

Becket Keys Church of England School

8th May 2026



BUDE ADVENTURE

IN THIS ISSUE



Year 8 had a fantastic time last week at Adventure Bude, a popular outdoor activity centre in Cornwall. It gave students a fantastic opportunity to try surfing for the first time, building confidence and learning new skills. Just a stone's throw away is the charming town of Bude; it is the perfect place to pick up souvenirs or enjoy a well-earned Cornish ice cream and some delicious local sweets.

Bude 2026 has been one of our largest cohorts yet, coming together to experience a fantastic residential. With over 115 students attending, we required three coaches instead of our usual two. It's safe to say that word is spreading about just how special the trip to Bude is, with many students keen to follow in the footsteps of older siblings who have taken part before.

We set off early on Thursday morning in beautiful sunshine, hoping it would follow us all the way to Bude for the long weekend. The coach journey set the tone for the rest of the trip: some coaches were relaxed, with students unwinding and watching a film, while others had a lively atmosphere, with playlists playing through the teachers' speakers and everyone getting into the spirit from the very start.



BECKET KEYS
Church of England School

Bude Adventure

Information and pictures from the recent Year 8 trip.

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Jack Petchey Speak Out

Becket Keys were hosting the regional final last week.

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Mandarin Department

Details of the recent British Council Mandarin Speaking Competition.

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Book Donations Wanted

We would love you to donate books to the school library for future generations.

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.....contd. from page 1

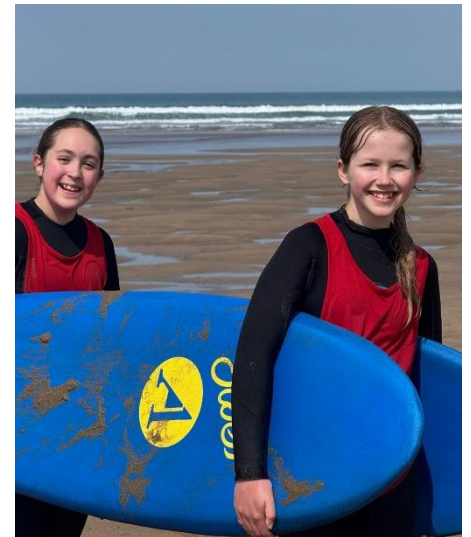
The excitement as we arrived in Bude was hard to miss, with students eagerly trying to catch their first glimpse of our destination. After a short briefing with the Adventure Bude staff, students quickly filled the complex with excited laughter as they found their rooms.

There was no time to pause, as it was straight into meeting their instructors for the weekend, who would support and guide them through the activities. Some groups headed down to the beach for icebreaker games and even rolled down the sand dunes, while others stayed on the astro, which would soon become the backdrop for our evening activities.



Our days were jam-packed with activities, giving both students and staff plenty of opportunities to get involved. While staff are not required to support or take part, they always choose to after all, it's too good of an experience to miss. Whether it is watching students grow in confidence or joining in the fun ourselves, there were plenty of memorable moments.

fantastic to see how students develop, working together, communicating effectively, and solving problems as a team.



We always find that the water activities are a firm favourite, especially bodyboarding and who can blame them? However, staff particularly enjoy observing the team trail, which often begins with lots of excitement, little communication, and minimal teamwork. By the end, it's

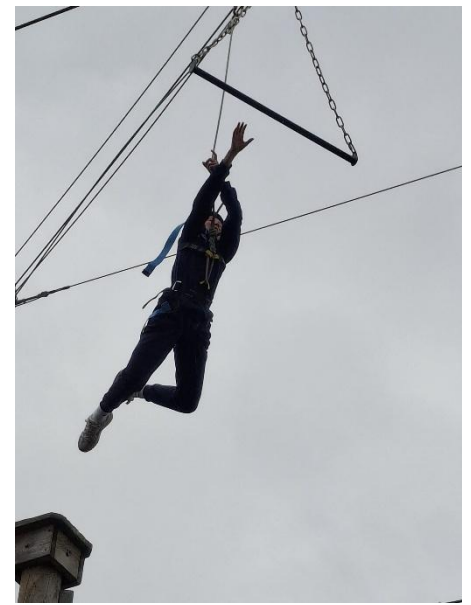




eagerly lining up for their turn to play.

