

Becket Keys Church of England School

22nd May 2026

IN THIS ISSUE

Mr Scott-Evans writes.....

How not to revise.

We are now a couple of weeks into the formal exam season. With the majority of exams still to take place and the Whitsun holiday ahead of us, I thought I would take a moment and offer some advice to those students who still (despite all our advice) are not sure how best to revise. My thanks to [Inner Drive](#) for once again inspiring much of my material today.

First, let me tell you some of the things you should definitely NOT be doing if you want to do well in exams. You will not like the first one!

1. **Do not have a smart phone!** The best thing to do is to hand in your phone until the end of the

exams. It is the biggest time-wasting drain on your schedule. Just get rid of it. Failing that, the next best thing to do is to make your smart phone into a 'dumb phone'. Make it black and white (in accessibility settings), remove all social media, Netflix, apps, games and any other distractions. Only keep things like exam timetables and the basic functions. If you do that you will save hours every week and massively increase your chance of securing good grades. This step costs nothing but will raise your grade far more than any other intervention I can offer due to the sheer number

.....contd. on page 2



BECKET KEYS
Church of England School

Healthy Eating

How to keep well during exams.

Page 3

Chess Club

Students were invited to play a friendly match with other schools.

Pages 5

Sixth Form

Updates from the Sixth Form students. A busy week for our female students.

Page 6-7

Performing Art Department

Tickets for the summer school production of Chitty Chitty Bang Bang are now on sale.

Page 8

.....contd. from page 1

of hours you will gain in a week! Smart phones make you dumb. Dumb phones make you smart.



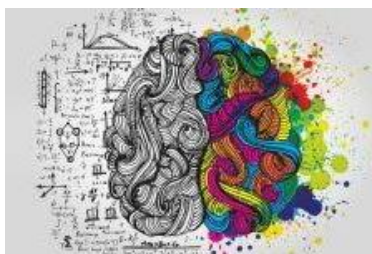
2. **Do not revise whilst listening to music.** The latest research by Perham and Currie shows a clear negative impact. Those who revised in silence achieved 61% success, those who listened to music with no lyrics achieved 55%, those who listened to songs with lyrics only achieved 37%! Music is a distraction and takes up processing space. Stop listening to music while revising, and you will get a higher grade.
3. **Do not just read, re-read and highlight.** These activities take a long time and have very little positive effect on exam results. All the evidence shows that this is a huge waste of time.



So, what is the best ways to revise? Lots of testing (known as

retrieval practice) done in silence is the best strategy. Here are my top tips to make this even more effective.

1. **Use spacing.** One hour of Chemistry each day for five days is much more effective than cramming for five hours on one day. Space out your revision. A 2007 study by Rohrer and Taylor showed that the students who spaced their revision scored 74% accuracy in their exam compared with only 49% for those who crammed.
2. **Use interleaving.** 30 minutes of Shakespeare, 30 minutes of Spanish Vocab, 30 minutes of Trigonometry, 30 minutes of River Erosion etc. is much better than longer blocks.



3. **Use brain dumping.** Take a topic, write down all you can remember in silence with no reference to notes. Check what you forgot. Add it in using a different colour from memory. Then check a third time. What did you still forget? Add it in using another colour.
4. **Use flashcards.** Make them for each topic.

Check the [Leitner system](#) for how to use them with spacing and interleaving.

5. **Plan answers to questions.** Take a long answer question. Plan out your answer as if you were in the exam. Do this for several questions. Check your plan against the mark scheme. Past papers and mark schemes are all available on the exam board websites. You can find a list of our exams [here](#). Use the list to look up the exam board and specification.



6. **Write quizzes.** Write questions for yourself and give the answers. Then hand the quiz to a family member to test you on it. You must get tested on it. It is not good enough to just read the quiz through. By being tested you will build your strength for the stresses of the exam. You can do this with key vocabulary/dates/quotes quite easily, but do not waste time testing yourself on things you know that you know already!
7. **Practise introductions and conclusions.** It is a good idea to practise opening/closing

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.

Chess Club

On Thursday after school members of the Chess Club were invited to Brentwood School where they were given the opportunity to play against students from Brentwood and Brentwood County High.

We were lucky with the weather and so the students were able to play chess outside. Great fun was had with the giant chess set as well as the 'normal' sized pieces.

This was a friendly match which gave the students great practice against other clubs. We are looking forward to the tournaments that will be held later in the year.

If you would like to join Chess Club, then come along to Library B during both lunchtimes every Tuesday.





