



Becket Keys Church of England School

14th January 2022

IN THIS ISSUE

Mr Scott-Evans writes...

Too Late for New Year's Resolutions?

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." *Will Durant*

I have been talking to some students this week about their habits and their new year's resolutions. We have thought about what it is we want to achieve and what we need to do now to get to those ends. In the words of Stephen Covey, we should 'begin with the end in mind'.

Most students find it very difficult to keep their new year's resolutions because they are not important enough to them, or they are not really committed to the end goal they want to achieve. They also do not build in

mechanisms to hold themselves to account.

For example, if students want to get those excellent exam results, then they must find new home life habits which include less PlayStation and iPhone! Instead, they need to build limits and restraints for these addictive technologies to create space for more revision and reading time. More [Dr Frost Maths](#) and less Instagram! They also need to build in accountability by scoring themselves out of 10 against their targets each day.

Did I do my best today to practise the Chemistry past paper for 40 minutes?

Did I do my best today to learn another Literature quote off by heart?

.....contd. on page 2



BECKET KEYS
Church of England School

Extra-Curricular Clubs

Information about some of the many the clubs on offer at school.

Page 3

Geography Department

The Year 11 Geography students visited Swanage on their field trip.

Page 8-10

Careers Information

There are details of some excellent opportunities offered for students and parents.

Page 11 -12

Biblical Pause

Still dews of quietness.

Page 13

Sports News

Upcoming Fixtures are listed here

Page 20

....contd. from Page 1

Did I do my best today to listen to the Audio Book: A Christmas Carol for 30 minutes?

Unfortunately, for many students, good intentions with teachers are unlikely, on their own, to translate to changed routines and habits. For most, they will need to discuss this at home and commit to writing their aims down and their steps. Research shows that if we write down our goals and score ourselves against them, we have a much better chance of seeing them come about.

It takes about three weeks to get used to a new routine and three more weeks for it to become a habit. So, giving up switching the console on as soon they get home in exchange for dedicated homework time may well take three weeks to get used to. It will then take another three weeks to become a habit. After that, it will not only be routine, but you should start to notice it becoming an attitude that students hold dear and are proud of. It will actually feel wrong to switch on the console until the homework and revision are complete!

The best time to plant a tree is 10 years ago; the next best time is today. It is a bit like that with habits. It is never too late to start, but it is hard to get going. I shall be praying that all our students form some great new routines this weekend and that they make a difference in the year ahead.



Covid-19 Home Test Kits

All students have been offered additional home test kits. If your son/daughter has not received a kit and wants to test, please ask them to collect from reception. More tests are available if they are required and we would encourage all students to keep testing regularly.

As a reminder, if your son or daughter is taking part in the Covid-19 home testing, please remember to conduct the tests on a **Wednesday and Sunday**.

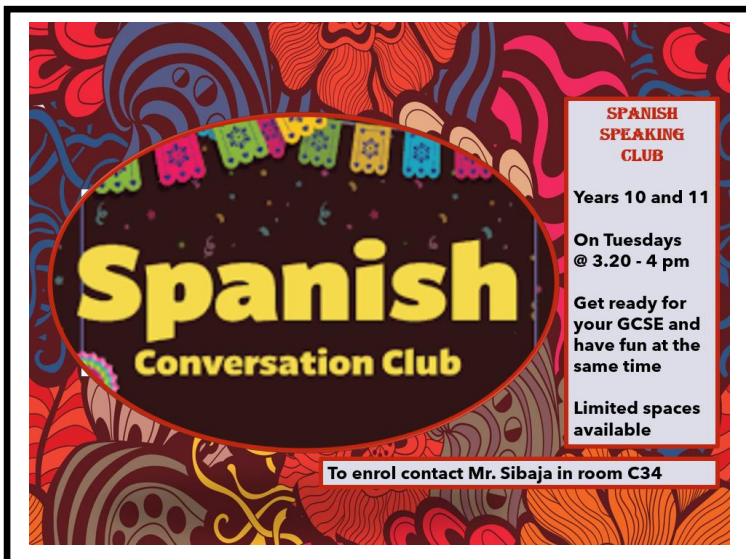
[Please find here a step-by-step guide to COVID-19 self-testing.](#)

You must upload your results to:

<https://testregister.co.uk/login> and then follow the steps to the Government website.

Test Register has been updated, if you need to change any details or if you have any queries regarding this process please contact: office@becketkeys.org

