



Becket Keys Church of England School

12th May 2023

YEAR 13 CELEBRATION SERVICE

IN THIS ISSUE

Mr Scott-Evans writes:

A Recipe for Life

As I write today, I am looking out of my office window to see Sixth Formers and Year 11s walking around with big bags of gifts!

For most Sixth Formers, this feels like the end of a seven-year journey. Year 11s are mostly planning to stay for another 2 years, but nonetheless it feels momentous.

They are getting out and around the school to say, "Thank You!" to the teachers who have served them so faithfully over the years building up to their exams.

As teachers, we wanted to say thank you to them as well. It has been quite a journey! Notwithstanding the interruptions of a worldwide pandemic, the passage from age

11 to age 16 or 18 is an arduous one. A lot of growing up takes place, and for these students more than most there have been some tough challenges along the way.

Our gift to the Year 13 students is a recipe book. This was the idea of Su Garlick who was one of our founding teachers. Su sadly passed away after a long battle with cancer, but her legacy lives on in the form of this book.

Various colleagues offered simple recipes for the book, and we also added some basic advice for safe and successful cooking, on a budget! Many of us have added a recipe that we ourselves relied on when we were at university; it gave us quite a thrill to think that our leavers might choose to cook our recipe whilst they are setting up camp in their first digs.

.....contd. on page 2



BECKET KEYS
Church of England School

Year 11 & 13

A celebration today for our students that are now going to take their exams.

Page 4

Mandarin Department

Some of our Mandarin students took part in this prestigious competition, read about how they got on here.

Page 6

Mathematics Department

Taking trigonometry outside!

Biblical Pause

Soar like an Eagle.

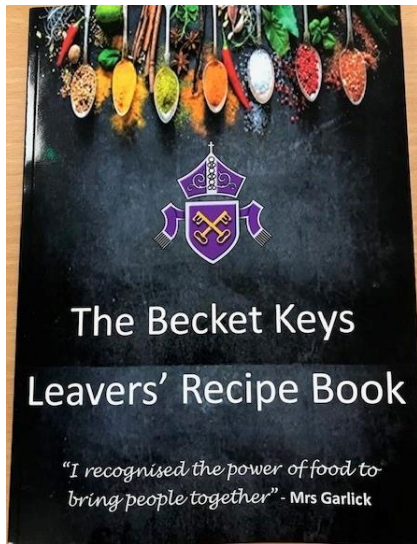
Page 14-15

Art & Textiles

Excellent work from our talented students.

Page 16-23

.....contd. from Page 1



We have also sprinkled a number of simple prayers in the book that they can use at key moments in their life ahead. I wrote each one and I hope that these, along with the recipes, will be truly useful to them as they move forward with the next phase of their life.

It is a very thoughtful and apposite gift.

The Year 11s received a Bible which was paid for by local churches whose congregations have donated generously to ensure students all left the school with a lovely copy of God's word. This is of course another recipe book. There is a recipe here for life – a guidebook that can support you in any situation.

It occurred to me that when we set up the school, we established a *recipe* of what we were going to achieve here. Like all good recipes we had a picture in our head of what we wanted the final dish to look like. We had a dream! We also knew what the basic

ingredients were and how we were going to put them together.

The dream was to be an Outstanding Church School where students flourished in terms of their character as well as academically. We knew we would need to have great teachers who built compassionate and strong relationships with students, beautiful buildings to learn and play in, a strong curriculum offer that focused on the core subjects, and parents who would partner with us in the process. We were blessed with the support of the Russell Education Trust; it is like having Marco Pierre White on the end of the phone, regularly popping in to see us and giving us advice.

The students, of course, are the key ingredient. We are incredibly thankful to you as parents for trusting us with their education and for your support along the way. As with any recipe the more you put in the more you get out! Thank you for investing so much in our school.

Any time that I am in the kitchen there are always some slip ups and some mistakes made! I get things in the wrong order or forget an ingredient. The other day, I had to go out and get a key ingredient halfway through a recipe as I started without something! It happens. I know we have made mistakes along the way. No one is perfect. No school could be. The students certainly haven't been! Teenagers make mistakes! Lots of them! But these things have always made us

stronger, not weaker. We learn from them. God has been good and has never let us or the students down. Even things which seemed awful at the time have been turned into good some way or another. Often it is a so called "mistake" which leads to the creation of something new that no one has ever done before. I'm sure some of the best chefs work this way.

Together we have succeeded in creating a new school which very much reflects what the founding parents, staff and students wanted. Today has been a day of celebrating and looking back. I wrote a poem for Year 13 that I read to them in their final Collective Worship today. I have put it on page 3. I doubt our A-Level English students would rate it very highly, but it hopefully expresses something of what we have been trying to achieve here over the last seven years.

Mr Scott-Evans
Headteacher

EXAMS

Please pray for all students who are taking exams.

See website for more details.

