



Becket Keys Church of England School

27th February 2026

IN THIS ISSUE

Mr Scott-Evans writes.....

Screens, Resilience and the Childhood We Are Shaping

"Above all else, guard your heart, for everything you do flows from it." Proverbs 4:23

Before the Lent holiday, I wrote about smartphones and the changes we are beginning from Year 7 upwards. This week, with Lent having now begun, I want to widen the conversation. What is happening to childhood in an age of constant connectivity, and how might we all reflect more deeply?

Jonathan Haidt's work has shaped much of the current debate. In *The Anxious Generation*, he argues that since around 2010 we've shifted from a

play-based childhood to a phone-based childhood, with rising anxiety, depression and self-harm among teenagers (especially girls). Studies in the UK, US and World Health Organisation data all show similar trends. Many factors contribute, but the steepest changes link closely with the use of smartphones and social media.

Haidt's more recent book, *The Amazing Generation*, encourages young people to check their screen time. Four hours per day now feels ordinary, but that equates to two months of waking life each year. Over secondary school, for some, this becomes years of life dominated by a screen. Neuroscientists remind us that adolescent brains are

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BECKET KEYS
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Lent

We have shared some daily Lenten reflections that we will be using at school.

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A new book for a new month. Another excellent recommendation for February.

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A Lenten Opportunity

especially sensitive to novelty and social reward. These are precisely the mechanisms that apps use to keep us scrolling! Sleep researchers warn that late night device use reduces sleep quality, one of the strongest protectors of mental health.

At Becket Keys, we care deeply about forming character. Resilience grows not from constant stimulation but from experiences such as boredom, frustration, delayed gratification, face to face conversation and real-world challenges. As Manoush Zomorodi argues in 'Bored and Brilliant', boredom is not a problem but a space in which creativity and reflection grow.

So, we must ask: If childhood is increasingly lived through a screen, what is being displaced? Board games, book reading, undistracted family conversation, outdoor exploration, and learning to sit with uncomfortable emotions. These are not nostalgic extras. They are essential. This is not about fear or blame. Smartphones are remarkable tools. However, if we are serious about wellbeing, we must become practical.



Lent invites us to consider what takes hold of the heart. We give something up not because it is bad, but because it may have become too central. Perhaps this year could involve a form of digital Lent:

- Less unnecessary scrolling
- Phones "to bed" earlier
- Reclaimed evenings
- Replaced screen time with shared time
- Fasting creates space. And space creates freedom.

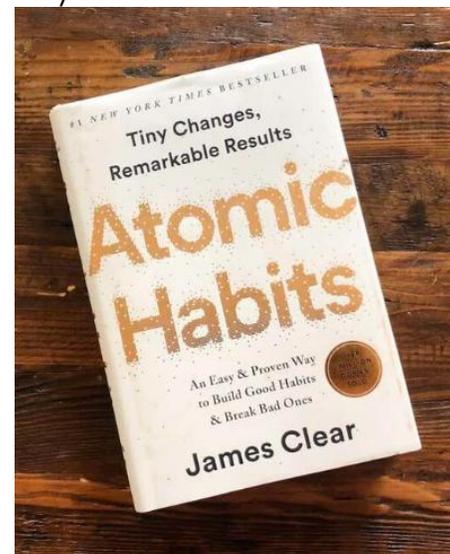
Practical Steps for Families

We know that small, consistent changes matter; we also know that environment shapes habit more than willpower. (see Atomic Habits by James Clear). Here are some steps that might help:

1. Walk the walk. Children notice what adults do.
2. Create device free times and spaces. Dinner tables are a good start.
3. Charge phones outside bedrooms. Sleep improves significantly.
4. Delay smartphones where possible. Brick phones remain a healthy option.
5. Schedule face to face time. Shared meals, walks and reading matter.
6. Have open conversations. Ask how online life actually makes us feel.

7. Embrace boredom. Creativity often emerges in quieter moments.

None of this requires perfection - only intention.



