



Becket Keys Church of England School

11th March 2022

INTERNATIONAL WOMEN'S DAY – 8TH MARCH – SEE PAGE 5

IN THIS ISSUE

SPECIAL UKRAINE MENTAL HEALTH FEATURE

Mr Scott-Evans writes:

Dear Parents & Carers

Many of us are anxious about the news unfolding about the conflict between Russia and Ukraine. Even if you are not directly affected, watching these events can be upsetting. Your son/daughter may not be watching the BBC news, but they will still hear about these events in other ways, and this may cause anxiety for them too. Many students tell us that they rely on social media for their news. This is not going to help! Social media can have reliable sources, but many are fake and unhelpful. The more students click on extreme items of news the more the Artificial Intelligence behind the app will feed them extreme posts.

During this difficult time, I wanted to let you know what we are doing in school to support our students, and offer you some

guidance on how we as parents can support too.

Staff here are trained to talk about significant the events in an age-appropriate and sensitive way. I have included some of our tips in this pack to help you handle any conversations you might have at home. We hope this is helpful.

How to talk to your child about what's happening

No matter how calmly you manage the current environment, children are likely to be anxious. They will pick up bits of information from their friends, from the news and from listening to adults talking around them – but they can misunderstand what they're hearing. It's important to talk to them about what's happening.

.....contd. on page 2



BECKET KEYS
Church of England School

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Start by finding out what your child knows already

Use open-ended questions to give them the chance to tell you what they think. Many families will find '[worrying about war](#)' a useful resource. Although it may look like it is for younger children, it is very well written.

Tackle the news head-on and talk about it openly and calmly

Use real words and do not shy away from the truth. Be prepared to explain and define keywords they might be hearing to help them make sense of what is going on. For example, words like annexation, displaced, oligarchs, refugee etc. Use age-appropriate material such as this [Newsround resource](#), which includes definitions.



Stick to the facts

There is no need to discuss everything you hear! It is good to limit how much news we all consume. For example, be careful about talking about speculation around nuclear warfare. Reassure

them that the chance of 'World War III' breaking out is highly unlikely.

Educate them about reliable sources of information

Explain how some stories on social media may be based on rumours or inaccurate information.

Use reliable news sources like Newsround, which is age-appropriate. Watch and discuss with your child this [Newsround video on spotting fake news about the crisis in Ukraine](#).



Encourage your child to ask questions and share their feelings

Remember, it's OK not to have all the answers. Tell your son/daughter that you will let them know when you know more. This will be an ongoing discussion.

Allow for repetition, you might have to answer the same thing again. Some students will repeat themselves when they are feeling uncertain or worried. Watch out for this.

Reassure your son/daughter that they are not the only ones feeling this way and encourage them to share their feelings with you or their teacher.

Be a role model

Recognise and manage your own worries first. If you notice that you are feeling anxious, take

some time to calm down before you decide to talk about the events with your son/daughter.

Be open about sharing your feelings – e.g. I'm also finding the news a bit worrying, so I'm doing X (baking cakes, going on long walks, swimming etc.), which helps me to relax.

Encourage them to think about what they can do to relax.



Reassure them and let them know it's normal to be concerned

Explain that we are not at war with Russia! Reassure them they are safe and that the UK is taking steps to help the people of Ukraine.

Encourage them to take breaks from listening to or reading the news – overexposure is not helpful.



Do something positive!

Organise an aid package to send to Ukraine. For example, research local groups that are organising aid packages and contribute to these. We are collecting bandages and other resources in Main Reception to send out to Ukraine.

Alternatively, [take a look at this article](#), which includes different ways

you can help and see page 10 for items we are collecting in school.

Further resources on how to talk to children about the war in Ukraine




- [How to cope with traumatic news – an illustrated guide](#)
- [Tips for parents and caregivers on media coverage of traumatic events](#)
- [Talking about Ukraine with our children](#)

If your son/daughter struggles with higher levels of anxiety.



