

Becket Keys Church of England School

24th February 2023

SENSATIONAL SEVILLE – READ MORE PAGE 3

IN THIS ISSUE

Mr Scott-Evans writes:

Bear fruit – fruit that will last!

Last week, I was in Seville with 19 delightful Year 10s, Mrs Martin and Mr Sibaja. It was the first time Becket Keys had undertaken this trip and I decided to go along to see for myself what it was like. I must congratulate Mr Sibaja and Mrs Martin for their work putting it together. All the experiences we enjoyed were inspirational and I suspect I may be writing about it a lot over the coming weeks! I must also congratulate the students on making it such a wonderful trip. They really were a joy to spend the time with and I have made memories for life - I hope that they have too.

I knew a bit about Seville, of course; everyone knows it is famous for oranges. However, I did not realise that there are literally orange trees on every street in Seville. They are everywhere you go. At the last count around 40,000 of them.

It was explained to us by a tour guide that they are not there for the fruit to be eaten. The fruit is very bitter and not pleasant to eat. In fact, she explained, they send all the oranges to the UK to be made into Seville Orange Marmalade. Apparently, they do not like marmalade!

So, why are the trees there? Well according to our guide, they were planted to provide a beautiful fragrance in what was/is a busy and dirty city. The trees are in bloom in Spring when the city celebrates Easter with great parades and celebrations. The orange blossom provides a

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wonderful bouquet. Then the fruit come and fall to the floor to be trodden underfoot. The juice again provides a wonderful scent of orange everywhere you go.

It made me think of our school Bible verse: "I appointed you to bear fruit - fruit that will last." (John 15 v16). As a community we are called to fruitfulness, and students often fall into the trap of thinking of that with regards to their own benefit. We want excellent grades in our GCSEs, we want to win the basketball match, we want to secure places at the best universities - all of these things are good fruits in a school blessed by God, of course. However, the fruitfulness that God wants for us is so much more than that and the trees of Seville seemed to me to be a great metaphor for it. The verses in John go on to say that we are commanded to 'love each other'. The Seville orange trees show us what this looks like. They are there to serve the people of the city (and the Marmalade connoisseurs of the UK). The trees generously give away their fruit for the benefit of others.

I spoke to the staff about this at our INSET day on Monday and encouraged everyone to reflect on the ways in which we are fruitful in line with our mission as a school. How can we serve the students of the school? In what ways do we share the aroma of Christ in our community? And in what ways are we teaching the students to be fruitful – not just

for their own personal gains but for the good of the community in which we live?

This is the great mission for our school and one I am proud to lead. I look forward to seeing the fruits of our labours this term both academically and in terms of the wider personal development of our students. I would also like to wish you all a blessed Lenten journey towards Easter.

Ser fructifero!

Mr Scott-Evans Headteacher





The next pre-loved uniform sale will be held on

Saturday 11th 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. This is 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 <u>do not</u> donate any household linens (towels, sheets, pillows or duvets) as these are not being collected at this time. Thank you!

Year 10 - Spanish Trip to Seville

During our trip to Seville we went to Córdoba for the day. We took a coach to the city and when we arrived we met our tour quide who took us around Cordoba to show us all the wonderful things that the city has to offer. It was incredibly interesting to learn about all the history that Cordoba has, we saw so many amazing buildings from one of the few Synagogues from the XIII century still remaining in Spain to the most wonderful Mosque I have ever seen, the Mezquita de Córdoba. The mosque had amazing architecture with fascinating history behind it (it was built in the IX century). Our tour quide was very informative which really helped to understand how symbolic the place was. We also had some time to by a few souvenirs and an ice cream! I really liked going to Cordoba and enjoyed the picturesque places we saw.

Edith Johnstone

One night we went to a cooking lesson to learn how to make paella. It was very interesting seeing how it was made and what ingredients were added (do not add chorizo!!) We also learn how to make gazpacho (a refreshing cold soup, mainly made with tomatoes), we cut up all the vegetables for the paella and helped blend the vegetables for the gazpacho. It was fascinating to learn how to make these

delicious dishes and obviously even better to try them.

Rebecca Stewart

This was a very exciting trip for everyone as it was the first time that we have run a trip for Year 10 to Sevilla and Cordoba, sadly Covid did not allowed us to have this incredible experience before. Our aim was to submerge our students not only in the cultural aspects of these amazing cities but also to give them the opportunity to practise and learn Spanish in a different setting. That is why students had three sessions of Spanish in a very prestigious Language School in Sevilla, where all the lesson was conducted in Spanish. The teachers and students said that by the third day they felt much more confident and more ready to converse in Spanish.

Andalucia (the region where Sevilla and Cordova are located) is well known not only for the oranges (which were everywhere) but also for Flamenco dancing. Many people might think that Flamenco is danced everywhere in Spain, but the truth is that Andalucía is the place where this dance was born and is more loved and understood. One of the highlights in the trip was the Flamenco lesson in the Cristina Hoyos Academy (one of the most well-known flamenco dancers in the World), where we learnt a flamenco routine. We enjoyed putting it together.

