

Becket Keys Church of England School

4th November 2022

IN THIS ISSUE

Mrs Sharp writes:

Metacognition and self-regulated learning

Research has found that metacognition is key to effective student learning: it can add over seven months of additional progress and improve the outcomes for all learners (Education Endowment Foundation). In addition, it is a way for teachers to gauge how well their students understand their own learning processes and regulate their learning, so that they can support them accordingly. This year's staff professional development emphasises teaching metacognitive strategies in the context of the subject specific learning in classrooms. The Senior Leadership Team are also leading a series of 'Faith in

Learning' Collective Worship for all students, which mirrors this professional development focus and hence reinforces awareness of metacognitive strategies and their importance in teaching and learning. Back in September, Mrs Trebess shared her input to this series focusing on memory and learning.

The term **metacognition** refers to an individual's ability to plan, monitor, evaluate, and make changes to their own learning behaviours in order to confront challenges more effectively. You may have heard the phrase 'thinking about thinking', but the active monitoring involved, and modification of thought processes make it much more than this. It is also a form of self-regulation, involving self-

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BECKET KEYS
Church of England School

Writing Competition

The popular Rotary Young Persons Writing Competition is back!

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Book of the Month

Details of the new book recommendation.

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House Music Competition

After weeks of rehearsals, we are looking forward to the final of this competition.

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Biblical Pause

Seasons of Life.

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Art & Textiles Department

Excellent work from students across all year groups.

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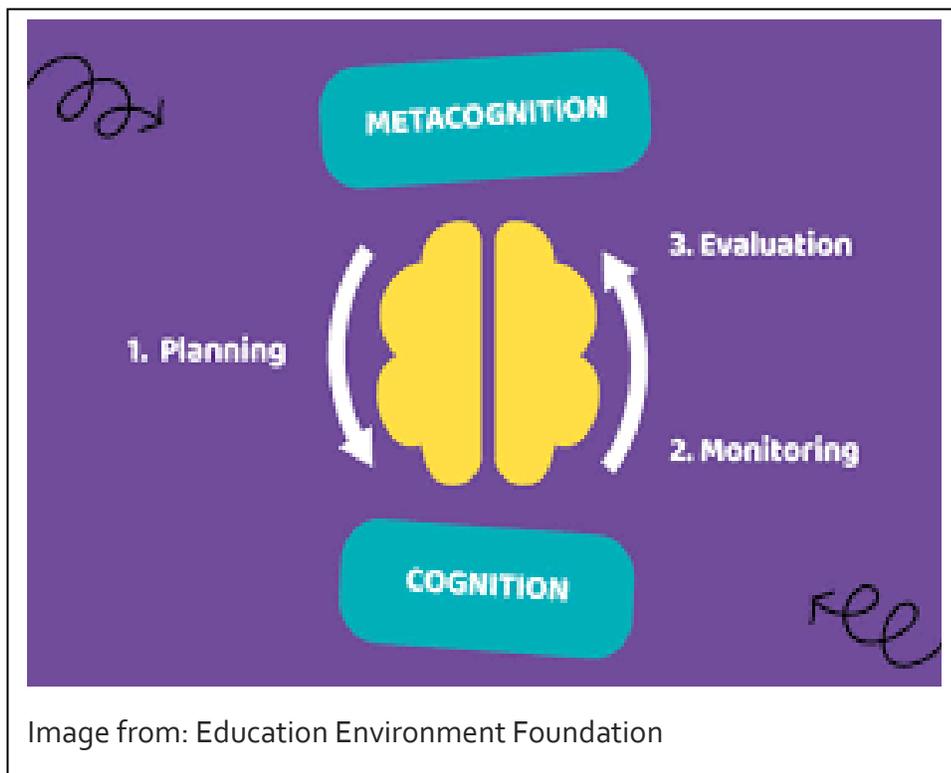
awareness, critical analysis skills, and the ability to problem-solve.

For students, having metacognitive skills means that they can recognise their own cognitive abilities, direct their own learning, evaluate their performance, understand what caused their successes or failures and learn new strategies. This also helps them learn how to revise more effectively by optimising their basic cognitive processes, including memory, attention, activation of prior knowledge, and being able to solve or complete a task. By learning more efficiently and more effectively, students make more progress.

For example, a student with metacognitive skills might:

- Recognise that they have trouble applying formulas in maths.
- Think about the maths problems they have solved before, and the strategies they used.
- Apply these strategies, assessing whether they are working or not.
- Try a different strategy if the one they are using is not effective.
- Reflect on how they performed in this task and use this to inform their future work.

