

Becket Keys Church of England School

15th May 2026

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Mrs Trebess writes.....

✿ Exam Season 2026: Shining Brightly!

"Whatever you do, work at it with all your heart, as working for the Lord..." – Colossians 3:23-24

We are now several weeks into the busiest exam period of the year, and I am delighted to report that Becket Keys students are flourishing. As observed by staff, our students are approaching their GCSE and A-Level papers with exceptional resilience, focus, and dedication. Walking around the school, the atmosphere is calm and purposeful. Students are arriving on time, looking prepared, and supporting each other. The diligence seen during revision sessions is paying off.

💡 Preparation is Key: Mastering Revision

It has been fantastic to see so many students using high-impact, evidence-based revision techniques. Our focus on metacognition is helping students study smarter rather than harder. Students are creating dynamic flashcards with questions on one side and answers on the other to test their memory actively, rather than just rewriting notes. Many are successfully using the Leitner system to separate facts they already know from those needing more frequent review.

Furthermore, students are implementing spaced learning by spreading out their study of specific topics over days and weeks. This creates stronger, long-term neural connections

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BECKET KEYS
Church of England School

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compared to last-minute cramming. Information retrieval is another key focus, with pupils actively pulling information out of their brains by doing blind mind-maps and practice exam questions without using notes first. We encourage everyone to keep these flashcards handy for on-the-go testing during downtime or on the journey to school.

🍌 Body and Mind: Staying Healthy

A healthy mind resides in a healthy body, so it is essential that students look after themselves physically and mentally during this demanding period. For physical wellness, students should aim for seven to nine hours of sleep a night because memory consolidation happens during rest rather than late-night cramming. It is also vital to sip water throughout the day and avoid excessive sugar and caffeine, which lead to energy crashes. A short, brisk walk or light stretching can boost energy and sharpen focus, according to advice from the [Mental Health Foundation](#).

Mental wellness is equally important to prevent burnout. Students should take regular breaks using the forty-five/ten rule, which means forty-five minutes of focus followed by a ten-minute break. Practising positive self-talk helps replace negative thoughts with empowering reminders that they are prepared and will do their

best. Most importantly, if exam stress ever becomes overwhelming, students should immediately speak to a tutor, teacher, or a member of our supportive pastoral team.

👏 Celebrating Success

We are incredibly proud of the efforts of every student. A special thank you goes to our parents and carers for your continued support in ensuring your children are well-rested and encouraged at home. We look forward to sharing more success stories with the school community in the coming weeks.

EXAMS

Please pray for all students who are taking exams.

See website for more details.

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



A Prayer for Exams

*Lord, save me from the art of doing nothing;
Distract me from distraction;
Focus me on what's important.
Keep me from doodling;
Unplug me from social networking;
Turn my eyes back to the books.
May the phone not ring;
May the doorbell stay silent.
I want to revise; God help my natural aversion to it!*

Amen

How to Stay Healthy during Exam Season

1. Eat proper meals



Stress can have an adverse effect on your appetite but skipping meals will not do your concentration any favours. Embrace the cliché and make breakfast the most important meal of the day. Eating foods with slow release carbohydrates throughout the day will help to fuel your revision.

2. Keep hydrated



Water allows many of the chemical reactions in our bodies to take place, therefore the speed at which our

brains can work and process information will be affected if we become dehydrated. Drink plenty of fluid; 6-8 glasses or around 2 litres each day - water being the liquid of choice to keep your body functioning on top form.

3. Eat plenty of fruit and vegetables

Use fruit and vegetables as a healthy snack instead of crisps, chocolate or fizzy drinks. Blueberries, blackcurrants and other berries are all full of vitamin C, which is thought to help improve mental agility. Vitamin E and Zinc are also thought to have a positive impact on the brain so have a helping of pumpkin seeds and walnuts on hand next time hunger strikes.