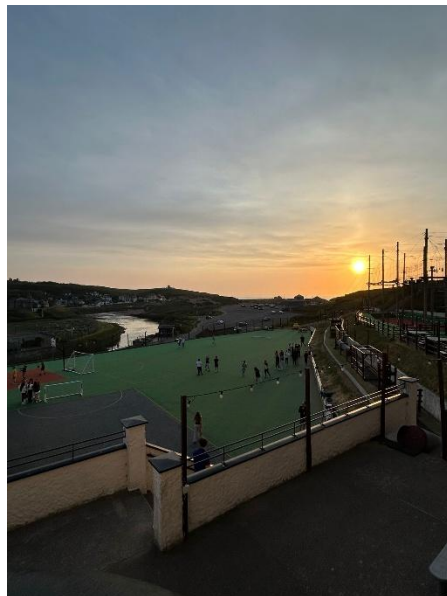
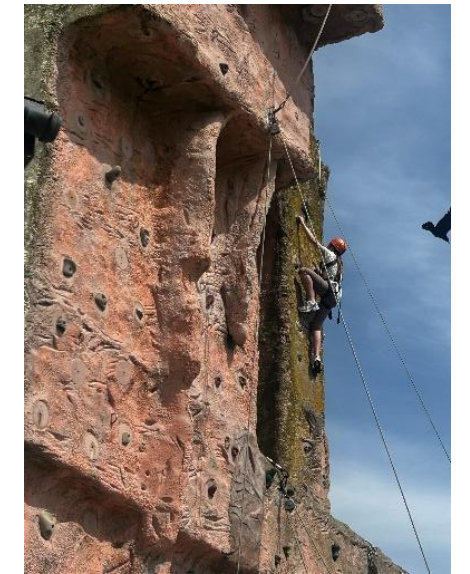


Caving can be one of the more challenging activities for some students, pushing them out of their comfort zones. This is where the support within each group really shines through. You can often hear words of encouragement and celebration as students face their fears and achieve something they may not have thought possible.



The evening activities were filled with friendly competition, making each night unforgettable. Students threw themselves into every event, from the talent night, which showcased a range of impressive performances, to the ever-popular basketball tournament. We also made full use of the astro in the evenings, with football matches taking place and Mr Howells' four square making a return for a second year. It quickly became a favourite again, with students







Unfortunately, not quite as nice as it was back home. However, this didn't deter the students, activities continued as planned and the fun never stopped. Even when indoors, there was plenty to enjoy, from lively games of Uno in the corridor with a student-picked playlist in the background, to a relaxed cinema night on the big screen.



Students were a little surprised by the staff while away. Many comments were made about the staff's constant laughter, especially from Miss Bland. It quickly became clear to students that staff can have just as much fun, and they were able to see the strong friendships, support, and great communication that existed within the team. This helps to build a strong team made up of staff from different areas of the school, from SLT to admin staff. It's this collaboration that helps make Becket Keys such a special community, with every staff member working together to support the students and each other.



We would like to say a big thank you to our staff, alumni and sixth formers that gave up their bank holiday weekend to make this trip so special. Mrs Palmer, Mrs Course, Dr Hurdle, Mr Howells, Mrs Cooper, Ms Sessions, Miss Taylor, Miss Bland, Mr Hancox, Akin Otu and Aryan George.



The weather was a little mixed while we were away and,



Miss Taylor
HR Assistant

Mrs Palmer Head of Year 8 writes....

The students' conduct throughout the trip was truly impressive and a credit to our wonderful school. They consistently demonstrated our Christian values of respect and responsibility, showing kindness and consideration towards one another, staff, and members of the public. They listened carefully to instructions, supported each

other in activities, and took ownership of their behaviour. Whether participating in challenges or representing the school in the wider community, their attitude was exemplary, reflecting a mature understanding of how to act with integrity and compassion.



