chinese culture is a crucial part of the course so having the opportunity to watch a family prepare for the exciting event was very useful. We saw important aspects of the celebration like the

'Red Envelopes' that are given to the children, and the family making traditional foods eaten during the New Year such as dumplings. I really enjoyed this experience because it helped us to learn in a different way and I felt very lucky to be invited to watch the family's celebration.

Maria Gamble Year 12

Amabelle Trinder is in Year 8 and is part of the Mandarin Excellence Programme.

Amabelle created a delicious Chinese feast for her family. You can see here that Amabelle made dumplings from scratch and some egg fried rice too!

Mrs Zhao has shared some fabulous recipes for you to try at home. We would love to see how they turned out!















# Recipes you can try at home

### **Dumplings**



Dumplings are a symbolic food for Chinese New Year as they mean posterity and wealth. They can be tricky to make but there are some 'cheats' at the end of the recipe!

#### What is a dumpling?

Dumplings are a dish that are pieces of dough wrapped around a filling. It can be boiled, fried, or steamed. It does not always have a filling however, sometimes it is just wrapped into a mound and cooked- this might be served in or alongside stew (for example).

There are different fillings such as meat, fish, cheese, vegetables, or sometimes plain and just the dough. You can steam them, boil or fry them.

The traditional way is to boil them.

#### Wrap

Boil around 1½ cups of water in a wok. As it begins to boil, add one spoon of vegetable oil and then switch off the heat.

Remove the boiling water from your stove and stir in the flour slowly. Keep mixing the flour with water till it becomes a smooth dough. If your dough is too watery and sticky, add a bit of flour to achieve a better consistency. Alternatively, if your dough is too dry, add a bit of water to achieve the consistency required.

Alternatively, you could buy pizza dough from the shop.

#### Filling preparation

Usually, we use minced meat in the supermarket, which can be pork, beef or lamb.

Then add an egg and appropriate amount of salt, oil and soy sauce to the meat.

Then stir the meat filling until it is sticky.

#### Make the dumplings

Roll out the filling into small balls.

Take a small ball of rice flour and flatten it with your hand. With your fingers press the middle portion of the flattened dough so that it resembles a small cup. Keep the filling in middle.

Close the dough with the filling in middle and shape the top to a small pointed dome.

Prepare the rest of the dough the same way (with filling in middle).

Boil them for about 8-10 minutes. Enjoy!

Below is a video link to show you



how to make dumplings.

https://www.youtube.com/watch ?v=J6xFRIG5Qxg

- \* Ways to cheat (hush!)
- 1. If there's a Chinese shop in your local area, you should be able to buy the dumpling wraps, which saves half of the work!
- 2. Roll pizza dough to the thickness of a pound coin or thinner if you prefer, then use round biscuit cutter (the size of the cutter will depend on the size of the dumplings you want) to cut it to make the wrap.

For the filling, you can use sausage meat or stuffing; (as this is cheating, the flavour is not original but, it will look the same! And more importantly, you did put some effort in!)

# Sweet & Sour Fish (Mrs Zhao's quick version)

In Chinese fish is yú 鱼, the pronunciation of it sounds the same as abundant or surplus in Chinese. So, again fish symbolizes abundance and eating

fish during the Chinese New Year celebrations gives hope to having an abundant year in the year ahead.

This is a simple recipe to try and can be made fairly quickly.

Follow the link below on BBC Good Food to make the fish fingers or chunks if you prefer. Obviously, ignore other steps and only make fish. I used a lot more oil than they suggested to fry the fish as it turns out nicer with more oil.

Then follow STEP 3 onwards here to make the sweet-sour sauce.

<u>Fish fingers & mushy peas recipe -</u> BBC Good Food

#### Ingredients

- 600g sustainable firm, skinless white fish, like pollock, hake, cod or haddock.
- 5og plain flour, seasoned
- 1 large egg , lightly whisked
- 200g fine fresh breadcrumb
- 8 -10 tbsp vegetable oil for frying

#### Method

Slice the fish into 12 fingers, each about 3cm thick. Put the seasoned flour, egg and breadcrumbs into 3 separate shallow bowls. Dust the fish pieces first in the flour, then coat well in the egg, and cover completely in the breadcrumbs. Put on a plate and chill for 15 mins.

Heat the oil in a large frying pan. Add the fish fingers and fry for 8 mins, turning occasionally, until golden and cooked through. To make the sweet sour sauce. Put 2 tbsp cornflour, 10 tbsp water, 2 tbsp ketchup, 2tbsp light soy sauce, 4 tbsp white vinegar, 4 tbsp caster sugar in a dish, mix. Put the sauce mix in a non- stick pan to cook on a lower heat, stir continuously until the sauce thickens.

Once the sauce thickens, put the fish fingers in. Mix well, then serve!



#### Alternative version:

If you don't like sweet and sour, and fancy something a little spicy, you can use sweet chilli sauce instead. Simply pour sweet chilli sauce in a non-sticky pan and cook on a low heat, just to make the sauce warm then put the fish fingers in to mix. The amount of the sweet chilli sauce will depend on if you can have all the fish fingers coated and if you like it with more sauce or less sauce.





Stir-fried tomato and eggs
Ingredients

- 2 eggs
- 2 tomatoes
- 1 spring onion

Crack 2 eggs, season with salt and gently beat the eggs.

Cut the tomatoes into small pieces.

Heat up the pan and add 3 tablespoons of oil.

Pour the eggs into the pan, when the eggs start to set but not fully set, add the sliced tomatoes and a teaspoon of salt.

Place it on a plate and add some spring onion.