This trip was a fantastic adventure for all of us and we look forward to doing it again in the future.

Mrs Martin Head of Spanish



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Performing Arts Department



- 1. AUDITION MATERIAL CAN BE FOUND ON SATCHELONE
- 2. YOU WILL BE AUDITIONED ON:
- A) SINGING
- B) ACTING
- C) DANCING

We are also looking for backstage support:

- Staging
- Moving equipment
- Lighting
- Sound
- Stage management

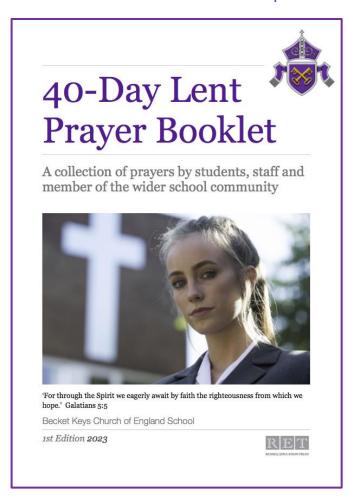


You are **required to attend the audition** so you can be **registered** for the production.



Watch the trailer for this amazing show here:







40-Day Lent Prayer Booklet

I am pleased to announce that our first edition 40-day Lent Prayer Booklet has now been published! Thank you to all students, staff and members of the wider school community who have taken the time to contribute to this unique collection of prayers.

A digital version accompanies this newsletter. However, if you would like to donate to our school charities, 'I got shoes' (www.igotshoes.co.uk) and 'SNAP' (https://www.snapcharity.org/) this Lent, hard copies are available in Main Reception for a suggested donation of £2.





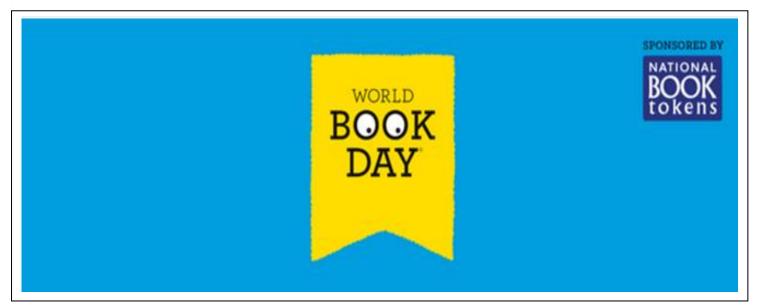
During Lent, we reflect on the many times we have fallen short in our attempt to follow Jesus' example. However, we are also reminded that, through Jesus, our mistakes can never separate us from God's love for each and every one of us. Whilst our journey through Lent leads to the darkness of Jesus' death on the cross, we emerge in the joy and light of Jesus' resurrection at Easter. Together we celebrate the gift of our salvation, at the very heart of the Christian faith.

Each morning, around 8.40 am (whether you are at home, in a classroom, in an office or in the great outdoors) pause, quieten your mind, shut out the distractions, and say a prayer from this booklet. In classrooms, we will light a candle and spend a few moments in quiet reflection before saying a prayer. In this way, we will give additional time and space to breathe and worship God at this time.

Through our prayers, we are reminded of the significance of Lent, who Jesus is, how much we are loved, and how we have been created to follow Him and be positive agents of change in His world.

As we pray together daily during Lent, may we sense that we are united through Christ and grow as a family of God.

> Mrs Sharp **Deputy Head Teacher**



World Book Day changes lives through a love of books and reading. World Book Day is a charity that operates in the UK and Ireland. The next World Book Day is on 2 March 2023. The mission is to promote reading for pleasure, offering every child and young person the opportunity to have a book of their own. Reading for pleasure is one of the single biggest indicators of a child's future success. Some research indicates that it is even more important than their family circumstances, their parents' educational background or their income. The goal is to get more students, to gain a life-long habit of reading for pleasure and the improved life chances this brings them.

In order to give all young people a chance to have a book of their own, the charity is offering a voucher for students to exchange for or put towards a book.



Following feedback from schools, young people and parents, this year the World Book Day £1.00 book tokens are digital for secondary schools

The World Book Day digital book tokens can be used from Thursday 16 February to Sunday 26 March 2023

How to download the £1/€1.50 digital book tokens:

Click on the relevant button to **download the book token** in pdf format.

Students can also download the token by scanning the QR code below.



For more information and to see a list of participating retailer visit the website: https://www.worldbookday.com/



Give the Gift of Reading

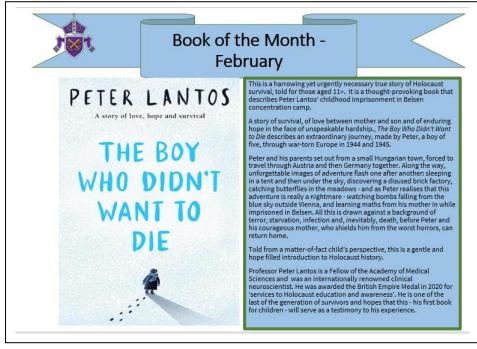
We are asking families to consider donating used books from home for the school library. Please search the shelves at home for books which have been enjoyed but will not be read again. Fiction, non-fiction, poetry, plays, biographies, revision guides and textbooks will all be warmly received.