Some of us are naturally more anxious, such as those with existing phobias or obsessive-compulsive disorders. The current situation can make those anxieties worse. If you have relatives in the armed forces or in the regions (Ukraine, Russia, eastern/central Europe), obviously you will be susceptible to higher levels of anxiety. Here are some well known methods to help:

- Do activities which help to calm down
- Encourage relaxation techniques such as controlled breathing

ORGANISATION	CONTACT INFORMATION
 <p>Shout Free, confidential support via text, available 24/7</p>	<p>Text SHOUT to 85258 in the UK to text with a trained crisis volunteer who will provide active listening and collaborative problem-solving</p>
 <p>The Mix Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem</p>	<ul style="list-style-type: none"> • Call 0808 808 4994 for free (11am to 11pm daily) • Access the online community • Email The Mix
<p>ChildLine Confidential telephone counselling service for any child with a problem</p> 	<ul style="list-style-type: none"> • Call 0800 1111 any time for free • Have an online chat with a counsellor (9am to midnight daily) • Check out the message boards

- Stick to routines and good habits (diet, sleep, water, exercise)
- Look out for obsessive or compulsive behaviours and try to get ahead of them early by challenging unhelpful thoughts and assumptions
- If you're worried about your son/daughter's anxiety, **YoungMinds** is a charity dedicated to children's mental

health. They have a [parents' helpline](#) for confidential, expert advice. You can reach them on 0808 802 5544



Helplines and websites for young people

If your son/daughter would like to speak with someone confidentially, there are helplines and websites specifically for them.

Help us tackle racism and bullying related to the events

Our school values respect.

If we hear anyone saying or doing hurtful things linked to the events happening in Ukraine, such as generalising that all Russians are evil and want a war, we will use the following examples to help dispel such misconceptions.

Parents can support with this at home.

- Explain that the decision to invade Ukraine was made by the Russian government and its leader, Vladimir Putin, not the Russian people. People do not always agree with the things their governments do.
- Explain that the vast majority of people that live in Russia:
 - Want peace with Ukraine, they do not want war
 - Enjoy living in their country, much like you and me
- Talk about the Russian people who have protested in Russia against the war. Explain how many of them have been arrested and risked their lives doing this because their country



A Prayer for Ukraine

God of peace and justice,
 we pray for the people of Ukraine today.
 We pray for peace and the laying down of weapons.
 We pray for all those who fear for tomorrow,
 that your Spirit of comfort would draw near to them.
 We pray for those with power over war or peace,
 for wisdom, discernment and compassion to guide their decisions.
 Above all, we pray for all your precious children, at risk and in fear,
 that you would hold and protect them.
 We pray in the name of Jesus, the Prince of Peace.
 Amen

Archbishop Justin Welby
Archbishop Stephen Cottrell

does not allow its people the freedom to protest peacefully if it goes against government decisions. This is in

contrast to the British values we have in our country.

- Remind them it is not OK to say 'I don't like Russia/Russians' but instead encourage your child to think about this in

terms of 'I don't like what the Russian army is doing'

Pray about these events

In school we are using the prayer above written by the Archbishops of Canterbury and York. We would like to finish with it here. Please join us in prayer.

Best regards

Mr Scott-Evans
Headteacher

International Women's Day



International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating parity between the sexes. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality. Marked annually on **March 8th**, International Women's Day (IWD) is one of the most important days of the year to:

- celebrate women's achievements
- raise awareness about women's equality
- lobby for accelerated parity between sexes
- fundraise for **female-focused charities**

The campaign theme for International Women's Day 2022 is **#BreakTheBias**. Whether deliberate or unconscious, bias makes it difficult for women to move ahead. Knowing that bias exists is not enough. Action is needed to level the playing field.

Bias:

Allowing personal opinions to influence your judgement in an unfair way.

The Women's Day organisers are calling on everyone to work together to make sure bias, stereotypes and discrimination are no longer a part of our society.

There are a number of events and activities being organised throughout 2022 to raise awareness and to try and implement change. The main focus points this year.

- To make work environments places where women can thrive,
- To improve equality for women in tech
- To empower women in their health choices
- To elevate the visibility of female creatives
- To empower women worldwide
- To celebrate the women forging change

If you would like to find out more visit the International Women's Day website.

<https://www.internationalwomensday.com/>



Here Spoken Word Poet spoken poet Anisa Nandaula shares a performance about this year's theme:

<https://youtu.be/GfWknmru4Ro>

Food Technology Department

This week in The Food Department, our Key Stage 3, Year 7 have been looking at further sharpening their knife skills, as well as making “eat your five a day” as appealing as possible.

This week they have tackled the challenge of using a knife to peel an orange, removing the outer skin and pith only, and then carefully slicing out segments.

They have learned how different techniques are needed depending on the type of fruit: a juicy orange, versus a hard apple.

They have worked to remove the fibrous and chewy parts from slices of fresh pineapple, made grapes safer to eat by practising their bridge hold and cutting in half and finally used a chiffonade technique to produce a fresh mint garnish.