It was also wonderful to witness students building bonds with new faces and forming friendships beyond their usual circles. I know that there was considerable anxiety before the trip and that emotions were high at times; however, they showed resilience, took bold steps, and made a genuine effort to connect with others. These experiences have helped to strengthen relationships across the cohort, and I hope this sense of unity will continue to grow and positively impact them for many years to come. In doing so, they have played an important role in solidifying a stronger sense of cohesion across the wider school community.



As we reflect, we give thanks for their positive spirit and the way they supported one another, remembering the words of scripture, "Give thanks in all circumstances; for this is God's will for you in Christ Jesus" (1 Thessalonians 5:18).

You can view more photos on X via @BecketKeysTrips
We cannot wait for Bude 27!

Thanks for having me!

I just wanted to say thank you so much for inviting me on the Bude trip this year! I had such a blast and really enjoyed the week; from the early morning runs to the late night corridor antics, the students were all brilliant, and I loved every sleep-deprived minute! I won't be forgetting the karaoke night, 4 square, or toilet rolling competition any time soon!

It was a real privilege to be trusted with my own group as well; they did fantastically all week. Even though some were

initially reluctant, they all gave every activity a good go, and all students should be really proud of what they achieved. But it wasn't just my group that was great; the whole cohort lived up to the high expectations Becket Keys has such a great reputation for. These Year 8 students are a great year group! I hope they have taken the new skills and confidence away from this week so that they can be practised day to day in school.

I hope that both staff and students have all managed to catch up on some well-deserved rest and that you are not missing the coastline too much.

Thank you once again for getting me involved, and if you need me for any other trips you know where to get a hold of me!

Tobias Hancox
Head Boy 2022-2023
Becket Keys Alumni



Year 8 Activities

For the Year 8 students who did not join the trip to Bude last week, a couple of days off timetable filled with activities lay in store. PE, Food, Drama, DT, Music and Science departments all arranged special workshops, and the students were also treated to a nature walk and a film.

The students took part in a practical lesson in scone making. They produced some delicious scones and enjoyed tasting them together with clotted cream and jam. Of course, this sparked the classic debate – should the cream or the jam go on first?



Jack Petchey Speak Out

Last Thursday, our school had the honour of hosting the Jack Petchey Speak Out Challenge Regional Final, an evening filled with confidence, creativity and powerful storytelling.

Representing the school with real poise and passion were Chiedozie Uche-Igbokwe and Ellie Monaghan-Bishop, who delivered speeches that captivated the audience and showcased the strength of student voice in our community. Guiding the evening with charm and professionalism was our MC, Kaylin Nachwa Muwenda, whose presence kept the event flowing seamlessly and added a warm, welcoming energy to the room.

The audience—made up of students, families and supporters from across West Essex—were also treated to beautiful musical performances by Noah Gray and Ruth Pennant, whose talent brought an extra layer of magic to the night.

A huge thank you goes to our dedicated Sixth Form team—Charlotte Atwood, Yash Panchani, Harry Johnson and Theodore Blackwell-Fisher—whose hard work behind the scenes ensured the event ran smoothly from start to finish. Their support was invaluable in delivering such a memorable evening. We are incredibly proud of all our students who took part and contributed to a night that truly celebrated confidence, expression and community spirit.

Miss Romano - zi/c English

Jack Petchey's "SPEAK OUT" Challenge!



British Council Chinese Bridge Speaking Competition



The Chinese Bridge Secondary Speaking Competition for UK schools, organised by the British Council and the Centre for Language Education and Cooperation, UK, commenced in March. It is the biggest national competition in Chinese speaking. The aim of this event is to provide a stage for young Chinese learners in the UK to demonstrate their Chinese language proficiency and enhance their motivation for Mandarin learning. The event allows non-native Chinese learners who have studied Mandarin Chinese for between one to seven years to participate. Participants are evaluated on their listening, speaking and reading skills, as well as their Chinese cultural awareness.