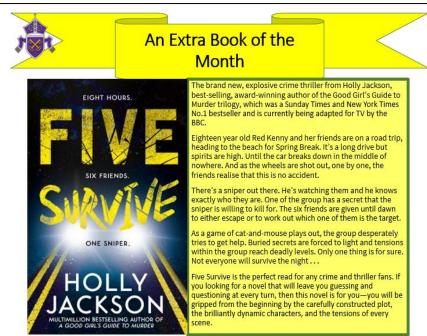
This is a good opportunity for clearing out some shelves!
However, more importantly, it is a chance to help students to get their hands on more books. We want our school to be full of books in every classroom and every department!

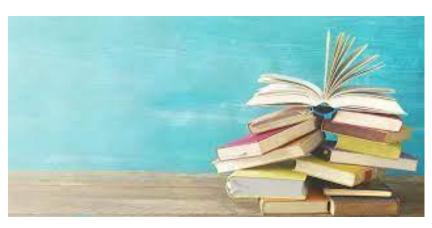
So, if you feel able, why not send some books to school with your son/daughter?

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









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Book Recommendations from the English Department

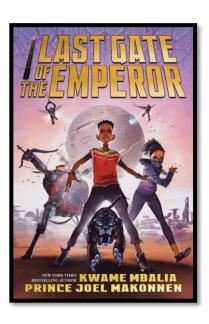
This month the Year 7s have been reading 'Found' in form time. This is a Science-Fiction novel that tells the story of a mysterious plane that shows up in an airport full of babies! If you enjoy this genre, here are some of my recommended reads!

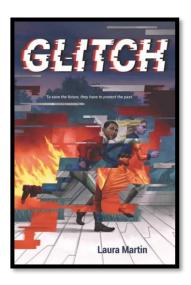


A Wrinkle in Time is the story of Meg Murry, a high-school-aged girl who is transported on an adventure through time and space with her younger brother Charles Wallace and her friend Calvin O'Keefe to rescue her father, a gifted scientist, from the evil forces that hold him prisoner on another planet.

Last Gate of the Emperor

Yared's Uncle Moti moves them around frequently so when Yared gives his real name during an augmented reality game, he doesn't think the soldiers that arrive are after him. But they are. And everything he believed about his life turns out to be a lie...including his identity. Yared partners with another game player, the lbis, to escape the troops and the giant monster and find the truth. The two clever, quick-witted kids face incredible danger, insurmountable odds, and a galaxy-spanning war but Yared has been trained for this and he is ready to fight. Set in a futuristic Ethiopian empire, this exciting adventure grabs your interest and keeps it through wild

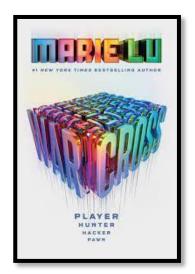




Glitch

In this world, some people have the genetic ability to time travel. Regan is one of those people. Like all kids with this ability, she's required to train as a Glitcher so as teens and adults, they'll be ready to stop the bad guys from interfering with historical events. She gets an illegal message from her future self that she could go to jail for—and start to suspect that things are not as they seem. Then, she and her nemesis, another kid called Elliot, get sent to a secret partner program. They're forced to work together clandestinely to stop a catastrophe that could destroy the entire Glitch programme. Fast-paced, unique, and entertaining!

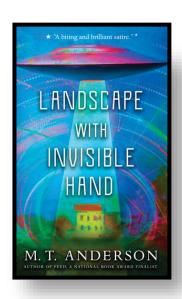
This month the Year 8s have been reading 'Life as we knew it' in form time. This is a Science-Fiction novel that tells the story of what happens on Earth when the Moon is knocked out of orbit! If you enjoy this genre, here are some of my recommended reads!

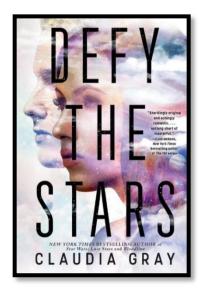


In the series starter, **Warcross**, millions of players log into Warcross each day. Teen hacker Emika Chen is a bounty hunter, tracking down players who place illegal bets on the game. Then one day, low on cash, Emika accidentally hacks her way into the first game of the Warcross Championships and goes viral. Not only does she not get penalized, the game's creator, a youthful billionaire named Hideo Tanaka, recruits her to spy on the tournament to expose a security problem. Emika says yes and is launched into the uber-rich world of Warcross tournaments. If she can keep a cool head, Emika might just save the world.

Landscape with Invisible Hand.

