

Becket Keys Church of England School

22nd September 2023

IN THIS ISSUE

Mr Scott-Evans writes....

Sleep, concentration and electronic devices

Recent scientific research confirms the vital role that sleep plays in a healthy lifestyle. The developing minds of children and teenagers is particularly reliant on a good night's sleep. After years of working in schools I have come to believe that I can pretty much predict the sort of progress a student will make based on the following information: diet, regular reading, exercise, sleep and use of electronic devices. The latter two are the main focus of my newsletter today, but the former are extremely important too. As a parent, we still hold the keys to these things for our sons and daughters right through to the end of their time in Sixth Form.

Your son or daughter's ability to learn, memorise, engage and improve at school is highly dependent on energy levels and these are of course directly linked to how much sleep has been enjoyed the night before. The internal body clock of many teenagers can start to slip over time as they stay up later and later, particularly at weekends and during holidays. Resetting the clock can be a challenge! But there is much we can do to help.



Using devices and looking at screens just before bed is a

.....contd. on page 2



BECKET KEYS
Church of England School

Extra-Curricular Activities

Details of some of the many clubs available to students.

Page 4-5

Meet Some More New Staff

Two more new members of staff at Becket Keys for this week.

Page 5

Mandarin Department

The Chinese Bridge Competition Awards were held in London this week. Find out more

Page 7

Art & Textiles

Excellent work from our talented students.

Page 13-16

.....contd. From page 1

disaster! Most young people need guidance about routines and planning. Setting screen time limits and making sure devices are on charge downstairs away from the bedroom are simple steps most of us can do.



More challenging, but equally beneficial is encouraging physical exercise. This can really help with sleep.



Simple dietary steps can make a big difference too. Avoiding any caffeine (remember chocolate has this in), or high sugar foods (yes, that includes fruit!) within



two hours of bedtime will also help. Reading a book will help prepare the brain for sleep (and will also help with advancing precious literacy skills).



However, getting a grip on use of devices does not only ensure better quality sleep. We frequently speak about the issue of on-line safety, and specifically cover it in many of our workshops. In addition, it comes into our PSHE and tutorial programme on a very regular basis. If you have not done so recently, I suggest you speak to your son or daughter about:

- Not giving out information to strangers or companies you do not trust
- Keeping all privacy settings to the maximum

- In case of receiving unpleasant messages, show your parents/teacher, disengage, collect evidence, bring to the attention of the police or the school
- The law regarding certain types of image. In particular, the phenomenon of ‘sexting’ which can result in young people being sent indecent images of other young people. Storing any such image is a crime.
- Language used. Any offensive language, swearing and even ‘banter’ can be classed as criminal. If you would not want your mum, head teacher and grandma to see it – do not write it!

Mr Scott-Evans
Head Teacher

Student Achievement

Finley Perry – Year 8

During the summer break, Finley Perry (who has just started in Year 8 in September), took on a personal challenge to raise funds for Dementia UK. Along with his dad Alan, uncle Gary and cousin Donny, Finley conquered the highest peaks in the UK - Ben Nevis, Scafell Pike, and Snowdon - in the National Three Peaks Challenge.

Finley's motivation for this monumental feat comes from his own personal connection to the cause. Finley's beloved Grandad, Brian, is currently battling dementia while living in a care home. This fueled Finley's desire to help others like his Grandad, so he embarked on this ambitious adventure and set an initial fundraising goal of £100 for Dementia UK.

Due to the outpouring of support from the community Finley surpassed all expectations! The fundraising campaign on JustGiving.com has already amassed a staggering £6,100, more than 60 times his initial target! This impressive amount is a testament to the impact that Finley's story had, touching the hearts of many and inspiring them to contribute to his noble cause. Finley and his team, affectionately known as The 'Fintastic' Four, set off on their epic journey from Fort William. The Three Peaks Challenge demanded not only a gruelling



target trekking time of 18 hours but also saw the team ascending about 9,500 feet and covering about 22 miles on foot. For a boy of Finley's age, it was undoubtedly an exceptional achievement, testifying to his strength of character and commitment to the cause. The funds raised by Finley and his team will be channeled to Dementia UK, a charity dedicated to supporting individuals affected by dementia and their families. Donation can still be made to Finley's campaign via Just Giving here. [Finley's Fundraiser](#).

Find out more about the challenge here:
www.theyorkshire3peaks.com



Extra-Curricular Clubs



Warhammer Club in J27
Starting 18th September

Day	Time	For
Monday	after school until 4.30pm	All years



Everyone welcome!



