

## Becket Keys Church of England School

3<sup>rd</sup> February 2023

#### MENTAL HEALTH WEEK

#### Mr Scott-Evans writes:

#### **Mental Health Week**

As part of our wider personal development programme we focus on students' emotional well-being. Next week we will have a particular focus on this as part of National Mental Health Week. Good mental health helps us all develop the resilience to cope with whatever life throws at us. We want to see our students develop into well-rounded, healthy adults.

In Essex, schools are encouraged to adopt the '5 ways to wellness.'

- 1. Connect
- 2. Be active
- 3. Take notice
- 4. Learn
- 5. Give

Next week we are particularly going to focus on the first of these 'connect'.

We will drawing attention to the ways in which students can connect with each other, their families and the staff of the school.

We would like it if families could discuss at home the ways in which they are successfully connecting with each other and the ways in which there may be barriers to healthy connection.

In the newsletter today I am providing a few links to a useful organisation that may help with this called 'Place2Be'.

Place2Be is a mental health charity for children and young people that provides counselling



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Information to assist students with their career choices and details of what events are offer for National Apprenticeship Week.

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and mental health support and training in UK schools. They believe that young people should not have to face mental health problems alone.

The charity offer a variety of different mental health and counselling services, expert training and resources.

Their **Parenting Smart** 

website provides practical tips for parents, carers and families on how to support children's wellbeing.



Place2Be launched the first-ever Children's Mental Health Week in 2015 to shine a spotlight on the importance of children and young people's mental health.

Now in its ninth year, the charity hope to encourage more people than ever to get involved, spread the word, and raise vital funds for children's mental health.

Every year, Place2Be's expert team develops resources to help people participate in the week. and help you explore mental health and wellbeing with young people.

From 6-12 February 2023, schools, families and communities across the UK will take part in Children's Mental Health Week. This year's theme is Let's Connect.

For more information watch this video: <u>Let's Connect | Children's Mental Health Week 2023 (BSL interpreted) - YouTube</u>

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week – and beyond. People thrive in communities, and this connection is vital for individuals' wellbeing.

When you have healthy connections – to family, friends and others – this can support your mental health and your sense of wellbeing. And when your need for rewarding social connections is not met, you can sometimes feel isolated and lonely – which can have a negative impact on your mental health.

For Children's Mental Health Week 2023, the charity will be encouraging people to connect with others in healthy, rewarding and meaningful ways.

More information and support can be found on the website: <a href="https://www.place2be.org.uk/">https://www.place2be.org.uk/</a>

If you are a young person and you are worried about your mental health, there is help available. You may want to try the following things.

- Talk to someone about how you feel, such as a parent, friend or adult you trust.
- Visit your GP. They can answer any questions you have about how you're feeling, talk you through different support options, and refer you to other services that could give you more help.
- Get in touch with services and organisations that help people with mental health problems. specifically for young people.

My prayer is that next week will be a valuable time for the whole school to consider the importance of connection.

> Mr Scott-Evans Head Teacher





## Give the Gift of Reading

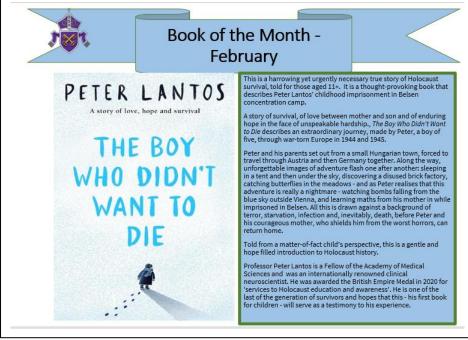
We are asking families to consider donating used books from home for the school library. Please search the shelves at home for books which have been enjoyed but will not be read again. Fiction, non-fiction, poetry, plays, biographies, revision guides and textbooks will all be warmly received.