An alien race might have just invaded the Earth, but teen artist Adam is just trying to make it through his adolescence. While the aliens—known as the vuvvs—have brought good things to their new host planet, like cures for illnesses and free advanced technologies, they have also ripped up the only life Adam has ever known, and now alien tech has replaced his parents' jobs, creating a ripple of existential and financial crisis among adults. To survive and hopefully entertain the vuvv, Adam and his girlfriend, Chloe, film episodes of them going on quaint dates like those in 1950s America since the vuvv enjoy "classic" Earth culture. But no amount of acting can shield the truth, and it's only certain the vuvv will find out soon enough: Adam and Chloe can't stand each other and couldn't be less in love. Can they fake it forever?





Defy the Stars

Noemi is a proud and lethal soldier on the planet Genesis, eager to protect her home from enemies both foreign and domestic. Abel's Al is starting to break down. The people on Genesis see him as an abomination. Together, Noemi and Abel embark on an interstellar journey that will have them questioning everything they thought was fact.

School Premise Hire

Did you know that you can hire rooms at Becket Keys? We have a number of different areas throughout the school that we let out and we would be able to find a suitable space for whatever meeting or event you have!



The Main Hall

This is a large area that contains a stage and space for an audience of 275. This area has been used for school performances, large meetings, church services and presentations. Currently available for hire weekday evenings 5.00pm – 10.00pm



The Becket Keys Bistro

Whilst this area is used during the day as a restaurant, the tables are cleared and there is a great area ready to be used for clubs or meetings.

Available weekday evenings from 5.00pm.



The Welby Deli

Based in the Sixth Form Area this social space has tables and chairs suitable for small group groups or the room can be cleared for a larger meeting. There is also a serving station for refreshments. Weekday evenings available from 5.00pm



The Sports Hall

This is the newest purpose building at Becket Keys and can be hired for a variety of different sporting clubs and events.

Weekend hire is currently available.



The Drama Studio

This purpose built space is perfect for rehearsals for Performing Arts groups and choirs and is available on some weekday evenings and on Sunday.

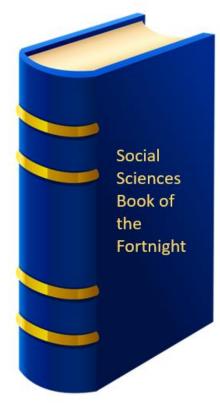


The John Wraw Chapel

Located on the ground floor of the Welby Building, this spacious carpeted area can be set up for meetings or worship (as above) or can be used as a blank canvas for your own requirements. Available weekday evenings from 5.00pm.

For more information and to arrange a viewing, please email lettings@becketkeys.org or telephone o1277 286 618.



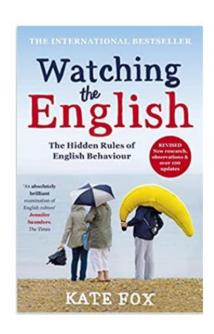


Ms. Stone & Mrs Walker recommend...

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.





Supporting your neurodiverse child A booklet written by parents for parents

Essex Family Forum, SEND the Right Message (STRM)
Support Services and MyOTAS (My Own Time And Space)
Charity are proud to have written and produced a pack
which is full of useful information for families with a
neurodiverse child.

This pack includes information about the diagnosis process, how to get support for your child at school, health and wellbeing and much more. We shared our own experiences, hints and tips as well as those of parents, carers and young people from across Essex, Southend and Thurrock. There are also signposts to useful books, blogs and online resources which are all tried and tested resources that the team have used and found helpful.

The pack is available to download or you can request a hard copy here: https://essexfamilyforum.org/resources/nd-pack

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. We encourage students to attend school regularly and on time.

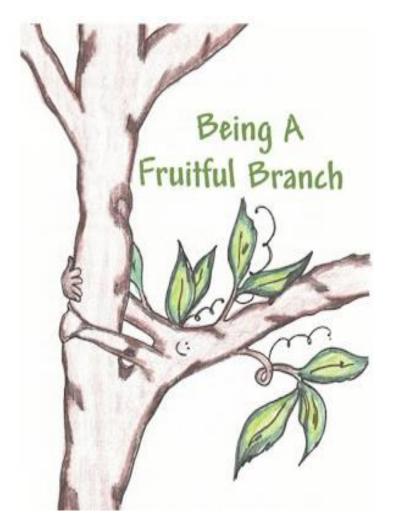
Remember that the school gate closes at **8.25am**. This allows students enough time to be at their first lesson on time. Period 1 begins at 8.30am.

Brentwood can be tough to negotiate 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.







Pause for Lent

Staying connected to the Vine

"You did not choose me, but I chose you and appointed you that you might go and bear fruit, fruit that will last and whatever you ask for in my name the Father will give to you. This is my command to you – love one another."

John 15v16-17

Lent is a perfect time to evaluate how well we put our faith in action; it is a time to challenge ourselves to ensure that our faith is clearly expressed in all aspects of our lives. The school's motto, 'FAITH IN LEARNING' is useful. Not only does it help share the vision and ethos of our school, but it also puts emphasis on the purpose of life, as seen within the context of our school community and Christianity. Sometimes our Christianity can be sincere, but superficial. If we are going to be disciples of Jesus, we need to follow the vision God has for our lives, rather than simply identify with it as a good idea or ideal to aspire to. We must learn to abide in Jesus.