I have been very impressed by the hard work and creativity shown, and when the final product is this attractive, eating enough fruit a day becomes very enjoyable.

Well done Year 7!

Ms Vallance
Food Teacher





School Community Prayer Group hosted by our Headteacher Mr Scott-Evans is now every Wednesday at 8.45am. This is a short meeting where we pray together for local and national events and for any intentions of those in our school family. All are welcome, please enter via reception.

If you have any prayer intentions, please send them into the school via the office email:
office@becketkeys.org



 **Word of the Week**

doomscrolling

- In sentences:**
1. I was up late doomscrolling reports on Ukraine last night.
 2. If you're addicted to doomscrolling, try jumping straight out of bed in the morning rather than reaching for your phone.
 3. Experts warn that doomscrolling can be harmful to your mental health.


Meaning: to spend an excessive time on a phone or tablet absorbing bad news

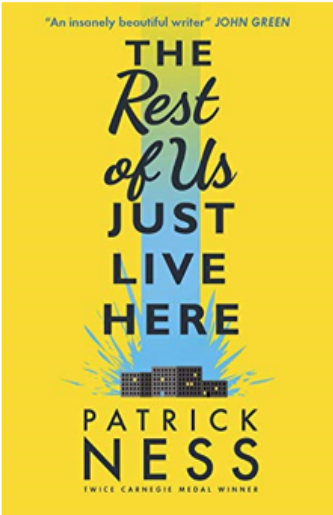
Etymology: the term is thought to have originated in October 2018 on the social media site Twitter.

LOST PROPERTY

If your son/daughter has misplaced anything at school, then kindly inform him/her that all lost property is taken to reception for collection.

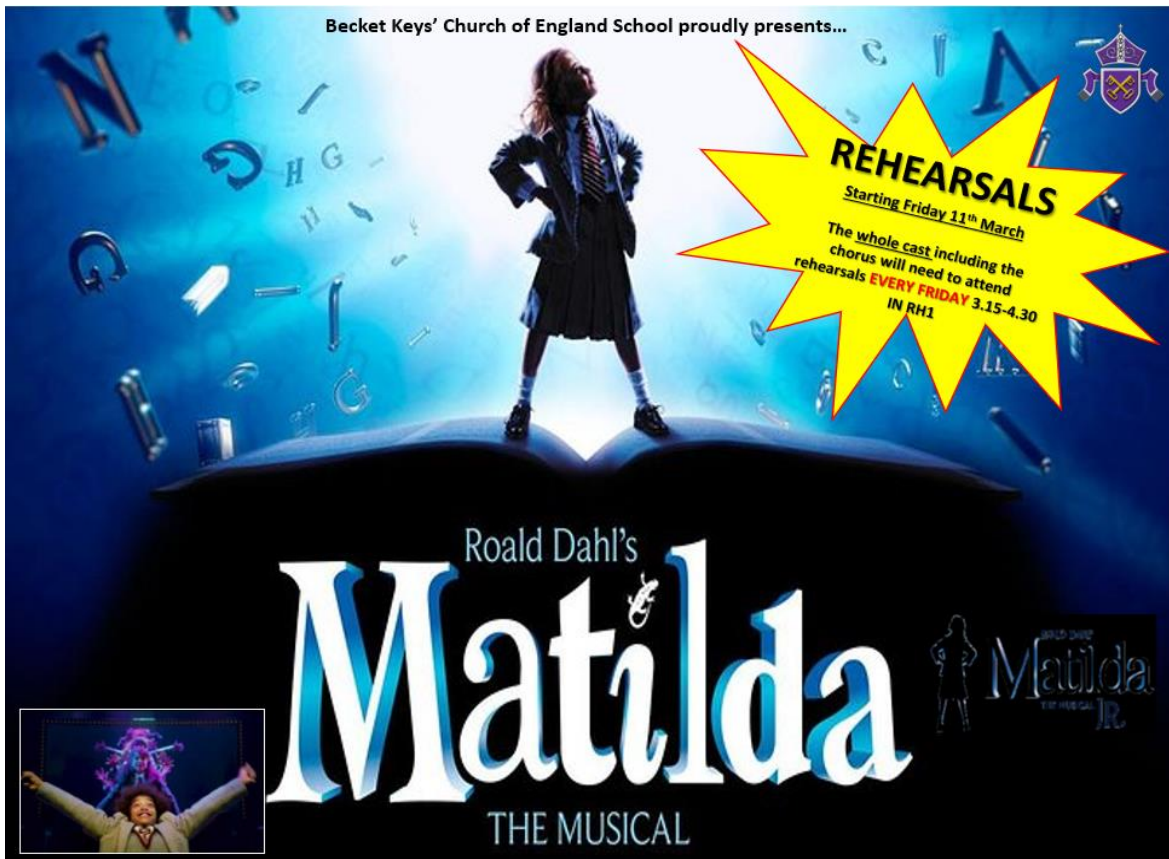
Please make sure that all items, especially uniform are named, this will ensure that items can be returned to the student easily. There are, in particular a large number of trainers, water bottles and items of PE kit looking for their owner!

