



Becket Keys Church of England School

8th July 2022

GOVERNORS SPEECH & AWARDS EVENING

IN THIS ISSUE

Mr Scott-Evans writes....

A Social Experiment?

Thank you for your supportive messages about my articles regarding the Panorama episode: 'A Social Media Murder'. As promised, today I write with a few ideas for parents about getting our own use of mobile phones under control so that we can set a better example to our children.

Most cognitive scientists now agree that multi-tasking is a myth. Trying to use your phone to save time is never going to work. More and more people are becoming aware of the danger it is posing to our mental health and are seeking spiritual discipline over the hyper-living pandemic of digital communication. Some of the best Christian writing I have come across on this subject is

from John Mark Comer in his book 'The Ruthless Elimination of Hurry'. Much of what I say today is from the chapter 'Slowing'.



Taking the Christian principle of fasting and the seminal article by [Jake Knapp 'My Year with a Distraction Free iPhone'](#), I believe that Comer presents a case that all parents should consider following for their own self-care and to set an example to their children.

.....contd. on page 2



BECKET KEYS
Church of England School

Governors' Speech & Awards Evening

Pictures of some of the award winners.

Page 4

Matilda!

Details on how you can obtain tickets for the school production this year.

Page 5

Summer Holiday

Information and ideas of activities for the summer.

Page 8-9

Biblical Pause

Doubting Peter.

Page 10-11

Art & Textiles

Excellent work from the talented students working towards their exams.

Page 12- 18

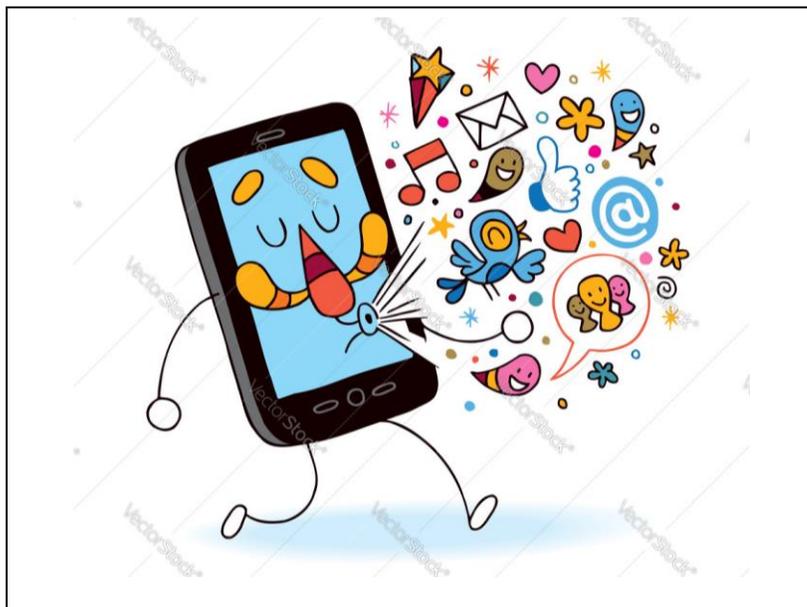
....contd. from Page 1

Here is my interpretation/curation of 10 tips for an improved relationship with your smart phone. Essentially, this is how to turn it into a dumb phone.

1. **Take email off your phone completely, if you can.** Set periods to tackle email properly a couple of times each day and then leave it alone. Do not be tempted to open emails during the little breaks here and there when you cannot really deal with it properly. Remember: the more email you do, the more email you do. It is a monster that is self-perpetuating. The faster you respond to email, the faster people will write to you. Graham Allcot writes well on handling email, 'Get Your Inbox Down to Zero'.



2. **Take social media off your phone completely, if you can.** Transfer it to your desktop and only look at it at a set time each day when YOU want



3. **Disable web browser.** Comer and I are both a bit lenient on this one. The browser function can be helpful to get quick facts or take a quick look at a link, but do not make it the main way you use the internet.
4. **Disable all notifications.** From now on, actually unlock your phone and

open the relevant app to see whether you have a message. Getting rid of all notifications is a game changer and really puts you back in control.