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

A Recipe for Life

*To my dearly beloved students,
As you reach the final day,
It falls to me to say a few words,
So, I've written a poem to say...*

*I pray that by now you've learned the recipe,
We've been showing you every day,
The ingredients you need are simple,
They'll set you on your way.*

*You must know the recipe,
You must know what to include.
If you put these in, your life will be full,
Of joy, you will exude.*

*As teachers we've tried to show you,
We've written them on the wall,
We've modelled them in our daily work,
We believe in them all.*

*They're not anything new, you know,
They're timeless, ubiquitous and free,
I'm sure by now you know them,
But I want you to hear them once more from me.*

*But I also want you to know the Creator,
The Author of these things,
He is our Father in Heaven,
The Ruler and King of Kings.*

*His ways are perfect and straight-forward,
His path though not easy, is best,
By now I'd hope you know Him,
No need to put Him to the test.*

*He proved his love for you by sending His Son,
To show us how life should be lived,
The 7 values he showed us are writ large
And here are the gifts:*

*Show respect to those around you
Be responsible in all you do
Be forgiving, honest and caring
Be trustworthy and fair – please.*

*It's all I want for you really,
Nothing else matters at all,
Live these values and know who designed them,
That's why we have built this school.*

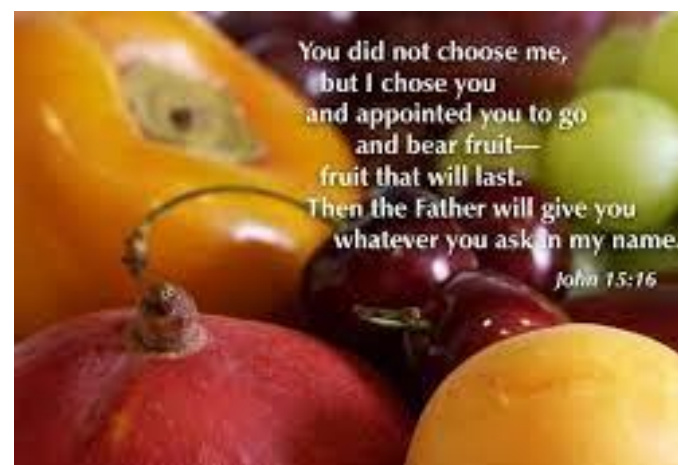
*We created a whole community for you,
We designed it and made it for us,
But that's nothing compared to what He's done,
Keep your eye on Him and not this.*

*He's always been watching and caring,
He'll always be with you, you know,
He came up with a recipe for each of you,
And it has been my honour to see you grow.*

*It been my honour to serve you,
My honour to teach you,
I'm proud of you,
God bless you.*

Amen.

Mr Scott-Evans
Headteacher
Becket Keys CofE School





A message from Mrs Noble to all the Year 11 students

Thank you for a wonderful three years as your head of year. It has been an absolute pleasure to see you all grow and mature into the caring and respectful students that you are today. It has been great to teach so many of you over the last five years and I hope I will still get to teach some of you next year. So many of you have had to deal with changes during and after covid and it's amazing how resilient you have become!

You have all worked incredibly hard, especially over the last few months, and I wish you all the very best over the coming few weeks. Don't forget that we are still all here for you as you start your exams and I look forward to seeing you all celebrate your success on results day!

See you on Monday!!

Mrs Noble
Head of Year 11



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.

Chinese Bridge Speaking Competition – The Final!

2023 is the second year for the 'Chinese Bridge' Mandarin Speaking Competition for UK Secondary School students, organised by the Centre for Language Education and Cooperation UK Office (CLEC UK) with the support from the British Council.

On Friday, 5 May 2023, 6 of our students attended the Finalist Competition at SOAS, University of London.



They went up on stage and impressed the audience.



They engaged in meaningful conversations about Chinese studies with contestants from all over UK and formed some new friendships.



It was such a lovely day, and we look forward to the award event which will take place later on in the year.

Well done!

Miss Lin, Miss Liu & Mrs. Zhang
Mandarin Department



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Church of England School

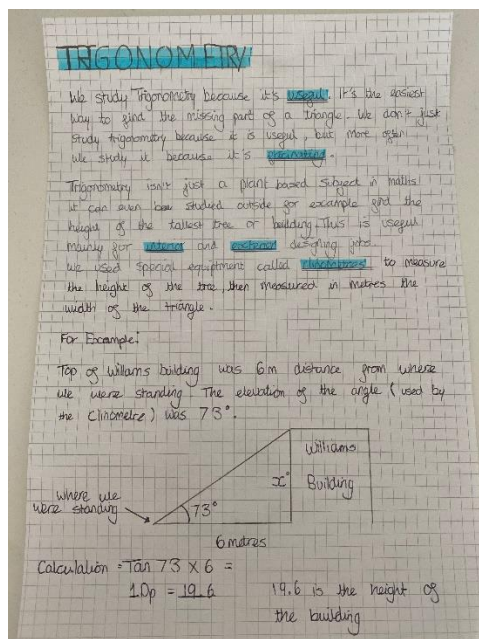
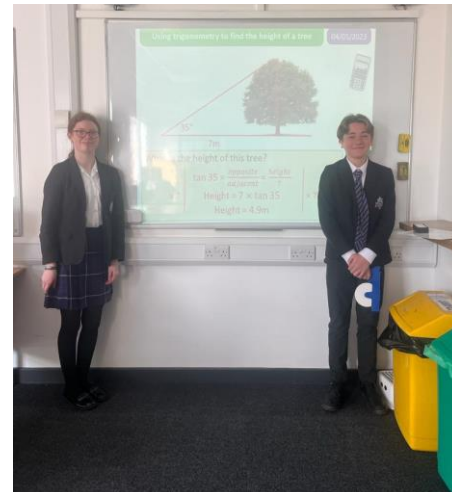


Mathematics Department

Outside Trigonometry

During our Maths lesson on Thursday, Mrs Moffat said, "Let's take trigonometry outside!" By doing this figured out angles and lengths in real life. We did this by pointing a clinometer to the top of a building, tall tree or top of a hut to form an angle. We also measured the distance in meters. We draw a sketch to form a right-angled triangle. We then used our calculators to work out the exact height of tall things around us.