Here is a video showing you how to cook the dish:

https://www.youtube.com/watch ?v=hU7H53ehLCc





### **Easy Stir Fry Dishes**

Stir fry is a widely used way to cook Chinese dishes. You can pick and mix any ingredients that you like. Here is an easy way Miss Zhang always uses.

- Find any of the meat you have at home: beef, chicken, lamb, pork...
- 2) Slice them, then stir fry.
- 3) Find any type of noodle or rice you have and cook them.
- 4) Stir fry the meat and rice or noodle, add some salt and soy sauce.
- 5) Add any vegetables you like.

Here is a video showing you how to make Chow Mein (stir fry noodles)

.https://www.youtube.com/watch ?v=xQyZYPZTotl&t=1s

We hope you enjoy making these dishes!

Mrs J. Zhao & Mrs Y. Zhang Mandarin Department

# Keep Fit During Lockdown with The Brentwood Centre

Whilst schools are in Lockdown, Brentwood Borough Council is offering a range of online exercise classes for families. The Brentwood Centre are offering circuit training, yoga, meditation and Pilates all free of charge for residents!

Class details for February are below. Virtual tours of the Brentwood Centre will be available too so residents can see refreshed facilities.

Access to the Virtual classes will be from 8 February, and tours of the centre will be released shortly, on the Brentwood Centre website at <a href="https://www.brentwood-centre.co.uk/brentwood-centre">www.brentwood-centre</a>.

The Live timetable for exercise classes planned are as follows: however, these workouts can be viewed any time after that session.

Saturday 13 February 9.30am 45 mins — Legs, Bums and Tums

Monday 15 February 9.30am 45 mins — Yoga and Meditation

Wednesday 17 February 12 noon 45 mins - Pilates

Friday 19 February 9.30am 45 mins – Fun Family Circuit

Saturday 20 February 9.30am 45 mins — Legs, Bums and Tums

Monday 22 February 9.30am 45 mins — Yoga and Meditation

Wednesday 24 February 12 noon 45 mins - Pilates

Friday 26 February 9.30am 45 mins – Fun Family Circuit

Saturday 27 February 9.30am 45 mins — Legs, Bums and Tums

### **Music Department**

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 more musical ideas.



Founded in 1949 by Harry Blech to delight audiences with the works of Mozart and Haydn, over the last 71 years the LMP has developed an outstanding reputation for adventurous, ambitious programming from Baroque through to genrecrossing contemporary music. It continues to build on its long history of association with many of the world's finest artists including Sir James Galway, Dame Felicity Lott, John Suchet and Simon Callow. The orchestra enjoys an international reputation, touring throughout Europe and the Far East, most recently Dubai and Hong Kong.

The London Mozart Players has been the resident orchestra at Croydon's Fairfield Halls for thirty years, and in September 2019 enjoyed a gala concert to



The latest Couch Concert premiered on Wednesday this week. You can still see the wonderful student performances from our students by following this link: <a href="https://youtu.be/e7vNkLNMseA">https://youtu.be/e7vNkLNMseA</a>

Many thanks to Mr Romhany and Mr Menexes for all their hard work putting this together.

celebrate the Halls' reopening after refurbishment.

During the closure, the orchestra took classical music to new and unusual venues across Croydon in its award-winning three-year series #LMPOnTheMove. This saw the ensemble pushing the perceived boundaries of classical music performance in the borough, welcoming new audiences and partnerships. Events included a live film score played on top of a shopping mall car park, a house music set at Boxpark with young DJ/producer Shift K<sub>3</sub>Y, free concerts in libraries for children and a series of musical initiatives in Centrale.

The London Mozart Players have created an <u>At Home with LMP</u> <u>YouTube channel</u>, which includes musical performances

and behind-the-scenes interviews for the whole family.

Here is Prokofiev's Peter & The Wolf with Alexander Armstrong. https://www.youtube.com/playlist?list=PL-b9zGBykivl3KnyBwSDpOEkMHUsZE24w

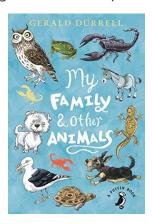


Kay Charlton has worked in musical education for 20 years and has a YouTube channel filled with resources for learning the trumpet at home. Included is this video for beginner trumpeters who can play along.

https://www.youtube.com/channel/UCtYgR7F250i2Z7qq-97\_55W

### Reading for the Lent Holiday

Although we are unable to travel at the moment we can escape with a book! Here are a few suggestions for reading about faraway places when at home during the Lent holiday.



If you are missing sun, sea and sand, let Gerald Durrell whisk you away to Corfu in the 1930s; time travel as well as a holiday!

"The magnolia tree loomed vast over the house, its branches full of white blooms, like a hundred miniature reflections of the moon, and their thick sweet scent hung over the veranda languorously, the scent that was an enchantment luring you out into the mysterious, moonlit countryside."



Author Jasbinder Bilan was born on a farm in northern Punjab in the shadow of the Himalayas. This tells the story of an adventure to cross the mountains to find a missing father, exploring "the land of amber-eyed tigers and snow leopards."



You will need strong insect repellent to join Fred as a passenger on a plane that crashes in the Amazon rain forest. He has to deal with fires, deadly tarantulas, and rafting down the river to find safety.

"A thousand different colours – lime, emerald and moss, and jade, and a deep dark black green that made him think of sunken ships."



If you have ever visited Hadrian's wall, you will know that the
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weather that sweeps over it is some of the harshest in Britain, but in a normal February holiday the scattered ruins would be full of visitors. This series of books from the 1950s brings ancient Roman Britain to life for anyone who wants to try being a rebellious legionary under "the pale and changeful northern skies."