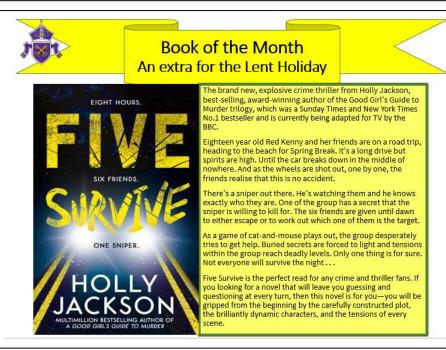
This is a good opportunity for clearing out some shelves! However, more importantly, it is a chance to help students to get their hands on more books. We want our school to be full of books in every classroom and every department!

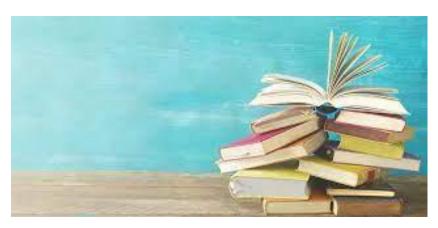
So, if you feel able, why not send some books to school with your son/daughter?

If students prefer, they can also bring them into their form for the Becket Keys Book Swap. Please take this opportunity now or in the new year to support the rich culture of reading that we are always striving to foster in school.









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Homework Club is available for all students.

Every afternoon after school students can stay for a supervised session until 4.20pm and complete their homework in C11.

Using Homework Club is just one way we provide for students who do not want to leave site at 3.10pm.

There are a large number of extracurricular clubs that your son/daughter can attend at Becket Keys. Full details are available on the school website here:

https://www.becketkeys.org/ extra-curricular

Avoid the traffic! Stay here for a while!





#### <u>Preparing for Lent</u> <u>together</u>

This year, Lent begins on 22<sup>nd</sup> February. Each year I produce a calendar of daily prayers for the school community to follow during Lent. This year, I would like to try something new. I would like to invite students and all members of the school community to write a prayer to be used over Lent. Students will be able to submit via Show My Homework. Local clergy, parents, grandparents and friends of the school can send their contribution to me via the staff contact page of our website (Becket Keys). I will encourage students to illustrate their prayers, so if you are feeling artistic, please do send in illustrations too.

I am looking for the prayers to reflect Jesus' journey to the cross, so please reflect on the themes of Lent before you begin writing. Temptation, being sorry, forgiveness, strength, guidance and community are key themes,

as well as reflecting on the death and resurrection of Christ.

I will collate these prayers and create a PDF booklet to use in school and share with the community. My goal is 40 prayers for a 40-day Lent prayer book, so please do get involved with this initiative! I look forward to being able to acknowledge those who have contributed to the booklet as we read the prayers and journey together towards Easter.

Deadline for submissions: Friday 10<sup>th</sup> February

Mrs Sharp Deputy Headteacher





The next pre-loved uniform sale will be held on

Saturday 11<sup>th</sup> March 2023 11.00am – 12.30pm School playground

If you have any donations of uniform, then please send them into reception with your son/daughter as soon as possible.

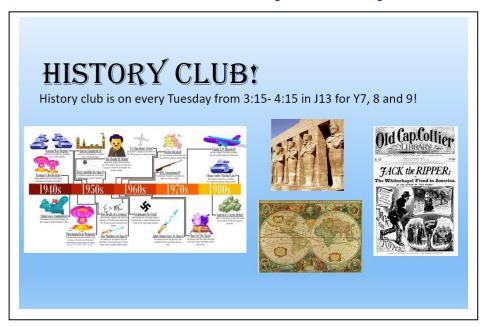
On this date, we will also be having a 'cash for clothes' collection to raise money for the school. The Lent holiday will be an ideal opportunity to declutter clothes (adults and children), footwear, hats, belts and bags and donate to help raise funds for the school. Drop off 10.00am – 12.00pm

Please **do not** donate any household linens (towels, sheets, pillows or duvets) as these are not being collected at this time.

Thank you!









#### **Late Gate**

Early is on time,
On time is late,
And late is unacceptable!

At Becket Keys, we look to ensure that we are preparing students for life beyond school., this includes: encouraging students to attend school regularly, and of course, on time.