Metacognitive skills are useful across all subjects and all age



groups, because they enhance the **way** you learn, as opposed to **what** you learn. It develops students' ability to work independently, builds resilience and supports emotional as well as social growth. Gaining awareness of their own mental states enables students to think about how to be happy, respected and confident in themselves. They may also understand other people's perspectives better.

What can you do at home to help? I would encourage you, in addition to asking about subject knowledge development at home, to promote reflection on the learning strategies being used in class and, in the context of Sixth Form students, study periods too. Ask:

- **What did you find easiest to learn this week and why?**
- **What did you find most challenging and why?**

- **Which study strategies worked well for you?**
- **Which study strategies did not work well? What could you do differently next time?**
- **Did your study habits work well for you? What effect did they have on your learning?**
- **Which study habit could you improve upon next week?**
- **What are your targets for next week?**

Together we can enhance the effectiveness of learning and develop skills in a way that not only boosts achievement but encourages the growth of a 'can do' attitude that prepares students for life beyond the school gates!

Mrs Sharp
Deputy Headteacher

Rotary YOUNG WRITER COMPETITION

The theme is 'Peace'. Entries can be fiction or non-fiction, prose or poetry.

Each entry must:

- Be no more than 550 words if prose
- Have a maximum of 40 lines if poetry
- Have no drawings or pictures attached
- Be legible and either typed or handwritten.

This is for all students, including Sixth Form students.

Hand in entries by Friday 9th December to Miss White in C24.



Uniform

All students are required to wear smart leather shoes.

All students in Year 7-9, should have their long hair completely tied up. Year 10-11 – hair can be half up/half down. Black, purple or neutral coloured hair ties please

Students should not have any extreme hairstyles and hair must not be dyed, no shapes cut into the hair e.g. stripes or undercuts.

Please remember that all students will be in need of a **COAT** – Plain **BLACK** without coloured flashes, logos or slogans, no 'fashion items', no 'puffer' jackets.

Bags should also be plain black.



Please see the website, if you need more details about the school dress code.

<https://www.becketkeys.org/uniform>



Book of the Month - November



"I've got two claws, Katie. Two giant, evil, freaking Freddy Krueger monster things. I am not calm."

Evie Wilder is living a normal life, used to living with "a rare form of diabetes". Except for the fact her mum has gone missing, she just found out she's a werewolf, she and her sister have to go into hiding in a motel whose weird manager keeps pushing Evie to go "full wolf", and there's not a single helpful vampire slayer to be found.

With the help of Kevin, the dorky manager of the guesthouse where Evie and Kate go to lie low, Evie starts learning to harness her wolfish side. But there's something a bit odd about Kevin...

Meanwhile, reports of animal attacks are increasing, local teens are going missing, and Evie is about to find herself at the centre of a supernatural showdown – plainly there's more than one predator on the loose.

This book is bloodily funny and appallingly enthralling, especially for fans of vampire and werewolf fiction.

Enrichment Day Wednesday 9th November 2022

As part of our enrichment programme each subject area organises additional activities to enhance the learning of students that take place in school. All students will be off timetable for this day, the Sixth Form are heading to the big city to complete the London Challenge and the rest of the students will be taking part in a wide variety of workshops.



What is the House Music Competition?

This is a music competition between the six houses at Becket Keys.

There are three parts to the competition:

Unison Song – every house (tutor group) in Year 7 will perform a song together. Each house has been given a different song to learn and the groups are being led by senior students in the school. Rehearsals have been taking place once a week during tutor time and the competition is now intensifying as we get closer to the performance date!

Instrumental Cup – Two performers (or groups) from each house, one upper school and one lower school will compete for this class.

Vocal Cup – One singer from each house will compete for the Vocal Cup.

The competition will take place in two parts Friday 11th November in the Main Hall during the school day for the Unison Song and the Instrumental Cup.

The Vocal Cup for individual performers will be held on Friday 18th November at 7.00pm in Runcie Hall and parents & carers are welcome to attend.



COMING SOON!