5. **Ditch news apps or at least the notifications (see above).** News apps are simply horrendous. They are nearly always focussed on bad news and will bring you down. Freedom of the press is a myth. Press are driven by the bottom line. What makes a profit? What gets clicks? Again, they use AI (which does not care about us) to fill our feeds with the darkest stuff from the world.



6. **Delete all the apps you do not need.** Go through and get rid of all the rubbish. Ask yourself: do I really need this? Is it making my life better. Keep the wonder apps: music, calculator, maps, credit card wallet, rail card, uber – whatever. I suggest you put them in folders and tidy up your space.

7. **Go to grey scale mode.** [In accessibility mode shift grey colour filter.](#) This does something clever to do with dopamine addiction. Google it. Lots of neurobiologists have explained this better than I can. It basically makes using your phone a much less rewarding experience so that you stop mindlessly cruising through it.

8. By now you are probably saying, “Why not just get a flip-phone?” So... number 8: **Get a flip phone!** What a move that would be!



9. **Parent your phone:** Put it to bed with the children at

8:30pm. Switch it off, put it on charge and dump it in a drawer. Something happens after 8:30pm because we are tired, we just burn time and before we know it, it is midnight! Use these final hours of the day to wind down, read a book and stop using the phone.

10. **Let it have a lie in.** Do not check your phone until after breakfast and after you have said a prayer. Latest stats say that 75% of us sleep next to our phones and 90% of us check it as soon as we wake up. The first things we see are email, social media and news alerts. What a horrendous way to start the day! Why do we do it to ourselves?

Using some or all of these tips across our school for a week or two would be a tremendous social experiment. Who will join me? Let me know how you get on: office@becketkeys.org.

Some parents asked me why we use Satchel One: Show My Homework if I am so against students using phones. Firstly, I would like to point out that, in my opinion, Satchel One works much better on the desktop than on your phone. Secondly, I would rate it as a wonder app: one of the ones worth having. The software is timesaving, engaging, positive, helpful and fully free from capitalist driven advertising. In

my opinion, it is one of the good guys!



A few parents have also told me that their child does not have a phone and they are pushing against a tide of peer pressure. I congratulate you on this. Your decision will pay off. I can 100% guarantee it! It may mean a few tough years now because unfortunately, young teens may always be unkind when they spot someone who is prepared to go against the flow. However, the time saved for reading, board games, films, sport, music and peace will pay dividends. Good for you. For the rest of us, looking for a compromise, I hope the tips above will help us go some way towards regaining control.

God bless you.

Mr Scott-Evans
Head Teacher



BECKET KEYS
Church of England School

Governors' Speech & Awards Evening



Food Department

Recently in Cookery Club, we tackled the Swiss roll.



Known in the industry as a "high ratio" cake mixture, it was a completely new and slightly tricky technique, involving a lot of whisking!



Then come the folding,, using the "figure of eight" technique



Considering it was the first time that any of the pupils had made this type of cake, they did extremely well.



The next cookery club will be in the week commencing Monday 11th July and will be a bake-off competition!

Reminder

Please 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.

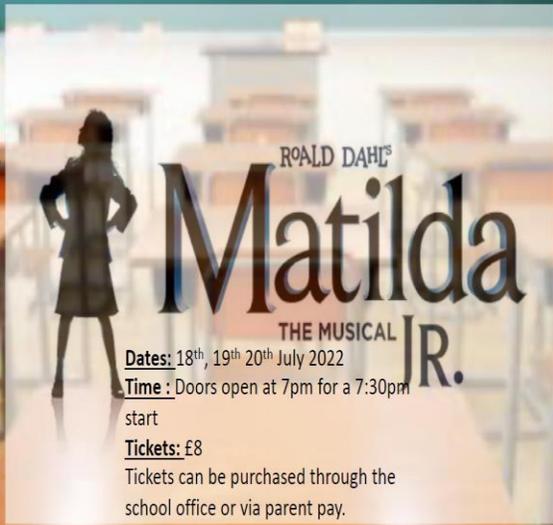
You can also send a message via the contact page on the website:

<https://www.becketkeys.org/contact-staff>

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
Presents


Matilda
THE MUSICAL JR.