Joshua Head



By Amelia Hall





Please make sure that you top-up your son or daughter’s account each week so that he/she is able to access all the delicious meals in the school restaurants.

There is a small overdraft facility on ParentPay accounts 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 need assistance navigating the site then help is available here: <https://support.parentpaygroup.com/hc/en-gb/sections/6089568194577-Parents-and-guardians>

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

School Uniform Donations Required!

We will be holding another pre-loved uniform sale this term and are in need of donations. All items will be welcomed however we are in particular need of the following:

Blazers

Kilts

Jumpers

PE tops

Shorts

Skorts

Ties

Aprons

We would also welcome donations of school shoes.



The 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.

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

office@becketkeys.org

World KITCHEN.

w/c 27.02.23, 20.03.23, 24.04.23, 15.05.23, 12.06.23

Aspens

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Bolognaise served with a Garlic Bread Slice and Green Salad	Build Your Own Chicken Fajitas with Rice, Red Cabbage and Salads	Skin on Roast Chicken Thigh, Roasties, Seasonal Vegetables and Gravy	Bengali Pork shoulder served with Pilau Rice, Poppadoms and Mango Chutney	Crispy Battered Fish Fillet with Lemon Mayo, Chunky Chips, and Baked Beans
Spaghetti Quorn Meatballs in Chef's Home made Tomato Sauce	Vegetable Chili Nachos with Home Made Tomato Salsa	Veggie Toad in the Hole served with Seasonal Vegetables and Gravy	Spinach and Onion Bhojjs served with an Indian Pomegranate Salad	Vegetable Enchiladas served with Chunky Chips and Fresh Salad Leaves
Freshly Baked Tomato and Mozzarella Pizza Slices	Veggie Egg Noodle Pots with a Teriyaki Broth	Pasta Bar!!! Tomato Bolognese or Carbonara	Chipotle Marinaded Chicken and Rice Wraps	All American Hot Dogs with Mustard Mayo
Vanilla Sprinkle Sponge	Rich Chocolate and Orange Mousse	Oaty Apple Crunch Bar	Hand Made Iced Sugar Glazed Buns	Tottenham Cake

TRADITIONAL DISH

GLOBAL GUEST

Hot-DELI DELICIOUS DESSERTS

MAIN COURSES SERVED WITH SEASONAL VEGETABLES

Student Achievement

My day at St Paul's Cathedral

Monday the 1st of May was a day to remember, as I was given the opportunity to sing at St Paul's Cathedral in London with the Elvers Choir of Essex and East London and the Wykeham chamber choir.

This event was organised by the RSCM The Royal Society of Choral Music and we sang at Chelmsford, Chingford and Brentwood Cathedrals leading up to it to prepare. I felt very proud to be a head chorister.



the King's Coronation and the traditions that will be observed during and afterwards.

I was also given the opportunity over the weekend to sing for the King's Coronation at King George's Park with St Thomas of Canterbury church choir.



Louie Newnham
Year 7

St PAUL'S CATHEDRAL

Choral Evensong & Sermon
Monday 1st May 2023 at 5.00pm
sung by
The Wykeham Chamber Choir
with
'The Elvers' RSCM (Essex and East London Youth Choir)
Directed by **Jonathan Venner**
Organist – **Stuart Nicholson (St Patrick's Cathedral, Dublin)**
Preacher: **The Reverend Prebendary David Houlding**
Responses: **Rudcliffe**
Psalm: **149 Stanford**
Canticles: **Noble in B minor**
Anthem: **A Shepherd's Carol – Alec Roth**
Hymn: **Twin princes of the courts of heaven NEH 164 (512)**

'The Elvers' Choristers are members of the following:

Chelmsford Cathedral
Brentwood RC Cathedral
St Andrew, Hornchurch
St Mary's, Maldon
St Mary's, Saffron Walden
St Nicholas, Wilham
St Peter & Paul, Chingford
St. Peter & Paul RC Church, Ilford
St Thomas' of Canterbury, Brentwood



under the Cathedral.

The Cathedral itself is enchanting, the paintings on the ceiling were stunning and it was difficult to not keep looking up whilst singing. I also noticed that the choir stools were all individually named after towns in and around London such as Stepney, Hackney and Stratford.

We sang hymns and sung Psalm 149 which is about your salvation to God. The Priest spoke about



In the Cathedral, I saw the monuments of Nelson, Florence Nightingale and Christopher Wren, there was so much more to see but I had to go and rehearse. The rehearsals were held in the choir school in the crypt which is

Careers Department

Can you help at our Becket Keys Careers Networking Event?

Each year, for one of our enrichment days, we run a careers networking event for our students. The focus is on inspiring future choices and decisions. We will be hosting this again on July 13th and we are in need of volunteers from a range of careers. We would like professionals to talk to our students about their career; the pathway into the job, the opportunities, skills and experiences that are involved. If you are able to support us in any way please do get in touch via careers@becketkeys.org. I will be able to give you some more information including the timings for the day.

Miss S Ellis
Joint Acting Head of PSHE



Homework Club is available for all students.