4. Watch your caffeine intake

Caffeine acts as a stimulant and may aid concentration in small doses (the equivalent of one to two cups of coffee) but overdoing the caffeine will dehydrate you, can cause palpitations and may disturb your sleep.



5. Try to avoid energy drinks

High-sugar, high-caffeine drinks may appear to give you an instant



buzz but are a poor substitute for proper food and fluid. The temporary high you'll get from a sugar-fix will be followed quickly by crashing blood sugar levels causing, among other things, fatigue.

6. Get enough sleep



While you want lots of energy during the day, when it gets to bedtime try to ensure your body and mind are ready to rest. Lack of sleep can make you more likely to reach for a sugary fix to get you through the learning lulls. Warm milk and herbal teas before bed have a sedative effect, while a carbohydrate-rich snack an hour or so before you head upstairs will clear the way for sleep-inducing amino acids to reach the brain.

Year 11 Leavers Celebration 2026



A Message from Miss Brown to all the Year 11 students

Last week we said a fond farewell to our wonderful Year 11 students as they marked their leavers' day with a special assembly celebrating their time at school.

The assembly looked back on the journey of the Class of 2026, from their first nervous days in Year 7 (with a throwback to some very sweet Year 7 photos!) to the confident, resilient young people they are today. Through a collection of photos and memories, students were reminded of the friendships they have built, the challenges they have overcome, and the many highlights of school life – from trips and sports days to shared moments in tutor groups and acts of collective worship. Students reflected on over 1,000 school days and 6,000 lessons (!), recognising just how far they have come, both academically and personally.

As they now move into their exams and begin to look ahead to their next chapter, students were

encouraged to believe in themselves, remember their values, and know that their character, kindness and courage matter far more than any single result.

The class of 2026 will certainly be remembered as a year group full of energy, personality and potential, and one that is on track to be among our most successful to date.

It has truly been a pleasure and a privilege to work with them. We wish them every success in the weeks ahead – we are all rooting for you!

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future". Jeremiah 29:11

**Miss Brown
Head of Year 11**



Year 13 Leavers Celebration 2026

A Message from Mrs Course to all the Year 13 students

Last week we said goodbye to our Year 13 students. We had a wonderful service arranged by the prefects and I leave you with a short section from my farewell speech:



I will always remember my time with your year group. From the fiery debates in Core RP and our reimagined London Challenge, to the last-minute personal statements, far too many of you to name! I'll remember the pre-exam wobbles, the epic Uno battles, and the out-of-hours card playing. I'll admit to a fair amount of fear watching you take on hurling with Mr O'Leary!

There have been so many moments that will stay with me: the most incredible Cultural Event that genuinely made me cry; the outstanding drama and music performances; and being consistently blown away by your artwork. I'll remember your reactions to Emma's HIV talk, and the poignant attention you gave



when learning about meningitis. There was the laughter at Biblical Guess Who, and the powerful silence in the room when Holly and Alison our chaplains, spoke about forgiveness.

And, of course, there were the heartfelt conversations about your futures - moments that sometimes felt a little like offering parental advice!

But above all, I will remember you as kind, thoughtful individuals who brought joy to my days. There is so much laughter in Sixth Form, and I love that.

As Dr Seuss wisely said, *"Don't cry because it is over, smile because it happened."*

Mrs Course
Head of Sixth Form



Rotary Young Writer Competition Success!

The Rotary club every year organises and sponsors the local the 'Young Writer competition' where the idea is to encourage young people to use their writing skills and write with imagination and creativity. The theme this year was Happiness in Nature - students could write prose, poetry, fiction or non-fiction based around this. This was a very challenging topic to write about, and our students embraced this challenge.



Becket Keys clearly made an impression on the competition's judges. Congratulations to the following students on their success: Florence Beaumont (1st place Intermediate), Tessa Connell (2nd place Intermediate), Esme Withers (3rd place Intermediate), Isla Woods (1st place Senior), Enzo Wu (2nd place Senior), These students have all been awarded certificates and received prizes for their efforts.