In a world of relentless stimulation, one of the most radical gifts we can give our children, and ourselves, is space: space to think, to pray, to struggle, to grow, and to form the quiet resilience that will serve us throughout life.

May God bless you and your families as you negotiate these tricky times. I pray that our work here is supportive of what you are trying to do at home. Please let me know if you have any other ideas or areas you want me to write about and please check out our new Mobile Phones page on our website:

<https://becketkeys.org/mobilephonemp3.php>

Mr Scott-Evans
Headteacher



2026 Lent Daily Reflection Series

As we enter the season of Lent, our school community begins once again a shared journey of reflection, prayer and spiritual growth. Lent is a time when Christians pause to reflect on moments when we have fallen short of following Jesus's example. Yet it is also a season full of hope, reminding us that nothing can separate us from God's love. Although the path of Lent leads us into the darkness of the cross, it ultimately guides us to the joy and light of Jesus' resurrection at Easter. At the heart of this journey lies the celebration of God's gift of salvation.

This year, we are introducing our Lent Daily Reflection series, a

simple yet meaningful practice that unites our entire community. Each morning at 8:40 am, in classrooms, teachers will light a candle and allow a moment of stillness before reading the Bible verse, reflection and prayer. This gentle rhythm will help us start each day with calm, intention, and a renewed awareness of God's presence.

However, these daily reflections are not only for classrooms. Non-teaching staff are encouraged to use them in their teams or during quiet moments in the day. Families, governors, our Chaplaincy team, and members of the wider community are warmly invited to join us too, at home, in church groups, or wherever a moment of reflection is needed. By praying together, even when apart, we strengthen

our unity as a community shaped by faith, hope and love.

As we journey through Lent this year, may these daily prayers help us to pause, reflect, and draw closer to God. And as Easter draws nearer, may we emerge together into the light and joy of the resurrection, growing as a family of God.

A Blessing for Our Journey

As we pray together each day during this Lent, may we experience our unity through Christ and grow as a family of God.

Mrs Sharp
Deputy Headteacher

The daily reflections have been sent to all families with this newsletter.



Becket Keys Alumni Charity Event

Samuel Odotei was a student at Becket Keys and he left in 2021 to pursue a career in the armed forces. Tragically, Sam passed away during a training session with the Royal Air Force last year.

In order to remember Sam, the family are holding a charity dinner in his honour and the legacy project they are building in his name. This evening will raise funds for the education and community centre project in rural Ghana in partnership with @True North Trust.

It will be a night of remembrance, unity, and purpose and the family would truly love for some of the Becket Keys community to attend. You can support by attending, sponsoring a ticket or table, donating an item, or helping us spread the word.

Here are the details about the charity and where you can donate:

<https://truenorthtrust.org.uk/samara-tenax/>

Tickets for the event can be brought here and we look forward to seeing you on the night:

<https://sams1yearanniversaryfundr.rsvpify.com/>



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 get to 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.



BECKET KEYS
Church of England School



Science week
poster
competition!

All year groups
welcome!

What will make
a
“good/positive”
childhood in the
future?

- Submit your creative poster by **10th of April 2026** to have a chance to win a prize!

Rules:

- You can participate individually or as a group (if you participate as a group, you must be from the same year group).
- Only 5 posters will be picked, make sure it is creative and that includes reference to the theme.
- 3D models are not accepted, must be in a format that can be scanned or sent digitally.