Extra-Curricular Clubs



SPANISH SPEAKING CLUB

Years 10 and 11

On Tuesdays @ 3.20 - 4 pm

Get ready for your GCSE and have fun at the same time

Limited spaces available

To enrol contact Mr. Sibaja in room C34



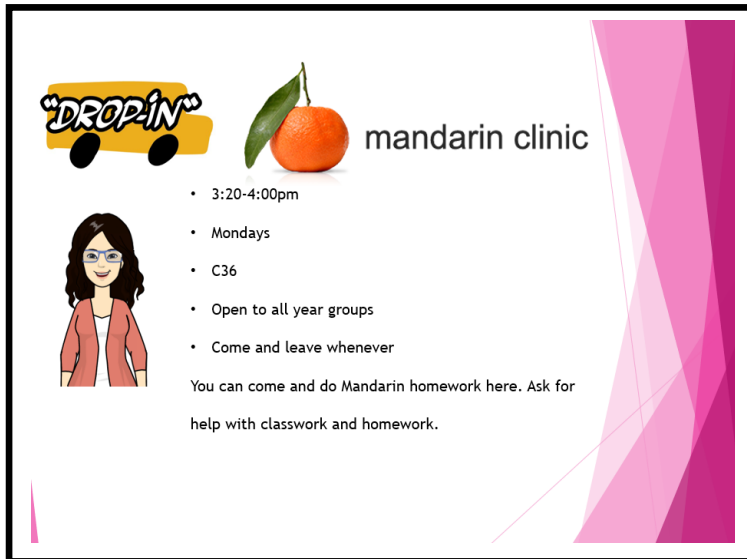
LIBRARY CLUB

- Now every Wednesday after school. All welcome
- Wednesdays
- 3:15pm-4:15pm
- In the Library (surprise surprise!)

Film club is back on!
This week's screening is 'Wonder'.



Come down to C25 on Tuesday 3.15-4.15



"DROP-IN" mandarin clinic

- 3:20-4:00pm
- Mondays
- C36
- Open to all year groups
- Come and leave whenever

You can come and do Mandarin homework here. Ask for help with classwork and homework.

DT Club – W01 3:20 - Friday

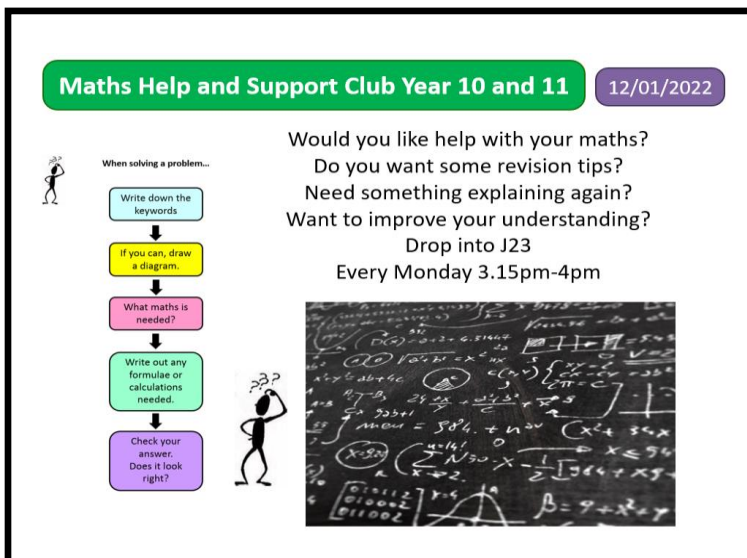
- In DT club this week, you will have the opportunity to work on your projects.
- Year 7 – Wooden Storage box
- Year 8 – Wooden Link toy
- Year 9 – Wooden Speaker



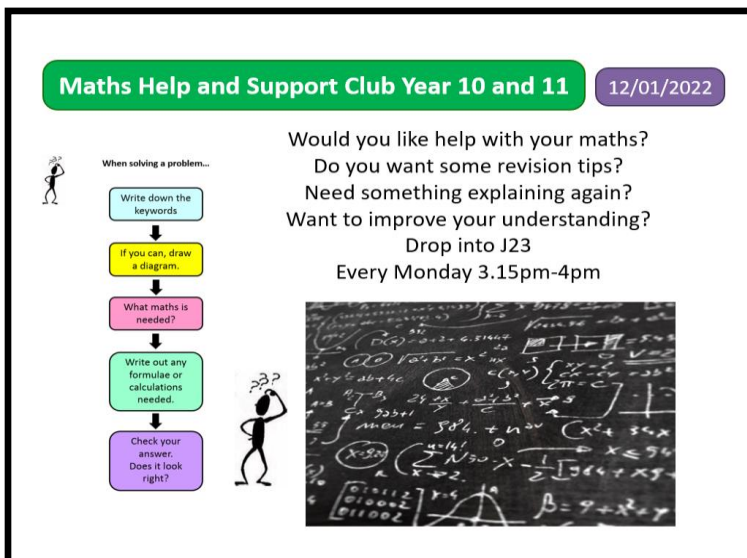
There is now a sign up sheet outside W01 – when / if there are 25 names, I will take the sheet down. If you are unable to come this week, we will be doing the same next week.

Maths Help and Support Club Year 10 and 11 12/01/2022

When solving a problem...



Would you like help with your maths?
Do you want some revision tips?
Need something explaining again?
Want to improve your understanding?
Drop into J23
Every Monday 3.15pm-4pm



BRENTWOOD FOODBANK

HELPING LOCAL PEOPLE IN CRISIS

BRENTWOOD FOODBANK REQUIREMENTS

JANUARY

Tinned Goods:

Meat Pies

Salmon

All Day Breakfast

Ham

Chicken Stew/ Beef Stew

Meatballs

Spaghetti

Custard/Rice Pudding

Potatoes

Washing Up Liquid

Washing Powder/Gel

Toilet Roll

Razors

Nappies Size 5 & 6

Any cleaning items

<https://brentwood.foodbank.org.uk/>

Lunchtime Eucharist



Lunchtime Eucharists have now resumed and will be back in the John Wraw Chapel from Friday 21st January.