I was extremely impressed by all of the entries we received. The judges struggled to make decisions and said any number of our students could have won this year. Well done to everyone who entered.

Miss White
English Teacher



For more information about the many competitions the Rotary District are running please visit their website:

<https://www.rotarygbi.org/districts>

Year 12 Biology Field Trip

Exploring Ecology in Epping Forest

Year 12 Biology students spent an enriching couple of days immersed in nature (and the ever-changing British weather!) at Epping Forest this week, carrying out a range of ecological investigations.



As part of the required practical element of the OCR A level biology course, students developed their fieldwork skills by learning how to use a variety of specialist equipment to sample species and populations. They then applied their mathematical skills to analyse their data, exploring patterns in distribution, correlation and biodiversity.

Despite experiencing all four seasons in a single day, students demonstrated resilience and enthusiasm throughout. They gained valuable hands-on experience that will not only support their exam success but also help to develop key skills for future study and careers in the biological sciences.

**Miss Brown
Science Teacher &
Head of Year 11**



visit  epping forest
historic | beautiful | accessible | the friendly district



Year 10 Student Fundraising Walk

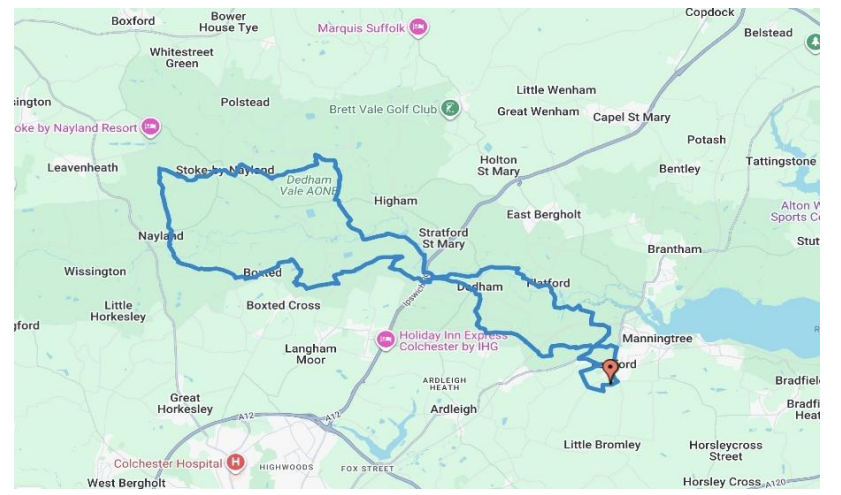


Hello, my name is Bhav from Year 10, and I'm raising money for a charity close to my heart.

I've decided to take part in a sponsored walking marathon, along with my brother and mum, for Macmillan Cancer Support, and I wanted to share why this cause is so important to me. Most of us know someone whose life has been turned upside down by cancer. It's a scary and overwhelming experience, not just for the person who is ill, but for their whole family too.

I chose Macmillan because they do so much more than just the medical side of things. They are there to give emotional support when things get tough, and even help families deal with the practical stress, like money worries or work. They make sure that no one has to go through cancer alone, which I think is a really amazing way to help patients.

I feel like I need to support the 3.5 million people currently fighting this disease and the incredible nurses who work tirelessly to help them. Obviously, not many people want to spend a weekend walking through fields for hours



in June's sun - but, knowing that the money I raise will fund hours of care, makes every step worth it.

<https://fundraise.cancerresearchuk.org/page/bhavana-chattis-big-hike>



So far I've reached a total of £25, so if you're able to donate even a small amount, it would mean a lot to me. Every penny goes toward making sure Macmillan can continue their life-changing work. The goal I'm aiming for is a solid £100, which can pay for around 8 DNA extraction kits. I know it doesn't sound like much, but it means lives are saved, and the world is a better place.

Thanks for all the support!