Year 12

Gain UK Inspire the next generation of investors [Schools Investment Challenge – GAIN UK](#)

The GAIN Schools Investment Challenge is a national stock pitch competition for young female students in Years 10 to 13. It's a unique opportunity to explore how investment decisions are made – and to experience first-hand what it's like to think like an analyst.

We entered one team into the GAIN Schools investment challenge this was the first time we had entered a team. The team worked closely with a mentor (who has worked in the finance industry) they were given the company Burberry to investigate and decide whether they would buy their stock. The girls had to put together a report and create a video on their findings.

Out of 151 teams the girls came in 7th, this is an excellent achievement and something we are really proud to celebrate.

Over the course of three months I participated in the GAIN Investment Challenge, where I worked closely with a dedicated team to analyse the investment



potential of Burberry stocks. This experience broadened my perspective of economics and introduced me to the analytical and strategic aspects of investing. This experience has been valuable in developing my teamwork skills and understanding of financial markets.

Sofiia Andonova

Participating in the Girls Are Investors programme allowed me to develop my analytical skills in a

fun and interesting way as we evaluated many different positives and negatives financial and non-financial aspects within the company. It gave me the opportunity to work in a group and develop my team working and leadership skills as we decided whether to buy or sell shares in Burberry. Overall, it was a really engaging and insightful project and gave a great outcome.

Millie Johnson

Participating in the GAIN Challenge strengthened my analytical, leadership and teamwork skills as we evaluated the investment potential of Burberry shares. The experience gave me a deeper understanding of financial markets and the strategic side of investing. An invaluable experience !!

Olesya Borman

Full Team:

**Tyra Bebel
Olesya Borman
Millie Johnson
Sofiia Andonova**



A Prayer for Exams

Heavenly Father

*Thank you that, whatever the outcome today,
I know you have a plan for my life.*

Please take all my achievements and failures

And weave them into something amazing for you.

I hope for success today, but much more than that,

My desire is to become the person you want me to be.

Amen

EARNIVERSITY

Earniversity: Where Success Begins

We have recently had some students take part in a fully funded Earniversity course.

It is great for young people thinking about making some extra money or trying to gain some transferable skills that employers are looking for, this has been a good opportunity to do that.

Another winner came last week from Earniversity, promoted through the Essex Apprenticeship Hub. Students learn how to earn money, build confidence, stay authentic, become successful, and take ownership of their future!

Krasi Daneva took part and won the final project award.



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Church of England School

Krasi says:

“Earniversity has been an incredible, and I am so grateful to have experienced it! During this course we learned 10 money-making skills which we were able to develop and explore, with some previous participants making over £6500. I am proud to say that I was able to win the Final project award, which was a series of testimonials essentially recording my experience throughout the course. I even learned how to video edit! This built such a phenomenal community of like-minded people as we challenged and shared all our victories. The skills that were most beneficial to me were learning how to invest and affiliate marketing, so much so that I have now joined their wealth launchpad programme, and started my own affiliate account.”

Mrs Course and I are exceptionally proud of all the girls these last few weeks and what they have achieved. All these opportunities are set out and will also be running next year!

Mrs Knowles
Deputy Head of Sixth Form

School Production 2026

Tickets are now on sale for the spectacular Becket Keys production of 'Chitty Chitty Bang Bang.'

All tickets are priced at £12.50 each and are available on Parent Pay. If you do not have a student at the school and therefore do not have a Parent Pay account for Becket Keys, please ask reception.

Last year, Buggy Malone was a complete sell out, so get your tickets now!

Lastly, you may be aware that certain characters have been double cast again this year. We find this a successful approach when producing our musicals. Double casting enables more students to experience undertaking a larger role. Therefore, students have been grouped into two casts: a purple and gold cast. They are aware of which cast they are a part of. The cast will be called in the following order for the performances:

Monday matinée: **GOLD CAST**
(Primary School performance, no tickets on sale)

Monday evening: **PURPLE CAST**

Tuesday evening: **PURPLE CAST**

Wednesday evening **GOLD CAST**

We look forward to seeing you there!

Mrs Barr
Head of Drama



Performance Dates

Monday 13th July

Tuesday 14th July

Wednesday 15th July

£12.50 per ticket

Doors open at 6:30pm, curtain up at 7:00pm.

**VENUE – Becket Keys Church of England School,
Main Hall.**





Please make sure that your son/daughter has a reuseable 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.

Drinks are available for purchase from the Bistro before school, at break and at lunch. However, they are expensive.

Free to use water fountains are available in every building for students to use. All day. Every day.