Remember that the school gate closes at **8.25am**. This allows students enough time to be at their first lesson on time. Period 1 begins at 8.30am.

Brentwood can be tough to manoeuvre during rush hour, so we encourage students and parents to contact the school in the case of *genuine* lateness such as delayed public transport.

Parents can call the main school line 01277 286600 or use the "Studybugs" app.

We thank you for your support.



#### Sixth Form Politics Department

On Friday 20th January 2022, Year 12 and 13 Politics classes were pleased to welcome local Member of Parliament for Brentwood and Ongar, Mr Alex Burghart for a question-andanswer session. Mr Burghart spoke about his experiences and role as an MP as well as his time as a Junior Minister in Boris Johnson's cabinet, coupled with his current role as the cabinet secretary. He discussed his experiences entering politics and the transition from his earlier career as a History teacher. In preparation for his visit we had prepared some questions to ask. Mr Burghart answered all of our questions with great depth and honesty. Questions included: What do the conservatives need to do to win the next election? What type of conservative are you? Why did you become and MP? And what is the most important skill for an MP? It was a great privilege to meet an MP who has held several important roles in government and to learn about his experiences in politics. Thank you once again to Mr Burghart for giving us his time. Perhaps some of our politics students will be in a similar position in the years to come .....

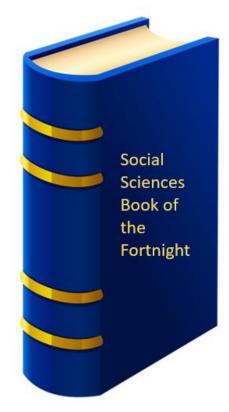
> Sam Manning Year 12

On behalf of Mr Walker and the Year 12 and 13 Politics Classes







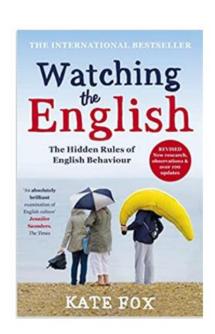


#### Ms. Stone & Mrs Walker recommend...

#### Kate Fox's 'Watching the English'

'Kate Fox's acclaimed international bestseller will make you stand back and re-examine everything you take for granted - and if you aren't English you'll finally understand all our peculiar little ways.'

A great read that will have you giggling and questioning why we behave as we do. This links to the A-Level Sociology Unit of 'Socialisation, Culture and Identity' in particular.



# BRENTWOOD FOODBANK

The Brentwood foodbank is part of The Trussell Trust's network of 428 foodbanks, working to tackle food poverty and hunger in our local communities, as well as across the UK.

The Foodbank Network was founded in 2004 after four years of developing the original foodbank based in Salisbury. Since then The Trussell Trust has helped communities work together to launch foodbanks nationwide in a wide range of towns and cities.

In 2021/22, The Trussell Trust's Foodbank Network provided 2,173,158 three-day emergency food supplies and support to UK people in crisis. Of these, 832,109 went to children.

Brentwood Foodbank was established in 2011 by two partnered churches of Brentwood, Brentwood Foodbank works with a number of frontline care agencies to provide food parcels to the most vulnerable members of the community.

Brentwood Foodbank do not think anyone in the community

should have to face going hungry. That is why they work hard with their volunteers to provide three days' nutritionally balanced emergency food and support to local people who are referred when in crisis. They are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

In the last few months, the need for the Foodbank has increased by more than 50% and the local Food Bank is now currently feeding over 100 people every day.

Collections are becoming more important. Please assist those who are less fortunate and donate urgent items on the above list. Collection points are at St Thomas of Canterbury Church, St Stephen's Ingrave (Friday 10am-12pm) and Sainsbury's. Thank you for your continued assistance.