Meet the Medic Online Webinar - 19 May 2026

For students in Years 10 to 13 interested in Medicine

Have you ever wondered what it is really like to be a doctor in London? Our interactive webinar series brings medicine to life.

'Meet the Medic' will have a different medical professional each month sharing their specialism, career path and day-to-day life as a doctor - and answering your questions live.

This month, we are joined by Dr Caroline Scott-Lang sharing stories from her time working with young people and their families in pediatrics.

[Find out more and register to take part on our Webinar Series page.](#)



Imperial African Caribbean Society

London School Talks - May to June 2026

For teachers and students in Years 10-13 interested in STEM

Imperial African Caribbean Society are pleased to offer London school talks for the

IMPERIAL

Welcome to Imperial. We are a world-leading university for science, technology, engineering, medicine and business (STEMB), where scientific imagination leads to world-changing impact.

We were founded in 1907 with a mission 'To be useful', but we know that before anyone can usefully change something, they first need to understand it. That's what we do.

summer term from 27 May - 24 June 2026.



Current Imperial students discuss their academic journey to Imperial, giving an insight into the degrees Imperial offer by having students engage in STEM activities based on the speakers' STEM subject area.

Although these talks are targeted towards year 12 students, the content of the talk can be adjusted to suit a different audience.

For any queries please email micah.newton24@imperial.ac.uk

Imperial Maths School: Girls into Maths

Summer School - July 2026
For Year 10 girls interested in Maths

'Girls into Maths' is a free, two day programme on Monday 13 and Tuesday 14 July 2026 at Imperial Maths School in North Finchley. Day one will be a series of fun Maths workshops with Aylean MacDonald. On day two, the group will visit Imperial and the Science Museum.

This course is aimed at Year 10 girls with a passion for Maths, aiming for a 7 or above in their GCSEs. Preference will be given to applicants who are from groups currently underrepresented in the Mathematical Sciences. However, all Year 10 girls are welcome to apply.

For any queries please email outreach@imperialmathsschool.ac.uk.

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!

Make friends!

Boost your CV!

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.

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!

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!





Shenfield Parish Hall job vacancies

The Trustees of the Shenfield Parish Hall are seeking to appoint to two paid job vacancies, a new Hall Supervisor (typically 45 hours per month, Salary: £10,000 to £12,500 depending upon experience) and a Booking & Administration Coordinator (typically 32-35 hours per month, Salary: £8,000 to £10,000 depending upon experience).

Full job descriptions, person specifications and application forms are available from Rector@StMarysChurch-Shenfield.org.uk

Please pass this information onto anyone who you think might be interested.



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](#).