Book by
DENNIS KELLY

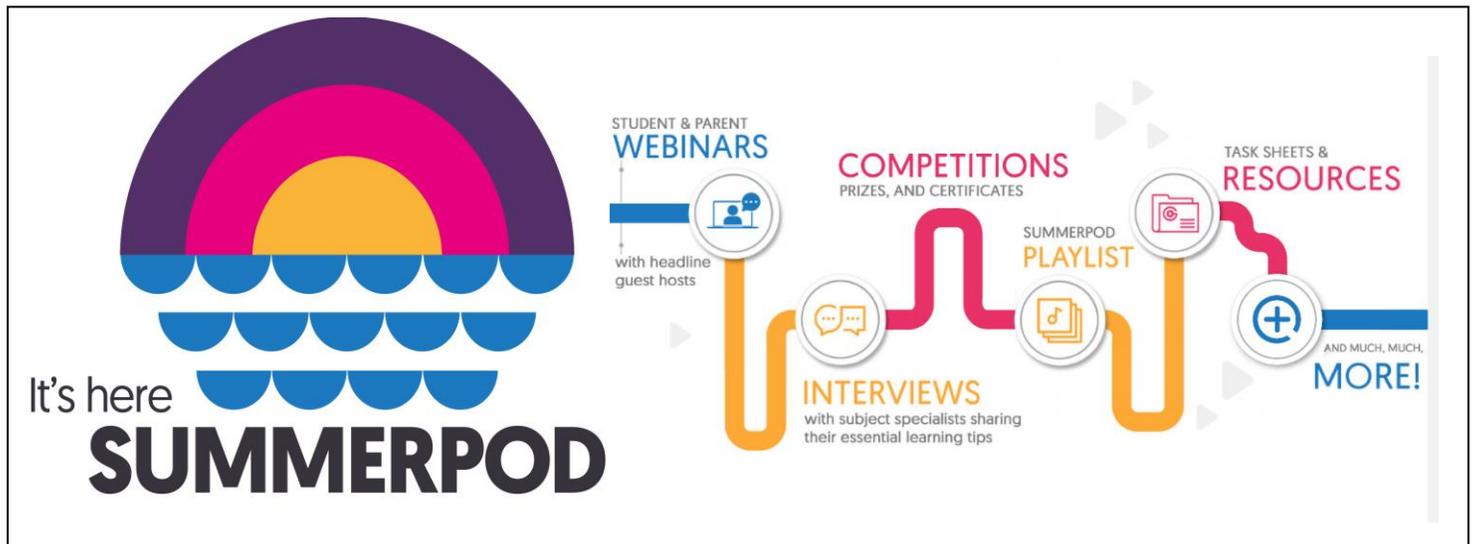
Music & Lyrics by
TIM MINCHIN

Dates: 18th, 19th 20th July 2022
Time : Doors open at 7pm for a 7:30pm start
Tickets: £8

Tickets can be purchased through the school office or via parent pay.

Roald Dahl's *Matilda The Musical JR.* is presented through special arrangement with and all authorised materials are supplied by Music Theatre International, New York, NY





Student Webinars

Current Year 9 and 10s are invited to join our exclusive student webinars, hosted by our very own Merlin Mee. Merlin, Learning Content Creator at GCSEPod, is our student webinar guru.



Moving from Year 9 into Year 10

Students are encouraged to rocket their way into Year 10 by exploring personal goals and cultivating healthy habits that will benefit them on their journey throughout Key Stage 4.

[1st August 2022 at 5.00pm](#)

Moving from Year 10 into Year 11

Students can 'lift-off' into Year 11 with tips on prioritising their wellbeing and enhancing the space around them.