Locations for Eucharists are therefore shown below:

Year 8, 9 and 12

12.10pm
on
Tuesdays
with Father Hamilton

Year 7, 10, 11 and 13

1.00pm
on
Fridays
with Father North

Students are able to get a lunchtime pass from their Tutor so they can access the Bistro or Deli for their lunch prior to the service.



Please make sure that you top-up your son or daughter's account each week so that they are able to access all the delicious meals in the school restaurants.

There is a small overdraft facility on their ParentPay account of £2 for emergency situations which covers the cost of a sandwich.

Due to the cashless system in place there is no other back up.

We do not want any student to miss lunch or the great choice of food available every day in our restaurants. The chefs work hard each day to provide a variety of delicious meals for the school.

If you have any queries, please contact the school – office@becketkeys.org



Student Absence

Please remember that you **must** contact the school if your son/daughter is not going to attend school due to illness. The easiest way to do this is via the Studybugs app. Details are below.

Please get the **free Studybugs app** for reporting your child's absence due to illness.

<https://studybugs.com>

Download on the App Store | GET IT ON Google Play | Get it from Microsoft

Report sickness, receive guidance, help improve children's health
See what illnesses are going around
Secure system, all communications encrypted

Working in partnership with: NHS, Brighton and Sussex Medical School, Ministry of Education, Egypt, etc.

World KITCHEN

W/c 13.02.21, 17.01.22, 07.02.22

Aspens

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL DISH	Butcher's Pork Cumberland Sausages with Creamy Mash and Red Onion Gravy	Chefs Made Beef lasagne served with a Garlic and Herb slice and Roquette Leaves	Honey Roast Gammon with Crispy Roasties, Sautéed Leeks and Lashings of Gravy	Chicken Rogan Josh served with Spicy Bombay Potatoes and Pilau Rice	Lemon Battered Fish Fillet with Chunky Chips, Peas and Homemade Tartare Sauce
GLOBAL GUEST	Cheddar and Vegetable Pasty served with Mash and Gravy	Roasted Vegetable Lasagne, Garlic Bread served with Roquette Leaves	Crispy Butternut Squash and Spinach Filo Pie, Bubble and Squeak	Chana Masala Vegetable Curry with Pilau Rice and Naan Bread	Homemade Veggie Burger with Chips and Celeriac Slaw
Hot DELI DELICIOUS DESSERTS	Sweet Chilli Chicken or Margherita Pizza Slices	All Day Breakfast Bap loaded with Bacon, Cheese and Hash Brown	Egg Noodle pots with a Teriyaki Broth	Chicken Tikka and Pilau Rice Wraps	Sancho Pollo Marinated Chicken Sub Roll
	Orange Zest Brownie	Eton Mess with Caramel Drizzle	Chocolate Cornflake Tart	Sticky Pineapple Upside Down Cake	Lemon and Berry Muffin

MAIN COURSES SERVED WITH SEASONAL VEGETABLES

Walk-in COVID-19 & Flu Vaccinations

Help keep your friends and family safe.
Come and see us now and **#GrabTheJob**

HERMIT YOUTH CENTRE
Saturday 22nd January 2022 • 10.30am–3pm

15 Shenfield Road, Brentwood CM15 8AG(next to Brentwood Theatre)

- 12-17 year olds 1st and 2nd dose (12 weeks after 1st dose)
- Seasonal Flu Vaccination for Children Reception - Year 11

Walk in...no appointment necessary

Parking: No parking on site. Nearest parking is Sainsbury's Car Park

www.essexcovidvaccine.nhs.uk

HOMEWORK CLUB

Remember that Homework Club is up and running! Every afternoon after school students can stay until 4.30pm and complete their homework in C11.

All year groups are welcome to attend, these sessions are supervised by members of staff so if students have any queries there are staff available.

If there are a lot of students who wish to make use of this opportunity, we will open other rooms.

Using Homework Club is just one way we provide for students who do not want to leave site at 3.10pm.

Avoid the traffic! Stay here for a while!

THE SCHOOL NURSE IS AVAILABLE – JUST NOT ON SITE!

Help and advice in relation to:

How can you make contact?
Use 'CHAT Health'

This is manned by a School Nurse between the hours of 9-5pm Monday to Friday, and they will respond to all messages within 24 hours Monday – Friday. The aim is to provide a timely, and convenient access to confidential health advice for every young person in Essex.

Phone or text: 07520 615732

No parental consent required for students aged 13 and over.

Geography Department

Swanage 2022

It was cold and dark when we met at school on the first day back after the Christmas Holiday, but spirits were high as the Year 11 Geographers set off on their fieldtrip to the south coast of England.

On the agenda was exploring and revising our knowledge of tectonic and coastal processes, features, and their management.

We began with a visit to Barton-On-Sea to look at a range of coastal management techniques in action without a cloud in the sky.

From here we drove down through Sand banks and across the chain link ferry to Studland and investigated sand dune succession and undertook some beach profiling, learning a few new names and techniques along the way.

With the early setting winter sun, we headed along the coastal path to visit an 'old' friend Harry and got some great photographs to finish off the day and edge our step count up to 30,000.