China's borders are closed at the moment, so we unfortunately cannot visit for Chinese New Year, but you can read the story of the cloud somersaulting trickster Monkey King and his attempt to redeem himself by protecting a Buddhist monk on a holy guest.

This is a new translation of the stories parents may remember from the 1980s TV series.



### **Science Department**

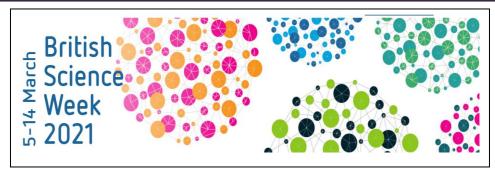
#### Science Week

British Science Week is just around the corner! Get ready for a ten-day celebration of Science, Technology, Engineering and Mathematics, taking place between 5-14 March 2021!

Each year, British Science Week creates a nationwide celebration of Science, Technology, Engineering and Mathematics for people of all ages with thousands of events and activities taking place across the country. Our Science department at Becket Keys want as many of you as possible to get involved with Science week! Our technicians and teachers have been working hard to plan activities for all year groups ranging from 'DIY' experiments to Royal Society lectures and even a poster competition, more details to come...

Science is all around us every day and there are lots of ways we can still engage and celebrate the role that it plays in our lives. With the backdrop of a global pandemic, it is now more important than ever for us to embrace and explore Science.

As we get closer, we will also be announcing some extra special activities, sending out links, and keeping you updated with all the exciting opportunities that British Science Week has in store, so watch this space!



To get you in the Science Week spirit, here is a link to an experiment you can try at home over the Lent holiday. This practical furthers the work on waves that Year 8 and 9 have been doing this term and shows you how to make your own pinhole camera!

https://kids.nationalgeographic.c om/explore/books/pinholecamera/

#### **STAY SAFE!**

Remember to follow all of the health and safety rules we have when doing practical work in school and pay attention to all the safety advice in the method.

If you do not want to make a pinhole camera, but still need your Science fix this Lent holiday, here is an excellent mini-lecture on Cosmology.

https://www.stem.org.uk/resources/elibrary/resource/420243/minilectures-cosmology

Let's make this a British Science Week to remember!

> Mr Achillea, Mrs Bailey & Dr Hurdle Science Department



The Science Department have now joined Twitter!

@BecketKeysSci

Follow the department for exciting information about all things Science, updates about STEM and British Science Week.



### **Mathematics Department**

Money can give everyone a headache even at the best of times and these are far from the best of times for most of us.

As well as delivering remote Mathematics lessons to our wonderful Becket Keys students, I have also been trying to support my own children with their home learning. In addition to the traditional school subjects, I am also keen to educate them on good financial habits for life. I am concerned that in the past year, they have missed valuable learning opportunities as we no longer visit shops as a family.

I recently read a very interesting article about this in the Financial Times and stumbled across and excellent idea from a company called Go Henry. I am hoping to use their product to embed great habits of saving and budgeting, which I know will be a valuable tool for them in the future.

It also got me thinking about what I could do with things we already have at home. This got me reaching for my Monopoly board game that I have loved and owned since I was a child. Over the next week I will be looking forward to playing this with my children and hopefully setting them up with great money skills for life.

This inspired me to find this money puzzle for you all to ponder over on the NRICH website.

Mrs Musharbash

### Mrs Musharbash's Money Puzzle

Last weekend Mrs Jenkins won £25 and she gave her winnings to her five children. She gave her first child £1 plus  $\frac{1}{6}$  of the money remaining.

She gave her second child £2 plus  $\frac{1}{6}$  of the money remaining.

She gave her third child £3 plus  $\frac{1}{6}$  of the money remaining, and so on...

Without doing any calculations, which child do you think ended up with the most money?

Work out how much each child received. Are you surprised?

Mrs Hobson also had some money to share with her family. She gave her first child £1 plus  $\frac{1}{5}$  of the money remaining.

She gave her second child £2 plus  $\frac{1}{5}$  of the money remaining.

She gave her third child £3 plus  $\frac{1}{5}$  of the money remaining, and so on...

How much money did she have to share out if all the children received the same amount?

How many children were there in the family?

In a family with 8 children, the mother wants to give each child a lump sum plus a fraction of the remainder, in the same way that Mrs Jenkins and Mrs Hobson did.

How much money will she share out, and what fraction will she use each time, in order to share the money equally?

# Solution to Last Week's Puzzle

The trick to this problem is to get the slowest people across together because otherwise you are wasting too much time. But once you've got them across how do you make one of them not walk back? The answer to that one is to get the fastest people across first so that when the slow people are over the fastest of the group can go quickly back with the flashlight. The two fastest can then run back together.

1 and 2 cross over first. 2 minutes

Then 1 goes back.
1 minute

Then 7 and 10 cross over. 10 minutes

Then 2 crosses back. 2 minutes

Then 2 and 1 cross together. 2 minutes

Total Time: 17 minutes!



#### **JOB OPPORTUNITY**

We are looking to recruit a school leaver / junior member of staff to join our busy school uniform office.

This is a hands-on rôle that is primarily based in the embroidery production and stock management departments. However, as a small company you would need to become familiar and willing to work with all aspects of the business.

Your working day will be different each day and we are hoping that as the newest member, you will soon become an integral part of a close-knit team. Full training will be given and rather than specific qualifications the most important qualities required for the role include:

- Initiative to work on own with a can-do attitude
- Attention to detail
- Ability to work to deadlines and under pressure
- Flexible attitude to work

This will be a full-time role once lockdown restrictions are lifted but may be part-time initially so that your training can be undertaken before the busy summer period.