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

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

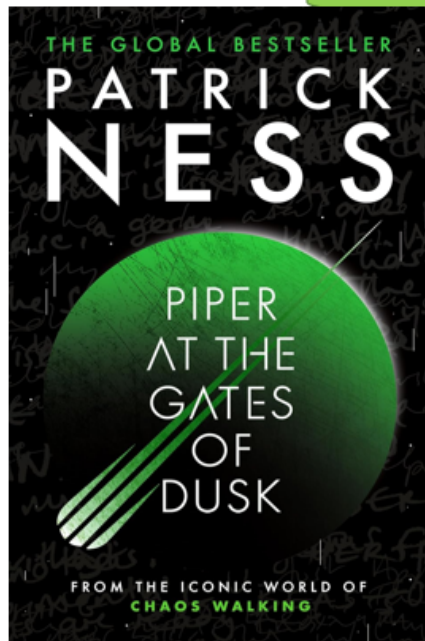


Eucharist Club

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 3

Week Commencing:
27/04/26 18/05/26 08/06/26 29/06/26 20/07/26

CLASSIC HOT & HEARTY

£2.85 CLASSIC MAIN MEALS	£2.85 VEGETARIAN MAIN MEALS
MONDAY Mexican Beef Nacho Pasta Bake	MONDAY No Waste Cauliflower Cheese Pasta Bake (V)
TUESDAY BBQ Chicken with Salt 'n' Pepper Wedges, Asian Slaw & Garden Peas	TUESDAY Chipotle Quorn Dippers with Salt 'n' Pepper Wedges, Asian Slaw & Garden Peas (V)
WEDNESDAY Roast Pork or Salt 'n' Pepper Roast Chicken, Crisp Roasties, Seasonal Vegetables & Roast House Gravy	WEDNESDAY Roasted Vegetable & Chickpea Pastry Roll with Crisp Roasties, Seasonal Vegetables & Roast House Gravy (V)
THURSDAY Fragrant Lemon & Herb Chicken with Spicy Rice	THURSDAY Hot Maple & Cajun Quorn Fillet with Spicy Rice (V)
FRIDAY Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas and Tartare Sauce	FRIDAY Crispy Chickpea & Vegetable Pakora Burger with Mango Slaw, Chips & Peas (V)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sticky Lemon Sponge	Mixed Berry & Apple Crumble	Chocolate & Whole Banana Puff Pastry Pinwheel	Nut Free Bakewell Sponge	Hot Chocolate Rocky Road & Custard

Fruit and Jelly Pots Available Daily - Price: £1.00

JACKET POTATOES Prices from £2.15
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
Vegan Singapore Noodles (VE)	The Big Plant Burger (VE)	Pesto Pasta with Roasted Tomatoes (VE)	Onion Bhaji Skewer with Bombay Potatoes (VE)	Garlic & Chili 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

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/

Sports News

U12 Boys' Cricket Competition

Our U12 Boys' Cricket Team represented the school brilliantly at the recent Chance to Compete Cricket Competition, and we are delighted to announce that Becket Keys finished as overall champions!



Despite some challenging weather conditions throughout the day, the boys showed outstanding determination, teamwork, and sportsmanship in every match. The team performed exceptionally well, winning all 6 of their games and finishing top of the table with an impressive 364 runs scored. To remain unbeaten across the entire tournament is a fantastic achievement and one the boys should be extremely proud of. As a result of their success, the team has now qualified for the next round of fixtures, where they will look to continue their excellent form.

Well done to all the boys involved!

Mr Woods
PE Teacher

ESAA Track & Field Cup – County Round

Our athletics teams recently competed in the ESAA Track & Field Cup, held at Thurrock Athletics Stadium (Blackshots). This is one of the premier national school athletics competitions, where teams compete across a full range of track and field events, with only the top schools progressing through county, regional and national rounds.

The level of competition was extremely high, with strong schools from across the area and very little separating performances in many events. Despite this, our students rose to the challenge and produced a number of excellent individual performances alongside strong team contributions.

Outstanding performances included Ben Morden in the 200m and triple jump, who was the top scorer for the Intermediate Boys with 33 points. In the Intermediate Girls team, Betsy Winney and Tiana Abraham were also standout performers, finishing as joint top scorers on 34 points and contributing heavily across their events.

There were also some exceptional individual event performances. Alex Wright (Year 8) delivered a superb run in the hurdles, scoring 20 points, the highest individual

event score in the Junior Boys team. Anna Bennis (Year 9) also impressed while competing up a year in the Intermediate Girls, scoring 16 points in the javelin against older athletes.



A number of younger athletes should also be recognised for competing above their age group. In the Junior Girls team, Olivia Millard (36 points!) and Samantha McTurk (33 points!) (Year 7) performed strongly while competing against older students in the 800m, 1500m and Relay. Similarly, in the Junior Boys team, James Millard, George Jenkins and Gabriel Weaver (Year 7) all stepped up to compete a year above their age group, with James scoring a total 27 points, George scoring 26 and Gabe scoring 23.

Overall, it was a fantastic experience for all involved, with students demonstrating commitment, teamwork and a high standard of performance throughout a very competitive event.

Mr Ison
Head of PE

DATES FOR YOUR DIARY

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MONDAY 18TH MAY 2026
EXAM SEASON CONTINUES

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

*

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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