After settling into our accomodation, dinner and some time in the classroom, it was time for some rest and relaxation.

The next day we used our time and the clement weather to



explore the physical and human geography of Swanage Bay. In the morning we took our fieldwork equipment and looked at the history and effectiveness of

the groynes along the bay, measuring the depth to sand and characteristics of the beach material. This required more steps than some of the groups



were used to and required them to recharge their batteries before our next investigation.

students were set off to investigate land use and traffic in Swanage.

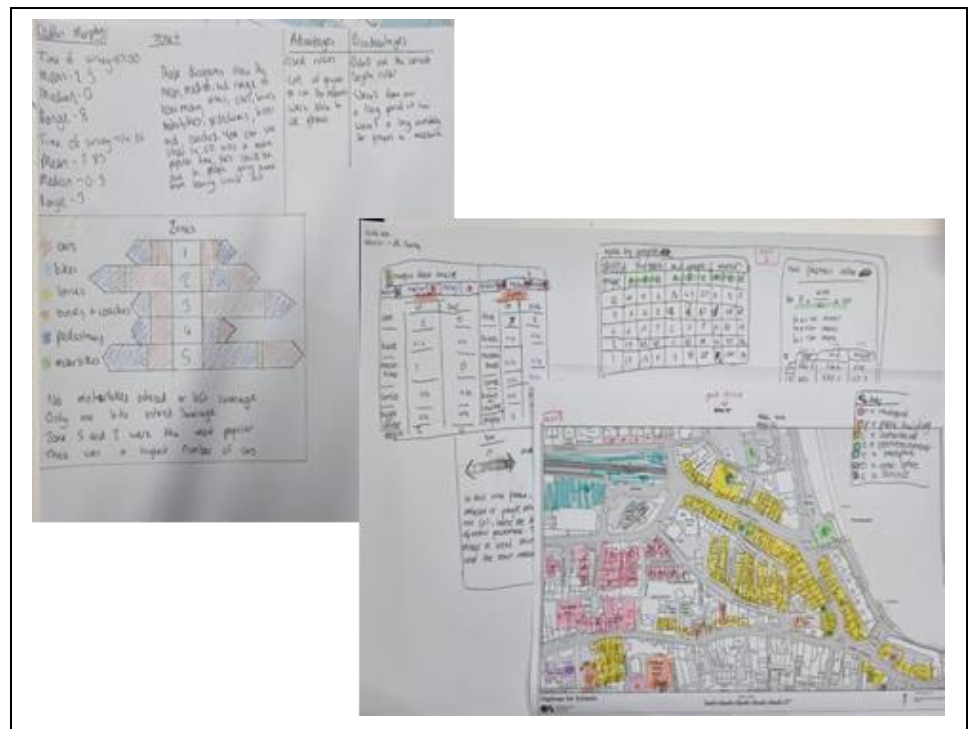


Data collection, presentation and interpretation were the order of the evening, back in the classroom, resulting in some great work and preparation for the forthcoming GCSE exams and further studies of A-level Geography and beyond.



BECKET KEYS
Church of England School

After another walk up to Peveril Point for: a group photograph, field sketch, discussion, and requisite talks from teachers, the



Our final day hit the night owls hard with us leaving once again before the sun rose after some domestic chores to explore: Durdle Door, Lulworth Cove, Stair Hole and of course the highs and lows of Swyre Head and Scratchy Bottom.



Thank you to all the staff and students that made this memorable trip possible.

Mr Taylor-Smith
Head of Geography



Careers Information

InvestIN is a UK-based organisation that provides students aged 12-18 with an immersive experience of their dream career. The InvestIN team is currently based in London and Manchester and have organised more than 45,000 students from over 100 countries to attend their programmes, which take place both in person around the world and live online.

Students can now register for spring term career opportunities, which are available in 20+ cutting-edge industries. Students will learn directly from some of the UK's best professionals - doctors, forensic scientists, architects, MPs, filmmakers, engineers and more - through a series of live, interactive simulations which provide tailor-made, professional experience to ages 12-18.

Students can choose to attend either at UCL or live online from the comfort of their own homes.

These courses are extremely popular so make sure you book asap!



BECKET KEYS
Church of England School

WEEKEND CAREER OPPORTUNITIES

Trustpilot ★★★★★
JAN-MAR 2022, AGES 12-18

MEDICAL PROGRAMMES

Medicine | Psychology | Veterinary Science |
Dentistry | Forensic Science

STEM PROGRAMMES

Engineering | Architecture | Video Game
Design | Software Engineering | Cyber Security