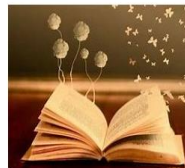
Year 7

First Aid Club With Mrs Johnstone
Monday lunchtime for 4 Weeks
1pm- 1.30
Runcie Hall 2
Starts Monday 25th September



Our School Library (Lib A)

- Your school library is open at the following times:
 - Tuesday (4.2) 12.50-1.20
 - Wednesday (4.1) 12-12.30
 - Thursday (4.2) 12.50-1.20
 - Friday (4.1) 12-12.30.
 - More opening times will be announced soon.
- The library is open for you to:
 - Come and borrow or return books,
 - Get help on finding a book you might enjoy reading,
 - Sit and read,
 - Discuss books with other students.



**BREAK CODES.
MAKE FRIENDS.
WIN PRIZES.**

ENTER THE CYBERFIRST
GIRLS COMPETITION 2023/24



Calling all Y8 Girls

Looking for girls who wish to participate in this year's CyberFirst Girls team competition. Each team is made of up to four girls from Year 8.

Information meeting

Date: Monday 18th September
Time: 3:20 – 4:00
Location: W03

For anyone interested in participating – you do not have to have a team to attend.

This competition club will run every Monday afterschool from 25th September in W03.



KNITTING CLUB

WHEN: Thursday 2nd Lunch

TIME: 12:45 1:25

WHERE: C20

Needles and wool will be provided.
If you have a packed lunch,
you can bring it along with you.

See you there!
Mrs Simmons



Homework Club is available for all students. Every afternoon after school students can stay 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. Avoid the traffic! Stay here for a while!

Extra-Curricular Clubs – Performing Arts



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yr9 & Yr10 'Creative Space' 15.15-16.15 RH1 (Mrs Palmer)	Yr9 & Yr10 'Creative Space' 11.50-12.30 RH1 (Mrs Palmer) KS4 & KS5 'Practical Showcase Rehearsals' 15.15-16.15 RH1 (Mrs Barr)	GCSE 'Theory Workshop' 15.15-16.15 RH1 (Mrs Barr)	<u>Invitation only and bookable space.</u>	Yr7-Yr13 'Time to Shine' 15.15-16.25 RUNCIE HALL (Mrs Barr & Mrs Palmer)



Becket Keys MUSIC

+

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1pm		Barbershop (singing)	Theory Club (8am)		
3:15pm	Orchestra Upper Voice	BK Choir	Marching Band (drums) Stage Band	Gospel Choir	Rock Factory

Orchestra is open to all year groups for students who play an orchestral instrument.

Becket Keys Choir – Year 7, 8 & 9.

Upper Voices for students in Years 10, 11, 12 & 13.

Barbershop – Singing group for Year 7 & 8 students.

Gospel Choir – open to singers in all year groups.

Stage Band – Woodwind, brass, bass, guitar, drums, keyboard & piano.

Marching Band – open to all drummers.

Rock Factory – open to all guitars, bass, drummers and vocalists.

Meet Some More New Staff



Mrs McKean English Teacher

I'm delighted to begin teaching English at Becket Keys and have been warmly welcomed by staff and students alike.

I have been teaching English for many years and am really enjoying my return to the classroom, following 9 years of one-to-one English tutoring, and, more recently, small group tutoring at an academy in Enfield, while on a career break raising my young family.

Outside of school, I am working towards an MA in Victorian Literature, Art and Culture part-time at Royal Holloway, University of London, with a particular interest in Charles Dickens. I also enjoy the theatre, going as often as I can, and attending lectures and events related to Victorianism. I also love exploring, reading, museums and galleries.

I am looking forward to getting to know you all soon!



BECKET KEYS
Church of England School

Miss Plunkett PE Teacher

Hi! I am Miss Plunkett and I am really pleased to be part of the amazing PE department at Becket Keys. Having previously trained at Becket Keys during my placement from the University of Brighton, I am so excited to be back teaching both old and new faces!

In my spare time I enjoy playing football for Great Danes FC, travelling the world taking photos and relaxing on my paddleboard.

I have thoroughly enjoyed the start of the year and look forward to all the exciting things to come!



ParentPay®

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 Bistro.

There is a small overdraft facility on the ParentPay accounts of £2 for emergency situations which covers the cost of a roll. 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.

