

Lent
PRAY. FAST. SERVE.

Becket Keys Church of England School

3rd March 2023

IN THIS ISSUE

Mr Scott-Evans writes:

The Joy of the Wilderness

This week on Wednesday, I delivered a Whole School Lent Collective Worship about Jesus in the Wilderness. Due to the partial closure of the school, I presented on Microsoft Teams so everyone could join in. I prepared it with a great sense of Déjà vu. It dawned on me that it was 3 years ago that the school closed due to Covid and we began learning about this amazing world of Office 365.

Around this time, in 2020, we first sent the students home to lockdown. I remember it well. I stood in the road saying goodbye to the students with no knowledge of when (or how) they would return to school.

We were heading into a time of great uncertainty. A wilderness if you will.

I decided to make the link with the students during the Collective Worship – Jesus in the Wilderness and our times of solitude during Covid.

I went on to encourage them to think about how a time of challenge gives us an opportunity to grow and develop. Covid taught us all how to study resiliently on our own and to use technology for remote learning. What could the challenging season of Lent teach us this year?

All major religions recognise the value of times of challenge to help us to grow and develop. Ramadan is coming and will coincide with Lent for a period of time. Both offer religious people

.....contd. on page 2



BECKET KEYS
Church of England School

World Book Day

We have had some excellent resources to work through this week for this event.

Page 3-7

Biblical Pause

The Inward Journey Home.

Page 9-10

Art & Textiles Department

Some of our Year 12 students visited St Helen's again this week to assist younger students with an Art workshop.

Page 11-14

Sports News

Reports from recent fixtures.

Page 15-16

.....contd. from Page 1

to chance to draw closer to God through a time of discipline. Lent traditionally is a time of fasting, giving and praying. What did Jesus learn in the desert? Why did he go? He went because he knew that it would make him stronger and give him a sense of perspective. If he, as the Son of God, needed to do that – how much more should we?

I went on to tell the students about a specific Lent challenge that I want them to take on at school this year which brings all these together and I would love it if you would support or even join in as well.

We are calling it 'Becket Keys versus Plastic!' I am encouraging students to particularly try to give up purchasing drinks in plastic bottles and to use refillable bottles instead! Every time they are tempted by a drink in a plastic bottle, they should instead say a prayer for those who do not have these luxuries and possibly have to walk for miles to find water. They should also give the money saved to our school charities (there are yoghurt pots on many sacred spaces around the school for money to be donated into). Through resisting temptation, praying and giving, I believe that they will reap the benefits of more disciplined living. They will also help protect the planet.

Another way in which we are encouraging them to give up plastic is to stop buying chewing gum (which is banned in school anyway). It is effectively

indestructible chewable plastic. Chewing gum will never biodegrade!

Why not talk at home about what other plastics you could give up during Lent? Or more pertinently: how can you give, fast and pray during this season?

Lent continues until Easter (Sunday 9th April).

Best regards for a lovely weekend.

Mr Scott-Evans
Headteacher



The next pre-loved uniform sale will be held on

Saturday 11th March 2023
11.00am – 12.30pm
School playground

If you have any donations of uniform, then please send them into reception with your son/daughter as soon as possible.

On this date, we will also be having a 'cash for clothes' collection to raise money for the school. This is an ideal opportunity to declutter clothes (adults and children), footwear, hats, belts and bags and donate to help raise funds for the school. Drop off 10.00am – 12.00pm

Please **do not** donate any household linens (towels, sheets, pillows or duvets) as these are not being collected at this time. Thank you!

40-Day Lent Prayer Booklet



A collection of prayers by students, staff and member of the wider school community



'For through the Spirit we eagerly await by faith the righteousness from which we hope.' Galatians 5:5

Becket Keys Church of England School

1st Edition 2023



40-Day Lent Prayer Booklet

I am pleased to announce that our first edition 40-day Lent Prayer Booklet has now been published! Thank you to all students, staff and members of the wider school community who have taken the time to contribute to this unique collection of prayers.

A digital version accompanies this newsletter. However, if you would like to donate to our school charities, 'I got shoes' (www.igotshoes.co.uk) and 'SNAP' (<https://www.snapcharity.org/>) this Lent, hard copies are available in Main Reception for a suggested donation of £2.



