



# Becket Keys Church of England School

19<sup>th</sup> May 2023

THE SENIOR PREFECT TEAM MEET ALEX BURGHART

IN THIS ISSUE

Mr Scott-Evans writes:

## Coronation Garden Update

Thank you to the 35 families who have donated towards the Coronation Garden; we now have £942.50 to spend on our new plants. There will be a sign with the names of the families who have donated towards this new area which I hope will record for many years to come the investment that these families were prepared to make. If you have not donated yet, you can still do so – the Parent Pay page is [here](#).

We could now do with some green-fingered families to help us with the work of planting. Are you a keen gardener? Would you be willing to help? Please [get in touch](#) to volunteer your services;

we will also add you to our sign of gratitude.

## Allotment Opportunity

On a similar note, we have an allotment area in school which has been rather neglected for a year and needs some work. Have you been wanting an allotment and not been able to get one? Would you like to have an area in school with raised beds and compost bins and equipment on site for your own use? Perhaps you are part of a community group who are looking for a space to do some collaborative gardening. If are willing to go through a few simple checks and processes and are confident that you will have a clear DBS check then this could be for you. Please [get in touch](#) to find out more.

.....contd. on page 2



**BECKET KEYS**  
Church of England School

### Ski Trip

Exciting news! We have three spaces on the school ski trip to America in 2024.

Page 4

### Exam Advice

How to stay healthy during the exams.

Page 5

### Biblical Pause

Soar like an Eagle.

Page 9-10

### Art & Textiles

Excellent work from our talented students.

Page 11-18

### Park Run

Get fit for summer!

Page 19

.....contd. from Page 1



## Parent View Update

We have received 88 responses to this year's Parent View survey. You can see the results from these 88 parents [here](#). Although this is a small sample the data will be used to encourage staff, as evidence in our performance management processes and to help us consider the ways in which we can improve our school community.

If you have not yet responded, you can still do so by clicking this [link](#).

## This week

My best wishes to all those who have started their GCSE and A level examinations. We are all praying for you. I have been very proud to see you working so hard this week and it has been a joy to hear from the invigilators about your good conduct and character. I was particularly delighted to hear a group of girls finish their lunchtime revision session by saying to each other: "Right – who's going to say our prayer today?" Hard times often find us calling out to God; He is there for us whenever we need Him.

## 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*.

Year 8 and 10 have been finishing their exams off and I have also been pleased to see how carefully they have revised for their end of year tests. We look forward to sharing results with parents after Whitsun in the end of year reports.

Year 9 full written reports are nearly finished and will be coming home soon. These will also be followed by end of year reports after the Year 9 exams are sat (they start on 7<sup>th</sup> July).

Year 7 and 12 exams are not long away (commencing 5<sup>th</sup> June) and students should be engaging in significant revision activities now.

If you need any advice about exams, revision or reports, please contact any of your son/daughter's teachers [here](#). We are here to help every step of the way.

**Mr Scott-Evans**  
**Headteacher**

## GCSE & A LEVEL

### EXAMS

Please pray for all  
students who are  
taking exams.

See website for  
more details.

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



## Emotional and Sensory Regulation with Kathryn Miller

### A Specialist Talk for Parents

This talk is relevant for parents or professionals who would like to understand more about regulating children’s emotional states (and their own!) and how this can be achieved for all children through changing responses and developing a range of effective strategies.

Kathryn will explore the journey of learning to regulate effectively, thinking about supporting all children to develop their regulation skills through sensory, organising and thinking strategies.

Places will be limited and must be booked in advance.

[10am to 12noon session – The SNAP Centre](#)

[7.30pm to 9.30pm session – Online webinar](#)

June 28 – 10am to 12noon at The SNAP Centre  
 June 28 – 7.30pm to 9.30pm – Online webinar



CLOUDS and RAINBOWS



## Emotional and Sensory Regulation

with Specialist teacher and Autism consultant Kathryn Miller

Everyone at SNAP sends a HUGE thank you to all the staff and pupils of

## Becket Keys Church of England School

for their **Cake Sale** in aid of SNAP and raising an incredible

# £100

Every donation goes a long way towards helping us support families who have a child or young person with any additional need or disability.

Thank you for helping make this possible.

May 2023

SNAP is an Essex charity for families with children and young people who have any additional need or disability. SNAP’s aims are to inform, encourage and support parents and carers so that they can grow in strength and knowledge and become better equipped to give the best possible help to their children.