 **Book of the Month - March**



Award-winning writer Patrick Ness's bold and irreverent novel powerfully reminds us that there are many different types of remarkable.

What if you weren't the Chosen One? The one who's supposed to fight the zombies, or the soul-eating ghosts, or whatever this new thing is, with the blue lights and the death? What if you were like Mikey? Who just wants to graduate and go to prom and maybe finally work up the courage to ask Henna out before someone goes and blows up the high school. Again. Because sometimes there are problems bigger than this week's end of the world and sometimes you just have to find the extraordinary in your ordinary life. Even if your best friend might just be the God of mountain lions... An exceptional novel from the author praised by John Green as "an insanely beautiful writer".



SPIRITED ARTS

Competition for KS3 and 4

There are five themes you can choose from:

1. "We have far more in common with each other than that which divides us."
2. God's good earth? ("Beautiful World, wonderful God?")
3. Searching for God
4. A view of the world
5. Celebrations: big days and big ideas

Explanations of these themes can be found at <https://www.natre.org.uk/about-natre/projects/spirited-arts/spirited-arts-2022/> by pressing the themes button

Pick **one** of the themes and use any of the following to convey your design:

Art (painting, drawing, sketching etc.), Poetry, Photography, Dance, Music, Drama, Sculpture
You need to include a description of what your entry means.

You can get inspiration from visiting the gallery of last years winners at <https://www.natre.org.uk/about-natre/projects/spirited-arts/spirited-arts-gallery/2021/>

The closing date for entries for judging the best 10 from

Becket Keys will be **Friday 22nd April.**

Please see **Mr Silver** in **W11** if you would like any further information.





Along with praying for peace, we have joined with others in our local community to support the citizens of the Ukraine by collecting much needed items.

Please bring any donations of the above items to Reception. You will find a list of larger items that are being requested on the [Woodland Coffee Shop Facebook page](#). If there is an item on this list that you wish to donate, please take it directly to the Woodlands Coffee Shop or Schmidt Kitchens in Brentwood.

Bandages ordinary and elastic
 Antiseptic wipes
 Wound closure strips
 Burn pads
 Quick clot or Celox gauze
 Medical porous tape
 Sterile dressings
 Tweezers
 Toothpaste and toothbrushes
 Sterile dressings
 Tweezers
 Toothpaste and toothbrushes
 Portable chargers (and travel adaptors if needed)
 Torches
 Flashlights
 Thermos flasks
 Socks
 Energy bars



Uniform

All students are required to wear smart leather shoes.

Students in Year 7-9, should have their long hair completely tied up. Year 10-11 – hair can be half up/ half down. Black, purple or neutral coloured hair ties please

Students should not have any extreme hairstyles and hair must not be dyed, no shapes cut into the hair e.g. stripes or undercuts.

Please remember that all students will be in need of a **COAT** – Plain **BLACK** without coloured flashes, logos or slogans, no 'fashion items', no 'puffer' jackets.

Bags should also be plain black.



Please see the website, if you need more details about the school dress code.

Lunchtime Eucharist



Lunchtime Eucharists take place in John Wraw Chapel on the Justin Welby Building.

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.

ONE BAG BIG DIFFERENCE

#GBSpringClean



Pledge to pick in your local area!

Sign up to The Great British Spring Clean with Brentwood Borough Council to help keep Brentwood tidy.