Every afternoon after school students can stay for a supervised session until 4.20pm and complete their homework in C11.

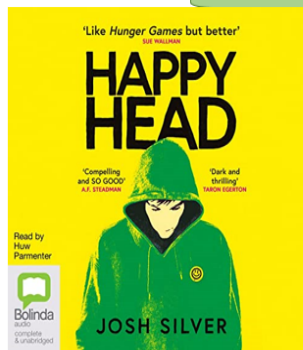
Using Homework Club is just one way we provide for students who do not want to leave site at 3.10pm.

There are a large number of extracurricular clubs that your son/daughter can attend at Becket Keys. Full details are available on the school website here: <https://www.becketkeys.org/extra-curricular>

Avoid the traffic! Stay here for a while!



Book of the Month - May



We are in an epidemic. An epidemic of unhappiness. Friends, here is the good news: HappyHead has the answer. When Seb is offered a place on a radical retreat designed to solve the national crisis of teenage unhappiness, he is determined to change how people see him and make his parents proud. But as he finds himself drawn to the enigmatic Finn, Seb starts to question the true nature of the challenges they must undergo. The deeper into the programme the boys get, the more disturbing the assessments become, until it's clear there may be no escape... This is a truly thought-provoking thriller, channelling the menace of dystopian favourites such as *Maze Runner* and *The Hunger Games*.

Essex Libraries

Volunteering Opportunity

As you may know, every year the Essex Library Service works with The Reading Agency to run the Summer Reading Challenge in our libraries, with the help of some amazing volunteers.

There is a fantastic opportunity for students to come and volunteer with us over the summer and to help run the scheme again this year!

Throughout the Summer Holidays, volunteers will come to a library of their choice and speak to children participating in the challenge about the books they read, giving out rewards as they go along.

This is a fantastic opportunity for all students aged 14+ to boost their CV, enhance their social skills, or complete the volunteering section of their Duke of Edinburgh Award, all whilst having fun and helping out the local community! There will be ongoing support provided to the volunteers throughout the summer to make sure that the experience is enjoyable and worthwhile.

The library service would love it if there were some students who could volunteer with them this summer!

You can find more information library service, and details of how to apply, on the website here:

Essex County Council
Libraries

VOLUNTEER

with us!

Come and help children take part in the
Summer Reading Challenge 2023
in libraries during the summer holidays!

talk about books

have fun chats with children

help your local community

boost your CV

Apply online at libraries.essex.gov.uk
Closing date: 30 June 2023
Apply early to secure your first choice of library.

Open to ages 14 and over

<https://libraries.essex.gov.uk/new/s/volunteer-to-help-with-the-summer-reading-challenge>

Challenge here:
<https://libraries.essex.gov.uk/new/s/summer-reading-challenge-2023>

You can learn more about this year's Summer Reading






Education on Demand

GCSEPod has lots of resources and tips to help students with motivation, how to learn, news and free resources. Designed to engage learners, improve confidence, and accelerate progress. Statistics show that students who use GCSEPod can achieve 1 additional grade higher in each subject!

GCSE Learning and Revision | GCSEPod



Year 10



Get yourselves signed up on GCSE Pod.


It is an excellent resource 3-5 minutes videos that are linked to all your subjects.

You have a message on SMHW with instructions.

Come and see me in J12 if you need any help.

Mrs Knowles

<p>1. Go to GCSEPod.com and click Login</p> <div style="text-align: center; margin-top: 5px;">  </div>	<p>2. Click the sign in with Office 365 button</p> <div style="text-align: center; margin-top: 5px;">  </div>
<p>3. Pick an account</p> <p>Enter your school username followed by @becketkeys.org</p>	<p>4. Enter the password that you use for your school log on.</p> <p>Then you should be in and get a welcome page!</p>




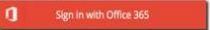
Year 11

GCSE Pod reminder:

You can now use your 365 log in to access GCSE pod!

Come and see me in J12 if you need any help.

Mrs Knowles

<p>1. Go to GCSEPod.com and click Login</p> <div style="text-align: center; margin-top: 5px;">  </div>	<p>2. Click the sign in with Office 365 button</p> <div style="text-align: center; margin-top: 5px;">  </div>
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Help out when you check out

Collect FREE donations for **FRIENDS OF BECKET KEYS** every time you shop online.



Join, shop and raise here:

easyfundraising.org.uk/causes/becketkeyschoolbrentwood

If you are doing shopping online. Why not see if you can help raise some funds for FoBK through your online purchases in a few easy steps:

Click [here](#) then


- Click 'Sign up and support this cause'.
- If new to Easyfundraising then set up an account.
- Browse the hundreds of online shops who participate in the scheme and go shopping! As long as you go into the online sites through the Easyfundraising site, you will register a donation to FoBK. You can even get an App for your phone! It will not cost you a penny!

If already a member, then why not refer a friend? FoBK will get a bonus when each person you refer makes a purchase.

YEAR 11 SCIENCE TURN UP AND REVISE

Time - 8am

Where
 Tues - W13 - Biology
 Wed - W21 - Chemistry
 Fri - W24 - Physics



Teachers will be available to support

Bring your revision/homework with you

Focused and quiet environment to study

English Literature Arrive and Revise

Help available with:


Poetry: Anthology & Unseen Journey's End

Macbeth A Christmas Carol

Tuesday 15:10 – 16:00

C21 – Miss Bolt


ALL YR 11 WELCOME



Reminder

All feminine hygiene products are free to students in school.