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#### JANUARY/FEBRUARY **ITEMS REQUIRED**

All Day Breakfast Meatballs **Spaghetti** Rice **Noodles Rice Pudding** Custard **Tinned Fruit Instant Mash Potatoes** All Cleaners Washing Powder or Gel Shampoo **Shaving Gel/Foam** Razors **Deodorants Toilet Roll** Nappies Size 3,4 & 6 **Baby Wipes** 

**Baby Food Jars/Pouches Toothpaste** 



The School Community Prayer Group hosted by our Headteacher Mr Scott-Evans is now every Wednesday at 8.45am.

This is a short meeting where we pray together for local and national events and for any intentions of those in our school family. All are welcome.

If you have any prayer intentions, please send them into the school via the office email:

office@becketkeys.org

#### Subject Consultation Evenings

Year 9 Options
Information Evening
Tuesday 7th February 2023
5.00pm
Online Event

Year 7 Thursday 16<sup>th</sup> March 2023

Year 10 Thursday 8<sup>th</sup> June 2023



#### Free School Meal Vouchers Lent Holiday

Further funding for Free School Meal vouchers for the Lent period has been allocated by the local authority. As with previous holidays will be using the school voucher system, Wonde, to issue vouchers.

Parents/carers of eligible students will receive an email from Wonde next week to allow them to claim the voucher. The email will contain a link to 'redeem a voucher'. You will be taken to Wonde's 'evouchers' page (previously named Schoolvouchers), 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.

The current retailers available are Asda, Aldi, B&M, Farmfoods, M&S, Iceland, Morrisons, Sainsburys, Waitrose and Tesco. 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 evouchers can be found on their website - <a href="https://help.evouchers.com/hc/en-gb/sections/360003848737-Recipient-FAQs">https://help.evouchers.com/hc/en-gb/sections/360003848737-Recipient-FAQs</a>

You can also download the Evouchers app to make it simpler to access and use vouchers. This can be downloaded via either the Apple App Store or Google Play. Further information on how to access and use the app can be found here -

https://help.evouchers.com/hc/en-gb/sections/360005926797-NEW-Evouchers-com-App

Your child may be eligible to get free school meals if you get any of the following: Income Support, Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance, Child Tax Credit, Working Tax Credit or Universal Credit. For full details and information on how to apply click here: <a href="https://www.essex.gov.uk/free-school-meals">https://www.essex.gov.uk/free-school-meals</a>



Call 08000 150 400 Email nationalhelpdesk@apprenticeships.gov.uk

National Apprenticeship Week (NAW) 2023 is the 16th annual week-long celebration of apprenticeships.

The week brings together businesses and apprentices across the country to shine a light on the positive impact that apprenticeships make to individuals, businesses and the wider economy.

The theme for National Apprenticeship Week 2023 is "Skills for Life"; reflecting on how apprenticeships can help individuals to develop the skills and knowledge required for a rewarding career, and businesses to develop a talented workforce that is equipped with future ready skills.

To get involved or to find out more about National Apprenticeship Week 2023, you can:

Email <u>theweek@education.gov.uk</u> with any questions to receive the newsletter.

Follow on Twitter @Apprenticeships

Follow on Linkedin

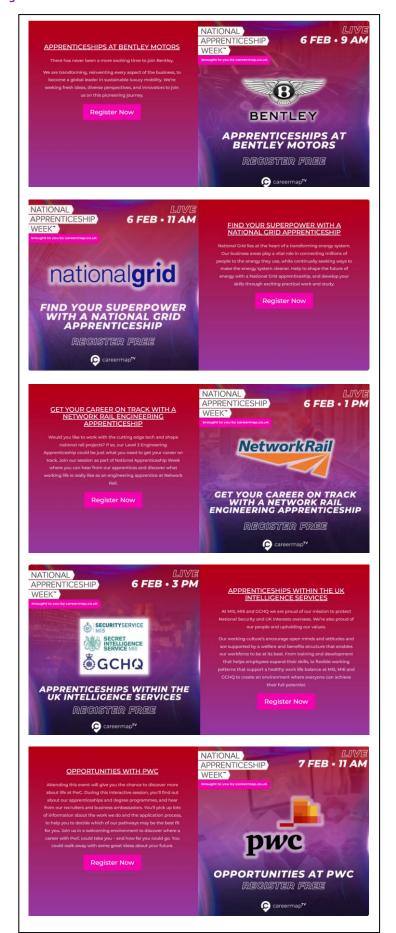
Go to www.naw.appawards.co.uk or

#### https://nationalapprenticeshipweek.co.uk/

There are a number of online events taking place next week with a variety of companies including:

Pearson, Royal Mail, Zurich, Babcock, Investors in People, Jaguar Land Rover, Security Service MI5 and Tarmac.