This year, our Mandarin Excellence Programme students once again took part in the competition with great enthusiasm and dedication. After



several rounds of selection, a group of five students successfully advanced to the national final in the Group Category. The students were:

Maya Allirajah-Martin (Year 9)

Isobel Nunn (Year 9)

Charan Chatti (Year 9)

Mananya Thurvas (Year 8)

Lakshita Shankar (Year 8)

On Thursday, 30th April, we took our students to London SOAS for the final competition. This year's competition was particularly intense, with many finalists coming from private and grammar schools across the country. Despite the tough competition, our students performed exceptionally well and

demonstrated outstanding teamwork, confidence, and Mandarin language skills.

We are delighted to announce that the group achieved an excellent result and were awarded National Top 10 in the Group Category.

We are incredibly proud of their hard work, resilience, and commitment throughout the competition process. Their achievement reflects the strength of our Mandarin Excellence Programme, and to us, they are all winners!

Miss Tian
Teacher of Mandarin

IMPACT FOOD GROUP

The Government's intends to improve School Food Standards: getting more nutritious food into children and making sure school meals continue to play a positive role in health, wellbeing and the school day.

The consultation is now open and Impact Food Group who provide the catering at Becket Keys strongly encourage the school community to read the proposals and have their say. This is particularly important given the additional compliance expectations being introduced for schools, including greater oversight of School Food Standards, a lead governor for school food in every school, increased visibility of menus and food policy, and the need to consider how packed lunch policies support a consistent approach to healthier choices across the school day. While most changes are expected from September 2027, the consultation is an important opportunity to help shape what comes next. You can read more and respond to the consultation via the attached document.

If there are points you would like us to raise as part of the wider sector response, please do get in touch via email: hello@impactfood.co.uk



National Theatre Collection for Schools

The National Theatre creates world-class, inspiring theatre for everyone, and brings it into classrooms through the National Theatre Collection. This is a free resource, and the Collection offers access to outstanding UK productions, from Shakespeare to literary adaptations and classic comedies, all performed by some of the most celebrated theatre-makers.

Each play is supported by high-quality teaching resources to deepen students' understanding of themes, performance, and technique.

For English students, the collection brings set texts to life, offering dynamic, modern stagings of Shakespeare and vivid literary adaptations that help deepen understanding of character, theme, and narrative.

For drama and theatre studies, students can explore a rich variety of styles and genres — from Greek tragedy to cutting-edge contemporary work. It's also a chance to study the craft of celebrated theatre-makers and practitioners featured in recent National Theatre productions.

To access this service, follow this link and use the log in details below: [Drama Online - National Theatre Collection for Schools](#)

Username: 2Kz)1Mk*w)

Password: oHd*gQk!v%



For more information about live performances at The National Theatre visit their website:

[Welcome to the National Theatre](#)

School Library

Leave a lasting legacy in our library!

As part of our ongoing commitment to fostering a love of reading, we are inviting every student to donate a book to the school especially if they are departing on to new adventures.

Students may bring into reception any book they wish to contribute — this could be a brand-new book, a much-loved favourite from home, or even a revision guide they have found useful. Every donation will help enrich our school library and provide future students with a wider range of reading and learning materials.

When a book is donated, the student will receive a special sticker to place inside the front cover. This will include their name, allowing them to leave a small but meaningful legacy at Becket Keys long after they have moved on. We hope this will be a source of pride for our students and a reminder of the positive impact they can have on others.

Thank you in advance for your support. Your generosity helps us continue to build a vibrant reading culture and a school environment where students learn from — and inspire — one another.

Miss White
Literacy Coordinator

Essex County Council Libraries

This is a digital poster, please do not print

Volunteer

for the
Summer Reading Challenge 2026!

Boost your CV!

Make friends!

Help your local community!