DON'T MISS OUR POP UP VOULEZ CHICKEN DAY

LIVE ON
10/11/22

Aspens
🍷🍷🍷🍷

Voulez Mains

Peri Peri Chicken Thigh
Smokey Cajun Barbecue Wings
Chicken Tikka Loaded Naan
Piri Piri Halloumi Wrap

Hot Sides

Smokey Paprika Wedges
Spicy Rice
Chargrilled Street Corn
Minted Crushy Peas

Cold Sides

Beetroot Orange Lentil Salad
Kale & Mango Salad
Tangy Mustard Slaw

Aspens
🍷🍷🍷🍷

Hot Grab & Go

Grilled Brazilian Coconut Chicken Burger

Piri Piri Chicken Wrap

Memphis Style Hot Dogs

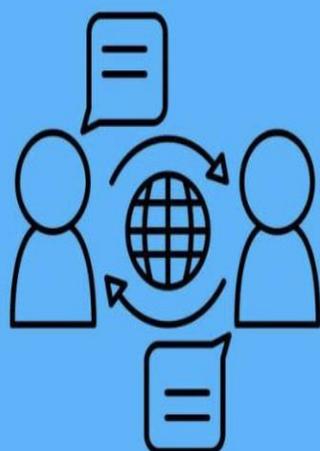
Sweet Chilli Halloumi Wrap

Smokey Paprika Wedges Pots



PARENTS/CARERS ONLINE LEARNING EVENT

23rd November 6pm to 8:30pm



Select up to

3

Sessions

Sessions will be recorded and uploaded to the Essex Local offer shortly after the event, so families will be able to access sessions in their own time.

Essex County Council are delighted to be able to offer an online learning event for parents and carers of children with SEND in Essex on the 23rd November from 6pm to 8:30pm.

We have taken feedback directly from parents/carers about the kinds of topics that you feel would be helpful to learn more about. We have skilled practitioners from the field of SEND to deliver these sessions live on the evening.

To view the session and book, visit:

<https://forms.office.com/r/fdNMBfyuCF>

If you are unable to attend then do not panic sessions will be recorded and uploaded to the Essex Local Offer shortly after the event, so you will be able to access them in your own time!

LOST PROPERTY

If your son/daughter has misplaced anything at school, then kindly inform them 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.

Year 7 - Swimming Trials



Monday 7th November

Please sign up for these trials at the PE office (this is compulsory!)

We will only be able to trial those students who attend a swimming club regularly. Please check with the PE Department to see if you are eligible.

If you are in Year 8, 9, 10 or 11 and would like to be in the school swim team, please go to PE to sign up. Kindly bring your latest distance and time for your stroke.

Thank you.

PAUSE



Seasons of life

"Let us not be weary in well doing: for in due season we shall reap, if we faint not"

(Galatians 6:9 KJV).

As the nights draw in and the autumn leaves continue to fall, many of us may long for the warmer weather and the trees to have keep their vibrant green colours. Yet, one season will lead to another, and in order to flourish in the new season, the trees must loss their decaying leaves and take on a new beauty. A walk in the crisp morning amongst the dancing yellow, orange and brown leaves, must be viewed in the same favour as a walk in the summer sun. Looking for conkers cracking open under a Horse Chestnut tree or acorns under an enormous Oak tree, dragging your feet and listening to the rustle of the leaves, should not just be reserved for young children! John Keats' ode 'To Autumn' captivates the wonders of God's autumn:

Season of mists and mellow
fruitfulness,
Close bosom-friend of the
maturing sun;
Conspiring with him how to load
and bless
With fruit the vines that round the
thatch-eves run;
To bend with apples the moss'd
cottage-trees,
And fill all fruit with ripeness to
the core;
To swell the gourd, and plump
the hazel shells
With a sweet kernel; to set
budding more,
And still more, later flowers for
the bees,
Until they think warm days will
never cease,
For summer has o'er-brimm'd
their clammy cells.
Who hath not seen thee oft amid
thy store?
Sometimes whoever seeks
abroad may find
Thee sitting careless on a granary
floor,
Thy hair soft-lifted by the
winnowing wind;
Or on a half-reap'd furrow sound
asleep,

Drows'd with the fume of
poppies, while thy hook
Spare the next swath and all its
twined flowers:
And sometimes like a gleaner
thou dost keep
Steady thy laden head across a
brook;
Or by a cyder-press, with patient
look,
Thou watchest the last oozings
hours by hours.
Where are the songs of spring?
Ay, Where are they?
Think not of them, thou hast thy
music too,—
While barred clouds bloom the
soft-dying day,
And touch the stubble-plains with
rosy hue;
Then in a wailful choir the small
gnats mourn
Among the river sallows, borne
aloft
Or sinking as the light wind lives
or dies;
And full-grown lambs loud bleat
from hilly bourn;
Hedge-crickets sing; and now
with treble soft
The red-breast whistles from a
garden-croft;
And gathering swallows twitter in
the skies.