Full details and registration for all events here: <a href="https://nationalapprenticeshipweek.co.uk/events/">https://nationalapprenticeshipweek.co.uk/events/</a>





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

DATE	SPEAKER	INFO	
Monday 6th February 2-	About the Past Imperfect podcast with	Join the hosts of the Past Imperfect Podcast, Alice	
2:45pm	Alice Thomson and Rachel Sylvester	Thomson and Rachel Sylvester, as they talk about the ins	
	British Political Journalist and	and outs of hosting a podcast. We will look at what led	
	Podcaster, The Times	them to start, how they cultivated an audience, and the	
		impact it has on them in addition to their work at The	
	For KS4-5/S4-6	Times.	
		Click <u>here</u> to register	
Tuesday 7 <sup>th</sup> February	Comedy as a Career with Arabella Weir,	Arabella Weir is a comedy actor and writer, broadcaster,	
10-10:45am	BBC Comedy Writer & Performer	and presenter. She is probably best known as one of the	
		stars of the BBC's multi-award-winning The Fast Show. In	
	For KS3-5/S1-6	this broadcast, Arabella will be talking about her career in	
		comedy and giving advice for aspiring comedians.	
		Click <u>here</u> to register	
Friday 10th February	Youth Activism with Mikaela Loach,	Join us and 24 year old Mikaela Loach, as she talks to us	
10-10:45am	Environmentalist	about her new book, IT'S NOT THAT RADICAL!: Climate	
		Action To Transform Our World. Mikaela is a freelance	
	For KS3-5/S1-6	writer about all things sustainability, ethical-living and	
		refugee rights. She is based in Edinburgh, where she	
		studies medicine. In this broadcast, you will get a chance	
		to ask her about her thought on the current climate and	
		find out ways you can have a bigger positive impact.	
		Click <u>here</u> to register	
Monday 20th February	Christine Hodgson, Chairperson, Severn	Join us and hear from Christine Hodgson as she delivers a	
10-10:45am	Trent & Former Chairman, Capgemini	talk about her career and what it's like to be a woman in	
		leadership.	
	For KS4-5/S4-6	Click <u>here</u> to register	
Tuesday 21st February	Upskill: Singing lessons with CeCe	Often referred to as "The UK's Vocal Whiz", CeCe Sammy-	
10-10:45am	Sammy-Lightfoot, Vocal Coach & TV	Lightfoot has been a leading vocal and performance	
	Presenter	coach for some of the biggest names in music. She's also	
	- 46 46 6	known for her TV appearances and behind the scenes	
	For KS <sub>3</sub> -5/S <sub>1</sub> -6	contributions as a vocal coach, judge, advisor, and talent	
		scout, on various music and entertainment shows such as:	
		"Pop Idol", "America's Got Talent", "American Idol", "X	
		Factor: Battle of the Stars" and more. Join this virtual	
		singing class to get some expert insights and tips.	
		Click <u>here</u> to register	



#### **HSBC UK Work Experience Programme 2023**

#### Applications will go live imminently!

Applications are opening next week for our HSBC UK Work Experience Programme 2023.

The programme is designed for students in full time school/college education, within years 9-13.

Students will gain real life hands-on experience of the world of work, develop a deeper understanding of the finance industry and receive some amazing recruitment tips to help them in the future!

#### HSBC UK Work Experience Programme 2023 dates:

Week A: 10<sup>th</sup>-15<sup>th</sup> July 2023
 Week B: 7<sup>th</sup>-11<sup>th</sup> August 2023

The programme is hybrid (2 days placement in-person and 3 days of virtual employability and skills workshops).