World Book Day – Thursday 5th March 2026

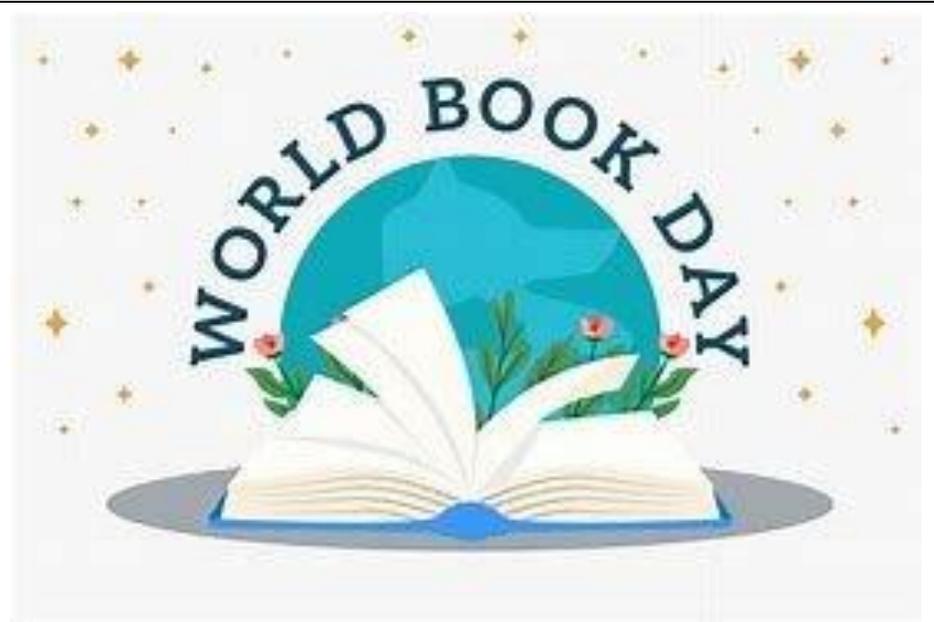
For World Book Day, you will be able to come in wearing your own clothes for the day. We would love it, if you could wear something that represents your favourite book, book character or author. This could be a t-shirt or a pin badge. If you would like to, you can go slightly more elaborate and come in wearing a costume however, this is not a requirement. We are hoping this will be a good opportunity to celebrate our favourite books. The following uniform rules will still apply:

- Hair must be tied back and no colour added,
- No Jewellery,
- Shoes must be sensible and flat – no high heels.

When considering what to wear, you should be aware that you cannot:

- Have bare shoulders or midriff,
- Wear onesies,
- Wear torn or tatty jeans.

We will be using this non-uniform day as an opportunity to raise money for exciting workshop opportunities and to buy some new books for our library. We are asking of a donation of £1 for the privilege of being able to wear your own clothes. Form tutors will start collecting this from Monday 2nd March.



World Book Day
5th March 2026

Only

06

days
to go!

2 million

books gifted to children every year

169 thousand

books distributed to children through our
community projects

Student Achievement – Rosie Newman

Rosie Newman in Year 9 recently took part in a short film, for Kids Inspire charity, which was released on 11th February, during children's mental health awareness week.

Rosie played a key role in the film and was delighted to support this charity who work primarily across Essex, offering fantastic community services of life changing substance to young people.

Here is what Rosie had to say:

The whole experience of the short film 'The Coach' from start to finish, was nothing short of amazing! Everyone on set was very professional and so welcoming in their approach in what could have been a very stressful environment, especially as we were making a film about a very sensitive subject.

I had a wonderful time and if I could do it all again I would!

Rosie Newman
Year 9

If you would like to find out more about this charity or if you are able to support or donate so that they can continue their work.

Then please visit their website:

www.kidsinspire.org.uk



The Coat is a three-minute moment to pause, to notice, and to start conversations - because the child who needs support may be someone you see every day.

Right now, **1 in 5 children in the UK** are struggling with their mental health, and **half of all mental health problems begin before age 14.**

Using a powerful metaphor - a heavy coat covered in handwritten negative thoughts - the film invites you into a child's inner world, making visible what is so often hidden.

Children cannot carry this weight alone.

At Kids Inspire, we see how early, trauma-responsive support can change a child's life - but that work depends on people choosing to stand with us.

Renaming the School Buildings

Dear Parents and Carers,

I am writing to let you know about an important project that will be taking place at Becket Keys over the coming months: the renaming of our school buildings.