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



Mandarin Department – Chinese Bridge Awards Day

On Thursday, 21 September, 2023, we took 12 of our Mandarin students to London to attend the Chinese Bridge Awards event. This year, Becket Keys obtained 4 prizes in the Key Stage 3 category:

1. 1st prize in the individual competition: Jaye Adenuga.
2. 3rd prize in the individual competition: Noah Lynch.
3. 1st prize in the group competition: Poppy Moorey, Ava Tomlin, Rosie Willis, Leoni Witchalls.
4. 3rd prize in the group competition: Bhavana Chatti, Leah Knight, Scarlett Massey, Deepshika Ravi.

Our students not only received two goodie bags, but also had the honour to receive awards from two guests from the Chinese Embassy and from the Deputy Director of curriculum Strategy from the Department of Education.

Our first prize winner Jaye was also interviewed by a reporter from Xinhua News/news.cn.

We are all very proud of our students and their achievements, and we look forward to seeing them continuing to excel at Mandarin.



**Mandarin
Excellence
Programme**

Miss Lin
Head of Mandarin



Help out when you check out

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

Illustration of shopping bags and boxes from Argos, Tesco, John Lewis, Amazon.co.uk, and ASOS, along with an Expedia logo and an AA logo.

Join, shop and raise here:
easyfundraising.org.uk/causes/becketkeysschoolbrentwood

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.

Parent/Teacher Subject Consultation Evenings

These online events are a chance for parents to speak with individual teachers about the progress their son/daughter is making in each subject. However, if you ever have any concerns please contact the school via office@becketkeys.org or via the [contact page](#) on the school website.

Year 13
 Thursday 2nd November 2023

Year 8
 Thursday 9th November 2023

Year 12
 Thursday 16th November 2023

Year 11
 Thursday 11th January 2024

Year 9
 Thursday
 1st February 2024
 Followed by a Year 9 – Options Evening
 Thursday
 15th February 2024

Year 7
 Thursday 29th February 2023

Year 10
 Thursday 13th June 2024

What to do

Advice on childhood illnesses



Go to school; if needed, get treatment as required



Some restrictions for school attendance



Don't go to school and see the GP

What it's called?	What it's like	Going to school	Getting treatment	More advice
Asthma flare up	Worsening of usual symptoms		Follow your care plan	Stay off school if feeling too unwell
Chicken pox	Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters		Pharmacy	Back to school five days after on-set of the rash, or when all lesions are crusted over
Common cold	Runny nose, sneezing, sore throat		Pharmacy	Ensure good hand hygiene
Conjunctivitis	Teary, red, itchy, painful eye(s)		Pharmacy	Try not to touch eye to avoid spreading*
Flu	Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat		Pharmacy	Ensure good hand hygiene*
German measles/ Rubella	Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards		GP	Back to school four days after the rash has started, if feeling well enough. Please let the school know, as pregnant members of staff may be affected.
Glandular fever	High temperature, swollen glands, sore throat; usually more painful than any before		GP	*
Hand, foot & mouth disease	Fever, sore throat, headache, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet)		GP	Attend school while monitoring symptoms
Head lice	Itchy scalp (may be worse at night)		Pharmacy	
Impetigo	Clusters of red bumps or blisters surrounded by area of redness		GP	Back to school when lesions crust or 48 hours after start of antibiotics
Measles	Fever, cough, runny nose, watery inflamed eyes, rash		GP	Back to school four days from on-set of rash, and if feeling well enough
Ringworm	Red ring shaped rash, may be itchy, rash may be dry and scaly or wet and crusty		Pharmacy	
Scabies	Itching rash, commonly between fingers, wrists, elbows, arm		GP	Back to school after first treatment
Scarlet fever	Fever, unwell, red tongue, sandpaper rash		GP	Exclusion period during first 24 hours of antibiotics*
Shingles	Pain, itching, or tingling along the affected nerve pathway. Blister-type rash		GP	Only stay off school if rash is weeping and cannot be covered
Sickness bug/ diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea		Pharmacy	Contact GP if symptoms persist after 48 hours
Threadworms	Intense itchiness around anus		Pharmacy	Ensure good hand hygiene
Tonsillitis/ Strep throat	Intense sore throat for more than 1 day		Pharmacy	See GP if temperature lasts more than 48 hours or cannot swallow. Only need to stay off school if feeling too unwell
Whooping cough	Violent coughing, with a 'whoop'		GP	Exclusion period during first five days of antibiotics
Covid				Visit www.nhs.uk for latest guidance

*Attend school while monitoring symptoms.