Please collect from Medical or Reception.



[Nationally Televised Advert](#)

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.



PAUSE

Soar like an eagle

*'Hope' is the thing with feathers,
That perches in the soul,
And sings the tune without the words,
And never stops – at all”
Emily Dickinson*

The American poet, Emily Dickinson’s description of birds as symbols of hope and tenacity came to mind on an early morning walk in the South Weald woods. The sound of birds communicating with each other, and the busy tapping of woodpeckers echoes the reassuring and calming rhythm of the natural world.

I thought I would use birds as the inspiration for this Biblical Pause. Research shows that, since the earliest times of humans, birds have inspired our deepest imaginations. Seemingly fearless and free in the sky, they create

much awe and wonder. Indeed, there is much we can learn from observing them.

There are numerous **general life lessons** inspired by our winged friends. Here are five commonly cited examples you might enjoy:

1. *Be confident*

Birds learn to trust themselves before they take off in the sky. So, have faith in your abilities and

know that you will find a warm current to soar in.

2. *Let your colours shine*

Different birds have hundreds of different hues. Be bright and make sure you are not hiding what makes you one-of-a-kind.

3. *Show up early and often*

The legendary ‘early bird gets the worm’ for a reason. So, find something worth showing up for, and then show up every day.





4. *Go with the seasons*

Birds thrive despite changes in their environment. Be fluid and go with the flow, trusting your ability to always find a branch to land on.

5. *Flock together*

Birds seek strength and sustenance from one another. Keep friends and family close as you navigate the days.

But how do these ideas relate to the Christian faith? What do we learn from the numerous references to birds in the Bible?

Perhaps one of my favourite references is found in Matthew 6:26: **'Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them.** Are you not much more valuable than they?' Later in Matthew 10:29-31, Jesus mentions sparrows to further illustrate how valuable and loved

God's children are, and how no detail goes unnoticed by our creator. 'Are not two sparrows sold for a penny? **Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered.** So don't be afraid; **you are worth more than many sparrows.'** We can be assured of God's care and the strength of love he has for every individual. We can put our trust in Him, knowing that he will shelter us in troubled times.

The Bible compares those who trust in God to eagles. An eagle soars by using thermals, or columns of rising warm air. Once the eagle locates a thermal, it spreads out its wings and circles around within the column of air, rising higher and higher. The eagle does not depend on its own strength to soar and glide long distances. In Psalm 103:5, God says He will renew our youth **'like the eagles'** and Isaiah 40:31 famously echoes this statement,

saying He will **renew our strength.** Eagles are one of the most mentioned birds in Scripture, often used to symbolise strength and the character of God.

Truly, there is much that we can learn from birds. I have provided only a glimpse here, focusing mainly on two birds. Next time you are in nature, observe birds more closely, learn from them and remember the Scriptural metaphors that speak of them. Be assured of God's love and look to Him for the hope that can enable you to soar like an eagle.

Let us pray:

Dear God,
Even the smallest and most inconspicuous of birds can remind us of how much you value and love us.
We thank you that, when we put our trust in you,
we grow in strength; our faith takes flight, and we live in hope.
May we depend on you and always be assured of your presence in our lives.
Amen.