If you're an individual, group or club and would like to take part, please register for your free litter picking kits by emailing communitysupport@brentwood.gov.uk



Join the Great British Spring Clean
25 March – 10 April 2022



Brought to you by



In partnership with



LOUDER THAN WORDS

Headline partners

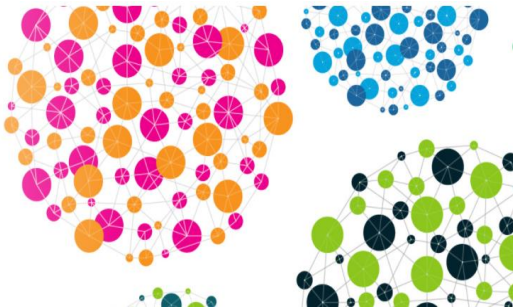





Keep Britain Tidy is a registered Charity No. 1071737

11-20 March

British
Science
Week
2022



British Science Week is a ten-day celebration of science, technology, engineering & mathematics that will place between 11-20th March 2022.

Fine out more here: <https://www.britishscienceweek.org/>

Art & Textiles

The Art students have been working extremely hard and have created some high quality pieces this week.

Star Artist for Art



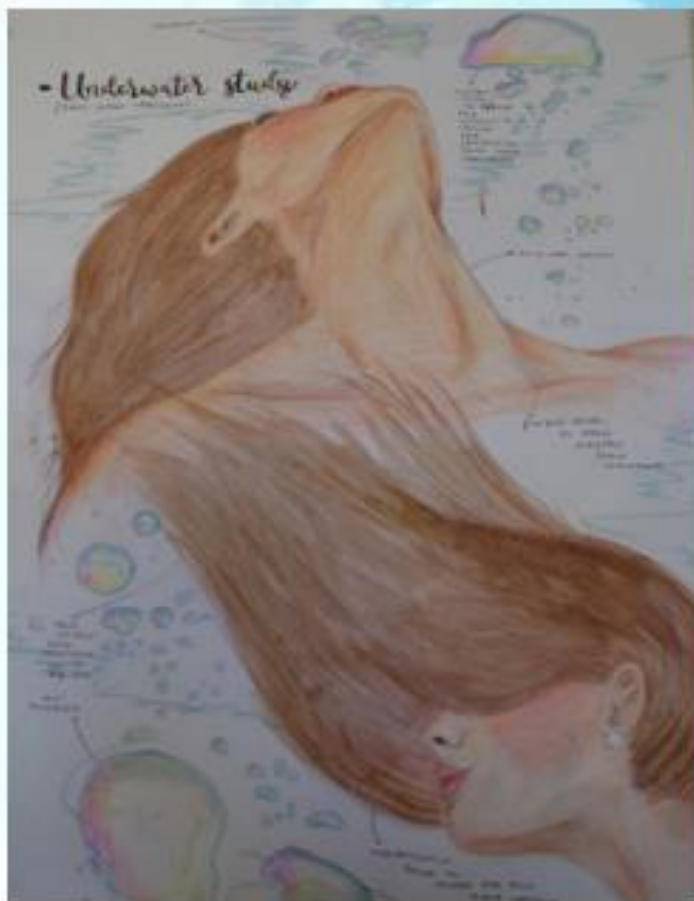
Niamh Wiggins Yr 12



Megan Mcadam Yr 9



Cordelia Hoxha Yr 11



Cydney Etchells Yr 10

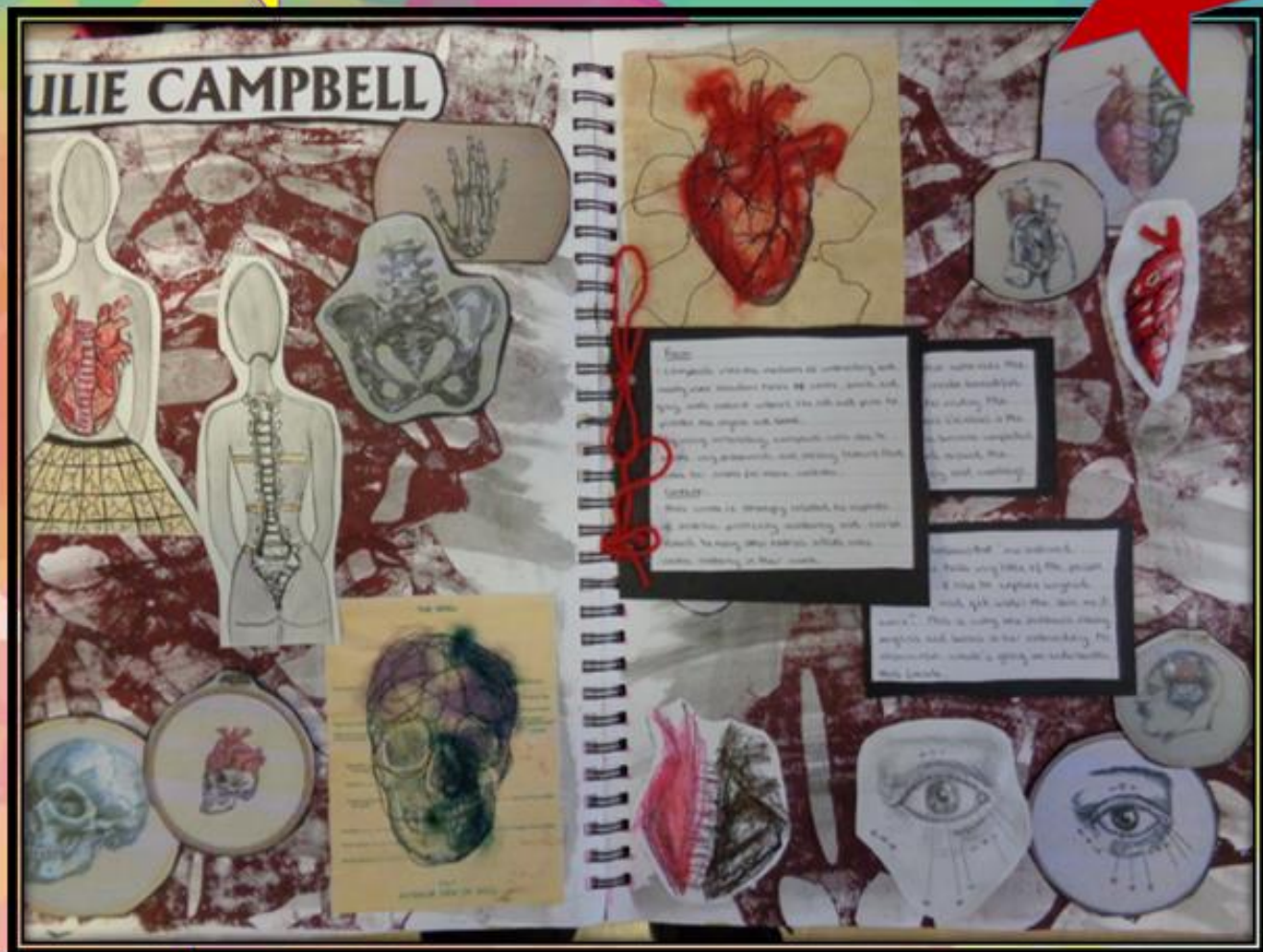


In Art & Textiles this week with Mrs Cherry

Y12

Star Designer for Textiles

Libby Prentice

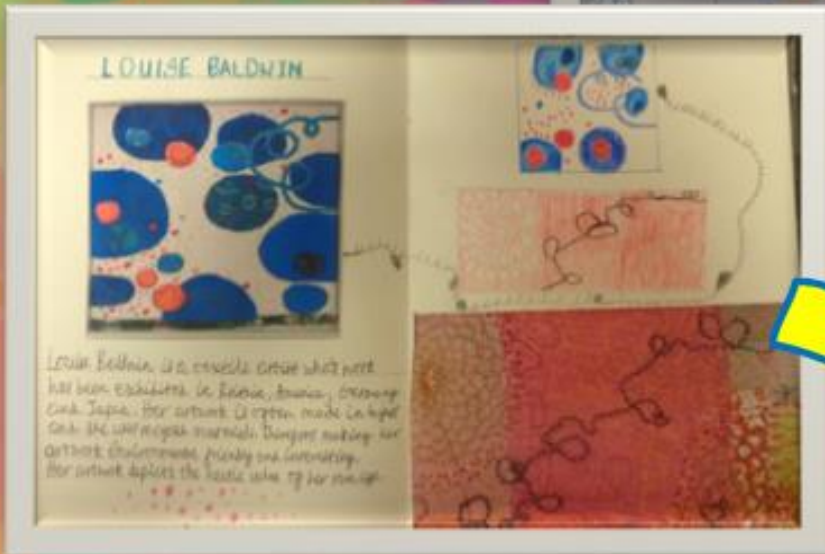


@becketkeysart

Key stage 3