#### How to apply:

From next week, students will be able to apply. We will send you another email with all the details for how students can apply for the programme.

Contact work.experience@hsbc.com for any questions in the meantime.

#### **HSBC Work Experience Recruitment Team**

HSBC Bank Plc, HSBC UK, Level 5, 1 Centenary Square, Birmingham, B1 1HQ

**Mobile:** 0207 832 8300

**Website:** www.hsbc.com/careers/students-and-graduates



## Music Industry Careers

Are you interested in the various career opportunities available in the music industry?

Watch <u>Peter Leathem, CEO, PPL, talk about working as a lawyer specialising in the music industry.</u>

Or <u>Chris Scott, MD, Domino</u> <u>Recording Company, talk about his</u> <u>career in music labels.</u>



#### **Apprenticeships**

Apprenticeships combine practical training in a job with study.

As an apprentice you will be an employee earning a wage and getting holiday pay, work alongside experienced staff, gain job-specific skills and get time for training and study related to your role. Apprenticeships take 1 to 5 years to complete depending on their level.

Find an apprenticeship - GOV.UK (www.gov.uk)

## P AWS E

The gift of our curiosity is its power to open us up to new and greater possibilities in every moment. Curiosity is essentially the state of being in constant, unhindered question, inquiry and wonder.

Discussions around the psychological benefits of curiosity indicate that not only is it key to creating lasting happiness, it also has the power to change our lives and the world around us. Even Albert Einstein, one of the greatest minds of our time, credited his curiosity above his talent or intellect. Newton is also remembered for his curiosity. Bernard Baruch said; 'Millions saw the apple fall, but Sir Isaac Newton was the one who asked why'.

Spiritual health is in many ways enhanced by this curiosity. The big questions of faith we ask in our lives include, 'Why do I exist?' and 'What is the purpose of my life?' There are perhaps no bigger questions than these. It is essential that we are curious and give time to exploring these questions. Last week's Biblical Pause, encouraged us to dedicate ourselves to God's purpose in order to succeed. By finding out answers, we begin to understand how God is shaping our lives.





To answer these questions, we need to understand God. The Bible says, 'God is love.' It does not say He has love, it says He is love. It is part of His nature, His character and is the essence of His being. God is love. Love is not of great value unless it is bestowed upon something and the Bible says, 'God made you to love you'. You were created as an object of God's love. If you want to know why you are taking a breath right now, why your heart is beating, it is because God made you to love you. It is the sole reason. You were made to be

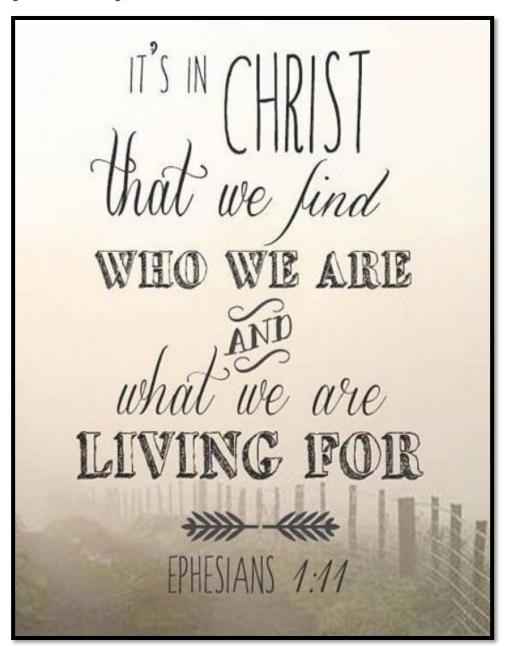
loved by God and to bring Him pleasure.



In Matthew 22:37, Jesus' gives his first and greatest commandment; 'You shall love the Lord your God with all your heart and with all your soul and with all your mind'. This leads to the first purpose in our lives, to learn to love Him back. We need to love Him more dearly and know Him a little better day by day. This is fundamental to understanding our purpose in life. Until we understand that we were made by God and we were made for God, life will not make sense. God has an incredible plan for each and every one of us.