This year SNAP is one of the two charities that the school is supporting and we raised money last term by holding a cake sale.

# Ski Trip – Sugarloaf Mountain March/April 2024

We currently have three available spaces on our ski trip to Sugarloaf Mountain.

The hotel, Sugarloaf Mountain Hotel, is a wonderful piste side hotel which will be providing breakfast and dinner. Each student will share their superb room with at least one other with great facilities including a TV in each room.

We will be skiing for 5 hours a day, breaking that up for a lunch in the middle. Students will be required to buy their own lunch. There are various options at the resort and so students will be able to choose according to their appetite. As with all our school trips, every accommodation is possible for all dietary and medical requirements, as needed.

The ski instructors will be with us all week so they will get to know each one of the students very well to cater to their needs to ensure they all improve to the best of their ability regardless of their current skill level.

The overall cost is £2597 (for under 16s at the time of travel) and £2684 (for over 16s at the time of travel).

The payment schedule is provided below with each payment being required by noon on each of these deadlines. We must warn you that failure to keep up with the schedule will

result in the place being lost. No refunds are available.

If you have any questions, please feel free to contact us and we would be more than happy to respond to you.



Payment Type and Amount		When Due
First deposit	£450 per passenger	On confirmation of place
Second deposit	£150 per passenger	15/06/23
Final balance	Remainder of balance	30/11/23

# 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.



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](mailto: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](mailto:office@becketkeys.org)


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	
<b>TRADITIONAL DISH</b> 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	
<b>GLOBAL GUEST</b> 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	
Freshly Baked Tomato and Mozzarella Pizza Slice	Crispy Bacon and Baked Frittata in a Bag	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					



## 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

**1.** Go to GCSEPod.com and click **Login**



**2.** Click the sign in with **Office 365** button




**3.** Pick an account

Enter your school username followed by **@becketkeys.org**

**4.** Enter the password that you use for your school log on.

Then you should be in and get a welcome page!



**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

**1.** Go to GCSEPod.com and click **Login**



**2.** Click the sign in with **Office 365** button



**3.** Pick an account

Enter your school username followed by **@becketkeys.org**

**4.** Enter the password that you use for your school log on.

Then you should be in and get a welcome page!




# 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](https://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

## Ascension Day

Yesterday, we celebrated the great feast of the Ascension. It is the 40<sup>th</sup> day of Easter. Jesus had completed his work here on earth and ascended to Heaven. This allowed the Holy Spirit to come down later at Pentecost and begin to build God's Church here on earth. Christians are called to rejoice both in Jesus' victory over sin and death and in the glorious life that he has secured for us.

The words of Ephesians 1:18-19 speak of the new life that is ours in Christ:

*'May you know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, and what is the immeasurable greatness of his power in us who believe.'*

Our **hope** is secure because it rests in Jesus' death and resurrection. Jesus overcame sin forever, meaning that we can live in freedom and peace, no matter what situations we may face. We have been reconciled to God. We are no longer strangers. Every day, we can live in **confidence**, knowing that our God is with us to strengthen, guide and comfort us.

Our hope is also founded in the inheritance Jesus won for us. Jesus has opened the door for us. Though we are sinners, we have been forgiven and redeemed. We are **fully loved and accepted** as God's children, and we will live with him forever.

As we live every day in the hope of our **eternal inheritance**, however, we can begin to taste these **blessings here and now**. This is part of the 'immeasurable greatness of his power in those

who believe.' Before Jesus returned to his Father, he lifted up his hands and blessed his disciples. They worshipped and praised him (Luke 24:50-53). We too are blessed by the promise of the power of the Holy Spirit in our lives.

### Take time to reflect:

As the disciples watched Jesus being lifted to heaven, do you think that they would have been tempted to feel abandoned and panicked about their risen Lord leaving the earth? Think of a time in your life when you felt as if Jesus had abandoned you. **How can Jesus' promise of the Holy Spirit (Acts 1:5,8) bring you comfort at such a time?**

Exercise your hope throughout the coming week, by calling to mind Jesus' death and resurrection and the salvation he won for you on the cross. **How**

can you more fully place your hope and confidence in these truths?

Have you “tasted” the blessings here and now of your eternal inheritance? Ask God for the power of his Spirit in your life.

Let us pray:



Lord Jesus, we rejoice in your ascension to the right hand of the Father. Help us to know your presence with us now. Teach us to live this life in a way that draws us to you. Thank you, Lord, for offering us a share in your heavenly life. By your Spirit help us live as children of God in hope, for your praise and glory. Amen.