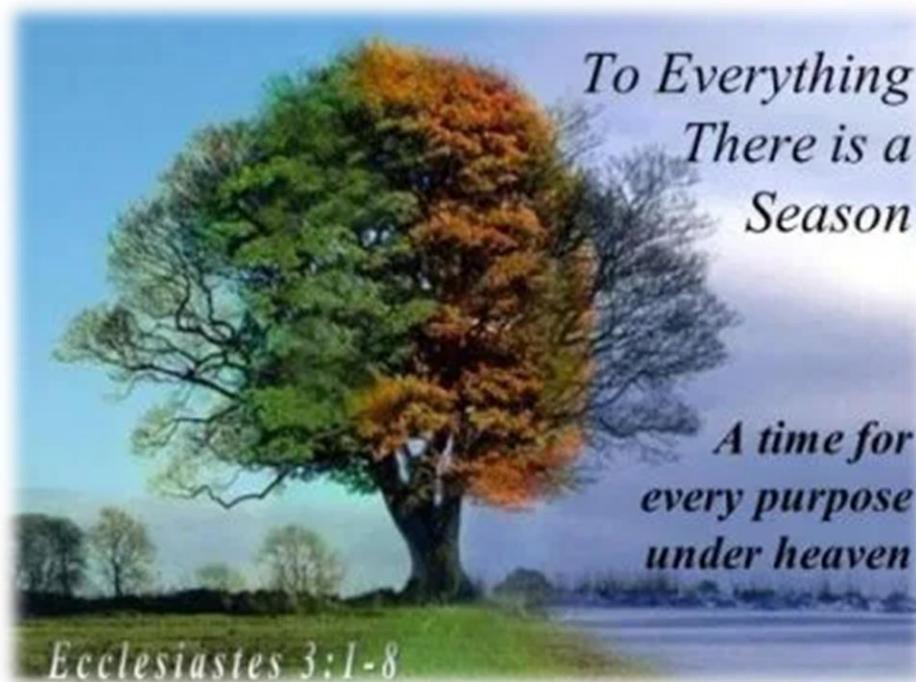
We cannot afford to dwell on the past, but except the freshness of the seasons ahead. Every farmer knows that what you sow in one season, you will reap in another season. You plant in the spring and you harvest in the autumn.

Life is full of contrasts. We climb up mountains, and we go through valleys. We climb to success and we go through failures. We have wins and we have losses. In weather, there are four seasons. However, in our lives, there are dozens of different seasons. And every season of life includes both good and bad times.

Ecclesiastes 3:1-8 gives us a representation of different life experiences:

"For everything there is a season, a time for every activity under heaven. A time to be born and a time to die. A time to plant and a time to harvest. A time to kill and a time to heal. A time to tear down and a time to build up. A time to cry and a time to laugh. A time to grieve and a time to dance. A time to scatter stones and a time to gather stones. A time to embrace and a time to turn away. A time to search and a time to quit searching. A time to keep and a time to throw away. A time to tear and a time to mend. A time to be quiet and a time to speak. A time to love and a time to hate. A time for war and a time for peace".

Life is a combination of contrasting seasons. All sunshine and no rain make a desert. If you are following God's will, seeking



to live your life according to the way God wants you to live, then you will eventually see that these experiences can have purpose and value in your life. You may think that the only time you are in God's will is when you are at church or having a quiet time. You can be in God's will as you are cleaning out your cupboards or sweeping the autumn leaves from the driveway. There is a time and season for everything.

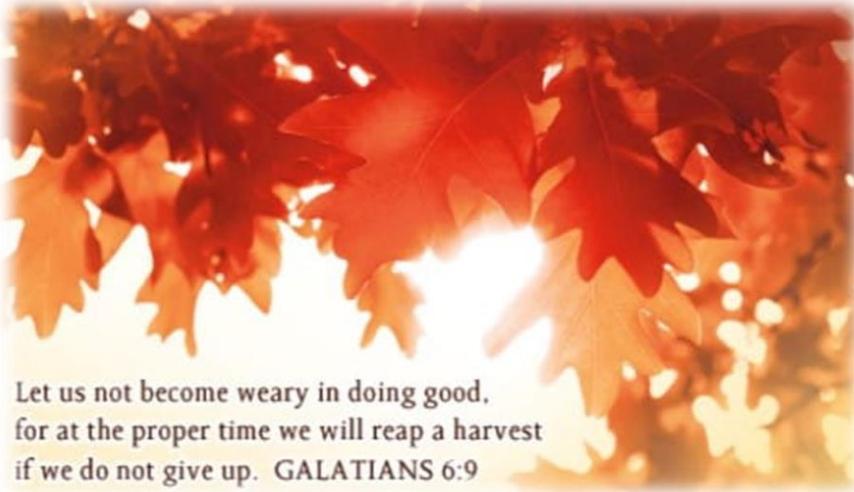
Everything is obviously not beautiful. Illness is not beautiful. Watching those you love suffer is not beautiful. War is not beautiful. But, in the words of Ecclesiastes 3:11: "God has made everything beautiful for its own time". The Bible is saying that God can take even the bad things and, in the proper season, turn them around and use them for good in the way he intends. Whatever the season we are in, we can trust that God will make

something good out of it, if we trust Him.