John 15:16-17 helps each of us get a clearer vision of what God has in mind for our lives. These verses head up our School Development Plan and are regularly used with students and staff. Within these few verses are five truths which can touch and shape our lives. Our lives should be:

- 1. USEFUL
- 2. PURPOSEFUL
- 3. FRUITFUL
- 4. IMPACTFUL
- 5. PRAYERFUL

Let us explore each of these truths in turn:

1) USEFUL - Being a follower of Christ is not accidental.



2) Purposeful Lives



3) Fruitful in what we do





'You did not choose me, but I chose you'

Jesus chose the twelve disciples, but He is also speaking with reference to a larger group. This is His message, not just to the apostles in the Upper Room, but all believers. We are all branches of the Vine. Jesus has picked us for salvation and His work (He chose those that the Father chose - John 5:19). Not one of us is a believer by chance. We are purposely loved so that we can respond to His love.

Appointed you that you might go'

Jesus clearly articulates the call of each believer, "Go therefore and make disciples...." (Mat 28:19). Christ's Word propels us to go beyond our front doors and into the lives of others. The Lord wants to make each of us fruitful in the places that He directs us. We must not be content to remain where we are, unless it is the place God would have us bear fruit. Each of us needs to engage the world, wherever God puts us. It is not our prime purpose to sustain our lives, as much as actively live out Christ's life. Where does God want you to go?

Go and bear fruit'

Jesus' purpose of sending us is quite clear. He wants us to bear fruit. Jesus is alluding to the branches and the fruit that comes to existence by abiding in the vine.

"I am the vine, you are the branches; he who abides in me and I in him, he bears much fruit, for apart from me you can do nothing" (John 15:5).

The fruit is depicted by the grapes on the grapevine. This means that God wants to be doing something special through the life of each believer. That fruit comes into being by abiding in Christ. The word 'abiding' refers to being attached to the main vine. Jesus said, "I am the true vine."

Jesus is very interested in helping us produce spiritual fruit. He says we cannot do it ourselves. We were never meant to. We need to depend upon Him to bear fruit.

So how can He bear fruit through our lives? What kind of fruit
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does He help us bear? The more we think about Him in our lives, the easier it is to understand what this might mean in our lives.

John 15:17, commands us to love one another. Love calls us to focus on rightly treating others around us, whether it be those in school, our family, with people we work with or at church. His love then extends to our neighbours, friends and even strangers through our lives. We are subduing our selfish focus and allowing Christ to live through us. We focus on carrying out kindness and the teaching of God's Word (i.e.; make disciples) wherever He puts us. Anticipate how the Lord wants to live out His life through your life in practical ways to all those we meet (those with faith and those who do not). What comes to your mind?

4) IMPACTFUL - leaving God's love behind





'Fruit that will last'

Why does Jesus mention this phrase 'fruit that will last'? Along with hoping to bear fruit, we should anticipate fruit that makes a significant difference; a difference that extends into the future. Our willingness to love and go out of our way for others is based on hope. That hope is not only seen in our initial decisions and actions, but through the longstanding influence our love might have on others.

In other words, do not dismiss simple or repetitive acts of love as not being significant and therefore neglect to do them. If opposition pops up, we can still trust the fruit to be widely used by the Lord. The Lord really wants our success fruit that remains. But even more, He wants to bring His great blessings into the lives of many people. We must refuse the modern view to please ourselves and instead adopt the mindset through which God wants to use our lives. This is where the heart of making disciples comes into play. Are you ready to be God's agent of change in the lives of the people around you?



"...and whatever you ask for in my name the Father will give to you."

Jesus ties this promise to give us what we need with the quest to abundantly bear fruit. We wrongly associate this with popularity or riches. Instead, this is to focus us on doing what He wants to do through our lives. We abide in Him and therefore understand what He wants done. We should expect to meet up with obstacles and impossible situations as we carry out His will. We need to seek His intervention by faith. We ask the Father in heaven through the name of Jesus. When we have His Word in us and we are in Him, then we can ask anything. He will hear us. Jesus is not speaking about those things we need for ourselves, but those things we need to help others. He is not against us praying for our own needs (as demonstrated through the Lord's Prayer), but that is not His focus here. We are mission focused and because we seek God in faith, He will do what is needed.

Consider:

- What kind of fruit do you sense God wanting to bear through your life?
- Are you easily distracted on things other than God's chief purpose for your life? What can you do to stay more focused this Lent?
- Is there any special thing the Lord has put on your heart to pray for right now?

Let us pray:

Dear Jesus,

This Lent help us stay connected to the Vine through prayer and fellowship.

You are the Vine and we are the branches! Help us abide in You,

so that are lives may be useful, purposeful, fruitful, impactful and prayerful.

Help us bring forth the sort of fruit that is pleasing to the Father.

May we bring His love to those we meet.

May we make a difference.

May I be an agent of change for you.

Amen.