As a Church of England school, we want our physical environment to reflect clearly who we are and what we stand for. Renaming our buildings gives us an opportunity to align our spaces more closely with our Christian vision, our guiding Bible verse (John 15:16–17), and our core values of Respect, Responsibility, Forgiveness, Care, Fairness, Honesty and Trustworthiness.

The early stages of this work will be led by students, with a small working groups drawn from the School Council, Senior Prefects and Christian Union. These students will research and propose possible building names, supported by staff and chaplains. They will be asked to write short explanations explaining why particular names are appropriate and how they reflect our values and Christian ethos.

Students will be encouraged to explore names drawn from:

- places of significance within the Christian faith, such as places associated with pilgrimage or prayer, and



- saints or Christian figures whose lives reflect our values and, where appropriate, connect with how a building is used.

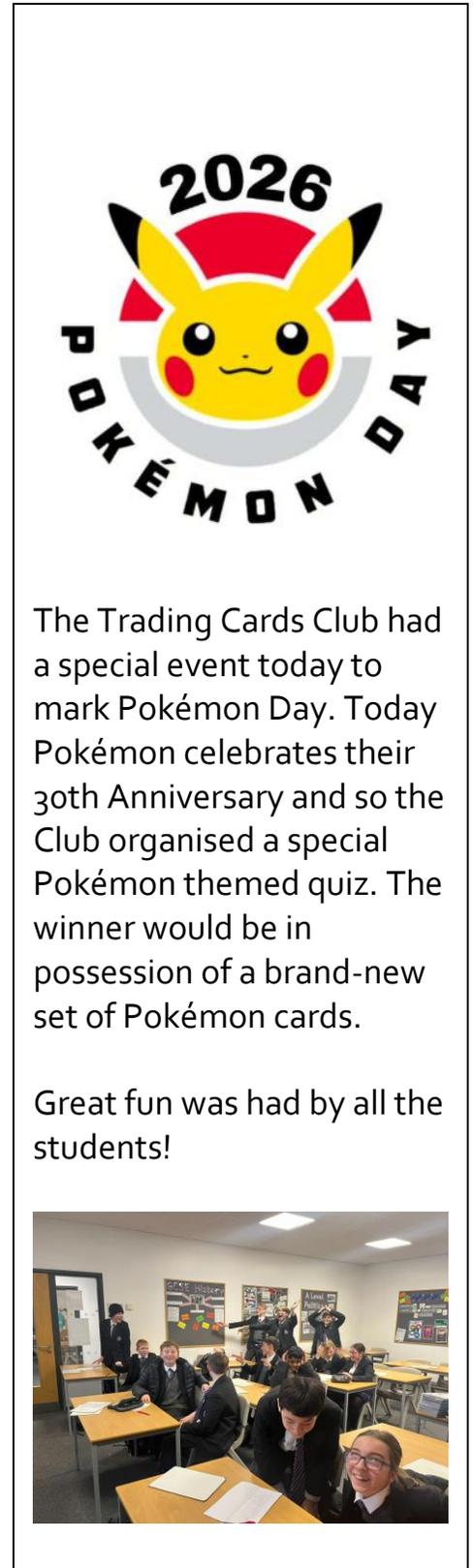
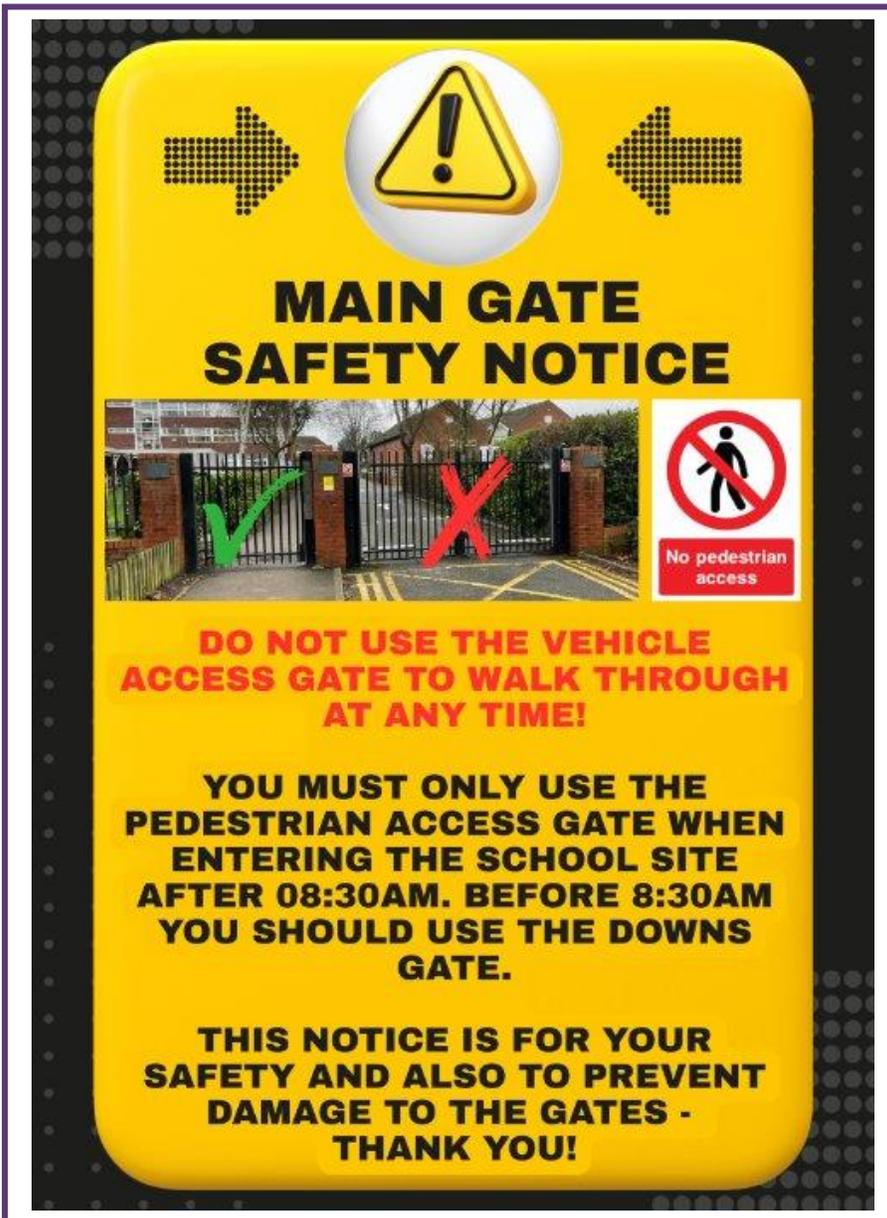
Once this initial work has taken place, there will be opportunities for the wider school community to engage with and respond to the developing ideas. There will not be a public vote; final decisions will be made by the school's leadership in consultation with governors and diocesan advisers, ensuring the outcomes are thoughtful, coherent, and appropriate for the long term.

We see this project as both a meaningful consultation and a valuable learning opportunity for our students. Further information will be shared as the work progresses.

Mr Scott-Evans
Headteacher



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Please remember that all correspondence to the school must come through the school office email: office@becketkeys.org.