BUSINESS PROGRAMMES

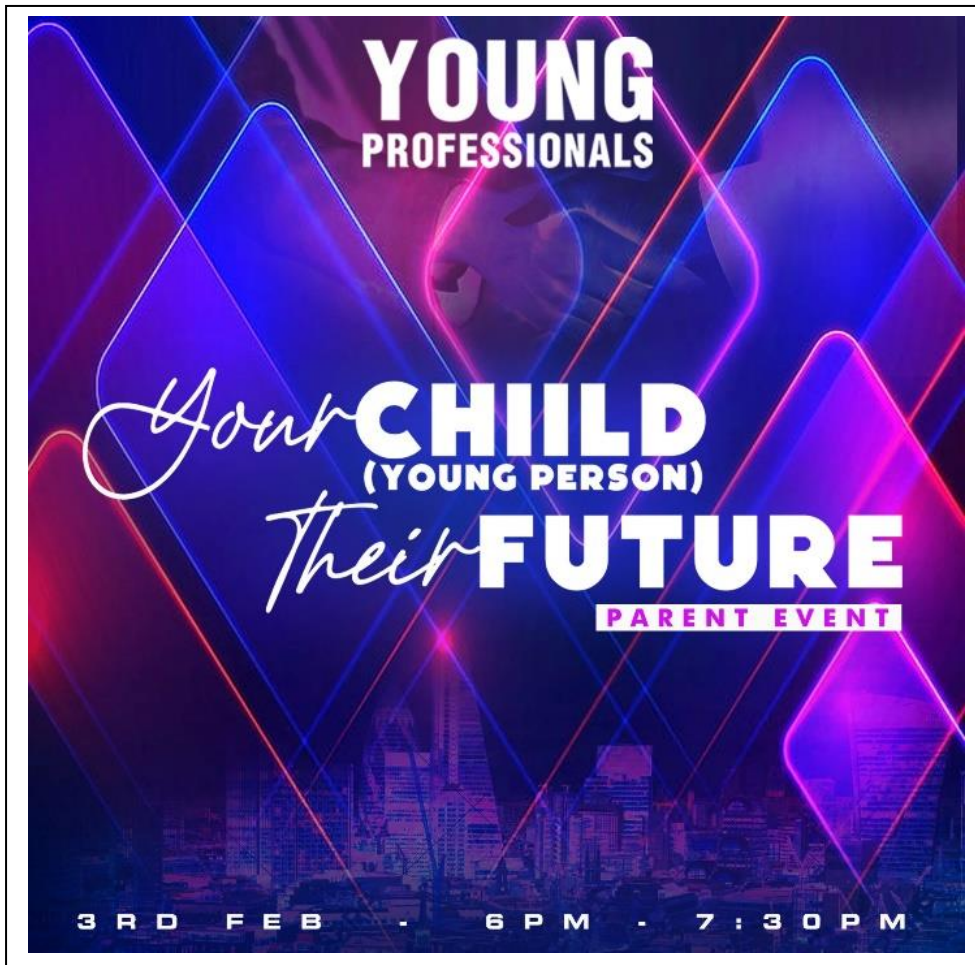
Investment Banking | Entrepreneurship |
Management Consultancy | Marketing

LAW & POLITICS PROGRAMMES

Law | Politics | International Development |
Environmentalism

CREATIVE PROGRAMMES

Fashion Design | Filmmaking | Journalism |
Music Production | Sports Professional



Young Professionals, ran a 'Your Child, Their Future' Event back in September 2021 and had a staggering 3000+ parents and carers attend virtually from all over the UK. After such an incredible turnout and amazing feedback, a second parent information evening is planned for February 2022.

The job market for students leaving school or university can be difficult to navigate and now more than ever we need to help young people by making them aware of all the opportunities available to them, as well as providing them with advice and tips on securing the very best opportunities when they enter the workplace. All parents &

carers are invited to attend 'Your Child, Their Future' Event on Thursday 3rd February at 6pm - 7.30pm.

There will be leaders from some of the biggest employers in their industry including M&S, HSBC, PwC, Cargemini, Linklaters and more who will each come along to talk to parents and carers, about how your son/daughter/young person can best navigate the job market to find some incredible work experience/internship placements, as well as graduate and apprenticeship opportunities. Some useful tips around psychometric testing, how to prepare for assessment centers, putting together a CV, filling out

application forms will be shared, as well as advice on how you can prepare your child/young person for the working world.

This event is completely free of charge and it will be running via Zoom on **Thursday 3rd February at 6pm - 7.30pm**. You have the opportunity to join this event with your son/daughter and will get the chance to ask any questions that you may have, directly to leading employers.

The booking link can be found below here, and the zoom link will be emailed to you nearer the time.

Booking Link:

<https://www.surveymonkey.co.uk/r/YP-Parents-Event>

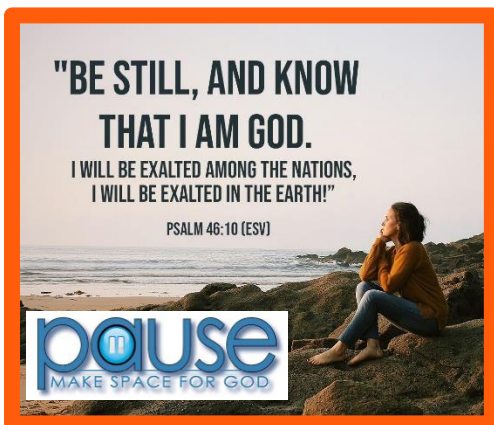
If you have any questions, then please contact Josh Elder: josh.elder@young-professionals.uk

Careers Information

The Careers Leader at Becket Keys Church of England School is Head of PSHE, Ms Katie North. She can be reached via office@becketkeys.org or on 01277 286600.

The website has information about the careers provision provided by the school and guidance about choosing a career.