The way you respond to someone or to a situation right now affects your future. If you respond correctly in a season of life and you do the right thing, even when you do not feel like it, it pays great dividends in the future. "Let us not be weary in well doing: for in due season we shall reap, if we faint not" (Galatians 6:9). In other words, do not give up. No matter which season you are in, there are four questions you can ask yourself that will help you reap God's blessing in the next season:

What can I learn in this season of life?

There are some things we only learn through experience. Deuteronomy 11:2 says, "Remember today what you have learned about the Lord through your experiences with him".



Let us not become weary in doing good,
for at the proper time we will reap a harvest
if we do not give up. GALATIANS 6:9

What can I enjoy in this season of life?

The Bible says, "Give thanks in all circumstances; for this is God's will for you in Christ Jesus" (1 Thessalonians 5:18). We are to live the good days and the bad days with a sense of gratitude, because each day is a gift from God.

What is most important for this season?

Ecclesiastes 3:1 says, "There is a time for everything, and a season for every activity under the heavens". If that is true, then you cannot have it all at one time. You must make some tough decisions about what really matters at this particular time in life.

How can I help others in this season of life?

The Bible says clearly that you were not put on this earth just to live for yourself: "Whenever you are able, do good to people who need help" (Proverbs 3:27). God gave you abilities, talents and energy to help other people.

Consider:

What difficult situation do you need to entrust to God today?

How might the world explain the purpose for a difficult season of life?

What are some ways you can know if you are in God's will?

Let us pray:

Jesus Christ, I want to grow in you. Please use the seasons of my life to help me mature in my faith. Please teach me to trust you in every season, even the difficult ones. Lord, I invite you to be at the centre of every season of my life, so you can build my character. In your name I pray. Amen.

Mrs. Sharp
Deputy Headteacher



BECKET KEYS
Church of England School



**Remembrance Day
Memorial Service
Friday 11th
November 2022**

We would like to invite all parents and carers to our memorial service for Remembrance Day on Friday 11th November 2021

All are welcome to attend, but please keep in mind that this is an outside service held on the playground.

It will begin at 10:45am and will finish at approximately 11:05am.



REMEMBRANCE DAY
Let Us Forget

Poppies are available for sale during tutor time and at reception.



Art & Textiles

Here are all the fantastic pieces from this week with

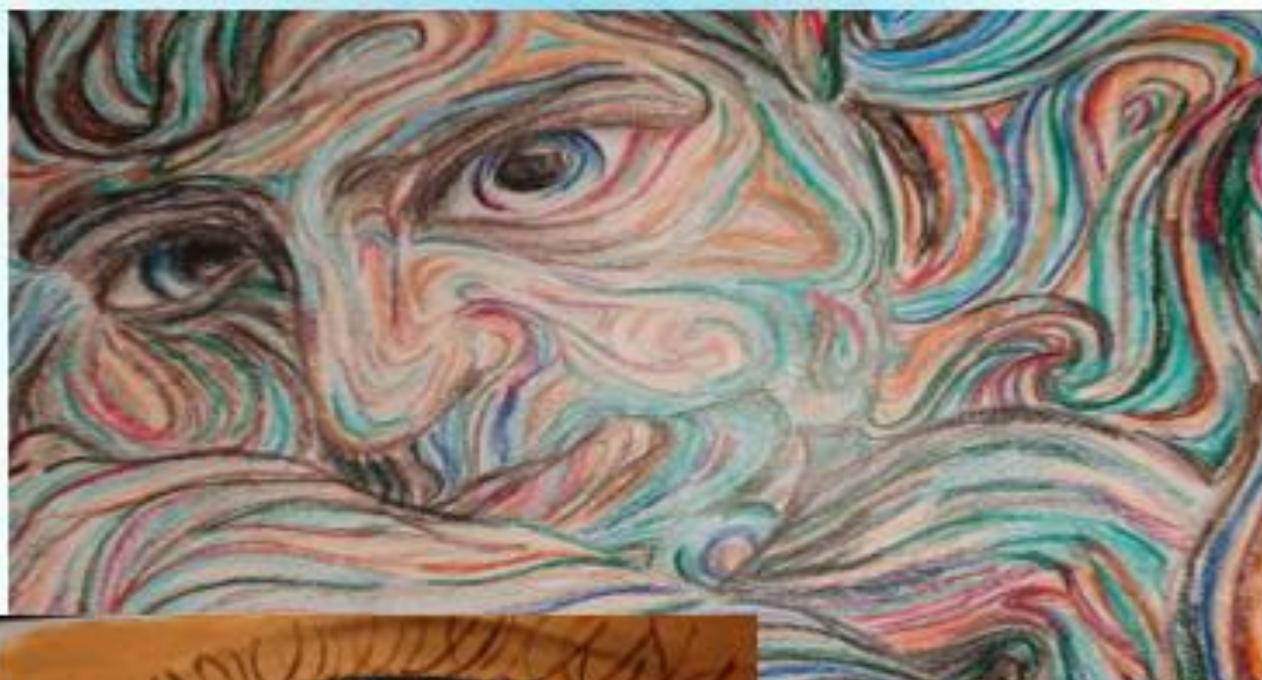
Mrs Brassett.