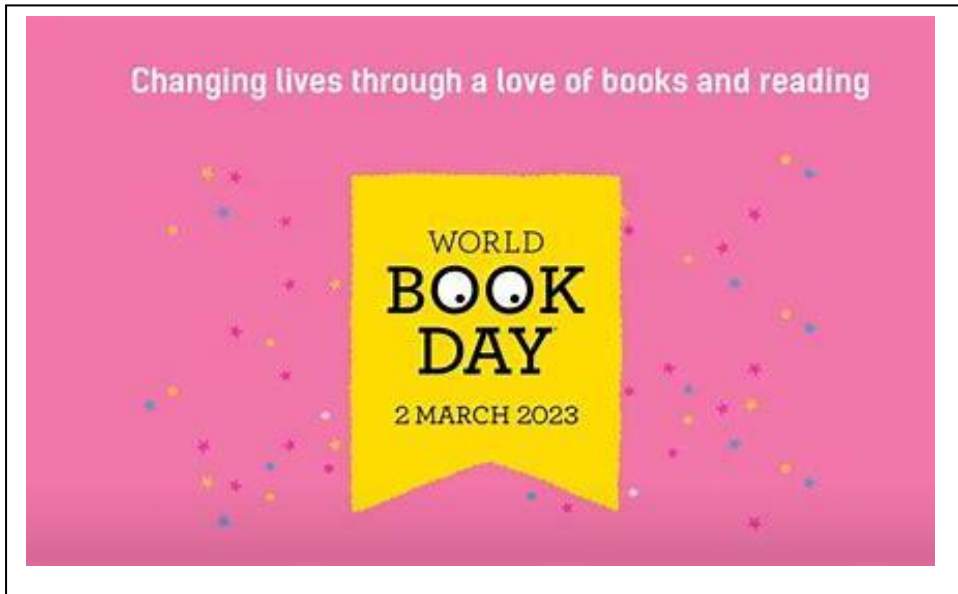
During Lent, we reflect on the many times we have fallen short in our attempt to follow Jesus' example. However, we are also reminded that, through Jesus, our mistakes can never separate us from God's love for each and every one of us. Whilst our journey through Lent leads to the darkness of Jesus' death on the cross, we emerge in the joy and light of Jesus' resurrection at Easter. Together we celebrate the gift of our salvation, at the very heart of the Christian faith.

Each morning, around 8.40 am (whether you are at home, in a classroom, in an office or in the great outdoors) pause, quieten your mind, shut out the distractions, and say a prayer from this booklet. In classrooms, we will light a candle and spend a few moments in quiet reflection before saying a prayer. In this way, we will give additional time and space to breathe and worship God at this time.

Through our prayers, we are reminded of the significance of Lent, who Jesus is, how much we are loved, and how we have been created to follow Him and be positive agents of change in His world.

As we pray together daily during Lent, may we sense that we are united through Christ and grow as a family of God.

Mrs Sharp
Deputy Head Teacher



This week we have been celebrating World Book Day. All students have been testing their knowledge of well known children/young adult books, through fun quizzes, reminding them of their favourite stories from childhood. Additionally, students have been recommending some great reads to the teachers of Becket Keys, who have been sharing what they like to read, and asking students to share some books they think staff should be reading. There have been some great recommendations, and staff are always keen to hear what students are reading and give those books a read too.



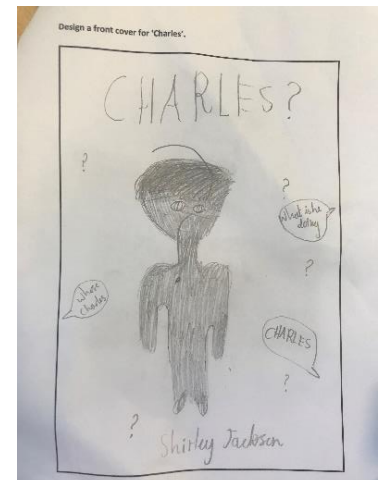
Year 7 had a fun filled day of reading short stories on Thursday. Students started every lesson by reading a short story and completing some book-based activities.

