



Becket Keys Church of England School

10th May 2024

CELEBRATION DAY FOR YEAR 11 BEFORE THEIR GCSE EXAMS

IN THIS ISSUE

Navigating Exam Season with Faith and Resolve

Dear Parents and Carers,

As we draw the curtains on another week here at Becket Keys Church of England School, I am filled with a sense of pride and admiration for our Year 11 and Year 13 students who have embarked on their exam season with the usual Becket Keys determination.

This week marked a significant milestone for our Year 11 students as they sat their first GCSE exams, while our Year 13 students commenced their final days of A Level revision before their start next week. It seems fitting that the Year 11 exams began on Ascension Day, a time

of reflection and renewal in the Christian calendar. As they tackled their Religion and Philosophy exam, we asked for the Holy Spirit, (that Jesus promised His disciples on Ascension Day – Acts 1), to be with them to guide and provide wisdom in their endeavours.

Throughout this exam season, we stand in unity with our students, offering prayers of support and encouragement at the start of each exam. Many of our invigilators, take a spirit of prayerfulness into the exam hall; they watch over our students as they navigate the challenges before them, providing a sense of reassurance and peace.

I want to take this opportunity to remind our students of the

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BECKET KEYS
Church of England School

Celebration Days

Year 11 and Year 13 had their last day at Becket Keys before their exams.

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Student Prayer meeting, which will continue on Tuesday mornings (8am-8:15am). During the exam season, the meeting will relocate to my office, providing a quiet space for reflection and spiritual nourishment. All students are welcome to join us as we seek solace and strength in prayer.

For our parents and friends of the school, I invite you to join me on Wednesdays at 8:45am in my office for a regular prayer meeting. Your presence and support are invaluable as we think of our students and entrust them to the care of God.

In preparing our Year 11 students for the challenges ahead, I shared a poignant story that I believe holds relevance for us all. It is the tale of a woman who, despite warnings from her community, continued to venture into a swamp infested with alligators to fetch water. Tragically, she fell victim to an attack, losing her arm in the process. Upon investigation, it was discovered that the alligator responsible was not even hungry (her arm was still in its mouth)—it simply attacked her because that is what alligators do!

This story serves as a powerful metaphor for the bad habits that may lurk in our lives, particularly during times of stress and pressure. As our students navigate the exam season, I urge them to reflect on their own lives

and consider whether they are unwittingly living with metaphorical "alligators." Whether it be staying up late watching YouTube, excessive social media use, gaming, or other distractions, now is the time to cast aside these harmful habits and focus on their academic pursuits with clarity and determination.

As we journey through this exam season together, please join me in praying for all our students. With prayers as our guiding light, I am confident that our students will bear fruit – fruit that will last. They will rise to the challenges, get rid of their alligators(!), and achieve their full potential.

Have a lovely weekend.

Mr Scott-Evans
Headteacher

A Prayer for Exams

Help me, God, to face each exam fresh,

My mind uncluttered from the one before.

If others have gone well, may I not be overconfident;

If they have been difficult, may I not dwell on them.

Keep my eyes only on the paper in front of me,

And fill my memory with the fruit of my revision.

Help me to give myself the best chance of success

In every exam I take.

This we ask through Jesus Christ our Lord. Amen

Donations for Fundraising Raffle

We are appealing for donations for the raffle which will be held on the evenings of the Charlie and the Chocolate Factory production.

Do you have anything that you could kindly donate?

All proceeds raised from the raffle will go towards the costs incurred in putting on the school production.

Please bring your donations into school and either leave them in Reception, or bring them to the Staff Room in Carey Building. Please ensure that they are marked for my attention.

**Thank you for your support.
Mrs L Simmons**

Year 13 - Celebration Day



Year 11 - Celebration Day



Tips for Healthy Eating During Exams

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



If 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.

Year 8 Residential to Bude

Our trip to Bude was a memorable experience filled with excitement, learning and personal growth. It was the perfect blend of adventure, camaraderie, and the joy of overcoming personal fears.

Adventure Bude is a popular outdoor activity centre in the south-west of Cornwall. It is positioned just a short walk or in our case morning run away from Summerleaze Beach, where students can experience their first try at becoming an expert surfer. There is a small local ice cream business next to Adventure Bude which many students enjoyed getting a generously sized ice cream from!



Our journey began with an 8:30am departure from school, with students full of anticipation and buzzing with excitement. We arrived in Bude in good time and the journey was smooth. The sound of Dr Hurdle and the students singing echoed through the coach.