Click [here](#) to view.



Still dews of quietness

One of the richest forms of prayer can occur when the heart is absolutely quiet. As the psalmist says, “**Be still and know that I am God**” (Psalm 46:10). These words tell us that to know God (that is to know a deep and loving relationship with Him) we must be still. It is in stillness that He will come to us; it is in stillness that we can listen; it is in stillness where He can speak to our hearts. This message reminds me of a verse from the popular hymn ‘Dear Lord and Father of mankind’:

**Drop thy still dews of quietness,
Till all our strivings cease;
Take from our souls the strain
and stress,
And let our ordered lives confess
The beauty of thy peace.**

John Greenleaf Whittier (1807-92)

On my journey of prayer, I have found that a very precious way to pray is just through silence. There are times when we can wear ourselves out by trying to seek the ‘right words’. So try no thoughts or words, just wanting to be silent in the presence of God. I do not think that we consider the value of silence often enough. It is rare to

come across it in our world of loud music and mobile telephones. And yet, silence is essential for spiritual growth and healing. I have found that many people that I talk to consider silence as awkward. We have all witnessed silence in a small group or perhaps when in a lift with strangers. No one is sure what to say. On the other hand, there is a silence that consoles us: the silence of a sleeping child, the tranquility of a church and just sitting in the middle of God’s creation.

Saint Anselm, a Benedictine monk and Christian philosopher (1033-1109), wrote:

*‘Come now, little man,
Turn aside for a while from your
daily employment,
Escape for a moment from the
tumult of your thoughts.
Put aside your weighty cares, let
your burdensome distractions wait,
Free yourself awhile for God and rest
awhile in him.
Enter the inner chamber of your
soul, shut out everything except
God.
and that which can help you in
seeking him, and, when you have
shut the door, seek him. Now, my
whole heart, say to God, ‘I seek your
face, Lord, it is your face I seek’.*

To hear the whisper of God, we must turn down the volume of the world. We must find time to disconnect from everything and be still in His presence today. He waits for us to draw near. The world asks us to be busy. God asks us to be still so that we can receive love, peace and guidance.

You may like to try this simple prayer exercise:

Just sit down and, keeping your back straight but free, begin quieting your mind and your body by taking a few relaxing, deep breaths. Close your eyes if you wish. Centre your awareness on the silent and infinite presence of God within your heart.

Let the Spirit lead you beyond the noisy world of space and time and into the silent realm where God dwells as the source and ground of your being. Centre your attention on that hushed point within you where the human touches the divine, where the branch (you) intersects with Jesus, the vine—where you and God are one and dwell in each other.

Let yourself sink into the silent immensity of God. Simply let your prayer be a silent *being there* with God.

Let us pray:

Father God your world is in such a hurry. There are ever increasing demands on our time and on our lives. Help us Lord to find the hollows, pockets of peacefulness within the days, where we may stop and sit and share in peace with you. Where we can expose the secrets of our hearts. Where we may hear your still small voice more strongly than the loudest clamour on our time. **Amen.**

I pray that we thank God for His peace. A peace that reminds us that we are created to live that peace and that we can find this by simply being still and silent.

**Mrs. Sharp
Deputy Headteacher**



It has been a great week in Art.

Well done for all of the fantastic work throughout the Year groups, you are making fantastic progress!