Register here:

[8th August 2022 at 5.00pm](#)

Parent Webinars

Parents are invited to attend two exclusive webinars this summer, hosted by Future Toolbox's Mark & Jules.



How to Create a Growth Mindset When Studying

The multi-award-winning Future Toolbox are joining GCSEPod in a two-part webinar and will be sharing some simple tools and tips to help to encourage students to enjoy their learning journey.

By creating a growth mindset around study and understanding that learning is about the journey and not the final exam, this will help students to find purpose at school or college. Positive study habits lead to positive habits in the future and a more rounded individual.

Register here:

[3rd August 2022 at 5.00pm](#)

[10th August 2022 at 5.00pm](#)

Careers Talks to Sixth Formers



To support our Sixth Formers in making informed decisions about their futures, I am going to start a series of regular careers talks during their tutorial periods. To do this, I need the support of the Becket Keys community!

Are you - or is someone you know - able to present to Sixth Formers for about 10 minutes and then answer questions they ask? The presentation might focus on some or all of these areas, as well as anything else related to them:

- What you do for a career.
- Your pathway to get where you are.
- Why you chose this pathway.
- What your job includes across a day / week / month / year.
- What other jobs you have had were like.
- Why you like certain jobs you have had.
- The biggest responsibilities you have.

- The greatest challenges you have faced.
- The most important learning experiences you have had.
- What is most rewarding?
- Advice to those interested in a similar career to you.
- Advice about a successful career in general.
- Advice about writing a CV and/or application letter, as well as interview skills.

The talks will need to be delivered during tutorials, so anyone who is willing to support would have to be available for either Year 13 tutorial (10:10am-10:35am) or Year 12 tutorial (10:35am-11:00am) - or both! Talks could be delivered in person in the John Wraw Chapel or via Microsoft Teams. I can be almost totally flexible about the best time of year and day for each talk, so this is not an issue.

If you - or someone you know - can support me in this, please

email me via office@becketkeys.org with a brief (I do not want to take up too much of your time!) explanation of the jobs/areas you would be talking about. Once I have collated these, I will communicate with those who are able to assist in more detail and be available to answer queries you might have.

Thank you for your support in preparing our Sixth Formers for their futures.

Ross Peggs
Assistant Headteacher and
Head of Sixth Form





Essex County Council

YOUTH SERVICE

SUMMER FUN

Week One 25-27th July:
Basildon- Timberlog Youth Centre
Braintree- Chapel Hill Youth Centre

Week Two 1st-3rd Aug:
Colchester- Townhouse Youth Centre
Brentwood- The Hermit Youth Centre

Week Three 8th-10th Aug:
Clacton- Green Lodge Youth Centre
Chelmsford- Galleywood Youth Centre

Week Four 15-17th Aug:
Harlow- Hare St Youth Centre
Halstead- Halstead Resource Centre

Expedition: 22nd and 23rd Aug




YOUTH SERVICE | Inspire
Enable
Achieve





Summer 2022 Family Fun Days

sunshine local Brentwood
fun fair rides sports parks Fun games
activities playtime Punch and Judy
arts community



Friday 29 July, 10.30am-3.30pm
Warley Playing Fields, CM13 3AZ

Friday 5 August, 10.30am-3.30pm
Ingatstone Seymour Fields, CM4 0HH

Friday 12 August, 10.30am-3.30pm
The Brentwood Centre, CM15 9NN

Friday 19 August, 10.30am-3.30pm
Doddinghurst Village Hall, CM15 0NJ

Friday 26 August, 10.30am-3.30pm
Hutton Recreation Grounds, CM13 1PJ

Please note that activities vary weekly. Many activities are free, but this year there will be a £4 wristband charge, per child, for rides at each event.
Face painting, animal handling and refreshments will be charged for separately.
Parking is strictly limited at all events. Please walk or use public transport where possible.