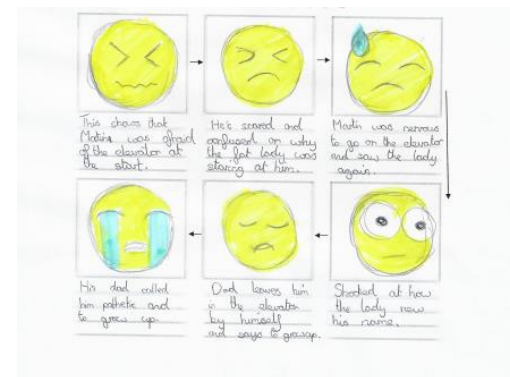
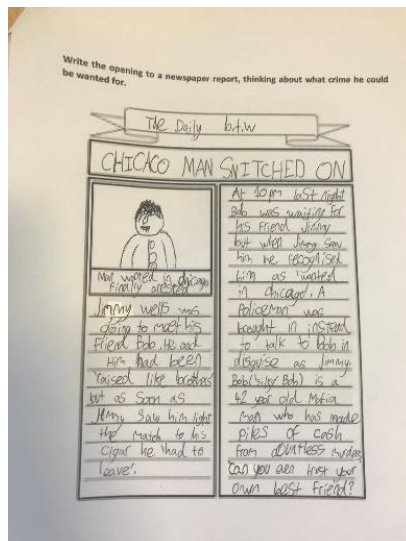
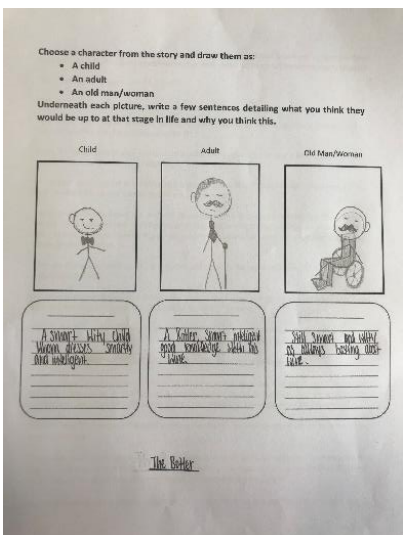
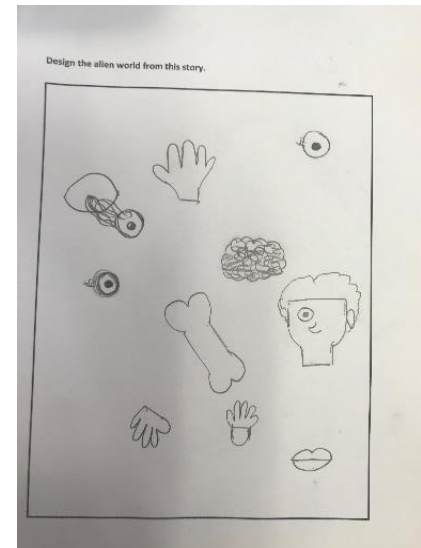
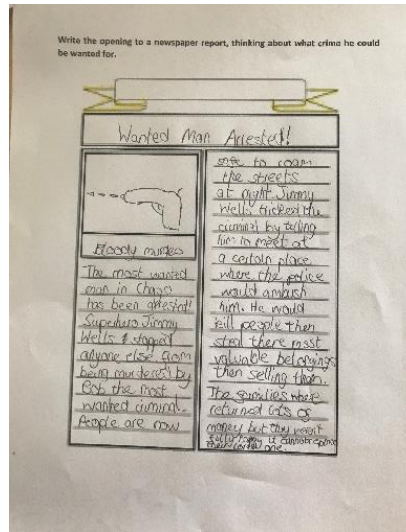
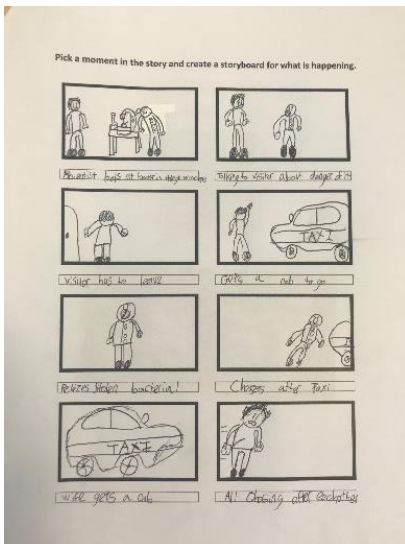
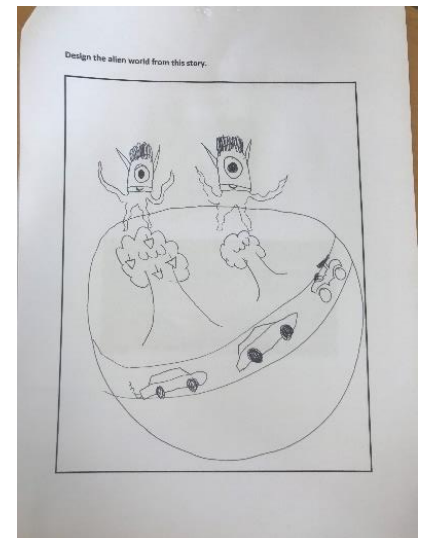
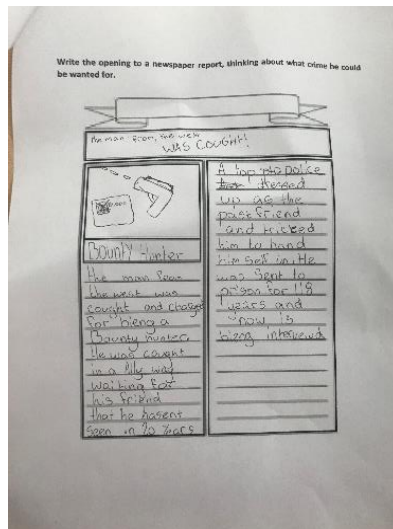
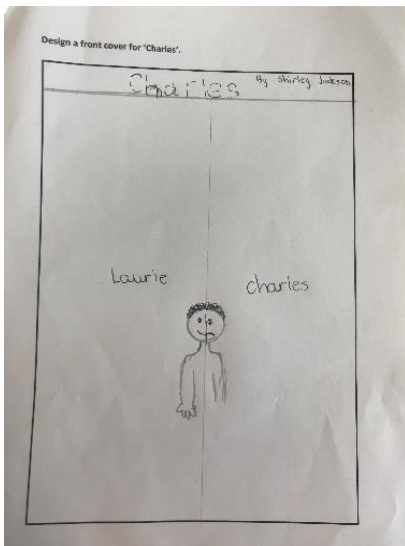


Students read:

- ‘Charles’ by Shirley Jackson
- ‘The Stolen Bacillus’ by H.G. Wells
- ‘The Butler’ by Roald Dahl
- ‘After Twenty Years’ by O. Henry
- ‘The Eyes Have It’ by Philip K. Dick
- ‘The Elevator’ by William Sleator.