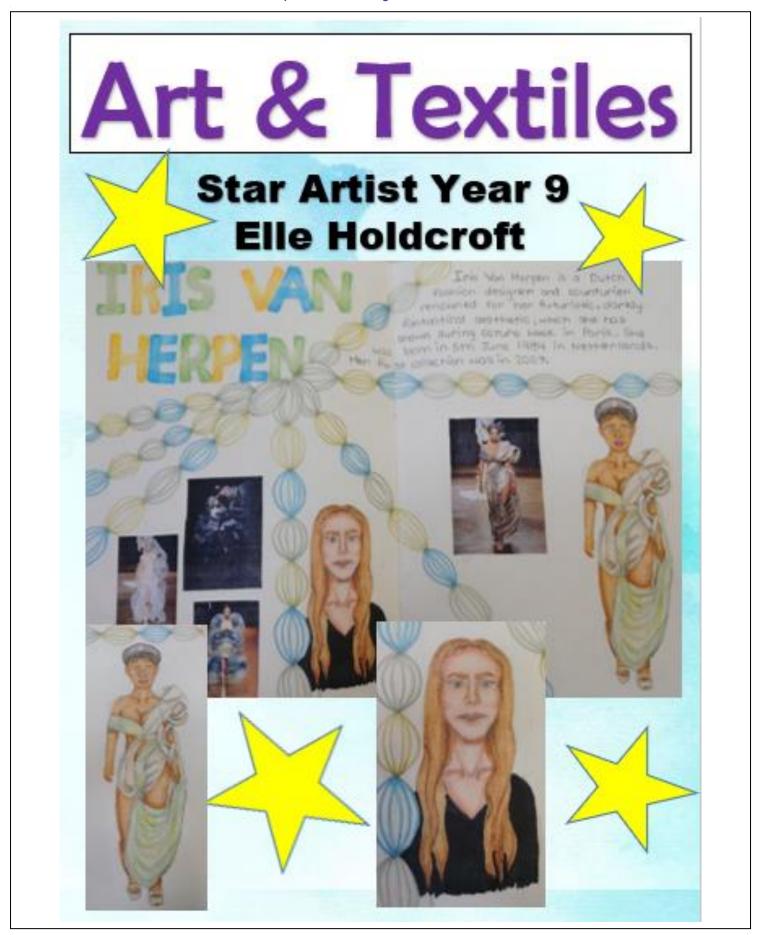
Mrs Sharp - Deputy Headteacher

A Message for Sixth Form 6th Form Leaver's Hoodies

Details have been sent home to parents today with their link to order. Please place all orders by 29th March 2023! Delivery will be to a home address so the earlier they make their purchase, the earlier they get access to their exclusive, highly desirable and personalised Becket Keys hoodie!

6th Form Prom

Wednesday 5th July 2023 at Orsett Hall. £84.50. Please pay via ParentPay by Wednesday 1st March 2023.



Year 12 Art Workshop at St. Helen's Primary School





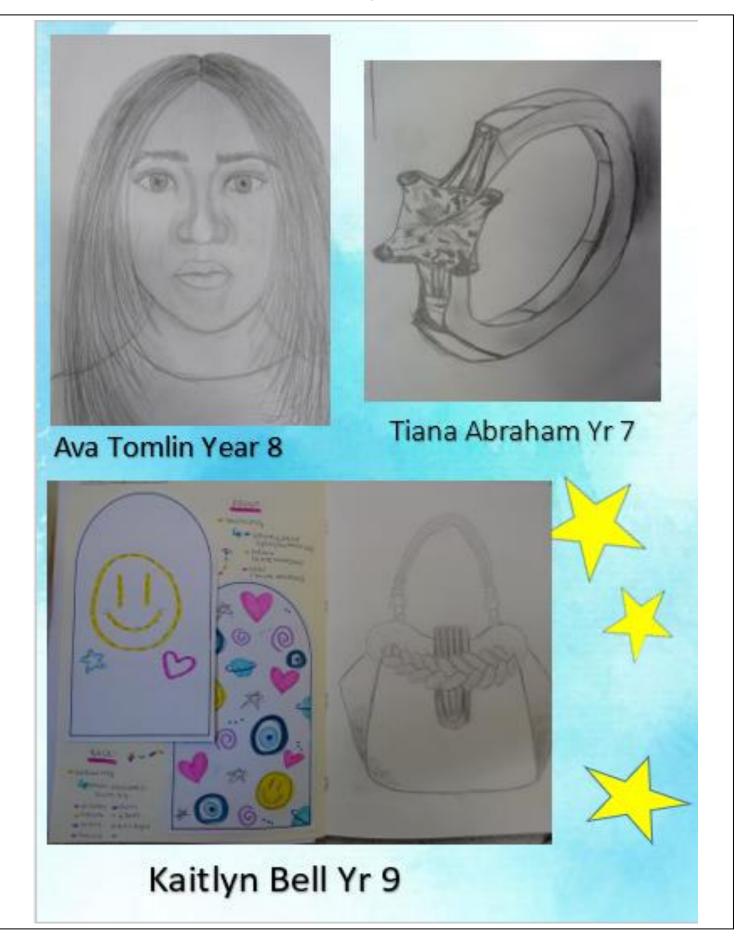
Year 12 Art & Textiles students visited St. Helen's Primary School on Tuesday. They shared their art skills of collage and painting with Year 2 to create x4 large pieces for the Primary School to display based on Art, Music, Science and Writing. We all had a great time and are looking forward to the second session next week!