01277 312500 www.brentwood.gov.uk/events




FREE TREE WALK & TALK



WARLEY COUNTRY PARK, LARK CL,
WARLEY, BRENTWOOD CM14 5GP
(MEETING POINT: ENTRANCE OF LARK CL)

6PM-7.30PM
WEDNESDAY 27 JULY 2022

NO NEED TO BOOK, JUST TURN UP
NO PARKING AVAILABLE



Careers in Sports & Physical Activity

Join us for Essex Opportunities Live and hear from Active Essex, Tendring District Council and Essex Professional Coaching about careers in sports and Physical activity.

Wednesday 13th July at 6pm

[Register and watch online here](#)



Trailer dates

June

Wednesday 29 June - Bishops Hill, Adult Community Learning

July

Wednesday 6 July - Brentwood Train Station (outside shops)
Tuesday 26 July - Robin Hood parade of shops, Ongar Road

August

Wednesday 3 August - Kelvedon Hatch, Nisa
Wednesday 10 August - Shenfield High Street, Hutton Road
Tuesday 16 August - Brentwood High Street

September

Thursday 8 September - St Peters Church, Daily Bread
Wednesday 21 September - Railway Square, Wharf Road
Wednesday 28 September - Brentwood High Street

October

Wednesday 12 October - Blackmore, Horsefayre Green
Thursday 20 October - Beechwood Surgery, Warley (outside SNAP)

Contact us

Email: communitysupport@brentwood.gov.uk
Tel: 01277 312500

Summer at Daily Bread



Volunteering Opportunities
Use the QR Code to apply

Monday	Cafe Closed Food Hub Open 10am - 12pm
Tuesday	Cafe Open 9am - 1pm Colouring Club Food Hub Open 10am - 12pm
Wednesday	Cafe Open 9am - 1pm Gardening Club, Arts & Crafts Knitting Group, Blue Flower Dementia Support (3rd week of each month) Food Hub Open 10am - 12pm
Thursday	Cafe Closed from 21st July Daily Bread Goes on Tour Reopening 8th September Food Hub Open 10am - 12pm
Friday	Cafe open 9am - 1pm Gardening Club, Arts & Crafts Food Hub Open 10am - 12pm
Saturday	Cafe Closed Food Hub Open 10am - 12pm



All Saints • St. Peter
Hutton Parish

Daily Bread, St Peters Church, Cloughton Way,
Hutton, Brentwood, Essex, CM131JS

LOST PROPERTY

If your son/daughter has misplaced anything at school, then kindly inform him/her that all lost property is taken to reception for collection.

Please make sure that all items, especially uniform are named, this will ensure that items can be returned to the student easily.

Thank you!