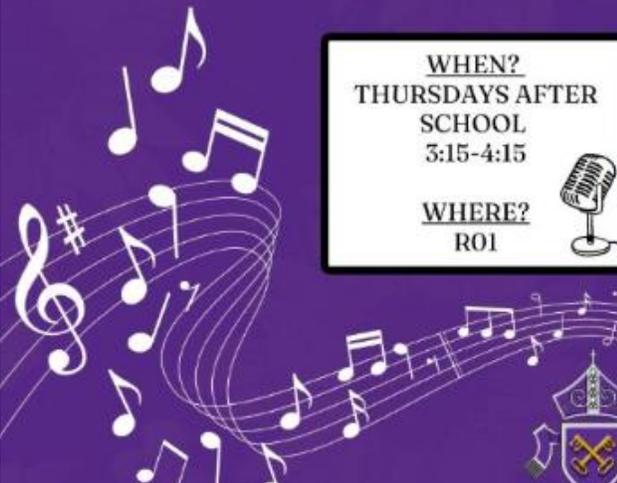
Your message will be forwarded to the member of staff concerned.

Students can contact their teachers via Satchel One, if they have any queries regarding their lessons.



**DO YOU ENJOY SINGING?
ARE YOU IN YEARS
10- 13?**

**COME AND JOIN US AT
UPPER VOICES!**



WHEN?
THURSDAYS AFTER
SCHOOL
3:15-4:15

WHERE?
R01

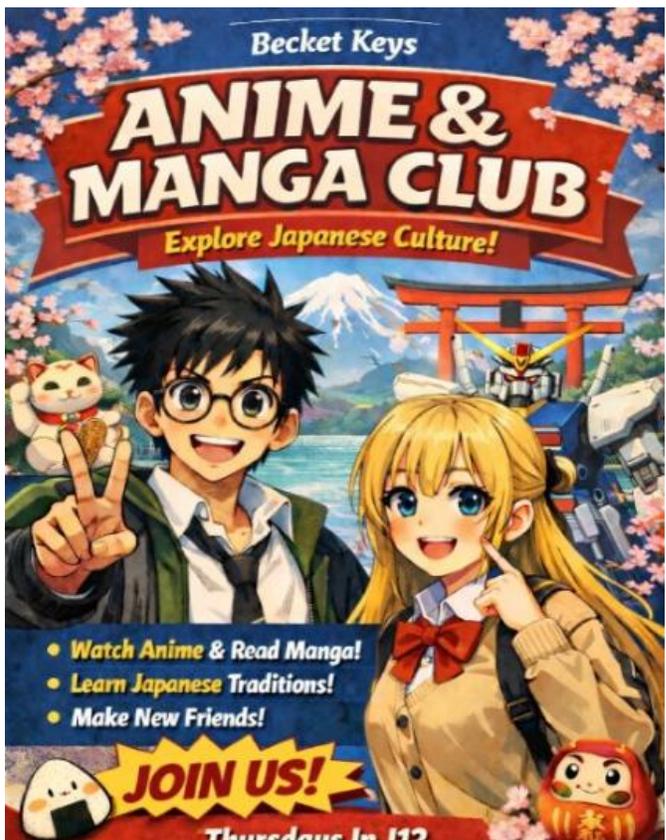




Becket Keys

ANIME & MANGA CLUB

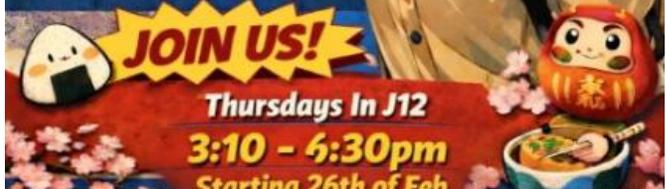
Explore Japanese Culture!