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In Art & Textiles this week with Mrs Cherry

Star of the week

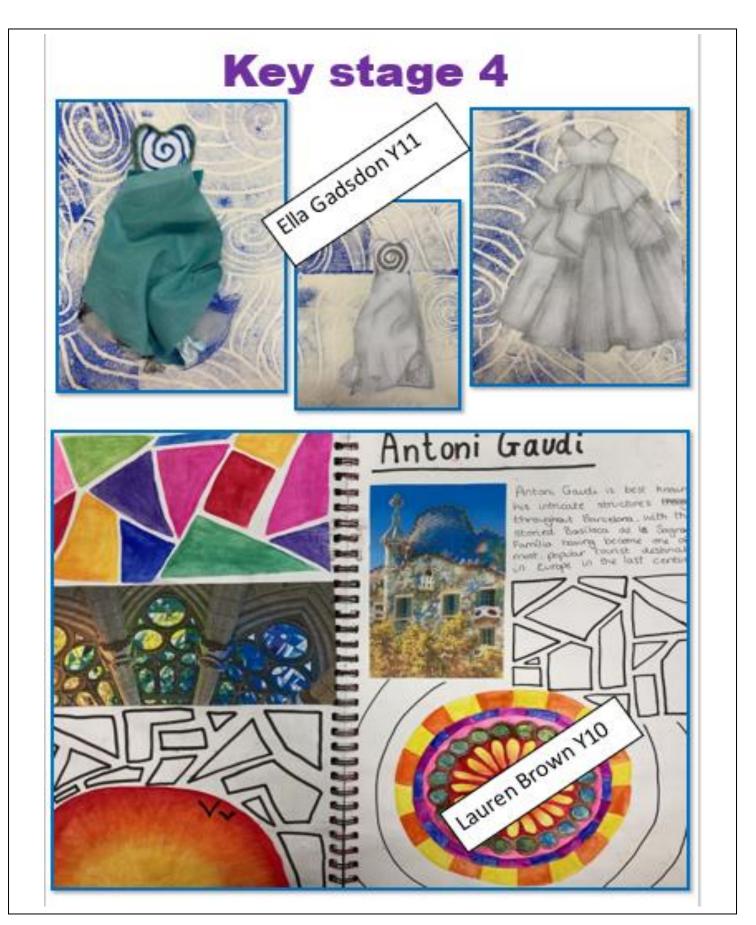
Ruby Cole

Y12



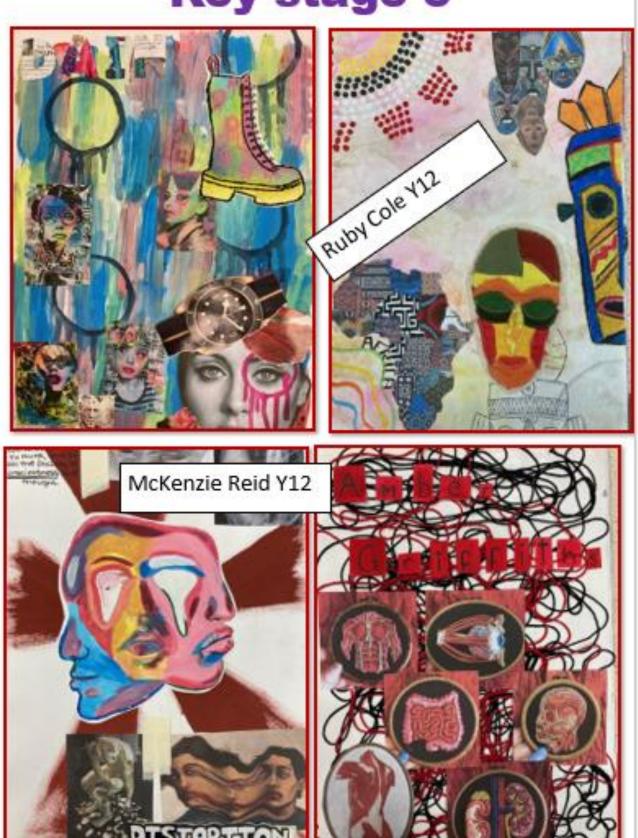
Key stage 3 Olivia Miller Y9 Eden Withers Y7 Ibrahim Rehman Y7

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Key stage 5



Sports News



Year 9 Boys' Football

The Year 9s have had a very interrupted season due to waterlogged/frozen pitches and have become disheartened and this has been reflected in the drop off at practice. This was addressed before the game, and this allowed pupils to earn the shirt before the match due to continued dedication.