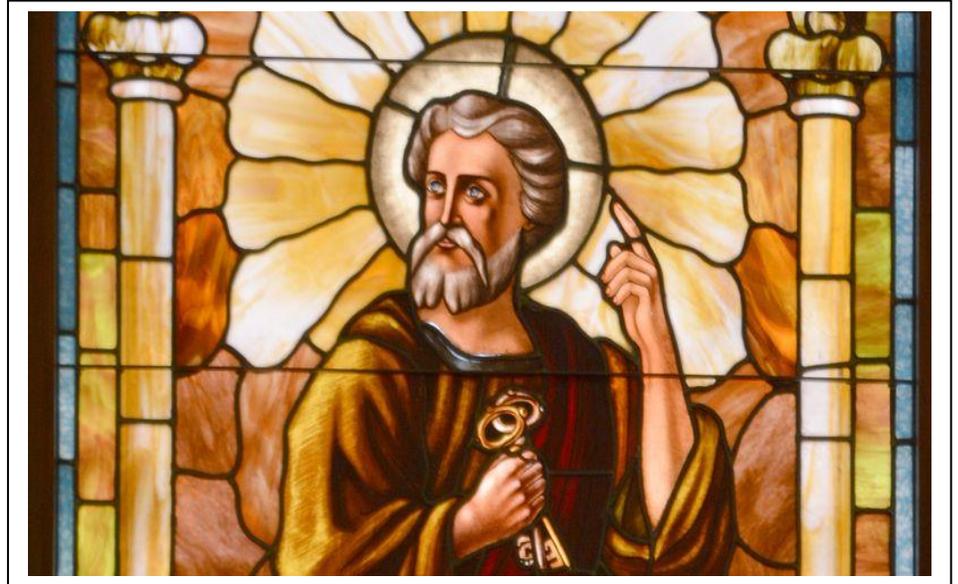
PAUSE

Doubting Peter

This Wednesday, we celebrated our Patronal Festival Eucharists for St Thomas and St Peter. Year 7, 8 and 10 at St Thomas of Canterbury Church and Year 9 and 12 in our Main Hall respectively. This was a wonderful occasion for the whole school to come together in worship. Father Mark North and Father Matthew Austen focused their sermons on the life and witness of St Thomas; therefore, it seems fitting to pause and reflect on the character of our other patron saint, St Peter.

When Simon Peter met Jesus for the first time, he was a simple fisherman. His first meeting with Jesus stirred something in him. He wanted to learn more about what Jesus had to offer him, and when Jesus gave him the opportunity to do so, he acted upon it. The Bible says:

"As he was walking by the Sea of Galilee, he saw two brothers, Simon who is called Peter, and his brother Andrew, casting a net into



the sea; they were fishermen. He said to them, "Come after me, and I will make you fishers of men." At once they left their nets and followed him" (Matthew 4:18-20).

Throughout Peter's three-year journey with Jesus, he had his moments of faith, but he also had his share of doubts. When Jesus appeared to the disciples, walking on water, Peter had enough faith to get out of the boat and walk to Jesus. However, once he started having doubts, his faith began to shake, and he allowed himself to sink. In the words of the Gospel of Matthew:

"Peter said to him in reply, 'Lord, if it is you, command me to come to you on the water.' He said, 'Come.' Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how [strong] the wind was he became frightened; and, beginning to sink, he cried out, 'Lord, save me!' Immediately Jesus stretched out his hand and caught him, and said to him, 'O you of little faith, why

did you doubt?'" (Matthew 14:27-31).



Not only did Peter have his share of doubts, but he also had moments when he was ashamed to even know Christ. On the night of Christ's crucifixion, when asked if he knew Jesus, Peter denied knowing him not once, but three times. Prior to this denial, Peter claimed that he would never deny Jesus and that he would even die for Him. In the words of the Gospel of Luke:





"He said to him, 'Lord, I am prepared to go to prison and to die with you.' But he replied, 'I tell you, Peter, before the cock crows this day, you will deny three times that you know me'" (Luke 22:31-34).

Even during Christ's darkest hour, when He was dying on the cross, Peter was nowhere to be seen. He and most of the other apostles had abandoned Christ when he needed them the most.

Despite all of Peter's shortcomings and failures, Jesus saw the best in him. In fact, Jesus saw so much potential in Peter that He made him the first leader and "Rock" of His Church. Jesus said:

"And so I say to you, you are Peter, and upon this rock I will build my church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven" (Matthew 16:18-19).

After Jesus' Resurrection and Ascension, Peter became a witness of Christ's love and forgiveness. He went around healing people and baptising new Christians. Finally, as he promised

Jesus the night before crucifixion, Peter died as a martyr for Christ.

St Peter provides us with a reassuring example of what following Jesus is all about. Luckily, it is not about perfection. It is not about being without sin. It is not about being faithful with no doubts. It is not about having all the answers. It is not about having absolute certainty all of the time. It is about falling down, failing, and being picked up and brushed off. It is about putting one foot in front of the other knowing that God is beside us and loves us with each step we take. It is knowing that as we walk the journey of faith, God does not abandon us and is with us every step of the way, even when we are not sure that there is a way to follow or if the way we are following is the right way. That is the life of faith. That is the life of a follower of Christ.

Let us pray:

God our Father, we thank you for the example of St Peter, who is a rock of the Church and who holds the keys to the kingdom of heaven. We pray that we may follow in his humility and love for Jesus. Thank you that, even when we doubt, you are with us every step of the way.

Based on the words of Alaine DeSantis.