This information is a guide and has been checked by health professionals. If you are unsure about your child's wellbeing, we recommend you contact your pharmacy or GP to check.

Should my child go to school/nursery today?

Hertfordshire and West Essex Healthier Together for further information
<https://www.hwehealthiertogether.nhs.uk/parents/carers>

Working in partnership with



WEEK 1	Classic Favourites	EASTERN	Great British	SOUTHERN STYLE	Fish & Chips
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	SMOKED PAPRIKA CHICKEN STROGANOFF Pilaf Rice	CLASSIC GROUND BEEF LASAGNE Homemade Garlic Foccacia	HONEY MUSTARD GLAZED GAMMON Potatoes, Jus	CHICKEN DOPIAZA Pilau Rice	CHIP SHOP 'FRYDAY' FISH PIZZA, SAUSAGE OR FISHCAKE Chips
VEGETARIAN MEAL	ROAST ONION & MUSHROOM STROGANOFF Pilaf Rice	ROASTED ROOTS & BEAN LASAGNE Homemade Foccacia	MACARONI CHEDDAR CHEESE BAKE	PANEER & CHICKPEA CURRY Pilau Rice	CHIPOTLE QUORN TORTILLA Chips
VEGETABLES	STEAMED BROCCOLI	CHOP CHOP SALAD	ROASTED ROOTS GREENS CHOP CHOP SALAD	CORIANDER & ONION SALAD	TOMATO SALSA MINTED PEAS
PASTA POTS	HOMEMADE TOMATO & BASIL	CHEF SPECIAL	HOMEMADE TOMATO & BASIL	CHEF SPECIAL	HOMEMADE TOMATO & BASIL
JACKET POTATO	TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS				
DESSERT	BERRY & BRAMLEY APPLE CRUMBLE Vanilla Sauce	CORNFLAKE CRISPY CAKE	PEAR & COCOA SPONGE Custard	APPLE & CHOCOLATE TURNOVER	OUR PASTRY CHEF'S SPECIAL
FRUIT	SELECTION OF FRUIT AVAILABLE DAILY				
JELLY POTS	SELECTION OF JELLY POTS AVAILABLE DAILY				
YOGHURT POTS	SELECTION OF YOGHURT POTS AVAILABLE DAILY				

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HOT DELI

- Garlic Bread
- Pizza Melt Bap/Boat
- Cheese On Toast/Bap
- Pizza Melt Quesadilla
- BBQ Melt Bap

COLD DELI

A Selection of Rolls:
Ham, Cheese, Tuna, Chicken Mayo, Egg Mayo

DRINKS

- 125ml Radnor Drink Carton
- Small Water

5.5OZ POTS

- Selection of Fruit Pots
- Selection of Jelly Pots
- Selection of Yoghurt Pots
- Selection of seed pots

HOMEBAKES

- Mini Muffin
- Mini Cookie
- Mini Shortbread
- Mini Flapjack

* Not all items are available everyday

Medium hot pasta

+ Dessert
or Piece of Fruit
Or Small Water

£2.80



MEAL DEAL - MEAL DEAL - MEAL DEAL - MEAL DEAL



INVESTIN
IMMERSIVE CAREER EXPERIENCES

**STEM WEEKEND
CAREER EXPERIENCES**

VIEW DETAILS

Architecture / Computer Science / Dentistry / Engineering / Entrepreneurship
Forensic Science / Investment Banking / Medicine / Psychology / Veterinary Science

We are running programmes in 10 STEM and medical science careers this term, available in-person in London or live online. Students can expect to participate in interactive simulations and masterclasses led by industry professionals working in the field, with highlights including:

Medicine	Practise stitching up a wound
Engineering	Design the lift-off, journey and arrival to take humans to Mars
Psychology	Carry out a clinical psychology assessment
Computer Science	Design your own web application

WEEKEND PROGRAMME DATES

5th November 2023	Medicine Architecture Entrepreneurship	21st January 2024	Engineering Medicine
12th November 2023	Dentistry Engineering Computer Science	28th January 2024	Computer Science Law Investment Banking
19th November 2023	Investment Banking Psychology		
26th November 2023	Veterinary Science Forensic Science		
3rd December 2023	Art		

VIEW AGES 15-18 **VIEW AGES 12-14**

info@investin.org +44 (0) 203 488 5089 www.investin.org

Nearly New Uniform Sale

Coming Soon!