These short stories from famous authors ranged in genre and allowed students to experience a variety of stories, and the activities asked students to be creative with what they had just read. Students have brought these stories and their activities home, to share with their friends and family.





Choose one character from the story. Think about the emotions that this character might have felt as the story progressed. Draw or use emojis to recreate each emotion felt by the character. Comment underneath the emojis on why the character was feeling this way.

The elevator
Beeb thinking
and waiting.

He felt confused
because the
woman kept
sarcasm at him.

He was shocked
because the
woman scared
him again.

Horrified
because the lady
pressed the stop
button.

He felt angry
because he
got the last
lift.

He nearly
cried and didn't
get a french sleep.

in every lesson," and how they "loved the twist at the end." Some students, in true newspaper reporting style, wanted to go on the record:

Sonny Rogers "I loved getting a new story to add to my collection every lesson."

Jamie Cruz "I learnt so much today."

Jessica Owens "I enjoyed experiencing different stories."

Jovan Hungan "I like books, so I liked getting to read throughout the day."

Riley Varellas "I enjoyed the stories. My favourite was 'After Twenty Years'."

We wanted students to take enjoyment from these stories, as World Book Day aims to promote reading for pleasure, a message we strongly believe in. If students enjoyed reading short stories, below are some suggested collections of short stories for secondary aged students.

Choose one character from the story. Think about the emotions that this character might have felt as the story progressed. Draw or use emojis to recreate each emotion felt by the character. Comment underneath the emojis on why the character was feeling this way.

He felt scared
because the
elevator wasn't
trustworthy.

He felt nervous
because he
couldn't stop
thinking about
the lady.

He pretended to
not be afraid
of the old
lady.

He didn't
want to cry
in front of
his father.

He felt safe
in his home
while his leg
was broken.

He was
scared once
the lady
pressed the stop
button.

Choose one character from the story. Think about the emotions that this character might have felt as the story progressed. Draw or use emojis to recreate each emotion felt by the character. Comment underneath the emojis on why the character was feeling this way.

Martin felt scared
and nervous on
the elevator.

He felt nervous
because he
couldn't stop
thinking about
the lady.

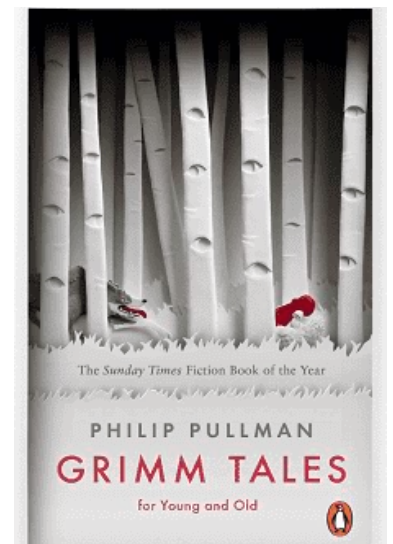
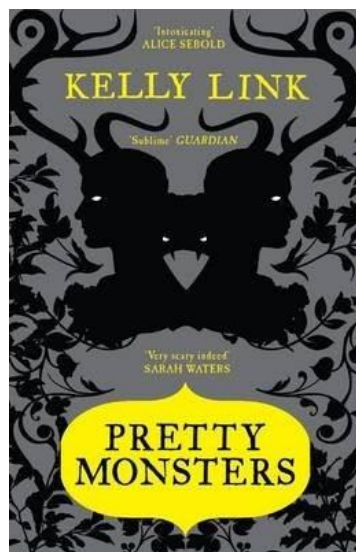
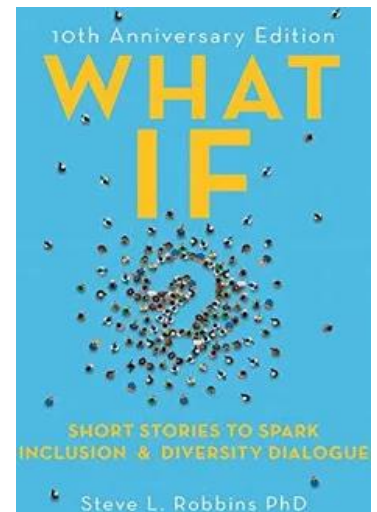
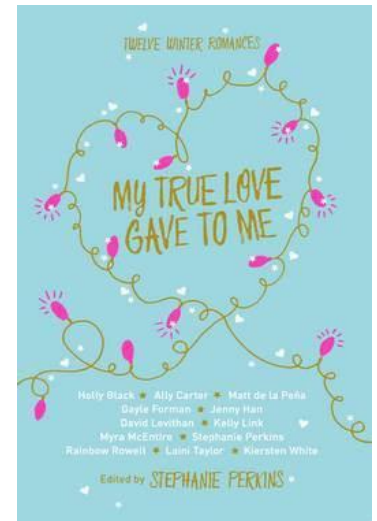
and because he
didn't know
what button to
press.