**Mrs Sharp
Deputy Headteacher**



REQUIREMENTS FOR JULY

Tinned goods

Meat Pies

Braising Steak

Ham

Salmon

Sardines/Mackerel

Mince & Onion

Corned Beed

Meatballs

Hot Dogs

Tomatoes

Fruit

Chilli Con Carne

Cleaning Items

Washing Up Liquid

Bathroom & Kitchen Cleaner

Shampoo

Deodorant

Nappies Size 4 & 6

Toilet Rolls



Here are all the fantastic pieces from this week with Mrs Brassett.

Year 10 & 12 have made great progress this week within the coursework focus time. This week's Newsletter is dedicated to them!

Well done!



Star Artist for Art



Danilo De Vito Yr 12



Year 12 Fine Art



Rhea Patel



Cordelia Hoxha

Eva O'Flynn





Kayla Hamber



Alex Miller



Jessica Lambert



Aurora Bould

Year 10 GCSE Art



[@becketkeysarttextiles](https://www.instagram.com/becketkeysarttextiles)

In Art & Textiles this week with Mrs Cherry

Y10 Textiles did their end of year practical exam recently. The work was very creative and of a high standard. Here is some of the work. Well done Y10!



Marsha Powell Y10



@becketkeysart

Matilda Gamble Y10



Freya Conner Y10



Olivia Garaty Y10





Hollie Goodwin Y10



Isabella Love Y10



Hollie Goodwin Y10

Sports News

U15 Girls' Cricket

Cricket this week was in the hands of the under 15 ladies who found themselves playing away at Coopers who are renowned for their cricketing prowess. With a handful of injuries some of our helpful GCSE PE students stepped in on short notice and ensured the game went ahead.

The girls were in good spirits and wanted to give it their best. Elizabeth lost the toss and the confident home side elected to bowl. Up stepped Elizabeth and Katie who took the game by the scruff of the neck with some of the most aggressive running between the wickets I have seen! We saw both girls surpass 50 runs inside the first 7 overs. This superstar pairing managed to remain in for 11 overs before Katie asked if she could be retired with their duo ending at 93 total runs!

Erin was next in and on her second delivery struck one for 4. I followed with the instruction of "There's not long left, be aggressive!" this saw her do exactly that and drive one straight back at the bowler who showed incredible reactions to make the catch. Emma and Issy both also got their names on the run sheet, keeping the score ticking up! This ensured a rather eye pleasing total of 123 runs!

Our batting duo became the bowling pair with Elizabeth and Katie bowling overs 1-4



alternately. 2 overs passed to just 7 runs and then Elizabeth bowled the Coopers' opener. Katie in the 4th over went for blood with 1WW32W!

From these 3 wickets, one was leg before wicket and the other two were direct hit run outs from Erin and Elizabeth. Izzy Boon bowled a fantastic over with 5 dot balls and a single! Bella and Ella paired up next with Ella bowling 8 dot balls across her two overs! Sophie, Holly and Eniola bowled overs 12,13 and 14.

With Coopers requiring an almost impossible 70 runs the pressure was off and all 3 bowled really well! Finally, we ended the innings with a maiden over as Elizabeth saw out the game with 6 whistling deliveries that wicket keeper, Emma Cooper, who was fantastic all game, caught skillfully!

The Becket Keys girls could not have impressed any more with a

dominant display which I look forward to repeating on Monday when we go again!

Mr Lane
PE Teacher



BECKET KEYS
Church of England School

DATES FOR YOUR DIARY

ENRICHMENT DAY

THURSDAY 14TH JULY 2022

*

SPORTS DAY

FRIDAY 15TH JULY 2022

*

'MATILDA THE MUSICAL'

MONDAY 18TH JULY

TUESDAY 19TH JULY

WEDNESDAY 20TH JULY

*

NON-UNIFORM DAY

WEDNESDAY 20TH JULY

*

LAST DAY OF TERM (STUDENT HALF DAY)

THURSDAY 21ST JULY

Becket Keys Church of England School

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