Closing date 22 June

Apply online at libraries.essex.gov.uk

Open to age 14+



Foodbank Shopping List

May 2026

- **Spaghetti & Sausage (tinned)**
- **Corned Beef (tinned)**
- **Custard (tinned)**
- **Fruit (tinned)**
- **Squash (drink)**
- **Jams**
- **Washing powders/gels**
- **Toilet Roll**

Find us at 56-60 Doddinghurst Road, Brentwood CM15 9EH
Doddinghurst Road Church. Tel 01277224528



Please make sure that your son/daughter has a re-useable water bottle to make sure that they have adequate drinking water for the day.

Even when the weather is not hot it is important to keep hydrated during the day, especially on days when students are taking part in PE.

Remember that drinks are available for purchase from the Bistro at break and lunch.

Water fountains are available in the Bistro and Orangery for students to use at the beginning of the day and during break and lunchtime.

WATER IS NOT JUST FOR QUENCHING THIRST.

HYDRATION IS VITAL TO HEALTH AND WELLNESS. TO PREVENT DEHYDRATION AND LOW LEVELS OF ELECTROLYTES, YOU NEED TO STAY HYDRATED!



Pre-Loved Uniform Sale

Saturday 16th May 2026

School Playground

11.00am – 12.30pm

If you have any uniform you would like to donate, please send it to the Main Reception with your son/daughter. We are always happy to receive donations. Thank you!

Student Achievement



More good news!

Sunday afternoon in Stoke, Oliver Poulteney and Jake Allan represented Becket Keys for the *Mid Essex District* Football team and won the **Elite National Final** beating Hydburn & Lancashire. This was the first time Essex has won a national district title for over 25 years – and they were named best U15s side in the entire country.

The Essex team was represented by eight different Essex secondary schools with Becket Keys having Ollie and Jake both start the game and fly the flag for the school.



Congratulations to all involved!



WILDERNESS

FOUNDATION UK



Charity Football Tournament

Sunday 10th May - Brentwood Town FC




Tickets - £10

6-17 yrs - £5

Under 5's - FREE

Don't miss a fantastic afternoon of football at Brentwood Town FC, proudly in partnership with The Kindness Project. Four charities will battle it out to raise funds, with great raffle prizes to be won. It's the perfect family-friendly day out!

Tickets - thekindnessproject24@gmail.com




MINECRAFT Club in W03

Starting 24th September

Day	Time	For
Wednesday	After school (3:20-4:30)	All years

Everyone welcome!

- You do **not** have to own a copy of the game.
- You do **not** have to have played before.



Free May half term Clubs with Essex ActivAte for all schools

May half term clubs will be live to book across Essex and Thurrock from **Monday 27 April**, with free activity spaces available for school-aged children and young people. Families can choose from local clubs, offering a fantastic mix of fun activities, movement opportunities, and a free, nutritious meal each day. The programme also provides reliable and supportive holiday childcare supporting children’s wellbeing throughout the school break.

No voucher or referral needed, [access booking via the Active Essex website](#).

Year 10 HUB

Would you like a space to revise?
 Time to chat with others?
 Help with work?
 Time to chill out?
 Mindfulness?






Then come to J21 on Monday Lunchtimes in J21 – bring your lunch



Athletics club

On the field on Wednesdays
 3.10pm–4.30pm
 Years 7 – 11

Tuesday 12th May: National track and field cup
 Wednesday 17th June: District sports
 July: Sports day

LOST PROPERTY

Please make sure that **EVERY** item of uniform, PE Kit and equipment is named. There are over a thousand students at the school, all wearing the same uniform.

Lost Property can be collected from Reception.



Dear Parents and Carers,

As part of our Enrichment Day on Thursday 9th July, we are excited to be running our Mock Interview Day for Year 10 students once again, and we would be incredibly grateful for your support as a volunteer interviewer.

Mock Interviews



We ran this event last year and students absolutely loved the experience, thanks to the time and effort of our volunteers. We are delighted to be able to offer this opportunity again.

The day is designed to give students a realistic experience of a professional interview setting. Each student will arrive with a CV

and a generalised job application, which you will have the opportunity to discuss with them. You will also be provided with feedback forms and guidance materials in advance to support your conversations.