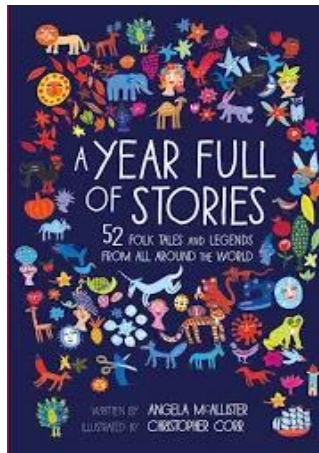
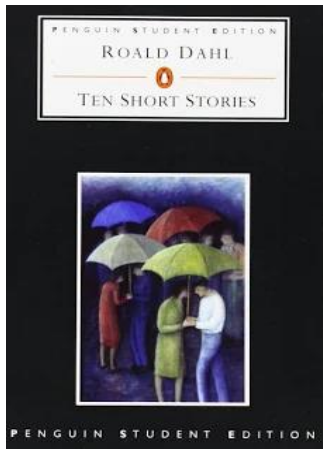
He is angry
from being
in the lift.

He is afraid
of the lady
in the elevator.

He nearly forgot
to give the
lady the
button.

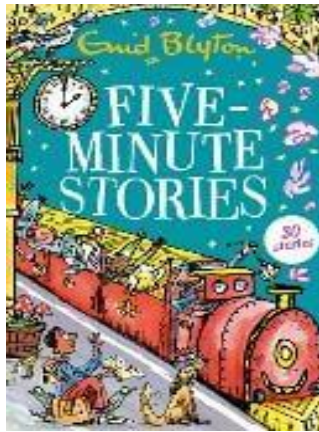
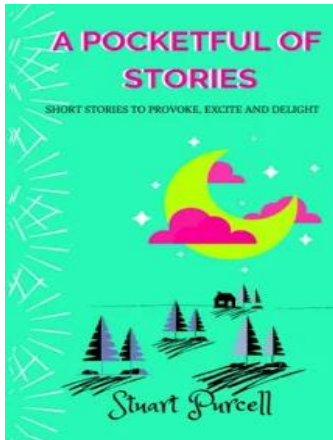
Students were keen to come and let us know how much fun they had. We heard students saying about being "excited and thrilled





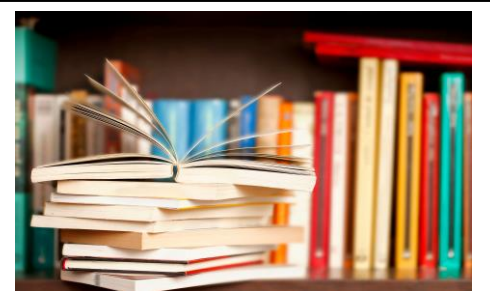
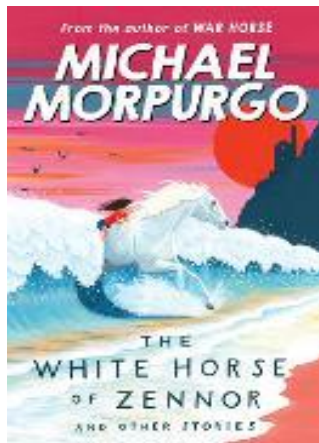
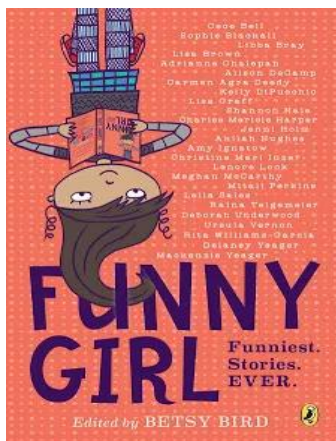
In addition, every year World Book Day provide £1.00 book tokens which can be used to exchange for a book. This year these are digital and can be used from Thursday 16 February to Sunday 26 March 2023.

Please scan the QR code below to access this:

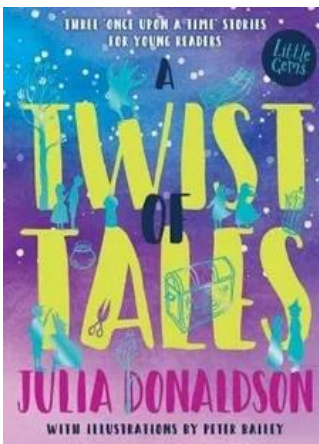
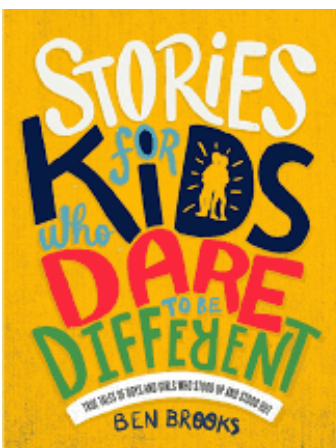


If students would like any more reading suggestions, they can talk to their English teacher, who is always happy to help them find books they will enjoy.


Miss White
English Teacher




If you have recently read a book that you enjoyed why don't you write a review for the newsletter so we can share your recommendation?



Tell us a bit about the story (no spoilers!), what genre it is from and why you enjoyed it. Send it to the school office or your English teacher.



Book of the Month - March



Meet Lara Bloom - the best friend you never knew you needed. This is her diary . . .