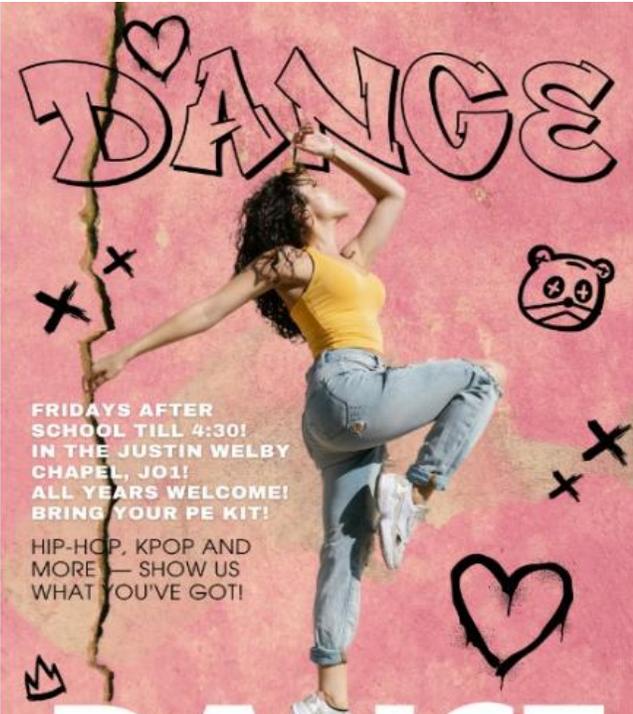
- Watch Anime & Read Manga!
- Learn Japanese Traditions!
- Make New Friends!

JOIN US!

Thursdays In J12
3:10 - 4:30pm
Starting 26th of Feb



DANCE



**FRIDAYS AFTER
SCHOOL TILL 4:30!
IN THE JUSTIN WELBY
CHAPEL, J01!
ALL YEARS WELCOME!
BRING YOUR PE KIT!**

HIP-HOP, KPOP AND
MORE — SHOW US
WHAT YOU'VE GOT!

DANCE

COME AND JOIN THE DANCE CLUB!

BECKET KEYS

GOSPEL CHOIR

OPPORTUNITIES TO PERFORM IN SCHOOL CONCERTS
AND EVENTS

AUDITIONS:
MONDAY 17TH NOVEMBER LUNCHTIME 4.1 R01 (MUSIC ROOM)

REHEARSALS:
R01 TUESDAYS AFTER SCHOOL

ANY QUESTIONS/INFORMATION NEEDED? CONTACT:

20RAYMAN.A@BECKETKEYS.ORG
(AYANNA RAYMAN)

20MENDOZA.A@BECKETKEYS.ORG
(ANGELIE MENDOZA)

PE Extra Curricular - Jan to Feb



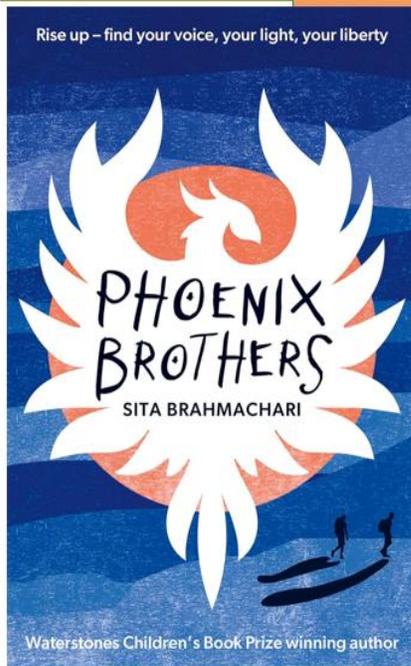
Day	Lunchtime (12:40-1:20)	After-School (3:10-4:30)
Monday	Year 10 and 11 Basketball Club	Year 7 & 8 Boys' Football
Tuesday	TUP Badminton	
Wednesday	GCSE Intervention	Year 7, 8, 9 & 10 Girls' Football
Thursday	TUP Basketball	Year 9, 10 & 11 Boys' Football KS3 Squad Basketball
Friday	Year 7 Basketball	

Keys:

- Astro
- Sports hall
- Main Hall
- Field
- Playground



Book of the Month - February



Amir has faced more challenges than any teenager should ever have to, all in the simple quest for survival. And he's finding out that life in his new country is bringing a whole new set of challenges...

When war brings horror and devastation to Amir's homeland, he is forced to undertake a gruelling and treacherous journey to safety, alone. Along with his new friend Mo, another young unaccompanied refugee, he is rebuilding his life, while dealing with the events of his past. At his new school, Amir decides to enter a prestigious public speaking competition to help others understand what he's been through. But can Amir find his voice and reclaim his story?