There will be three sessions throughout the day:

- **Session 1:** 8:45am – 10:25am
- **Session 2:** 10:50am – 12:30pm
- **Session 3:** 1:30pm – 3:05pm

In each session, you will meet two students, spending approximately 20 minutes with each.

We would be delighted if you are able to join us for the full day. Full-day volunteers are especially helpful, as this greatly supports our timetabling and safeguarding procedures, including the safe signing in and out of visitors. Lunch and refreshments will be provided.

This is a fantastic opportunity to help prepare our students for life beyond the classroom, and your time and expertise can have a real impact on their confidence and future success.

If you are available to help or have any questions, please email careers@becketkeys.org. Thank you very much for considering supporting our students as part of this important day.

Kind regards,

Katie North
PE & PSHE Teacher
Head of PSHE and Careers




AN UNMISSABLE FREE EVENT FOR YOUNG PEOPLE ACROSS LONDON

NATIONAL APPRENTICESHIP & EDUCATION EVENTS SOUTH LONDON

THE KIA OVAL LAMBETH
TUESDAY 22 SEPTEMBER 2026

Proudly sponsored by





Pupils & students | Parents & carers | Careers leaders & teachers | Book your FREE Places Today!

NAEE South London - Lambeth invites you to an inspiring, face-to-face event that connects employers, universities, colleges, and training providers in a welcoming and interactive setting.


Discover expert advice on apprenticeships, career options, and educational pathways, plus hands-on experiences from leading UK businesses.

Industry Event Partner

Create positive steps towards your future by registering your free places today and connect with employers, and educators, at NAEE South London.

Make it happen!
Register your FREE place today at:
www.naeeapprenticeshipevents.co.uk



Nikki Topper MAE
Author of
APPRENTICESHIP & EDUCATION EVENTS

WHERE TALENT MEETS OPPORTUNITY

There's a lot to discover at this event and all visitors are able to attend **FREE** and will have the chance to meet both national and regional businesses to explore a wide range of career options and pathways.

The event includes:

- Talks from businesses
- Interactive activities including competitions, virtual reality, and "have-a-go" sessions
- Opportunities to discover career options with Colleges, Universities, Employers, and Training Providers from across the region

Book your place here: [Home - National Apprenticeship & Education Events](#)



YOUTH RETREAT DAY

PRAISE · PRAYER · REST

Join us for a day of fellowship and faith as young people strengthen their relationship with God.

BRING A PACKED LUNCH · REFRESHMENTS PROVIDED

30TH MAY 2026

10:30AM - 3PM

All Saints' Church, Church Lane, Hutton, CM13 1SB

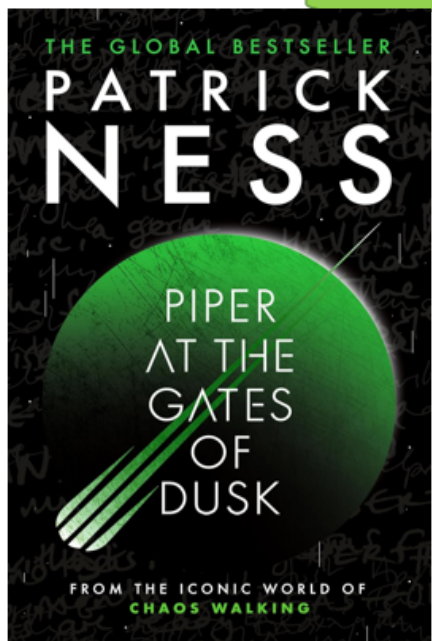


Eucharist Club

Friday Eucharist – 1pm
John Wraw Chapel (Head Teachers' Office if exams).
Pray. Reflect. Sit. Be still.
A space of peace, calm and warmth.
Open to everyone.



Book of the Month - May



In New World, there were no secrets. Everyone could hear everyone else's thoughts in a constant, overwhelming Noise. Then a cure came – one that the second generation took from birth. Peace descended, wars ended, communication was silenced. Until now.