Star Artist for Art



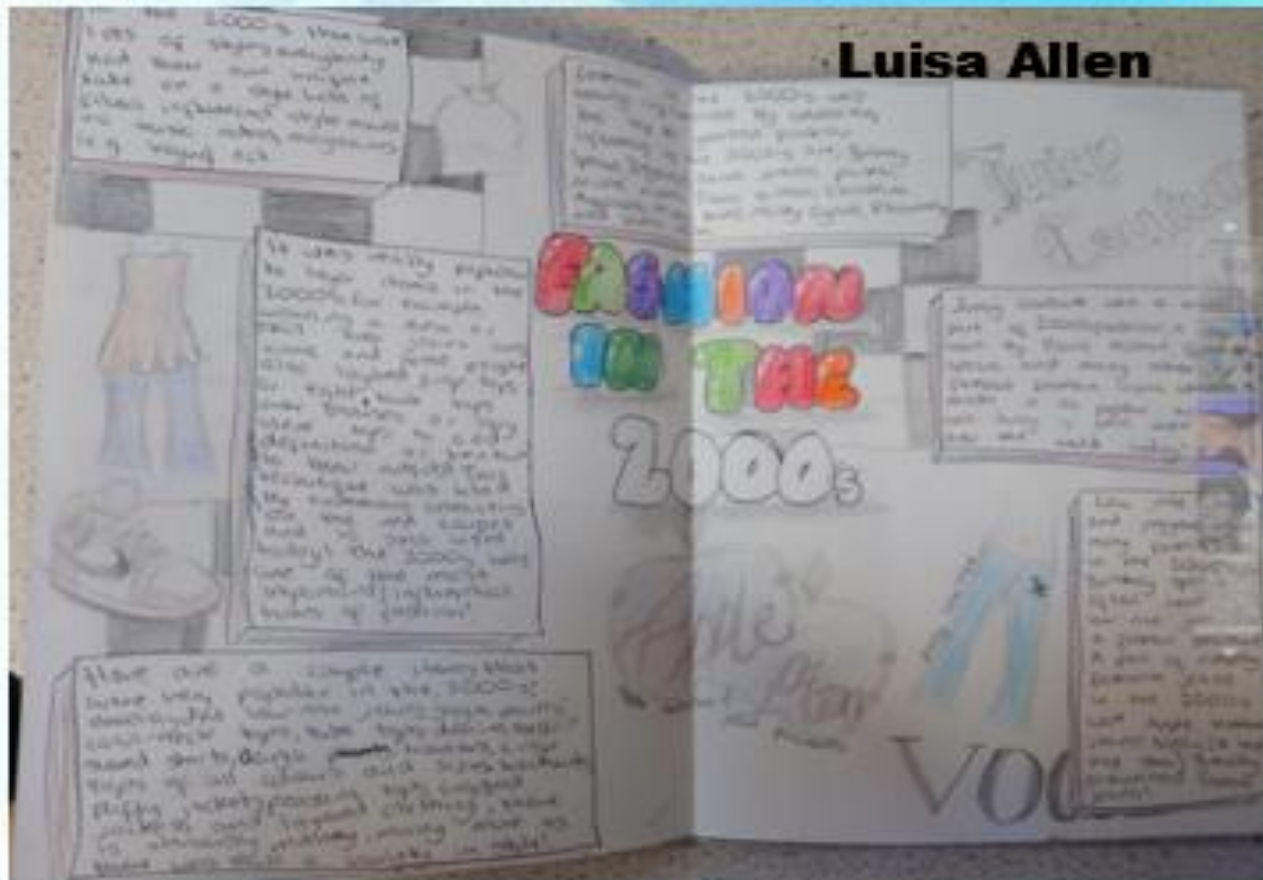
Samantha Pain Yr 11

Yr 9 Artist Research

Emma Cooper



Luisa Allen





Lowri O'Brien Yr 10



Alex Miller Yr 12

Kaitlyn Bell Yr 8



In Art & Textiles this week with Mrs Cherry



Star Designer for Textiles

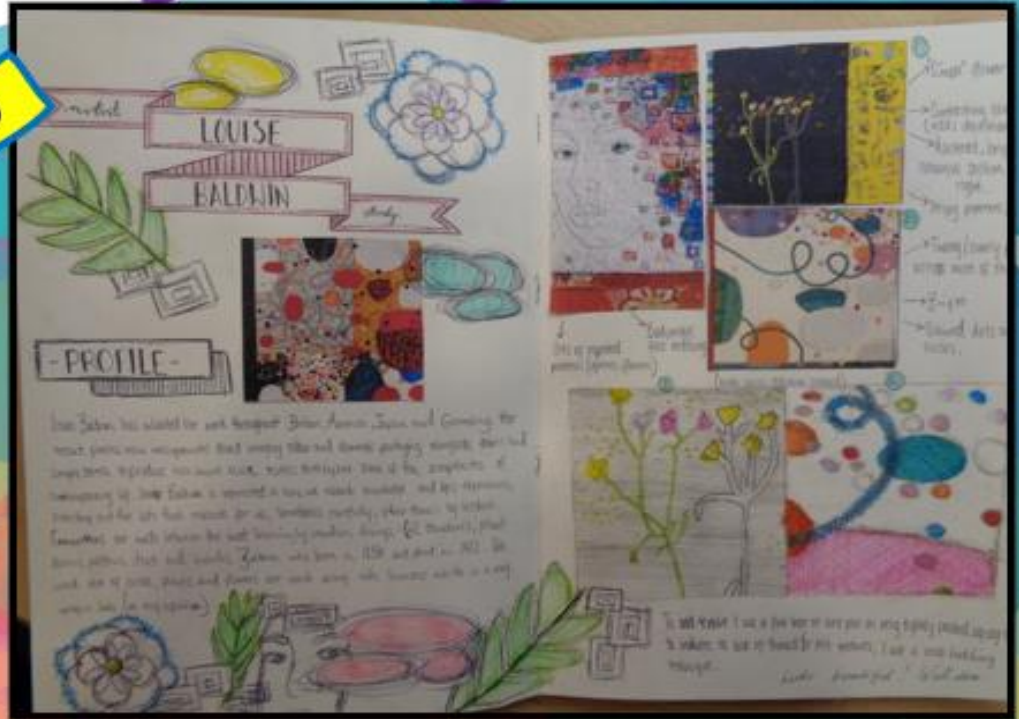
Anna-Kaye Fullerton



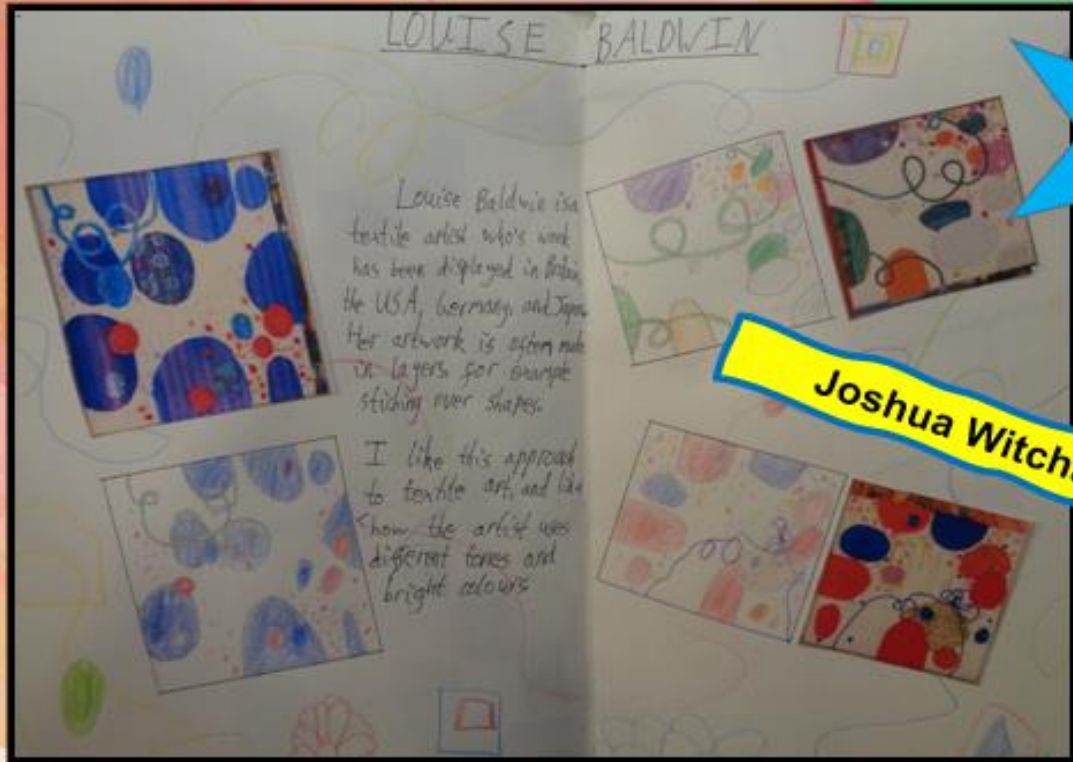
@becketkeysart

Key stage 3

Emmee Monrose Y9



LOUISE BALDWIN



Joshua Witchalls Y9



★ Key stage 4 & 5

Amelia Hussey Y12



Jess Prentice Y12



Libby Prentice Y12

Sports News



Becket Keys V Woodlands Essex Cup (1st Round)

Becket Keys 91-38 Woodlands

The boys have been very unlucky with their fixtures, several have been cancelled due to COVID and teams dropping out. Therefore, this was their first game as a team this academic year, and quite the warmup game it was!

After a strong start, the players started to develop confidence as a team and encouraged those involved to try new skills and shots throughout the game. This boosted morale and it was a comfortable win into the next round!

Well played boys!

Miss Schafer
PE Teacher



BECKET KEYS
Church of England School

Upcoming Sports Fixtures

Monday 17th January

Year 7 & 8 Girls' Netball v GBHS (A)
Year 7 Girls' Futsal @ Anglo European

Tuesday 18th January

Essex Cup
Year 11 Boys' Basketball v Woodlands (H)
Year 10 Boys' Futsal – Shenfield High School

Wednesday 19th January

Year 7 Girls' Basketball v St Martin's (A)
Under 16 Girls' Basketball v St Martin's (A)
Year 7 Boys' Basketball v Boswells (H)