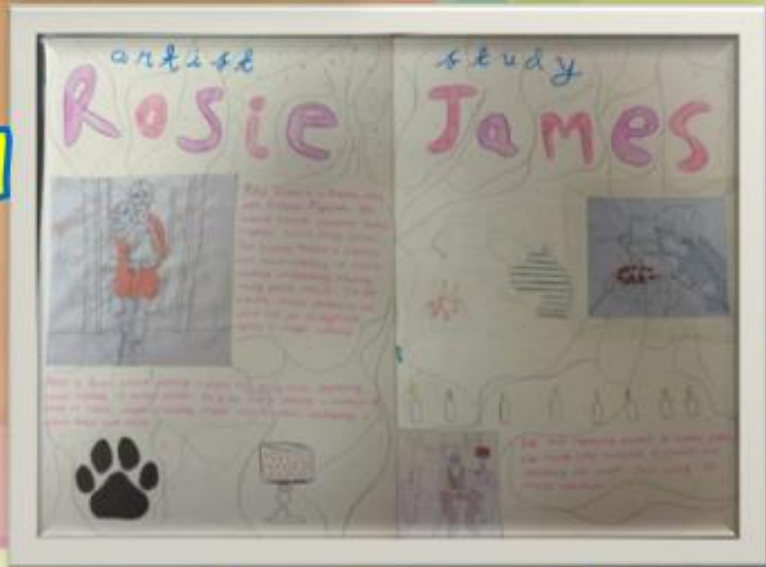


Alana Chiddicks Y8



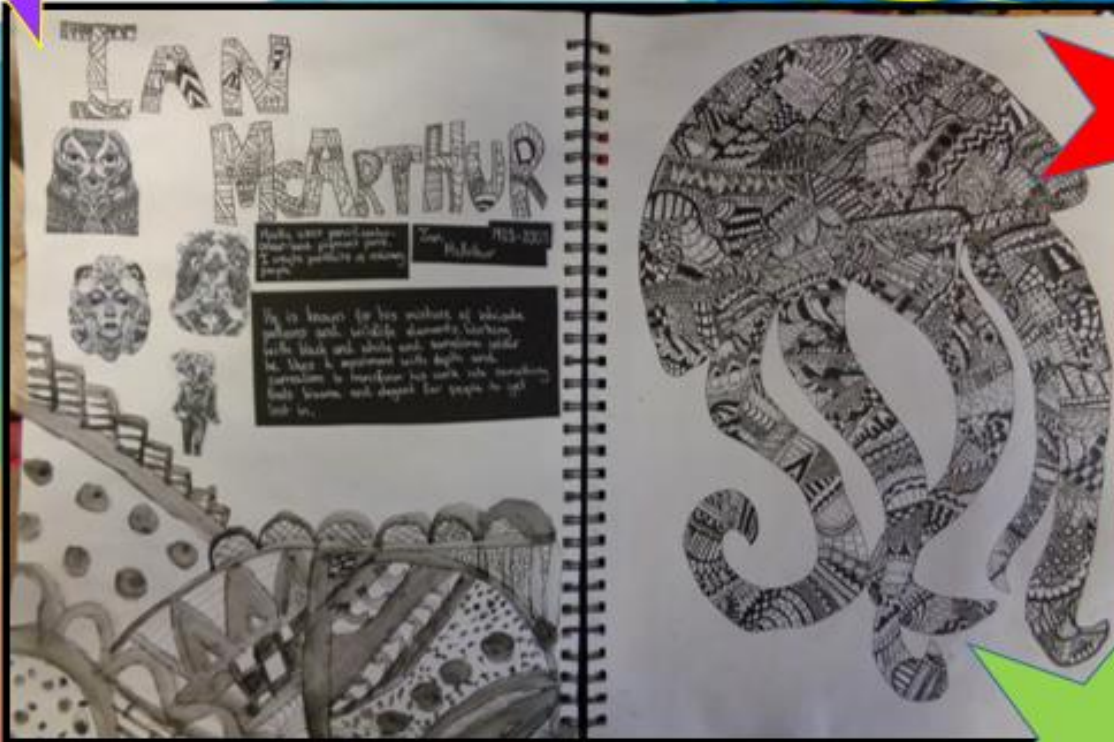
Aryan George Y8

Beth Wright Y8



Key stage 4 & 5

Matilda Gamble Y10



Isabella Love Y10



PAUSE

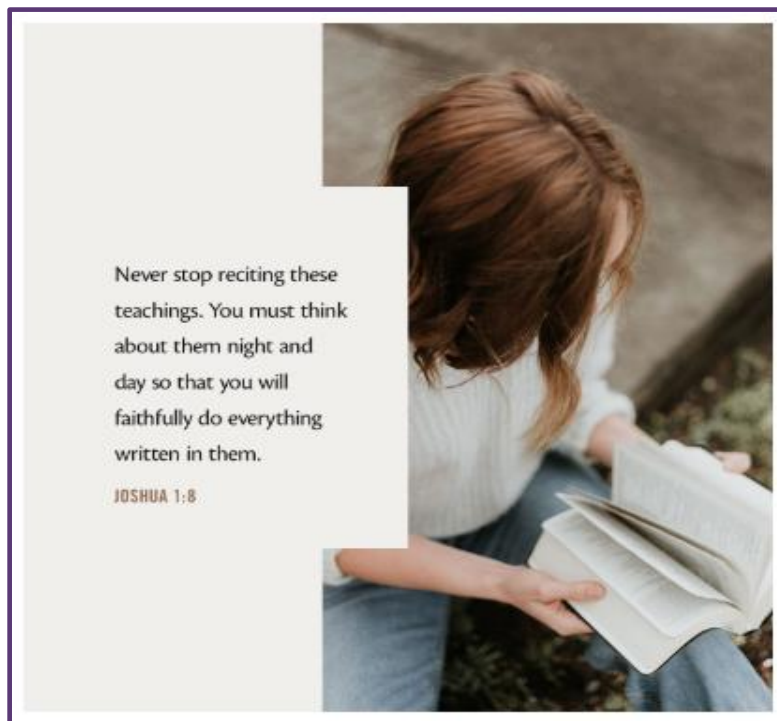
Keep on God's narrow path

No one likes to be lost. I may enjoy teaching Geography and of course love maps, but a GPS system for hard to find places is still very welcome with a car full of children and a dog! A GPS prevents wrong turns, backtracking and aimless wandering. Importantly, it provides a fairly clear answer for the most predictable questions: Are we going the right way? Are we nearly there yet? GPS systems determine the best route and provide a clear direction, allowing the driver and passengers to enjoy the ride.

God's Word is similar to a GPS system. Knowing His Word and obeying it can keep us on the path God wants us to walk. We need to hold its truth in our hearts, so that we can detect falsehood and the distractions as well as temptations of this world. Staying on God's narrow path is not always easy, but this is nothing new.

Consider the message Joshua spoke to God's people:

'This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all



Never stop reciting these teachings. You must think about them night and day so that you will faithfully do everything written in them.

JOSHUA 1:8

That is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.'

(Joshua 1:8 KJV)

We must know Scripture, meditate on the Lord's truth, be careful to obey His commands, and know His blessing. These words are just as relevant and life-giving today. In addition, today, we not only have the written Word, but also the example of Jesus as well as the indwelling Holy Spirit to provide guidance and strength for the journey of life. God has given His people all they need to walk in His way, for all time.

Lent is a perfect opportunity to be disciplined and attentive to God's Word. **Have you set aside some time to read the Bible this Lent?** We must meditate upon the Word, not simply read it. We must think about each verse

carefully, let its meaning sink in and look for its applications to our daily lives. We should study God's Book of instruction and we should continually feed on His Word in our hearts by faith with thanksgiving.

Let us pray:

Loving Lord, thank you for all you have given me to guide me in my life. Thank you for the specific guidance I find in Your written Word, for the example of Jesus Himself whose every moment of life honoured and glorified You, and for your Holy Spirit who convicts, guides and empowers.

This Lent, may I be disciplined and set more time aside to read, mark, learn and inwardly digest Your Word, for I desire to prosper in the things of God and to give glory to Your name. Enable me to make choices that will keep me walking on the path of life. Amen.

Mrs Sharp - Deputy Headteacher

DATES FOR YOUR DIARY

YEAR 7 CONSULTATION EVENING

THURSDAY 17TH MARCH 2022

*

SIXTH FORMER FOR A DAY

WEDNESDAY 23RD MARCH 2022

*

LAST DAY OF TERM

FRIDAY 1ST APRIL 2022

STUDENT HALF DAY

*

INSET DAY

(NO STUDENTS IN SCHOOL)

TUESDAY 19TH APRIL

*

YEAR 10

SUBJECT CONSULTATION EVENING

THURSDAY 16TH JUNE 2022

*

'MATILDA THE MUSICAL'

MONDAY 18TH JULY

TUESDAY 19TH JULY

WEDNESDAY 20TH JULY

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)
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