Mrs Sharp  
Deputy Headteacher



**BECKET KEYS**  
Church of England School



In the last few months, the need for the Foodbank has increased by more than 50% and the local Food Bank is now currently feeding over 100 people every day.

### MAY ITEMS REQUIRED

**Beef/Chicken Casserole**

**Minced Beef & Onion**

**Chilli Con Carne/Curries**

**Hot Dogs/Meatballs**

**Noodles**

**Rice Pudding**

**Custard**

**Tinned Fruit**

**Instant Mash/Potatoes**

**All Cleaners**

**Washing Powder or Gel**

**Shampoo**

**Toothpaste**

**Shaving Gel**

**Nappies Size 5 & 6/Baby Wipes**

**Deodorants**

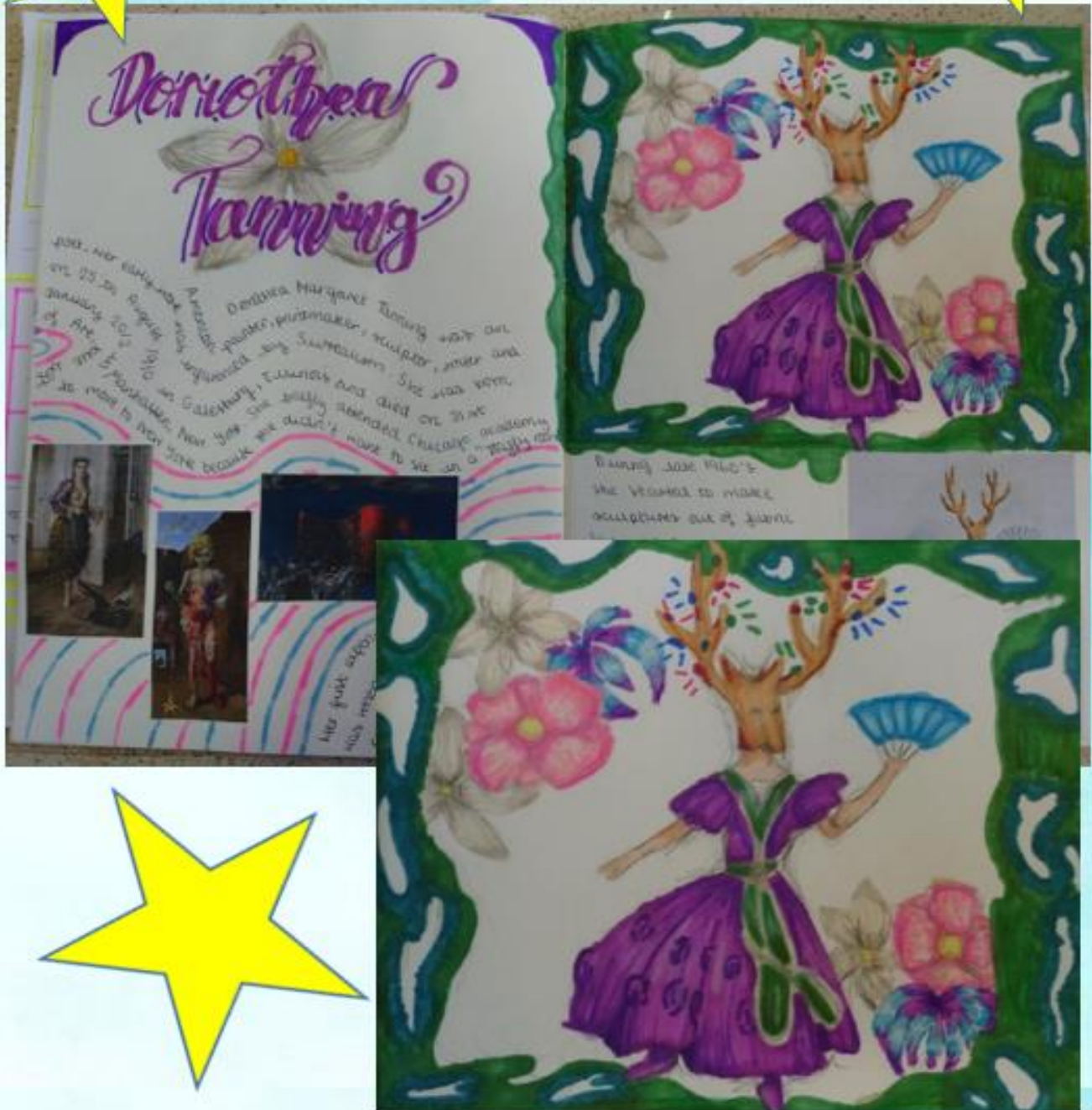
**Toilet Roll**

Collections are becoming more important so please if you can assist those who are less fortunate and donate urgent items on the above list. Collection points are at St Thomas of Canterbury Church, St Stephen's Ingrave and Sainsbury's.