**Mrs Sharp
Deputy Headteacher**



Art & Textiles

Star Artist Year
Cydney Etchells Yr 12





Sauda
Rahman
Yr 10



Charlie
Tasker
Yr 7





Anne-Kaye Fullerton

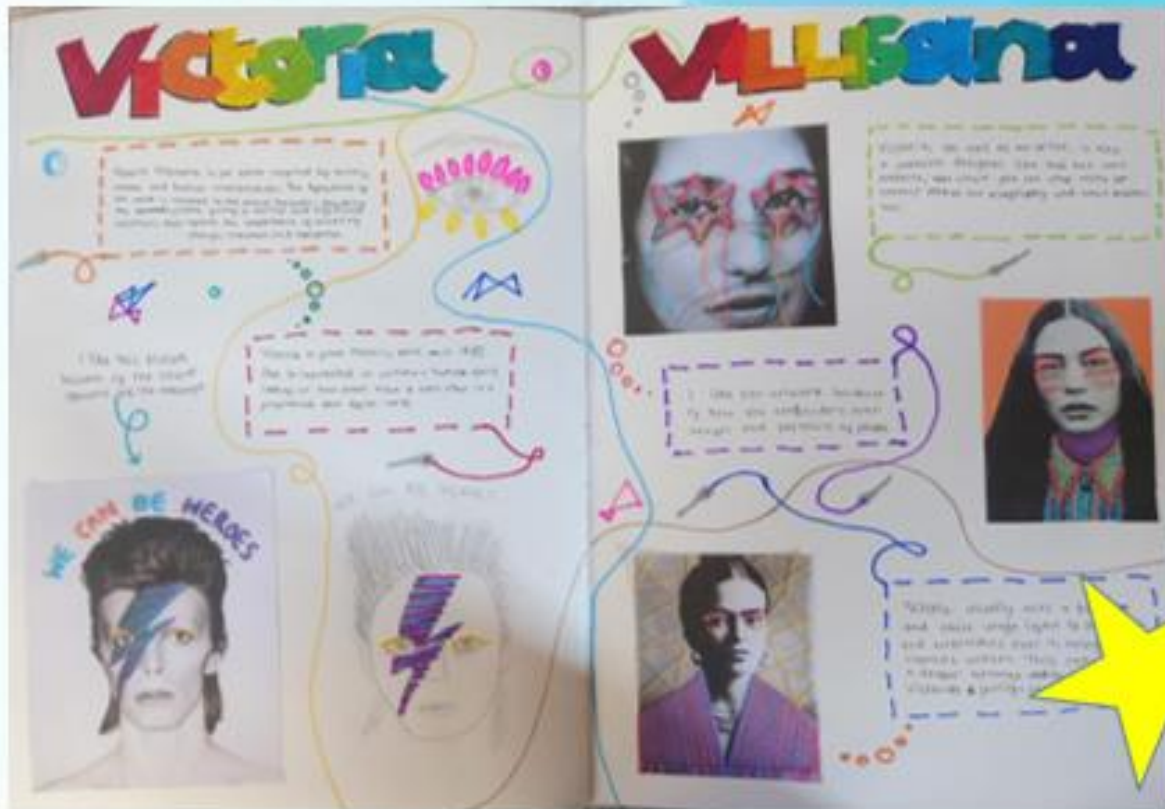
Yr 10

@becketkeysarttextiles

Lewis Gray Yr 8

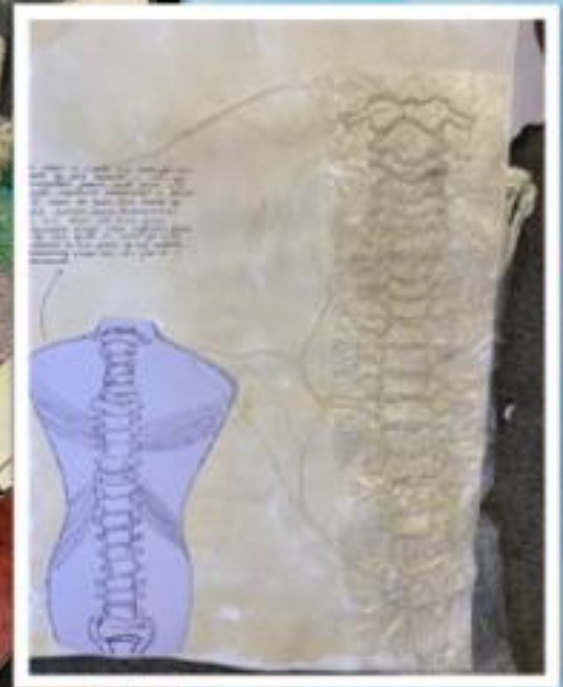
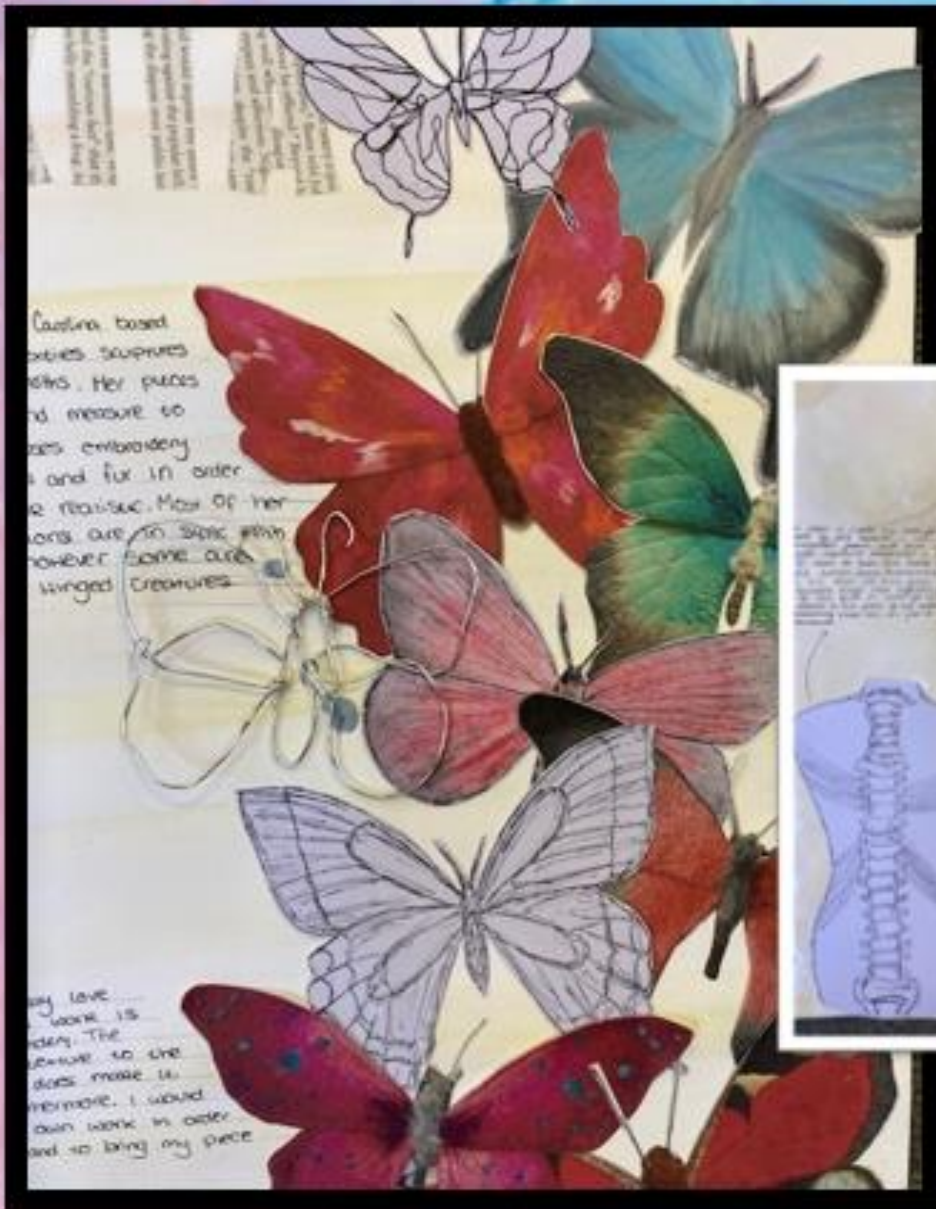