Salary will be negotiable according to age and experience.

Any interested party should email Diana Church on admin@smartypantsschoolwear.com with a brief description of yourself, together with any work experience you may have and what sort of job you are ideally searching for.



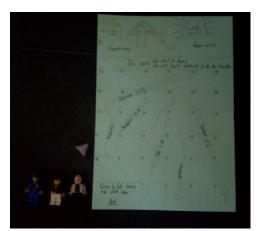
### Screen Free Thursday

# Religion & Philosophy Department

Students were given a variety of tasks to complete during Screen Free Thursday. There were a variety of tasks they could try food, posters and board games were popular. Here are some examples from our Year 8 students:



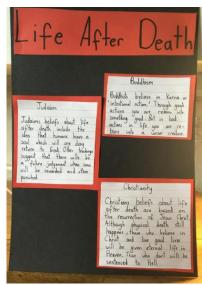
Mae Blackwell made Devils Cupcakes!



Joshua Witchalls devised his own board game



Arabella Carroll made Churros with Chocolate.



Minela Kypryte
Poster on Life After Death



Gabriella Wallhead made Strawberry Pancakes Page 12 of 34

### **Food Department**

For Screen Free Thursday the Food department tasked the students with a challenge to create a realistic plate of food from objects found around the home and garden.

Students have once again risen to the challenge and outdone themselves!

Well done everyone © I hope you all have a restful and safe Lent holiday.

Mrs English Food Teacher



Olivia Banfield - Year 8 Ice cream



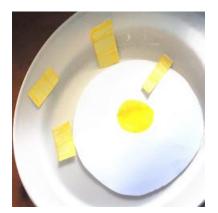
Harrison Cox -Year 8
Sandwich and side salad



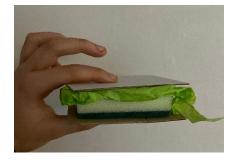
Mae Blackwell Year 8 Cheese and Tomato Sandwich



Krithika Jeyakumar -Year 8 Fried egg



Cameron Malyon - Year 8 Egg and Chips



Brooke Calver - Year 8 Sandwich



Amelia Moorey - Year 8
Surf and Turf



Keira Sutton - Year 8 Cheese and Salad Baguette



Elizabeth Emery - Year 8 Ham, Cheese & Lettuce Sandwich



Ava Sands -Year 8 Seafood Paella



Elliot Ward - Year 8 Sandwich



Thomas Lewis - Year 8 Curry and rice



Megan McAdam - Year 9 Ham and egg



Joshua Witchalls - Year 8 Fish Supper



Hollie Goodwin - Year 9 Sushi



Lorenzo Samuel - Year 9 Sushi with Prawn Gyoza and rice



William Charters -Year 9 Variety of foods



Olivia Knight - Year 9 This represents salmon, celery, salad potatoes on a bed of rice.



Rhianna Tingay - Year 9
'This dish represents spaghetti
with black olives & mushrooms.
I used rubber bands, beads, red
felt and brandy bottle corks'.



Jack Falco - Year 9 Pancakes with butter



Eniola Olulode - Year 9 Egg, Bacon and Tomato



Lillie Wilkinson - Year 9 Ham, Egg and Chips

### **Geography Department**

Keegan Blignaut in Year 7 shared his project completed on 'Screen Free Thursday'. It is a river basin landscape! Keegan made this using items from around his home and garden including sand the family had brought back from a South African holiday!







### **Drama Department**

For Screen Free Thursday in Year 7 Drama, the students have been working on Roald Dahl stories and how they can be turned into drama pieces. Class 7B were given this challenge...

Create a set in a shoe box for a Roald Dahl book of your choice. Use the shoe box as the stage setting – paint the box, glue in material, use match boxes etc. for furniture, straws across the top for a lighting bar, real twigs and leaves for trees, stones and gravel for natural settings etc. A classroom for Matilda? The Chocolate Factory? Charlie Bucket's ramshackle house? The possibilities are endless!





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Ellie Grose



Joshua Eida



Krasimira Daneva



**Evangeline Warn** 



Jessica Slater



Zac Aspinall



**Daisy Godfrey** 



Sophia Tredgett



Nathan Shava



Milo Waters

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## 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.or g.uk/file/introducing-nationaltheatre-home

### Student Achievement Sophie Kelly Year 9



Sophie and her brother Bradley are undertaking a huge challenge in February and planning to run 100 miles in order to raise money for the charity Refuge.

Refuge opened the world's first refuge in Chiswick, West London, in 1971. It is now the country's largest single provider of specialist accommodation and support to women and children escaping domestic violence and other forms of violence and abuse. On any given day Refuge supports more than 6,000 women, children and men.

Refuge provides emergency accommodation through a national network of refuges, alongside many other specialist services, including the freephone 24-Hour National Domestic Abuse Helpline 0808 2000 247.

Refuge also offers community-based outreach services, culturally specific services and a team of independent domestic violence advocates (IDVAs), which supports women at the highest risk of serious injury or homicide. Refuge also runs award-winning media and advertising campaigns to raise public awareness of the issue and campaigns and lobbies for better provision for women and children experiencing domestic violence.



For women and children. Against domestic violence.

To find out more about the work the charity carries out visit their website:

https://www.refuge.org.uk/

I am running for this charity as its very close to me heart. So many women and children end up in a refuge due to domestic abuse.

The refuge is there to help in so many ways and it's a safe place for them to go to.