Lara Bloom is captain of the school football team, best friends with Anaya, Becky and Kayleigh, and top-notch at embarrassing herself. Just before Year 10 starts, Lara bumps into a new boy, Caiden – and he's GORGEOUS. She begins to think that the way to his heart is to give herself a glow up. Will she ever get her hair under control – or grow beyond an AA cup? And how much does she *really* need to change? But her friends are not impressed. You should never glow up for a boy, only for yourself! They are going to have goddess energy, queen energy, supermodel energy and independent woman energy. Cue lots of rituals, embarrassment and laughter.

As Lara and her friends embark on their project of empowerment and self-love, Lara shares her innermost thoughts with her online journal. How can she keep her hair under control when she's playing football? Why is she so fast on the pitch yet so uncoordinated off it? And how will she ever convince Caiden to take an interest in her, especially with the beautiful Sienna draping herself over him at all times?

With her worries safely locked in her top-secret journal, Lara is on track to unlock the glow-up of her dreams. Surely nothing could possibly go wrong?!

And so begins Lara's journey towards attracting Caiden, and to accepting herself as she is – football skills, flat chest, big hair and all. Set in Liverpool, with a Black protagonist who's brilliant at football but can be 'girly' too, this is a warm, funny, delightfully hapless diary-format story of friendship, crushes and learning to love yourself.

World KITCHEN
W/c 06.03.23, 27.03.23, 01.05.23, 22.05.23, 19.06.23
Aspens

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL DISH	Beef Keema Curry with Pilau Rice and Naan Bread	Chicken Thighs in a Katsu Curry Sauce served with Lime and Coriander Rice	Honey Roast Gammon with Crispy Roasties, Roasted Vegetables and Lashings of Gravy	Teriyaki Pulled Pork Pancakes with Steamed Rice, Spring Onions and Cucumber	Battered Sausage with Chunky Chips and Baked Beans
GLOBAL GUEST	Roasted Cauliflower and Chickpea Korma served with Pilau Rice	Spinach Chana Saag served with Lime and Coriander Rice	Vegetable Hot Pot with a Crispy Potato Topping	Vegetable Teriyaki Pancakes and Prawn Crackers	Leek and Mushroom Parcel served with Chips and Slaw
Hot DELI DELICIOUS DESSERTS	Freshly Baked Tomato and Mozzarella Pizza Slice	Crispy Bacon and Baked Frittata in a Bap	Egg Noodle pots with a Teriyaki Broth	Garlic and Herb Chicken and Rice Wraps	Jamaican Jerk Chicken Burgers
	Lemon Drizzle Cake	Banoffee Pie	Chocolate Rice Crispy Tray Bake	Golden Syrup Sponge	Vanilla and Berry Muffin

MAIN COURSES SERVED WITH SEASONAL VEGETABLES

Late Gate

Early is on time,
On time is late,
And late is unacceptable!

At Becket Keys, we look to ensure that we are preparing students for life beyond school. We encourage students to attend school regularly and on time.

Remember that the school gate closes at **8.25am**. This allows students enough time to be at their first lesson on time. Period 1 begins at 8.30am.

Brentwood can be tough to negotiate during rush hour, so we encourage students and parents to contact the school in the case of **genuine** lateness, such as delayed public transport.

Parents can call the main school line 01277 286600 or use the "Studybugs" app.

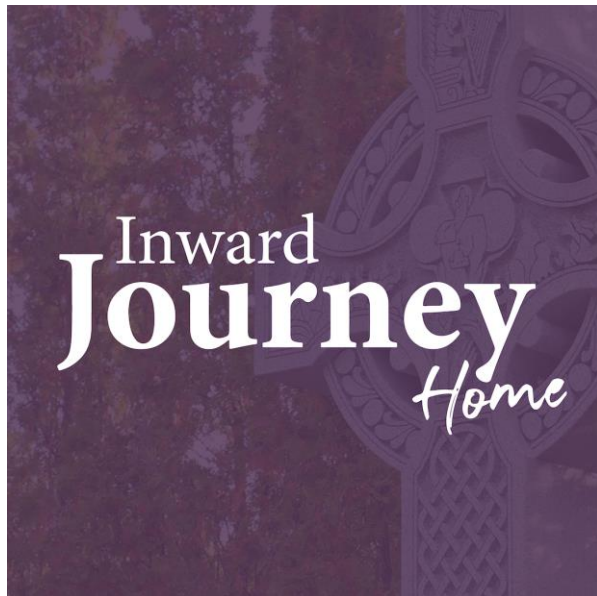
We thank you for your support.



A Message for Sixth Form 6th Form Leavers' Hoodies

Details have been sent home to parents today with their link to order. Please place all orders by **29th March 2023!**

Delivery will be to a home address so the earlier they make their purchase, the earlier they get access to their exclusive, highly desirable and personalised Becket Keys hoodie!



PAUSE

The inward journey home

But when you pray, go into your inner room, close the door, and pray to our Father in secret. And your Father who sees in secret will repay you.

Matthew 6:6

Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense His grace.