Leoni Witchalls Yr 8



In Art & Textiles this week with Mrs Cherry... Star of the week

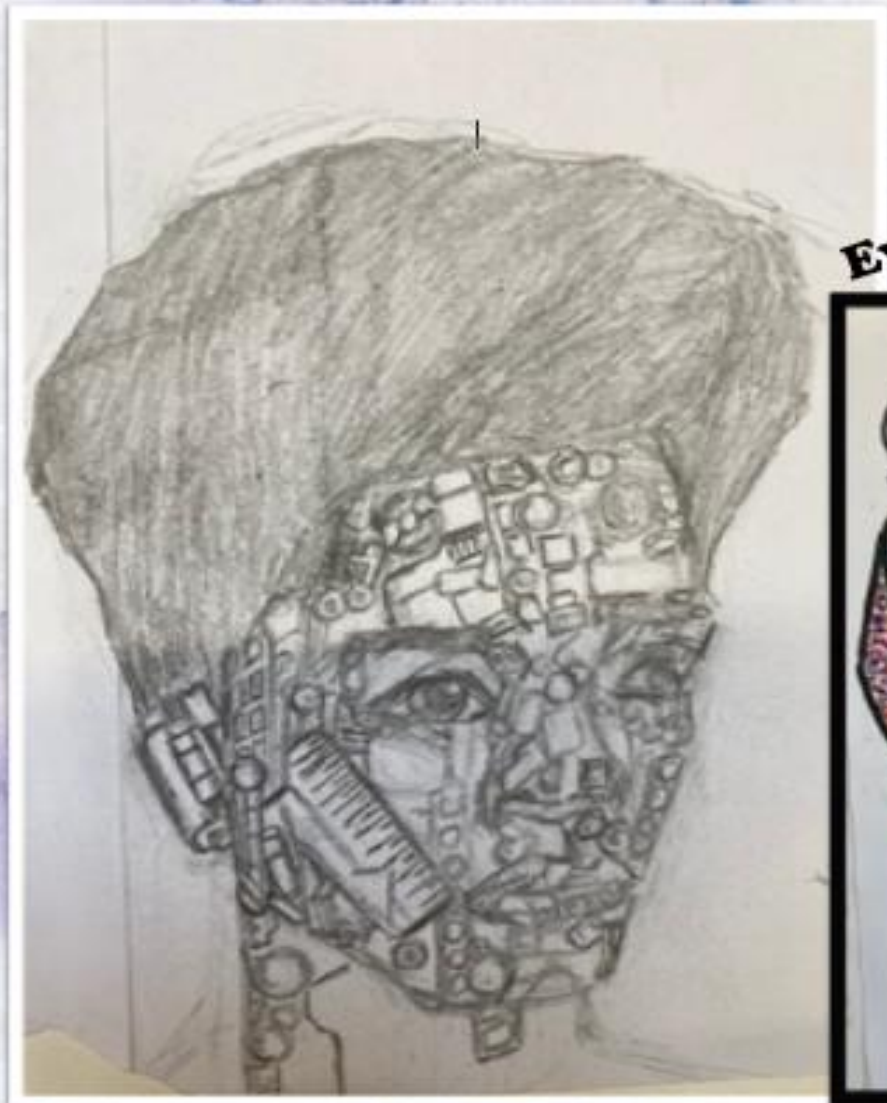
Y12



Ruby Cole



@becketkeysart



Evie Abbott Y7



Jayden Amanor Y8



Sasha Higgs Y7



Belle Weaver Y8



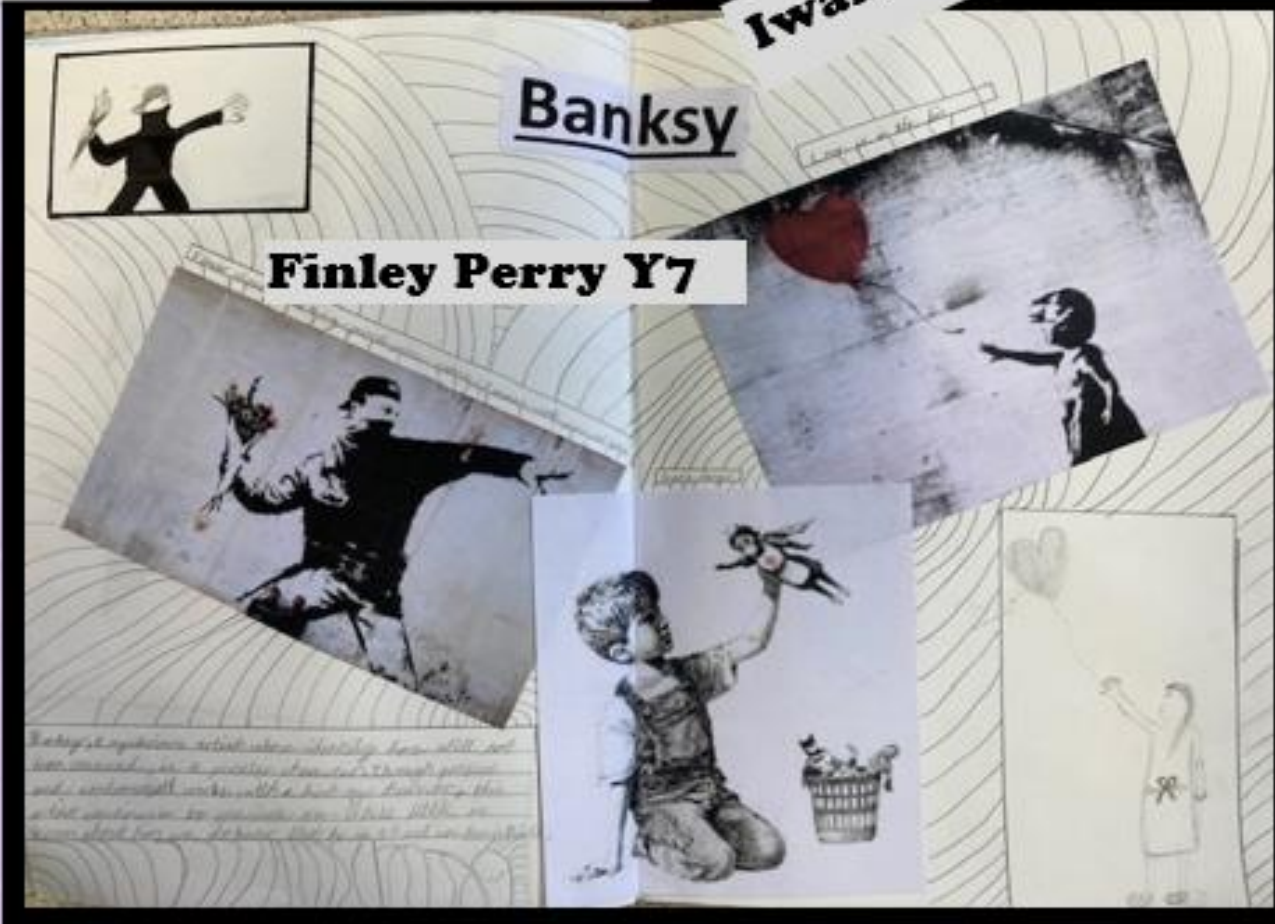
Imogen Reid-Kwei Y8



Rubi Chiroma Y7



Iwan Chiles Y7

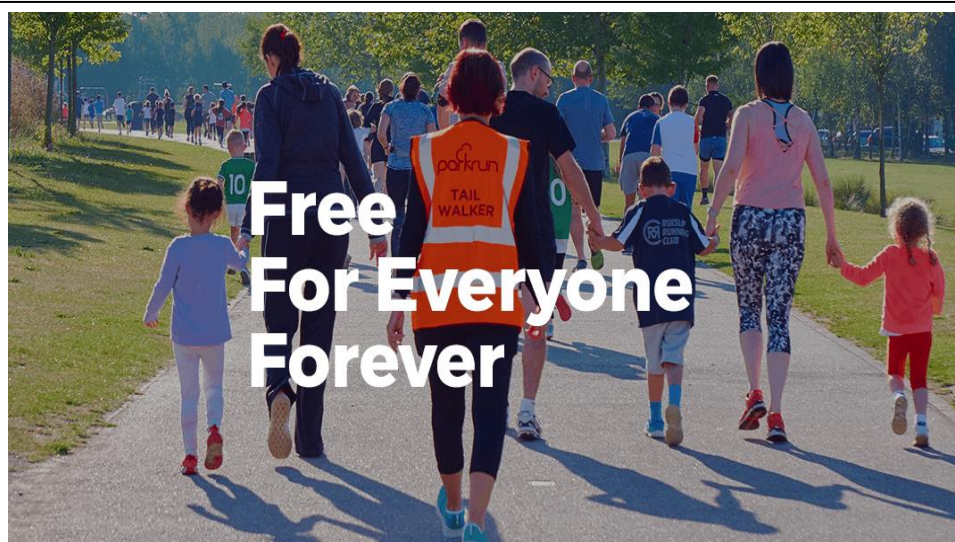


Banksy

Finley Perry Y7



This week the students have been getting tips on how to look after 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

WHITSUN HOLIDAY
MONDAY 29TH MAY –
FRIDAY 2ND JUNE 2023

*

YEAR 7 EXAMINATIONS
5TH – 9TH JUNE 2023

*

YEAR 10
SUBJECT CONSULTATION EVENING
8TH JUNE 2023

*

INSET DAYS
(NO STUDENTS IN SCHOOL)
FRIDAY 16TH JUNE 2023
MONDAY 19TH JUNE 2023

*

SIXTH FORM BRIDGING EVENT
20TH & 21ST JUNE 2023

Becket Keys Church of England School

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