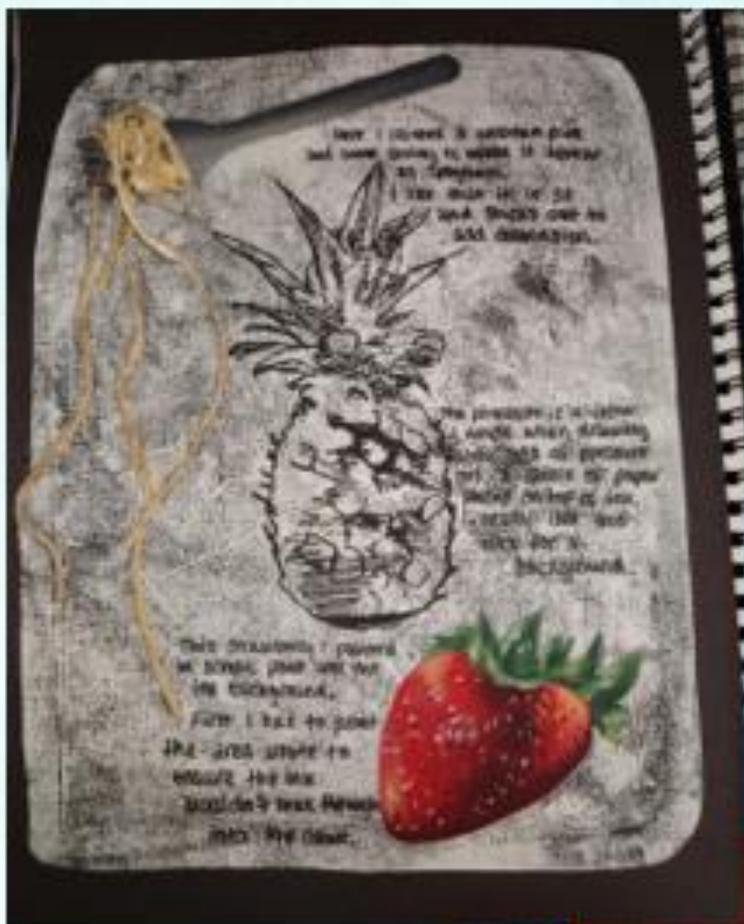


Star Artist for Art



Rebecca Rowland Yr 11



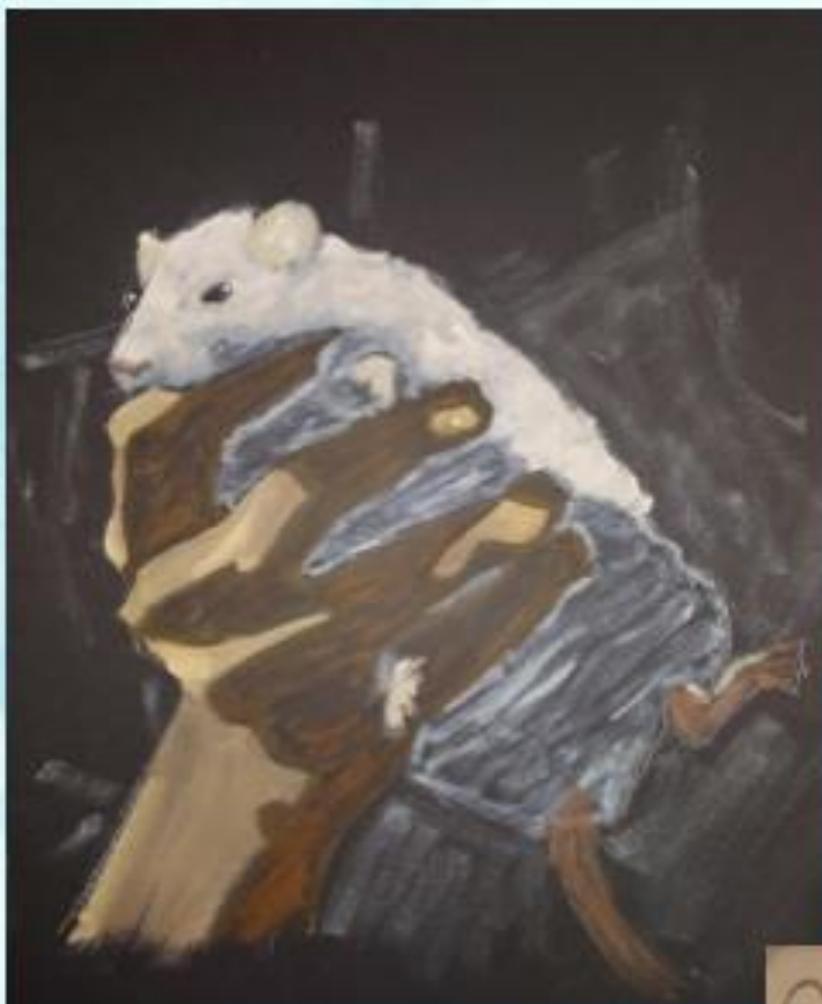


Cydney Etchells
Yr 12

Amelie Coleman
Yr 10



@becketkeysarttextiles



Alex Miller

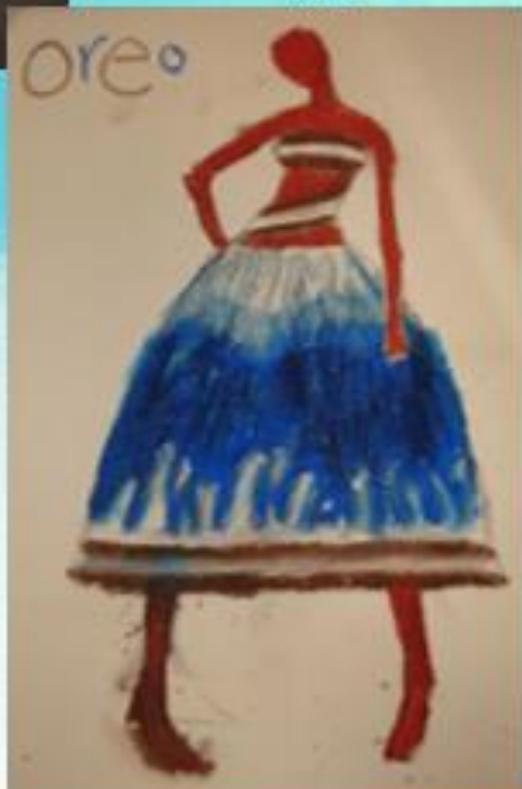
Yr 13

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

Romilie Deal

Yr 9

Chloe Dyer Yr 9



In Art & Textiles this week with Mrs Cherry

Star of the week

Matilda Gamble

Y11



@becketkeysart

Key stage 3

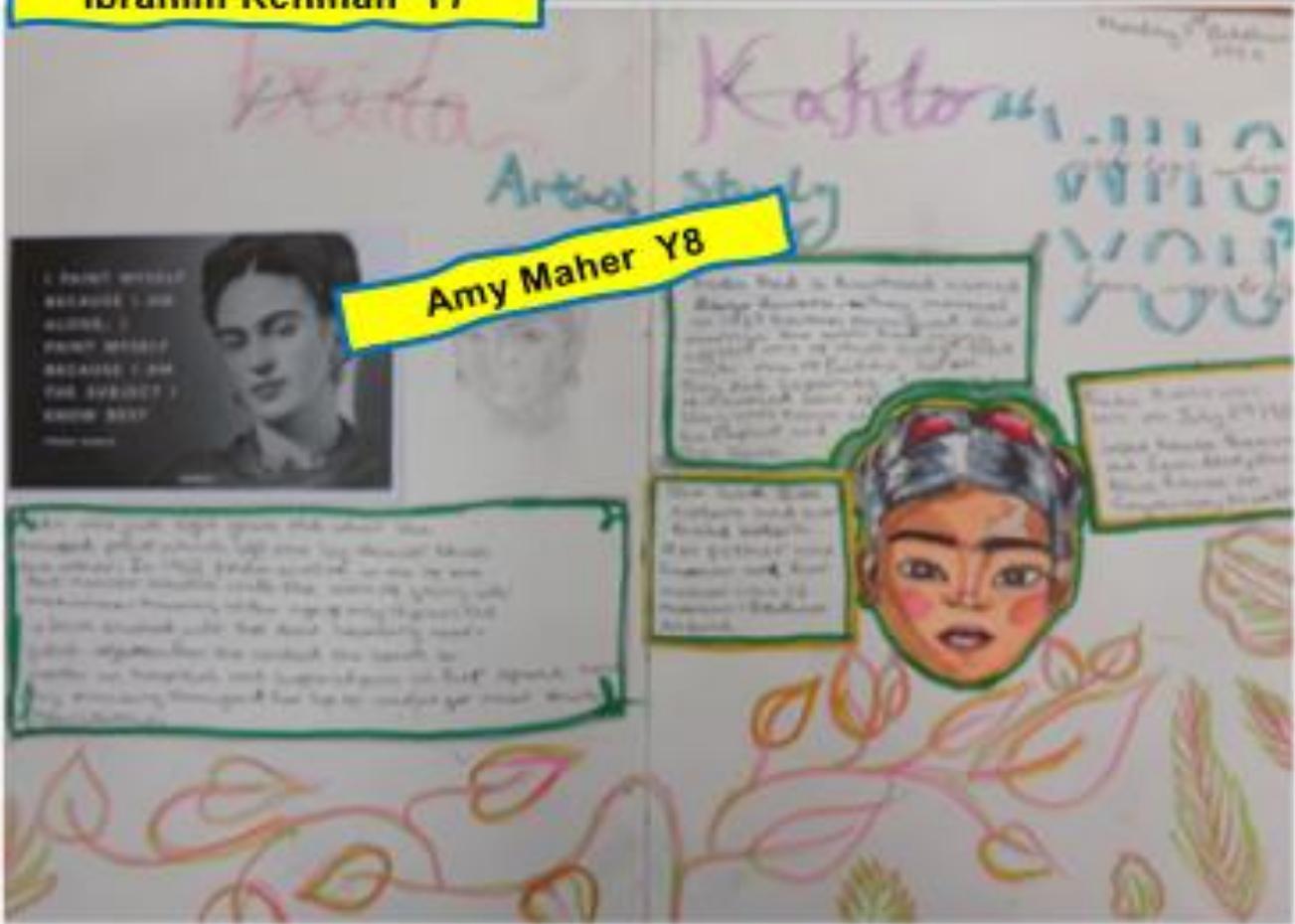
Abigail Fisher Y8



Ibrahim Rehman Y7



Amy Maher Y8



This week we had lots of fun with the 'Bin Bag Challenge' You can see some of the images here.





Sports News



Brentwood Half Marathon & Fun Run