The only way to know the purpose of our lives (God's plan for us) is to talk to the creator who made us or read His Word. Take time to meet with Him in prayer and let the Bible speak to you. Answers sometimes do not come immediately, but He alone is the source of the answers. Persist in prayer. Take time to discover your purpose, for with this comes a lifestyle based on eternal purpose, not cultural values. In the words of Ephesians 1:11 (The Message):

'It is in Christ that we find out who we are and what we are living for. Long before we first heard of Christ...he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone.'



#### Let us pray:

Dear God, great giver of life, continue to help us discover our purpose in you. Reveal yourself to us in prayer and through your Word. Help us to spend time with you every day, follow you and trust you. In your name we pray.

Amen.







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#### **Sports News**



#### Year 8 Netball

On Monday, the Year 8 netball team competed against Brentwood School and won 23-1.

This success was down to the accuracy of the shooters, agility of the defenders and precision of the centre court players. With a straight seven, the players demonstrated superb fitness in order to maintain a high standard of play throughout the four quarters.

Well done to Imogen Hutton; Scarlett Sawkins; Isabel Collins; Kaylin Nachwa Muwenda; Isabella Hutton; Maddie Moon and Leoni Witchalls. The player of the match was given to Kaylin.



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Day	Before School	2 <sup>nd</sup> Lunch	After-School	J1 25 V
Monday	YR8&9 Rec Netball Squad Gymnastics	Year 11 Mixed Basketball	Year 7&8 Mixed Football	
Tuesday	Year 7&8 Mixed Futsal	Year 7&8 Sports Hall Athletics	Year 9,10,11 & 6th Form Mixed Football	
Wednesday	All Years Open Gym Squad Gymnastics	TUP Basketball	All Years' A Team Netball Year 7&8 Mixed Rugby	
Thursday	Year 9&10 Mixed Futsal	Year 7 Netball	Year 8 & 9 Mixed Basketball	Keys: - Astro - Sports hall
Friday	YR10 & 6th Form Mixed Basketball	Year 7 Mixed Basketball	GCSE Filming	<ul><li>Field</li><li>Main Hall</li><li>Netball Court</li></ul>



#### Year 9 Netball

The Year 9 netball team were also victorious against Brentwood School, achieving a 22-6 win. The bitter conditions meant that the students needed great motivation to maintain an excellent performance during the game.

As expected, the team demonstrated fantastic sportsmanship by rotating positions and switching on and off during the match. Super shooting, defending and passing made the game a great success.

Well done to; Imogen Walls; Holly Marder; Lily Matthews; Millie Johnson; Liz Griffiths; Esme Hodges; Tiyannah Hayes; Evanthe Antoniou; Olivia Miller and Harriet Yardy.

School Teams Remember to
check the PE
noticeboard for all
fixtures and to sign
up for the those for
which you are
available

#### DATES FOR YOUR DIARY

YEAR 9 OPTIONS EVENING
ONLINE
TUESDAY 7<sup>TH</sup> FEBRUARY 2023
5.30PM

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SKI TRIP INFORMATION EVENING ONLINE WEDNESDAY 8<sup>TH</sup> FEBRUARY 2023 5.30PM

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YEAR 10 SEVILLE TRIP THURSDAY 9<sup>TH</sup> FEBRUARY – MONDAY 13<sup>TH</sup> FEBRUARY 2023

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CLOSING DATE FOR SIXTH FORM
APPLICATIONS
NOON, FRIDAY 10<sup>TH</sup> FEBRURY 2023

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LENT HOLIDAY

MONDAY 13<sup>TH</sup> FEBRUARY –

FRIDAY 17<sup>TH</sup> FEBRUARY 2023

\*

INSET DAY
NO STUDENTS IN SCHOOL
MONDAY 20<sup>TH</sup> FEBRUARY 2023

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### Becket Keys Church of England School

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