The Message

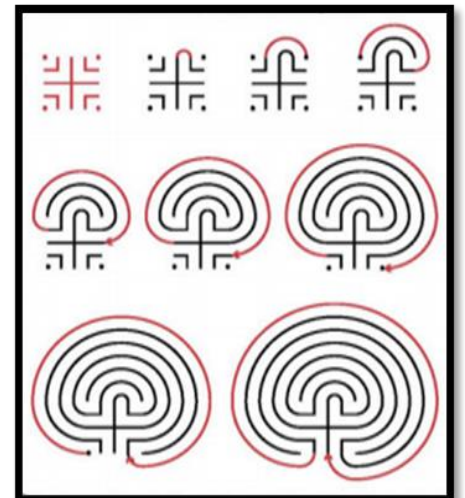
Prayer and meditation are central to our Lenten journey. I have heard Lent described as an inward journey. Whilst we may choose to give up external things, this must be an outward sign of a deeper internal desire to change and find oneness with God. Saint Teresa of Ávila described the soul, as at the inner depth of our being, as a castle in which God dwells. What a comfort. God is not just a God who is 'out there' far away in Heaven. He is a God who is closer and more intimate than we could ever imagine. Saint Teresa of Calcutta said 'We cannot find Him in noise and restlessness. God is the friend of silence . . . We need silence to be able to touch our souls'.

The Bible verse at the beginning of this Biblical Pause has had a great impact on my prayer life. The centre of the labyrinth has

been described as Christ within. In relation to Lent, it has also been described as divine illumination. Some people also see labyrinths as representing the complexities and difficulties of the world and the journey of our lives. What is special about a labyrinth, however, is that it is not a maze; you cannot get lost. There are no dead ends and the point is not disorientation, but orientation. This reassures us that, with Christ, we have a sure path to follow, whatever the twists and turns may be.

The method of drawing labyrinths also intrigues me. For example, the 400-year-old Cretan or classic

7-circuit labyrinth is one of the simplest and most widely used designs. It starts with a **cross**, which then winds out. This forms an 'f' which reminds me that Christ is the foundation of my faith. The winding paths call me to follow Him.



Praying with a Finger Labyrinth

- Sit comfortably, be still and gently pray: *I place myself in your presence O Lord, my God.*
- When you are ready... slowly trace the labyrinth path with a finger, use a finger on the hand that you do not write with, just let your thoughts come to the surface and let them flow... Jesus is with you every step of the way, you are never alone. You are always loved by God.
- When you reach the centre...consider your thoughts... What would you like to say to God at this moment?
- ...stay in the centre for a while and spend some time in prayer and reflection receiving God's love and blessing.
- When you are ready... return along the same path... return gratefully, prayerfully ... what do you notice about how you are feeling? Do you have any new thoughts or decisions to consider?
- As you exit the labyrinth give thanks and praise to God: *Glory to the Father and to the Son and to the Holy Spirit as it was in the beginning is now and shall be forever. Amen.*



...did not our hearts burn within us as he talked to us on the road...

Luke 24:32

We are searching inwardly to find oneness with God, but our prayers also radiate out God's light. Remember, the journey out of the prayer labyrinth is just as important as the inward journey! Our outward expression of God's love, through the decisions we make and the way we choose to live our lives can make a difference for the people for whom we pray.

Above is a simple method provided by the Diocese of Canterbury:

St John of the Cross wrote:

O Blessed Jesus, give me stillness of soul in You.

Let Your mighty calmness reign in me.

Rule me, O King of Gentleness, King of Peace.

I hope following the winding path with your finger may help still your mind and support rest, quiet contemplation, as well as meditation. I pray we can all be safe in the knowledge that God dwells deep within us, now and always. May spiritual disciplines and practices draw us close to Jesus, others, and ourselves. In the context of Lent, may we journey towards the cross with Jesus and arrive at the empty tomb to be at home in new life and resurrection.

Let us pray together:

God of wisdom, you are ever with us and within us,

reveal your path of truth and enlighten us with your Spirit.

Strengthen us in all the challenges we face to be faithful to You.

Throughout Lent, help us discover the gift of true prayer.

May we find rest, feel comforted and draw closer to You.

We ask this in Jesus who is our path, our truth, and our life.

Amen.

**Mrs Sharp
Deputy Headteacher**

Art & Textiles

**Star Artist Year 9
Chloe Dyson**



Year 12 Art Workshop at St. Helen's Infant School



Year 12 Art & Textiles students visited St. Helen's Infant School on Tuesday for their second workshop. They shared their art skills of collage and painting with Year 2 to create x4 large pieces for the School to display based on Art, Music, Science and Writing. We all had a great time and are looking forward to the third session next week!



Year 11 Saturday Ceramic Workshop



Year 11 spent the day last weekend completing a ceramic workshop. Learning new skills and modelling with the clay and creating some exciting, surreal final pieces.



[@becketkeysarttextiles](https://www.instagram.com/becketkeysarttextiles)



Lucy Manders Year 12



Chloe Dyer

Yr 9

Sports News



Year 7 Girls' Netball

On Monday, the Year 7 netball team played in the Brentwood district rally at Brentwood School. The students battled through extremely cold conditions to demonstrate some great netball. The defenders picked up many loose balls, the feeders passed the ball into the circle with great accuracy and the shooters scored some amazing goals. Well done to Rubi Chiroma, Ffion Cole, Tilly Holder, Vienna Hayes, Lyla Stevens, Sophie Guest and Oprah Amode.