Brothers Ben and Max have never really gotten on, each being more like one of their parents – Todd and Viola. But when something is spotted in the night sky - something that's bringing back dreams of Noise, dreams of terror - the brothers will have to come together. Danger is coming and the family will be tested like never before.

This is the first in a new trilogy set in the world of the groundbreaking *Chaos Walking* series, which has sold over 3.5 million copies worldwide. The first in the series, *The Knife of Never Letting Go*, was published in 2008. If you haven't read it, you should!

WEEK 2

Week Commencing:
20/4/26 11/05/26 01/06/26 22/06/26 13/07/26

CLASSIC HOT & HEARTY

£2.85 CLASSIC MAIN MEALS	£2.85 VEGETARIAN MAIN MEALS
MONDAY Pork Sausage (Beef Casing) or Halal Chicken Sausage (Beef Casing) & Mashed Potatoes with Onion Gravy	MONDAY Vegan BBQ Boston Bean Sausage Casserole & Mash (VE)
TUESDAY Cajun Chicken, Tomato & Sweetcorn Wholewheat Pasta Bake with House Salad	TUESDAY Lentil & Chickpea Dahl with Roasted Tikka Cauliflower & Steamed Rice (V)
WEDNESDAY Roast Breast of Turkey, Crisp Roasties, Seasonal Vegetables & Roast House Gravy	WEDNESDAY Cheese & Potato Pie with Roast Potatoes, Seasonal Vegetables & Roast House Gravy (V)
THURSDAY Sweet & Sour Chicken with Carrot Rice	THURSDAY Crunchy French Onion & Leek Macaroni Cheese with House Salad (V)
FRIDAY Chip Shop 'Fryday' Fish, Salmon Fishcake or Pizza with Chips, Peas & Tartare Sauce	FRIDAY Vegan Moroccan Spiced Butternut Squash Pasty with Chips & Peas (VE)

DESSERTS Free with the main meal or £1.65 if purchased individually

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chocolate Sponge with Chocolate Sauce	Pear & Apple Orchard Crumble	Cocoa Bread & Butter Pudding	Jam & Coconut Sponge	Apple Traybake

Fruit and Jelly Pots Available Daily - Price: £1.00

Prices from £2.15

JACKET POTATOES
Topped with a Choice of: Cheese, Tuna or Beans Available Daily

Innovate



MADE YOUR WAY!

**CHOOSE IT!
ADD IT!
TOP IT!**

Switch up your flavours with our street food-inspired range, available **Tuesday to Thursday**. With weekly rotating choices, there's always something tasty.

£2.85

Choose a base, add protein, and top it your way!

Visit the restaurant to check out what's on offer each week

NATURALLY

Hot Bowls Prices £2.65

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Garlic and Chili Noodles (VE)	Singapore Fried Rice (VE)	Lentil & Chickpea Dahl with Crispy Bombay Potatoes (VE)	The Big Plant Burger (VE)	Vegan Singapore Noodles (VE)

TRATTORIA

Pizza from £1.60, Pasta 12oz £2.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta in Cheese Sauce	Tomato & Basil Pasta	Margherita or Pepperoni Pizza	Creamy Pesto Pasta	Margherita Pizza



SEND Travel Training 2026.

As the academic year moves forward, many students with additional needs begin thinking about travelling independently whether that's getting to and from school on their own or preparing for a new college placement in September. This service is designed to support young people through this important stage, helping them build confidence, skills, and independence at a pace that feels right for them.

What is Travel Training?

A practical, personalised programme that helps students build the skills and confidence to travel safely and independently using walking routes and public transport.

How It Works: We break each journey into small, manageable steps so the trainee can build confidence gradually. Most trainees complete their training in 6–8 sessions, but we always adapt the pace to suit individual needs.

For more information visit:
www.traveltraining.co.uk

Essex Child and Family Wellbeing Service



The Essex Child and Family Wellbeing Service helps families access local health services in the community. You can access the service from family hubs and family hub delivery sites across Essex.