An inspiring tale of resilience, survival and family from award-winning author Sita Brahmachari, perfect for less-confident readers.

Remember you can find 'The Book of the Month' in the school library

Sports News

Year 8 Girls' Football

Becket Keys v Shenfield High School Monday 23rd February

The girls were apprehensive about this fixture, knowing the reputation of our opponents however, they demonstrated incredible determination and fight during this entertaining match! Our goalkeeper made some stunning first half saves which kept us in the game till the break. Compliments were given to her from both teams and staff!

Our striking team Edee and Gabby were getting opportunities throughout the game with the support of Charlotte as the pivotal player. Debuts from both Beth and Lucy gave us extra energy on the wings and our defensive team gave everything to the game! The addition of Brooke this season has been highly impactful to our already strong defensive 3. Mr Russell and Miss Schafer are very proud of the performance this week and applaud the girls on their relentless determination.

Team sheet: Edee Eldred, Gabby Constantinou, Mia Ballam, Dolcie Roberts, Melody Shanley, Sophia Crook, Brooke Bray, Isabel Shiperlee, Charlotte Snow, Beth Major, Lucy Rank
Final Score - 3-0 to Shenfield High School



Year 8 Girls' Netball



We broke the 4th place curse!

Our Year 8 netball team shone in their most recent rally at St Martins School. Playing against 6 other teams, in a back-to-back running order was brutal for our girls but my goodness, they stepped up to the plate! Our district, as you know, is highly competitive and students across the borough are super talented - so we knew it was not going to be easy. We made a strong start with two wins, leading us nicely into a competitive game with a well known private school. Despite being down by 4 at the half, we

pulled it back to a narrow loss of 7-6. Best game of the day for these girls! Our winning streak continued until our final game against the tournament winner and despite our best effort, they outplayed with their rapid ball pace and well drilled shooting.

This did not dampen our spirits!

The closing ceremony was then upon us and the girls and I were desperate to break our 4th place curse - AND WE DID! 3rd Place for our Year 8 girls and we were thrilled! They are such a cohesive team and I am very proud of their season! Well done all!

Team List:

GK - Mia Ballam
GD - Violet Eldred
WD - Pippy Heazel/Phoebe Anderton
C - Edee Eldred
WA - Bella Long
GA - Ava Taylor
GS - Melody Shanley

Girls' Cross Country Year 7 & 8

We had teams from both Year 7 and Year 8 competing in the Cross Country this week. An excellent effort from all the girls!

Year 7

Sam McTurk
Daisy Drew
Olivia Willard
Isobel Noble

Year 8

Charlotte Snow
Ava Taylor
Sophia Crook
Ava Steer



PARENTS WELCOME
TO BECKET KEYS SPORT

WE LOVE HAVING PARENTS AT FIXTURES!

Please can we ask that you respect the following in order to keep our students safe:

- attend home fixtures from 3:30pm
- sign in at reception to get an ID badge
- stand in the allocated viewing/parent areas

If the fixture is away, parents should ask the opposing school directly on their policy regarding parents attending fixtures.

WE LOOK FORWARD TO HAVING YOU AT OUR NEXT FIXTURE!

DATES FOR YOUR DIARY

*

MONDAY 2ND MARCH 2026
NATIONAL OFFER DAY

*

THURSDAY 5TH MARCH 2026
WORLD BOOK DAY

*

THURSDAY 19TH MARCH 2026
GCSE AWARDS EVENING

*

TUESDAY 24TH MARCH 2026
LENT EUCHARIST

*

FRIDAY 27TH MARCH - FRIDAY 3RD APRIL 2026
SCHOOL SKI TRIP

TERM DATES CAN BE FOUND ON THE
SCHOOL WEBSITE HERE: [Becket Keys](https://www.becketkeys.org)

Becket Keys Church of England School

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