Sophie Kelly 9EW

If you would like to support Sophie you can sponsor her here: https://www.facebook.com/donat e/805211376727872/

#### **BRENTWOOD FOODBANK**

# HELPING LOCAL PEOPLE IN CRISIS

#### Urgently required:

## CUSTARD & TINNED POTATOES

#### **Tinned Goods:**

Ham, Meat Pies, Salmon and Rice Pudding.

#### **General Store Cupboard:**

Pasta Bake Sauce Jars, Rice (in bags), Instant Mash, Fruit Juice and UHT Milk.

#### **Cleaning Products:**

Washing Powders/Liquids, Washing up Liquid and Kitchen/Bathroom Cleaners,

#### Toiletries:

Deodorants, Shaving Gel/Foam, Razors, Shampoo, Conditioner, Toothbrushes, Deodorants and Toothpaste.

#### https://brentwood.foodbank.or g.uk/

St Thomas of Canterbury Church is now able to act as a collection centre therefore any items can be put in the boxes/crates by the exit door to the church.

Sainsburys in Brentwood also has a collection point for the foodbank.

### **Design & Technology Department**

Design and Technology has seen some big changes during this period of home learning, most notably, the inability to complete the practical work of the projects.

However, this has not stopped a lot of determined students putting in the effort to try and engage as much as possible, even from the kitchen table!

Evanthe Antoniou, Year 7, managed to create a final prototype of the wooden box project that we have just finished. The level of detail in the design, and the accuracy in construction, has produced a piece of work that anyone would be proud of.

Jess West, Year 8 has also made a beautiful prototype of the link toy that would have been made from wood in the school workshop under 'normal' circumstances. The level of patience it would take to mark out, glue and then colour her design, demonstrates the determination to make Design and Technology work from home, which should be commended.

It has been brilliant seeing students of all year groups overcome the challenges of remote learning, and when work like this is submitted, it reaffirms my faith that Becket Keys has some of the hardest working students around!

Mr Bunyan Head of Design Technology



### Messages from the Pastoral Team



#### Time for a rest!

How is it mid-February already? How have we already completed three terms this academic year? These are the questions I am constantly asking myself! However, the end of the third term always signifies the movement towards summer, the best time of the year! The days are a bit longer, the temperature warms, and spirits naturally lift. We thought the first Lockdown was difficult; however, Lockdown 3 came along and said "hold my drink!"

I have nothing but pride for what all the students and parents have achieved; more home schooling, more time away from friends and family, more time away from school. This is the epitome of perseverance and resilience and you should all be proud of yourselves as we come out of the dark winter months and head towards what has to be a brighter future and the summer.

I am also very proud of our amazing Heads of Year, who have been fantastic in supporting the students along with their form tutors during this difficult time. They have some fun suggestions for you to try during your well-deserved week off!

Please take a break; I will be catching up on sleep, reading, exercising and where I can catching up with friends and family!

Keep safe and enjoy the suggestions from the Heads of Year.

Mr. Shields Assistant Headteacher

After a successful and challenging term of home learning.



Mr Pethers, Head of Year 7 & 8 suggests...

### **Watching Live Sport!**

One of the highlights of lockdown for me has been the increase in live football being shown on TV. As an Everton fan, and someone who also plays football, I would usually find it very difficult to go and watch my team play. With many games now being shown live on TV due to no fans being

allowed to fixtures, I feel like more of an Everton supporter than ever before!

Time spent watching the sport I love and the team I love (unconditionally, I hasten to add), has really boosted my mood on some tough days over the last few months. I not only get to watch more football, but I also engage in many more conversations with my friends and family over hot topics like VAR, the offside rule, and who is going to win the league this year (not Liverpool, I hope!)

During this week off, I urge you all to 'down your writing equipment' and watch some live sport. It is great as it helps you to focus on something other than lockdown. Sport is something that is vital to so many of us, and we now have it in abundance. Talk with those you live with, talk with friends and family and enjoy the feeling that sport brings.

You have all done a fantastic job this term. I am so proud of the students I work with, the students I teach, and the students I can call family. Have a restful week and stay safe.

PS UP THE TOFFEES!





Mrs Noble, Head of Year 9 suggests...

## Exercise, reading and watching sport!

One of the great things about working from home is that I now have time to go out once a day for a walk or cycle and also spend more time with my children. This week has been particularly great getting out in the snow and going back to my youth (sledging!). I have also made more effort to read books, as I used to spend hours reading when I was younger and never seem to have the time. As much as it pains me to not be playing my beloved netball at the moment, there has been so much sport on TV which has been fantastic! Netball is back on our screens and I have not stopped watched the Premier League (like Mr Pethers) and am thoroughly enjoying seeing West Ham creep up the league!





During this week off, I urge you all to get out of the house once a day and go for a walk, cycle or run! It is scientifically proven that exercise releases endorphins that improve your mood. See if you can add any distances to the "Race around the World"!

I am so proud of the way that you have all overcome challenges this term and achieved so many things. The effort that you have put in is phenomenal and you deserve to take a break! Have a great Lent Holiday and we will start afresh in just over a week.



Miss Brown, Head of Year 10 suggests...

Become an eco-warrior by making one change that could benefit the environment.

This could be as simple as taking part in 'Meat Free Mondays',

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asking your parents to buy loose fruit and veg rather than anything wrapped in plastic, switching a light off when you leave the room, or turning off the tap when you brush your teeth. We have all been educated to some extent about the small steps we can take to reduce our environmental footprint, and I urge to you put at least one of them into action this coming week. As some of you know, I am very passionate about the environment and would love to hear about what you have done during the Lent holiday to make a change, however small. I will be trying to make my own wax wrap – an alternative to clingfilm!



Helping the environment will always be a good idea and a meaningful use of your time; as David Brent famously once said, 'A good idea is a good idea forever.'