**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!



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+



BECKET KEYS
Church of England School

SEND Coffee, Cake and Chat Wednesday 1st July 2026

You are warmly invited to Becket Keys Church of England Secondary School to meet other SEND parents, the SEND team including Mrs Dowsett (SENDCo), Mrs Shah (Assistant SENDCo) and Mrs Sharp who will be taking over as SENDCo during Mrs Dowsett's maternity leave.

Our Inclusion Partner, a member from the visiting Mental Health Support Team, SNAP & Natasha from The Chicken and Frog book shop will also be available to speak to at our 2pm session.

Please confirm your attendance by clicking onto this link:

[SEND Coffee, Cake and Chat – Fill in form](#)



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

Pre-Loved Uniform Sale

Many thanks to all those who supported the pre-loved uniform sale on Saturday. Over **£1,000** was raised for the school.

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!

All Saints • St. Peter
Hutton Parish

SUMMER FAIR

Saturday 13th June
11am to 3pm

ALL SAINTS' CHURCH,
CHURCH LANE, HUTTON CM13 1SB

FREE ENTRY

JOIN US FOR LOTS OF FUN!

- Ice Cream Van •
- BBQ •
- Stalls •
- Raffle •
- Cakes •
- Refreshments •
- Crafts •
- and much more!

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](#).

Level up your after school

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.

benefit

Apprentice Open Evening

Are you interested in earning while you learn? Would you like to join an incredible beauty brand at our UK headquarters in Chelmsford?

Join us for our Apprenticeship Open Evening and explore the vibrant world of our fabulous brand! You'll have the chance to meet our amazing teams and hear firsthand from our apprentices, both past and present, about their exciting journeys with us!

To receive all the details you need to attend, please email us today with your name and contact information.

EMAIL: HRtraining@benefitcosmetics.com



When: Tuesday 7th July
 Time: 5.45pm - 7.45pm
 Where: Benefit Cosmetics UK HQ, Marconi Building, New St, Chelmsford, CM1 1PH

PLEASE NOTE THERE IS NO PARKING AVAILABLE FOR ATTENDEES

What to expect - We are looking forward to welcoming you to our apprenticeship open evening. We have noted some hints and tips below to help answer some questions you might have it should also help you prepare well and be the best you can be on the evening.

What should I wear? We aren't a corporate, formal brand and we want you to come along as your authentic self. Dress with the spirit of the brand in mind showing your style and attitude express yourself!

Will I be interviewed at the event? We really want you to get to know us. We love to have fun at work and hope that you do too. Following a group presentation you will be allocated time for a short 1 to 1 chat with one of our team this will be 10 minutes to give an overview of the departments and the roles which may become available.



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

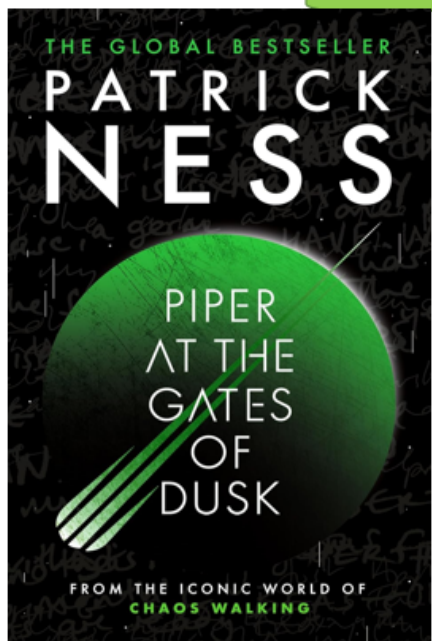



Eucharist Club

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

DESSERTS Free with the main meal or £1.85 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

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
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

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.

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.

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.

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

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

DATES FOR YOUR DIARY

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

*

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

*

THURSDAY 11TH JUNE 2026
YEAR 10 PARENTS' EVENING

*

FRIDAY 12TH JUNE 2026
INSET DAY
(NO STUDENTS IN SCHOOL)

*

MONDAY 15TH JUNE 2026
INSET DAY
(NO STUDENTS IN SCHOOL)

*

WEDNESDAY 24TH JUNE 2026
YEAR 7 MANDARIN STUDENTS
TRIP TO CHINA TOWN

*

THURSDAY 25TH JUNE 2026
GOVERNORS' SPEECH & AWARDS EVENING

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

[PARENT CALENDAR](#)

Becket Keys Church of England School

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CM15 9DA
01277 286600

www.becketkeys.org
office@becketkeys.org
finance@becketkeys.org

X:

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[@MrScottEvans](#)
[@BecketKeys6th](#)
[@BecketKeysMusic](#)
[@BecketKeysPE](#)
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