Year 8 Girls' Netball

The Year 8 netball team participated in the Brentwood district netball rally and finished in an excellent second place! The team were victorious against Anglo European School, Brentwood Ursuline, Shenfield High School and St Martin's School. The students narrowly lost against Brentwood School but exhibited some great game play. Throughout the game the students demonstrated fantastic fitness and skill. The shooting, defending, feeding and tactical play were excellent which resulted in the superb finishing position. Well done to Imogen Hutton; Scarlett Sawkins; Isabel Collins; Kaylin Nachwa Muwenda; Isabella Hutton; Maddie Moon and Leoni Witchalls.



Year 7 & 8 Girls' Basketball

An excellent result for both teams as they secured victories in their recent fixtures.

Standout performances by all the team members but Fionn and Nina get a special mention from Miss Schafer.





Year 11 Boys' Football

The much-awaited semifinal in the Messa Cup saw the Year 11 boys face St John Payne in their last hurdle to reach the final. The boys knew that we needed a fast start and an early goal to unsettle the SJP visitors which would allow us to dictate the tempo.

We lined up with two changes made from the win against Shenfield with Joe and man of the match Folarin coming into the fold for impressing last game. Thankfully, Folarin is one of my GCSE pupils and I know him well enough to say he had a fantastic start to the game... for SJP! With an own goal and a missed clearance, allowing their striker to get their second, that much needed fast start was fast getting out of hand especially when SJP were able to score a third before 10 minutes had played! Disaster!

A well taken corner from Henry found Callum G, who made no mistake with a placed volley. This goal turned the tides, however a silly trip in the middle of the park gave the tall away side a chance to send their big players forward and for the fourth time they were able to find the back of the net. At 4-1 it would require true resilience and desire to try and claw it back. Just before the half, Callum's freekick hit the wall and fell to Sam who drove in a low cross to Henry who slotted home and planted the ball on the spot with his intentions of making this comeback doable. At half time we made two more changes as Jacob replaced Jack and Levi replaced Callum E.

Going into the second half knowing the next goal was crucial, Emeka was able to make up for his earlier foul after Jacob won a brave header and Emeka skipped past one defender before passing to Callum G, who's shot struck the arm of the defender

and won a penalty. Henry made no mistake, again grabbed the ball, and slamming it down on the centre spot. The pressure was constant and Emeka's confidence grew and another solo run beat 4 players before driving a low cross to Adams who tapped in to cement the comeback!

At 4-4 there were minutes to go and I was thinking of penalty takers. Their striker was pacing towards our goal and Levi was able to catch up and make a tackle to keep the dream alive. The proceeding throw fell to the feet of Sam C whose half clearance was brought down by Emeka, beating two and played an eye of the needle pass to Callum G who pounced on the only mistake the keeper made all game and was able to tuck home to make it 5-4! Sam T came on and made crucial interceptions and Sam B cleared the lines to huge relief as full time was blown! The boys were able to somehow keep composed staring defeat in the face and I would like to reiterate the desire from the captain Henry who knew at 4-2 this comeback was going to happen. There will be a long wait for the announcement of who we face as the other side of the draw are yet to play quarters. Mr Lane saw that this group of boys have what it takes to become winners, I am confident that this cup will be ours!

Mr Lane
PE Teacher



This week the students have been getting tips on how to protect their Mental Health. It is important to spend time outdoors in nature and to be active. Spending time in nature has been found to assist with anxiety and depression and there are also links between nature and relaxation and being outside gives our bodies much needed vitamin D from sunlight. Being active is good for both your mind and body and every minute of activity counts; the more you do the more you will benefit. Exercise can improve your sleep, clear your mind, boost your energy and help with back or joint pain.

In order to combine nature and exercise why not join the Parkrun? Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Parkrun is 5k and takes place every Saturday morning. Junior Parkrun is 2k, dedicated to 4-14 year olds, and their families, every Sunday morning.

Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last!



Everyone is welcome to come along.

Parkrun is free and you only need to register once whether walking, jogging, running, volunteering or a combination.

There are currently 1,163 parkrun events around the country taking place every weekend, with more locations being added all the time.

You can go along to any event, any weekend. Find out more here:

<https://www.parkrun.org.uk/>



DATES FOR YOUR DIARY

*

NEARLY NEW UNIFORM SALE AND
'CASH FOR CLOTHES' COLLECTION
SATURDAY 11TH MARCH 2023

*

NEW DATE
YEAR 7
SUBJECT CONSULTATION EVENING
TUESDAY 14TH MARCH 2023
(SOME STILL TAKING PLACE
ON 16TH MARCH 2023)

*

SPRING CONCERT
THURSDAY 23RD MARCH 2023

*

END OF TERM
STUDENT HALF DAY
FRIDAY 31ST MARCH

*

EASTER HOLIDAY
MONDAY 3RD APRIL –
FRIDAY 14TH APRIL

*

INSET DAY
NO STUDENTS IN SCHOOL
MONDAY 17TH APRIL 2023

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)
[@BecketKeysDT](https://twitter.com/BecketKeysDT)

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