Thank you for your continued assistance.

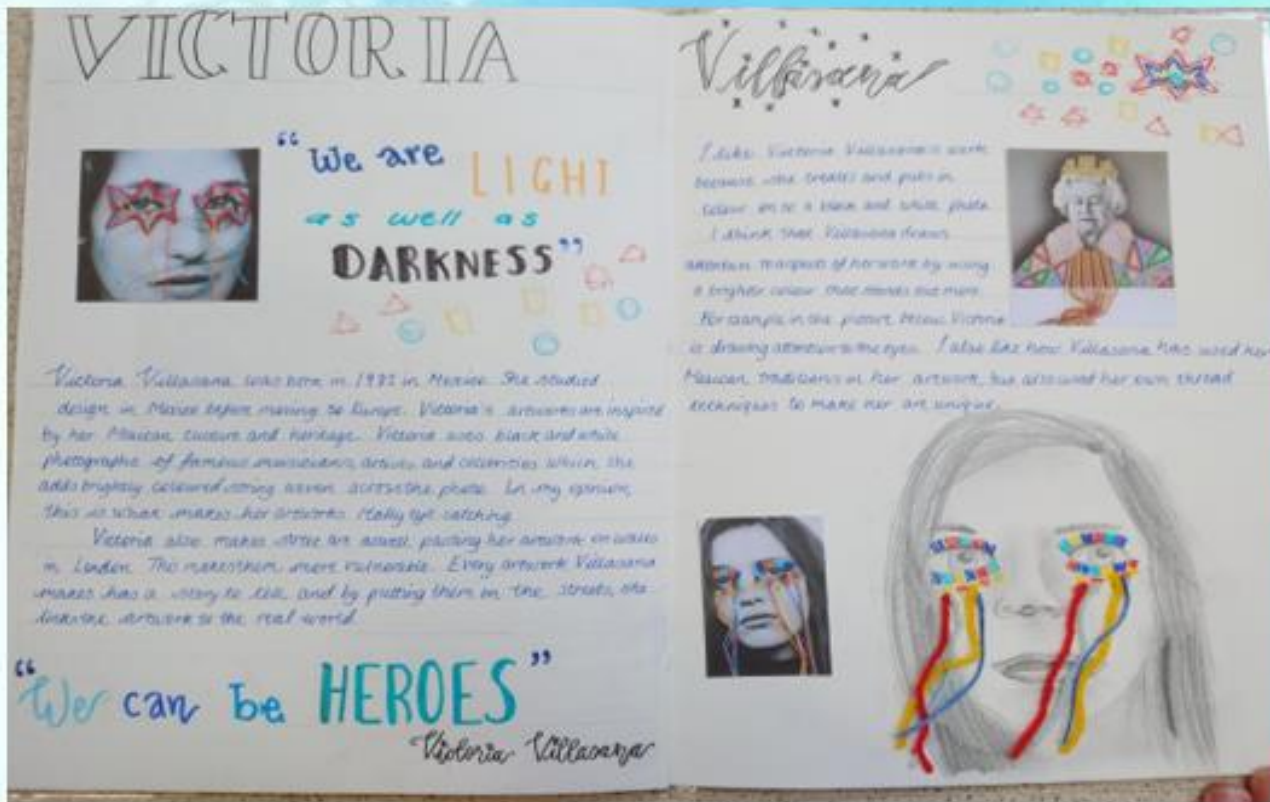
# Art & Textiles

## Star Artist Year Elle Holdcroft Yr 9





**Georgia  
Lagden  
Yr 12**



**Emily Lorenc Yr 8**



**Jessica West Yr 10**

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

# Ava Tomlin Yr 8



# Bronte Dann

Yr 8



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



**McKenzie Reid**



@becketkeysart



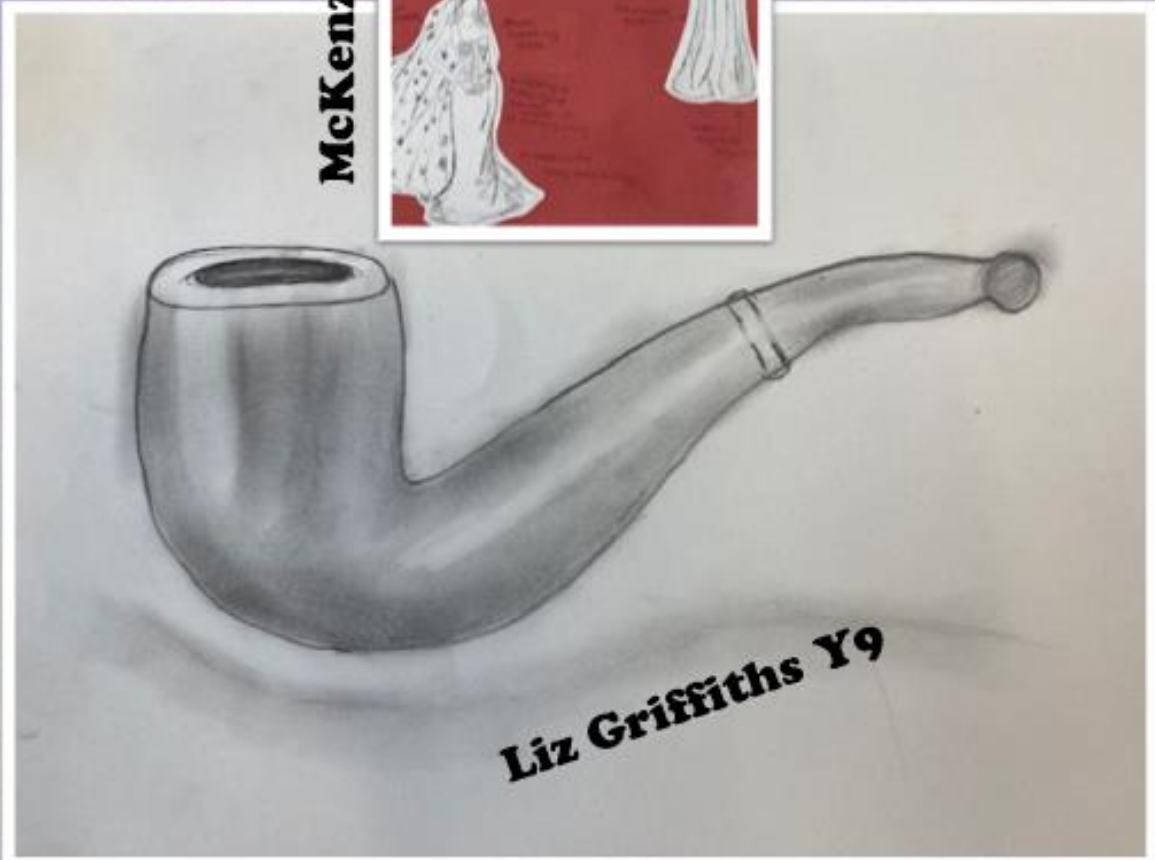
**Emma Blake Y12**



**Ellie Grose Y9**



**McKenzie Reid Y12**



**Liz Griffiths Y9**





**Dominic Walls Y7**

**Eden Withers Y7**





**Ffion Cole Y7**



**Daniel Ellis Y7**

**Emma Blake Y12**





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 29<sup>TH</sup> MAY –  
FRIDAY 2<sup>ND</sup> JUNE 2023

\*

YEAR 7 EXAMINATIONS  
5<sup>TH</sup> – 9<sup>TH</sup> JUNE 2023

\*

YEAR 10  
SUBJECT CONSULTATION EVENING  
8<sup>TH</sup> JUNE 2023

\*

INSET DAYS  
(NO STUDENTS IN SCHOOL)  
FRIDAY 16<sup>TH</sup> JUNE 2023  
MONDAY 19<sup>TH</sup> JUNE 2023

\*

SIXTH FORM BRIDGING EVENT  
20<sup>TH</sup> & 21<sup>ST</sup> JUNE 2023

# Becket Keys Church of England School

Sawyers Hall Lane  
Brentwood, Essex  
CM15 9DA  
01277 286600

[www.becketkeys.org](http://www.becketkeys.org)  
[office@becketkeys.org](mailto:office@becketkeys.org)  
[finance@becketkeys.org](mailto: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)