During this week off, I urge you all to switch off, unplug from technology and recharge your soul batteries. This term you have risen to challenge after challenge and have spent time learning and submitting work online, so make sure you take some time to appreciate the beautiful world around us by immersing yourself in nature; go for a country walk,

look up at the trees instead of at your phone and feel the stress of daily life leave your body. (If you do go out for a walk, run or cycle, remember to let the PE team know so that they can add it to our collective total for our Race Around the World!)

I would like to take this opportunity to once again praise your efforts and to remind you how proud I am of you. In these unprecedented times you have shown incredible grit and determination. Enjoy your week off – you deserve it!

After a successful and challenging term of home learning, Miss Ellis, Head of Year 11 suggests...



To spend some time watching David Attenborough documentaries.

As a Science teacher I spend lots of my time talking about our planet and I am always amazed by the never-ending wonders it provides. At a time where we are so limited in our ability to go outside, I think it is so important to find different ways to escape from day-to-day life. David Attenborough seems to have the ability to make me feel like, for that hour or so, I am not just sat on my sofa (again!).



His most recent show 'A Perfect Planet' had some incredible scenes and is definitely worth watching (BBC iPlayer). I am even more amazed when watching these shows after watching the careers talk we shared during tutor time by one of the camera women who worked on the show where she discussed all the work that goes on behind the scenes.



During this week off, I urge you all to take the opportunity to learn about something new that you wouldn't normally learn in school. Enjoy escaping to some interesting places and learning about a variety of living organisms on our planet.

Working with the students at Becket Keys has always and will always bring me joy. You are all brilliant and you have risen once again to the new challenges we have faced this term.

Enjoy your Lent Holiday and I look forward to seeing you all after our restful break.



Mrs Course, Deputy Head of Sixth Form suggests...

Screen free days and board games! This is what we will be doing as a family, and after our family's recent 10 days in self-isolation we cannot wait to go for a lovely long walk, and on our return to play a game together! We have had so much time on our screens in the last few weeks, and are all exhausted because of it, that we all deserve a break from them!

Many families tend to have lots of games in the cupboard that they do not play very often, so this is a good time to dig them out. Some of my favourites are Settlers of Catan, Exploding Kittens, Harry Potter Cluedo, Monopoly and Dobble! My children even managed Connect 4 and Trivial Pursuit via FaceTime with family in Scotland! If you are feeling very creative you could try to design your own board game or write a quiz to do with your family or friends!



During this week off, I urge you all to <u>rest!</u> Enjoy the lighter days, a little sunshine and spotting the fresh signs of spring. You deserve it!

I also want to thank all our students, parents and carers, for your hard work, tenacity and incredible patience with new technology, without a doubt, this successful term and steep learning curve is due to a wonderful team effort!



As we are sure you will all appreciate, it is vitally important that we hold accurate records, addresses and contact numbers.

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



Hubbub is a company that believes that to create positive environmental change at the scale and speed needed, they need to get everyone on board. That is why since 2014, they have been designing campaigns that inspire ways of living that are good for the environment. They disrupt the status quo to raise awareness, nudge behaviours and shape systems.

You may be able to assist with their latest project which sees old smartphones rehomed with new, and otherwise digitally excluded, owners. For some, it is the first phone they have ever had. For others, it is the first time with a phone that connects to the internet so they can access education sites, health advice, employment services, as well as connect with loved ones.

Hubbub are currently working with local community groups to identify people who will benefit most from a phone and with local councils to ensure everyone who receives a phone has adequate digital skills training to go with their device. Some examples of Community Calling beneficiaries are the elderly, asylum seekers, survivors of domestic abuse and those in lowincome households.

## Re-home your old phone

Lockdown has brought new challenges to the 11 million people digitally excluded in the UK, and Community Calling is a practical way to support these individuals, as well as tackling ewaste. It is simple: you donate your old smartphone, Hubbub clean it, data-wipe it and redistribute it to someone in need. Each recipient receives 12months' free data provided by O2 and access to free digital skills training. So far, they have rehomed almost 3,000 smartphones, but with approximately 28 million more going unused in people's homes, they need help to reach a target of 10,000.

Does your old phone qualify? Your old phone must:

- Be a smartphone (e.g. iPhone, Android)
- Not have a cracked screen or back
- Hold charge

Can you help? Sign up below to receive a freepost envelope or download a freepost label if you have a padded envelope handy. Please check out what to do with your phone before posting. Once done, pop the envelope in a post box, no need to go to the post office!

Find out more about this and other environmental campaigns here:

https://www.hubbub.org.uk/



### Details for the Lent Holiday

Essex County Council have confirmed they will provide Free School Meals vouchers during the Lent Holiday via their voucher provider Wonde. All parents and guardians of eligible children have been sent an email from Wonde. This message contains 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 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/engb



After the Lent Holiday, we will then revert back to using Edenred. As a school we are not able to order via this system until halfway through the first week back, but will distribute your next voucher as soon as possible





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

You can also now reply directly to any message you receive from ParentMail, just hit the reply button and it will go to the office.

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.

## Teen Girls Empowerment Conference International Women's Day 17<sup>th</sup> March 2021

Rocking UR Teens are inviting 13-15 year girls to an empowerment conference, celebrating International Women's Day

This exciting event builds on the success of the last 5 years and will be an ideal opportunity for 13-15 year olds to:

- \* Be inspired by young women doing great things that they can relate to.
- \*Take part in inspiring workshops and learn from the real-life experiences of speakers.
- \*Increase aspirations and understand the many opportunities potentially available to them in non-typical industries and corporate organizations.
- \*Celebrate International Women's Day amongst their peers.
- \*Focus on their mental health and wellbeing:
- \*Have a positive day reflecting on what is good about being them.