The service offers:

- Health visiting including pre-birth contact, helping you as a parent, new baby review
- Parenting support including help with breastfeeding and help with choosing childcare
- School nursing support for young people in schools and their families
- Family health advice including substance misuse, nutrition, and maternal and infant mental health
- Resilience and development support including helping parents get their child ready to start school, domestic violence and returning to work.
- Support for children and young people aged 5 to 19 including help with dental care, and physical, emotional or developmental problems
- Support for young people up to 25 with special educational needs and disabilities

Please do not hesitate to contact our team for more information 0300 247 0013

ECFWS App



iPhone

ECFWS App



Google Play

Website



Service commissioned by:



PLEASE REMEMBER

WE ARE A NUT

FREE SCHOOL



PE Extra Curricular - Term 5



Day	Lunchtime	After-School (3:20-4:20)
Monday	Sports Hall Out due to Exams	Year 7&8 Boys' Cricket All Years Girls' Cricket
Tuesday	Sports Hall Out due to Exams	
Wednesday	Sports Hall Out due to Exams	All Years Athletics GCSE Intervention
Thursday	Sports Hall Out due to Exams	Year 9&10 Boys' Cricket A-Level Intervention
Friday	Sports Hall Out due to Exams	GCSE Intervention

Keys:

- Astro
- Sports hall
- Main Hall
- Field
- W04



PHYSICAL ACTIVITY FOR ALL GET TOGETHER

- Try adapted sports seen at the Paralympics, including Power Chair Football and Boccia!
- Discuss inclusivity in sports with Ellie Challis and small changes you can use to help make a difference!
- Take part in a social media workshop, to help share your top tips for creating inclusive activity opportunities.

Tuesday 26th May 2026 9:30am - 2:30pm

Witham (more details provided upon registration) Lunch will be provided

This event is first come, first served. To secure your place, please register using the link in the email by the 8th May. We may also be able to cover public transport costs, so please get in touch with us about this.

WITH SPECIAL GUEST
ELLIE CHALLIS



Ellie is a Paralympic champion para swimmer from Essex, winning gold at Paris 2024 and silver at Tokyo 2020 in the S3 50m backstroke.

She's also a multiple-time world champion and world-record holder, cementing her place among Britain's leading para swimmers.

Please note you must be registered as an Ambassador to attend!

www.activeessex.org/move-with-us/



It is always 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 [register once](#) whether walking, jogging, running, volunteering or a combination.

Backside to Trackside

backside to trackside ENGLAND ATHLETICS supported by England Athletics

BOOKING FOR BRENTWOOD IS NOW OPEN!

Use the link, scan the QR code or go to the website to book

<https://bookwhen.com/backsidetotracksidebrentwood>

Programme starts W/C May 11th with a 5k fun run finale on Sunday July 12th. Go to the website for more information.

BRENTWOOD BOROUGH COUNCIL everyone ACTIVE

Follow us now on

www.backsidetotrackside.co.uk

Backside to Trackside is a FREE 9 week progressive running and walking programme presented by a professional coach and supported by England Athletics. Designed for beginners and those returning to exercise for adults and children aged 12 and up to improve physical health, mental wellbeing and social connection. The course culminates in participants completing a 5km walk or fun run.

Sessions will take place on the track at The Brentwood School track at a variety of times to choose from each week from w/c 11th May. Book here at: www.bookwhen.com/backsidetotracksidebrentwood

There are also programmes running across Essex in Basildon, Thurrock and Canvey. See www.backsidetotrackside.co.uk for more details.

DATES FOR YOUR DIARY

*

MONDAY 11TH MAY 2026
EXAM SEASON BEGINS!

*

WEDNESDAY 13TH MAY
THURSDAY 14TH MAY 2026
YEAR 12 BIOLOGY TRIP
EPPING FOREST

*

WEDNESDAY 20TH MAY -
SATURDAY 23RD MAY 2026
YEAR 9 TRIP TO MADRID

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MONDAY 25TH MAY – FRIDAY 29TH MAY 2026
WHITSUN HOLIDAY

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

[PARENT CALENDAR](#)

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