The early part of the game saw the 4141 formation we proposed to play when out of possession not be used much, as we were able to dominate in the more attacking 433 with Wayne and Charlie staying high and wide. Dan up top was able to drop in and unselfishly utilise the speed of the wingers to create chances. Ewan in goal was vocal from the outset and orchestrated the back 4 of Josh, Oliver, Nathan and Liam. Jack in the defensive midfield role provided freedom for Spencer and Frank to roam.

Early subs made an impact as Nick, Sam and Ed came on. After continued pressure, a cross from Sam was bundled over the line by Ed as the keeper spilled. Zac came on to sure up the defense and we went into the half 1-0 up.

Despite the lack of time working together, the boys were able to play flowing football and wear down the BCHS home side. The instructions at half time were to continue moving the ball, use the pitch and the spaces will create themselves as the opposition tire.

Shortly into the second half a brave Sam charged through the physical defenders and was tripped to the ground winning us a penalty which he unselfishly gave to the captain. Jack made no mistake and finished well. Some more intricate football, created the foreseen gaps and a exciting Macklin run saw him baring down on goal for a composed finish.

With a goal and an assist to his name Sam, was replaced by the reliable Lewis. Lewis was immediately called into action with some great challenges and a strike that forced a low save from the keeper. Oliver decided he'd had enough of defending and picked the ball up deep in the half and ran past all 19 outfield players with blistering speed and was able to slot the ball home.

The game finished 4-0 and spirits were high. Mr Lane was pleased at how well the boys were able to recycle the ball, make unselfish runs and utilise the trusty Ewan in goal, to keep possession.

Girls' Netball Year 8



Stellar performance from our Year 8 netball team yesterday resulted in a medal for the team.



Year 7 Girls' Futsal

The Year 7 girls looked to apply their continued hard work at futsal club at Sandon's tournament. We found ourselves in a group of three with Shenfield and Plume with the first fixture being against Shenfield. Chances squandered, we looked much the better side forcing the SHS keeper to make multiple saves until one well-worked attack, we found ourselves conceding to their first shot. However, the girls battled back, unfortunately we just could not unlock the door.

We then faced Plume. After a long 3 game wait the girls made no mistake in front of goal this time round with a well worked goal involving Flo, Charlotte, Abi, and Oprah with the finish. The next goal came from the previous assister Abi who always finds herself in scoring opportunities and Betsy and Isabella managed to combine to find her looming to poach our second. This win saw us finish second in the group and

playing second in the other half of the draw.

We drew the hosts Sandon in the battle for 3rd place which we felt was shy of what we deserved, but tournament sports can be ruthless. We knew we just had to win this game. Within seconds of the game starting the tenacity shown by Isabella allowed her to pinch the ball and strike hard and low giving us the lead. After a good save, Eden quickly distributed to Betsy who again showed her quality and found Abi who allowed Issy to grab her second before the game was put to bed by Oprah who unleashed an unstoppable strike into the roof of the net. A 3-0 victory and third place.

The girls' exemplary attitude was shown again as a proud Mr Lane watched the girls thank both members of the Sandon staff for hosting and also their GCSE PE helpers. I am confident this group of girls will come out victorious in

a tournament soon because they truly deserve it!



Year 7 Boys' Basketball

The boys are celebrating their recent win against St Martin's School. Victory was hard won against a very competitive opposing team.

Thanks to all the parents and students who were there to support the team!

Final score 17-15.

Year 7 Boys' Futsal



Although the boys were not winners on this occasion, they had a great experience at the annual tournament, they enjoyed the experience and the new challenge.



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This week the students have been getting tips on how to protect their Mental Health. It is important to spend time outdoors in nature and to be active. Spending time in nature has been found to assist with anxiety and depression and there are also links between nature and relaxation and being outside gives our bodies much needed vitamin D from sunlight. Being active is good for both your mind and body and every minute of activity counts; the more you do the more you will benefit. Exercise can improve your sleep, clear your mind, boost your energy and help with back or joint pain.

In order to combine nature and exercise why not join the Parkrun? Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Parkrun is 5k and takes place every Saturday morning. Junior Parkrun is 2k, dedicated to 4-14 year olds, and their families, every Sunday morning.

Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last!





Everyone is welcome to come along.

Parkrun is free and you only need to <u>register once</u> whether walking, jogging, running, volunteering or a combination.

There are currently 1,163 parkrun events around the country taking place every weekend, with more locations being added all the time.

You can go along to any event, any weekend. Find out more here:

https://www.parkrun.org.uk/







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DATES FOR YOUR DIARY

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NEARLY NEW UNIFORM SALE AND 'CASH FOR CLOTHES' COLLECTION SATURDAY 11TH MARCH 2023

*

YEAR 7 SUBJECT CONSULTATION EVENING THURSDAY 16TH MARCH 2023

*

SPRING CONCERT
THURSDAY 23RD MARCH 2023

*

END OF TERM STUDENT HALF DAY FRIDAY 31ST MARCH

*

EASTER HOLIDAY MONDAY 3RD APRIL – FRIDAY 14TH APRIL

*

INSET DAY
NO STUDENTS IN SCHOOL
MONDAY 17TH APRIL 2023

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