Included will be some amazing guest speakers and workshops including:



Meera Sharma, a British Indian television personality, published author and DJ. She wrote the 'Little Book of Sass' to motivate individuals when they need it the most. Meera's current work explores the intersection between her Indian heritage and Western upbringing; she uses numerous mediums to encourage discussions around identity and representation.



Inspiring Vanessa, not your average 14 year-old girl. She is an international multi-award winning Motivational Speaker, Presenter, Podcast Host, YouTuber, Model and Author of two books — The 5 Secrets to Public Speaking Success,

Vanessa's Book of Quotes -Inspiration on the go! and an Audio book – The 12 Keys to Success. Books have been sold worldwide on Amazon and Barnes&Noble. Vanessa's journey began when she was only 9 years old and became one of the youngest motivational speakers in the UK. Vanessa's mission is to inspire children and adults around the world to believe in themselves and have the courage to be whoever they want to be. Her dream is to be on the Ellen Show, meet Ellen DeGeneres and help homeless people by creating a "Hotel for Homeless"

#### Cost:

Tickets are free!

#### How to book:

You can register to attend via this link

https://www.eventbrite.co.uk/e/t een-girls-empowermentconference-internationalwomens-day-tickets-139354837069

info@rockingurteens.com

www.rockingurteens.com





# The Inward Journey of Lent

But when you pray, go into your inner room, close the door, and pray to our Father in secret. And your Father who sees in secret will repay you.

Matthew 6:6

Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to roleplay before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense His grace.

The Message

Next week sees the beginning of Lent. Lent is a spiritual journey from darkness to light, beautifully accompanied by the lengthening of the days. It takes us from the penitence of Ash Wednesday to the joyful dawn of Easter Day. This year may this time offer us respite amid the uncertainty and restlessness of this world. May Lent offer a lens with which to review our lives and intentionally draw closer to God. May it be a time of spiritual growth and healing, so that our experience of

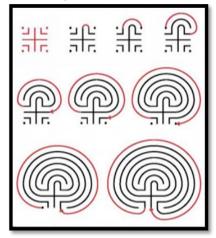
Easter is more poignant and special than ever before. For some, this may involve meeting God for the first time. For others, it may involve reconnecting with God or connecting with God in new ways. Prayer is central to this Lenten journey. There are many ways to pray from simply reciting a prayer to deeper meditation and, this Lent, I would encourage you to explore the many ways to pray.

I have heard Lent described as an inward journey. Whilst we may choose to give up external things, this must be an outward sign of a deeper internal desire to change and find oneness with God. Saint Teresa of Ávila described the soul, at the inner depth of our being, as a castle in which God dwells. What a comforting thought during these challenging times. God is not just a God who is 'out there' far away in Heaven. He is a God who is closer and more intimate than we could ever imagine. Saint Teresa of Calcutta said 'We cannot find Him in noise and restlessness. God is the friend of silence . . . We need silence to be able to touch our souls'. How can we possibly find the silence and peace needed for deep prayer in the challenging times

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we face?

During Lent, I have decided to use a prayer labyrinth each day to enhance my prayer. I was drawn to this idea from the Bible verse at the beginning of this Biblical Pause, as the centre of the labyrinth has been described as Christ within. In relation to Lent, it has also been described as divine illumination. Some people also see labyrinths as representing the complexities and difficulties of the world and the journey of our lives. What is special about a labyrinth, however, is that it is not a maze; you cannot get lost. There are no dead ends and the point is not disorientation, but orientation. This reassures us that, with Christ, we have a sure path to follow, whatever the twists and turns may be.



The method of drawing labyrinths also intrigues me. For example, the 400-year-old Cretan or classic 7-circuit labyrinth is one of the simplest and most widely used designs. It starts with a **cross**, which then winds out. This forms an 'f' which reminds me that Christ is the foundation of my faith. The winding paths call me to follow Him.

This labyrinth design also brought to my mind the Church of England Prayer for the Nation logo. Praying together as we journey to the cross this Lent will further deepen our experience. As a Christian community, we are called to pray for: family, friends and loved ones; schools and colleges, children and young people; elderly, isolated and vulnerable; business, the workplace and economic wellbeing; the NHS and other key workers; national and local government; all who are grieving and suffering with physical and mental ill-health. As we pray individually or in a group on Microsoft Teams or Zoom, we can still find the stillness to move closer to God. We are searching inwardly to find oneness with God, but our prayers will radiate out God's light (shining even more brightly in our unity). Remember, the journey out of the prayer labyrinth is just as important as the inward journey! Our outward expression of God's love, through the decisions we make and the way you choose to live our lives can bring light to the darkness and those for whom we pray.



There are many ways to use a labyrinth to aid prayer, which you may wish to explore further. I have decided to use this simple method provided by the Diocese of Canterbury as part of my Lent journey:

St John of the Cross wrote:

O Blessed Jesus, give me stillness of soul in You.

Let Your mighty calmness reign in me.

Rule me, O King of Gentleness, King of Peace.

You might like to join me in using this ancient prayer practice throughout Lent. Following the winding path with your finger may help still your mind and support rest, quiet contemplation, as well as meditation. (There is a larger version of this labyrinth accompanying this newsletter.) I pray we can all be safe in the knowledge that God dwells deep within us, now and always.

#### Let us pray together:

God of wisdom, you are ever with us and within us,

reveal your path of truth and enlighten us with your Spirit.

Strengthen us in all the challenges we face to be faithful to You.