We are planning to hold a nearly new uniform sale in October, date will be confirmed soon. We are always happy to accept donations. If you have uniform that is no longer required, then kindly send it into reception as soon as possible. We would be especially grateful for kilts, blazers and Sixth Form uniform.

Many thanks!

Exam Invigilators Required!

We are currently looking for Exam Invigilators to join our team for the 2023/24 academic year.

You can work flexible hours while also supporting the school and our students through their GCSE and A Level exams.

Please see the [vacancies page](#) of our website for more details and how to apply.

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.

Prayer Group

Hosted by our Headteacher Mr Scott-Evans every Wednesday during term time 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



BECKET KEYS
Church of England School

The School Prayer

Heavenly Father, we pray that Becket Keys Church of England School will be a blessing to the people of Brentwood.

Encouraged by the example of Peter, Thomas of Canterbury and all your saints, may its students know the beauty of your truth;

May its staff know the joy of your service;

May its headteacher and governors be led by a vision of your kingdom;

And together may the school community know your Holy Spirit in its midst.

This we ask through Jesus Christ our Lord.

Amen



Book of the Month - September



There's never a good time to find a dead body. But finding a dead body while you're trying to kiss your crush?

Dead awkward.

Kerry had different plans for her first secondary school party — like not going. All she wanted to do was stay home in the safety of retro rom-coms and her strict retainer schedule. Instead her BFF, fiercely outgoing mystery-fanatic Annie, has roped her into going to the party to investigate who's cyberbullying Heather, the most popular girl in school.

Finding herself getting close with her dreamy crush is odd enough, but when the two of them discover the body of Heather's second in command, Selena, things get really weird. And when a second student turns up dead, Annie and Kerry—no matter how much she resists—are officially on the case ...

A hilarious murder mystery–rom-com from author and comedian Kate Weston investigates the sinister side of social media when bullying turns bloody—and a string of classmate deaths sets amateur sleuth Kerry hot on the trail.

Support Series

Free Parent Webinars

Join us and Elevate Education for FREE 60- minute webinars designed to help you support your child's studies at home.

[Click here to Register](#)

In the Autumn Term we'll cover:

1. **How to Get (And Keep) Your Child Motivated**
- 19th September @6:00pm
2. **How You Can Help Your Child Manage Their Time**
- 3rd October @6:00pm
3. **How You Can Help Your Child Prepare for Exams**
- 17th October @6:00pm
4. **How You Can Help Improve Your Child's Memory**
- 14th November @6:00pm
5. **How You Can Build Resilience in Your Child**
- 28th November @6:00pm
6. **How To Help Your Child Alleviate Stress**
- 12th December @6:00pm



Art & Textiles

Star Artist Year 10
Naomi Sibbald





Isabel Slaney Yr 12

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

Connie Fletcher Yr8



Harshika Sunaresan Yr 7



Luca Tredgett Yr 7



Jacob McEwen Yr 9



Macey Laker

Yr 12





Monty Selwood-Fry Yr 10



Felicity Hart Yr 8



Maddy Phillips Yr 9

DATES FOR YOUR DIARY

OPEN EVENT FOR PROSPECTIVE YEAR 7 STUDENTS

THURSDAY 12TH OCTOBER 2023

*

SIXTH FORM OPEN EVENT

THURSDAY 19TH OCTOBER 2023

*

INSET DAY

(NO STUDENTS IN SCHOOL)

FRIDAY 20TH OCTOBER 2023

*

ALL SAINTS' HOLIDAY

YEAR 11 INTERVENTIONS

MONDAY 23RD OCTOBER –

FRIDAY 27TH OCTOBER 2023

*

INSET DAY

(NO STUDENTS IN SCHOOL)

WEDNESDAY 15TH NOVEMBER 2023

*

LAST DAY OF TERM

STUDENT HALF DAY

WEDNESDAY 20TH DECEMBER 2023

*

CHRISTMAS HOLIDAY

THURSDAY 21ST DECEMBER 2023 –

TUESDAY 3RD JANUARY 2024

*

INSET DAY

(NO STUDENTS IN SCHOOL)

THURSDAY 4TH JANUARY 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

X:

@BecketKeys

@MrScottEvans

@BecketKeys6th

@BecketKeysMusic

@BecketKeysPE

@BecketKeysArt

@BecketKeysSci

@BecketKeysDT

@BecketKeysExams

[Facebook: Becket Keys Church School](#)