Thursday 20th January

Year 8 Boys' Football v Sandon (H)
Year 9 Boys' Football v St Martin's (A)

Monday 24th January

Year 9 Boys' Basketball v St Martin's (H)

Wednesday 26th January

Year 10 & 11 Girls' Netball v Boswells (A)

Thursday 27th January

Year 9 Girls' Netball v St Martin's (H)



If you love swimming, keeping fit and making friends then Brentwood Swimming Club could be for you.

Any swimmers over the age of 7 are welcome, including adults. We have 5 training squads that include swimmers who are developing their skills to swimmers who have qualified for county, regional and national competitions.

To arrange a trial and secure 1 free **taster session** please contact Jason at membership@brentwoodsc.com



DATES FOR YOUR DIARY

YEAR 12 EXAMS

TUESDAY 12TH JANUARY –

TUESDAY 18TH JANUARY 2022

*

YEAR 9 CONSULTATION EVENING

THURSDAY 3RD FEBRUARY 2022

*

LENT HOLIDAY

MONDAY 14TH FEBRUARY –

FRIDAY 18TH FEBRUARY 2022

*

Becket Keys Church of England School

Sawyers Hall Lane
Brentwood, Essex
CM15 9DA
01277 286600

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

Twitter:

[@BecketKeys](https://twitter.com/BecketKeys)
[@MrScottEvans](https://twitter.com/MrScottEvans)
[@BecketKeys6th](https://twitter.com/BecketKeys6th)
[@BecketKeysMusic](https://twitter.com/BecketKeysMusic)
[@BecketKeysPE](https://twitter.com/BecketKeysPE)
[@BecketKeysArt](https://twitter.com/BecketKeysArt)
[@BecketKeysSci](https://twitter.com/BecketKeysSci)

Facebook: [Becket Keys Church School](https://www.facebook.com/BecketKeysChurchSchool)