Throughout Lent, help us discover the gift of true prayer.

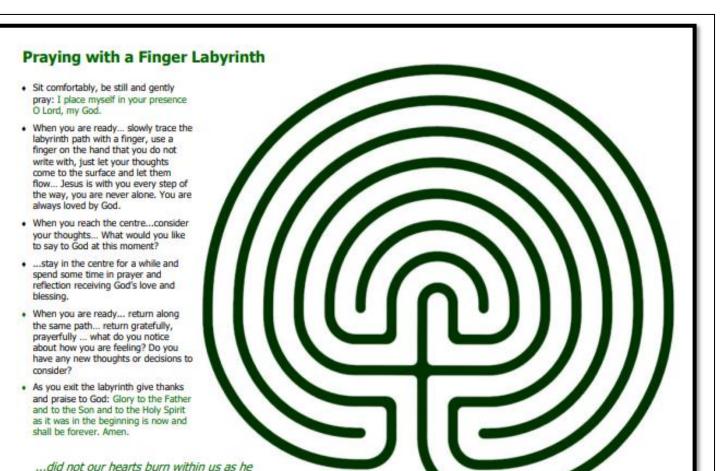
May we find rest, feel comforted and draw closer to You.

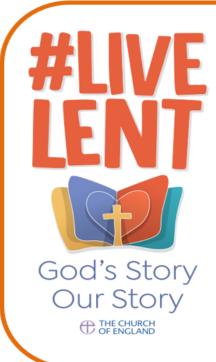
We ask this in Jesus who is our path, our truth, and our life.

Amen.

Mrs Sharp Deputy Headteacher







talked to us on the road ...

This Lent, Becket Keys will be using the Church of England #LiveLent resources. This is an invitation to participate in God's story, to make it so much part of our own stories that our own lives become impossible to understand without it.

Watch Archbishop Stephen Cottrell's introduction to the Lent 2021 campaign:

#### http://www.viewpure.com/UQNC3K\_uVnE?start=0&end=0

From Ash Wednesday (17<sup>th</sup> February) to Easter Sunday (4<sup>th</sup> April), there are six reflections for each week (Excluding Sunday). Each reflection includes a short passage from the Bible, a brief exploration of the reading, and a prayer. Additionally, each week has a unifying theme and an action to be taken during the week.

So, purchase the booklet, download the app or sign up for a daily email to join in!

Message from Mrs. Sharp (Deputy Headteacher)

Words adapted from the Church of England website





### Spring Term Work Experience

Final chance to register.



There are very limited places remaining on our spring term 'Live Online' work experience programmes and we expect to close registration this week.

For ages 15-18, we expect to be fully-booked by this Sunday 14th February.

For ages 12-14, registration for our half-term programmes will close <u>this Friday 12th February</u>.

Our in-person programmes at UCL in April are also almost full. Please make sure you register now! they can register now.

https://investin.org/

Register Now: Ages 15-18 Register Now: Ages 12-14







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

Key stage 4 & 5
Star Designer for Textiles

Here are several different ways that current Y11 students are responding to a given brief in their own personal way. Here Jess has drawn the Eiffel Tower and begun to stitch it as part of her 'creative journey' in her sketchbook.













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.

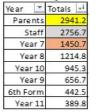
All entries must be wordprocessed and sent to either Miss Romano or Mr Fox in the English Department via office@becketkeys.org by no later than Wednesday 31st March.

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!



### **Becket Keys Race Around the World**



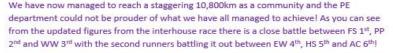
Totals Left to Go % Complete
10797.7 29277.3 26.944%

Totals	Left to Go	% Complete
10797.7	5880.3	64.742%

Interhouse RATW

House	Total	Left to go	% Complete
AC	586.4	16092	3.52%
FS	1089.4	15589	6.53%
HS	682.8	15995	4.09%
EW	708.6	15969	4.25%
PP	1058.4	15620	6.35%
ww	974.2	15704	5.84%
Pupils	5099.8	73	





Go and check out the @BecketKeysPE account on twitter for regular updated achievements, highlighted efforts and honourable mentions to our pupils, parents, and staff who regularly send out personalised messages of motivation!

Following on from this... Parents... WOW! What can we say? Your competitive natures have really begun to show as the distances are racking up to the point the staff are concerned for our top spot! (Yes – We are a little competitive too!) I know we are all itching to get back out and add to our RATW please take care whilst the icy conditions are about!

The RATW will continue over to the projected return date in early March. The RATW email address will be regularly monitored over the half term so feel free to continue to send in.

The PE Team wish you a safe week, take care!







#### DATES FOR YOUR DIARY

#### **LENT HOLIDAY**

MONDAY 15<sup>TH</sup> – FRIDAY 19<sup>TH</sup> FEBRUARY

\*

#### **INSET DAY**

(NO STUDENTS IN SCHOOL)

MONDAY 22<sup>ND</sup> FEBRUARY 2021

\*

#### **YEAR 9 OPTIONS EVENING**

TUESDAY 16TH MARCH

\*

#### YEAR 7

#### **SUBJECT CONSULTATION EVENING**

THURSDAY 25<sup>TH</sup> MARCH

\*

#### **EASTER HOLIDAY**

MONDAY 29<sup>TH</sup> MARCH -

FRIDAY 9<sup>TH</sup> APRIL 2021

\*

#### **INSET DAY**

(NO STUDENTS IN SCHOOL)

MONDAY 12<sup>TH</sup> APRIL

PLEASE NOTE THAT ALL DATES ARE SUBJECT TO CHANGE

## Becket Keys Church of England School

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