Sunday 12th March 2023

[Home | 2023 Sportstiks Brentwood Half Marathon and Fun Run](#)

This great event in the Brentwood calendar is now in its 41st year.

Over the years the event has raised several million pounds for charity, and we expect 2023 to bounce back after Covid and be a bumper year.

For the 2022 event we decided to set up a new organising team to share some of the burden and ensure the event has a future. Details of the new team can be found in the '[Organising Team](#)' page.

We were delighted how this turned out and the same team will again be organising the 2023 event. We are also very pleased that our wonderful sponsor for the past few difficult years has agreed to be the key sponsor of the 2023 event. This is the local company Baker Labels, who also trade under the name Sportstiks.

DATES FOR YOUR DIARY

HOUSE MUSIC COMPETITION
7PM FRIDAY 11TH NOVEMBER

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YEAR 12
PARENT CONSULTATION EVENING
THURSDAY 17TH NOVEMBER 2022

*

STUDENT CHRISTMAS DINNER
(NON-UNIFORM DAY)
WEDNESDAY 7TH DECEMBER 2022

*

CHRISTMAS CAROL CONCERT
THURSDAY 8TH DECEMBER 2022

*

STUDENT HALF DAY
FRIDAY 16TH DECEMBER 2022

*

CHRISTMAS HOLIDAY
MONDAY 19TH DECEMBER 2022 –
TUESDAY 3RD JANUARY 2023

*

INSET DAY
(NO STUDENTS IN SCHOOL)
WEDNESDAY 4TH JANUARY 2023

*

YEAR 11
PARENT CONSULTATION EVENING
THURSDAY 12TH JANUARY 2023

Becket Keys Church of England School

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