Upon arrival, the students excitedly found their rooms, their chatter and laughter filling the corridors. However, they didn't

stop for long as they were ushered outside to meet with their instructors, who would guide them through their adventure-filled long weekend. The afternoon session was dedicated to team bonding activities as many of the students were about to team up; with others they had never worked with before. These activities were designed to foster a sense of unity and cooperation among students. This would be used in the following days' activities where they would have to work together and cheer each other on.



Our long weekend was a full schedule of exhilarating activities that were there to not only be fun but for students to face personal fears and work together to achieve this. Whether it was tackling the high ropes, navigating the caves, or braving the chilly waters during surfing, every student faced their fears head on. It was lovely to see them supporting each other, their cheers of encouragement echoing across the activity centre. These moments allowed teachers and sixth formers to see the students working together,

solving problems, and learning to trust each other.



The weather was on our side, with the beautiful sunny days being a joy to everyone. This led to many a red face from staff at the end of the trip. The evenings gave us amazing sunsets painting the sky in hues of orange and pinks. The perfect backdrop for the evening activities on the astro which was enjoyed by many.



The Year 8 trip to Bude was more than just a trip. It was a journey of making new friends and overcoming personal fears. It was testament to the spirit of adventure, and we know how important it is for our students to thrive in all kinds of ways beyond academic achievement and to "live life in all its fullness" (John 10v10). As we headed back home, we carried with us not just memories of a fun-filled

weekend, but also lessons of teamwork, courage and resilience that will stay with us for a lifetime.



We would like to say a big thank you to our staff and sixth formers that gave up their bank holiday to attend this trip. Mr Collins, Dr Hurdle, Mrs Course, Mr Caulfield, Miss Bolt, Miss Taylor, Callum, Joe and Jack.

This is what a couple of our students had to say:

Bude was so much fun. We did lots of water activities such as surfing, kayaking and more. The instructors were very encouraging and helpful. It was fun to try new things with my friends. It was a great experience, and I would definitely go back. It was great that we got free time between activities. There was football, basketball, a pool table, and activities in the evening.

Hayden Marshall



I had a great time in Bude. I really liked it when we went caving and Mr Collins brought his speaker, and we were all dancing in the cave. I also really enjoyed the surfing and bodyboarding. On the first night it was fancy dress and we enjoyed seeing the staff dress up as well, it was funny.

Ellie-Rose Lawson



An email from a parent.

"I just wanted to say a huge thank you for the Bude Trip, my son had a brilliant time. He came home full of smiles and stories, hoarse from singing and chatting with plenty of brilliant memories made and sporting experience tried. It's certainly something he will look back on."

You can view more photos on X via @BecketKeysTrips

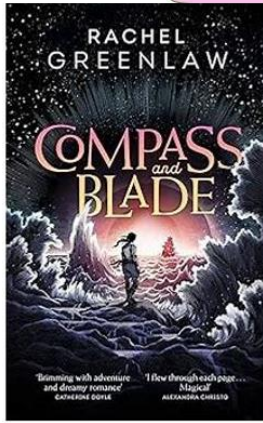
We cannot wait to return in 2025!

Miss Taylor
Finance Team
& Bude Adventurer



BECKET KEYS
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Book of the Month - May




On the remote isle of Rosevear, Mira, like her mother before her, is a wrecker, one of the seven on the rope who swim out to shipwrecks to plunder them. Mira's job is to rescue survivors, if there are any. After all, she never feels the cold of the frigid ocean waters and the waves seem to sing to her soul. But the people of Rosevear never admit the truth: that they set the beacons themselves to lure ships into the rocks.


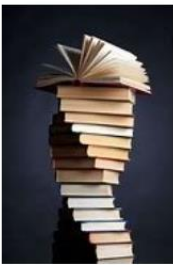
When the Council lays a trap to put an end to the wrecking, they arrest Mira's father. Desperate to save him from the noose, Mira strikes a deal with an enigmatic wreck survivor and sets off to find something her mother has left her, a family secret buried deep in the sea.

With just nine days to find what she needs to rescue her father, all Mira knows for certain is this: The sea gives. The sea takes. And it's up to her to do what she must to save the ones she loves.

Our School Library (Lib A)

- Your school library is open on the following lunch 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.
- **It is also open after school every day between 3.15 and 4pm.**
- 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.



Pre-Loved Uniform Sale

Saturday 18th May 2024

School Playground

11.00am – 12.30am

Donations of uniform are always welcome, please drop to reception.

Careers Opportunities

Are you coming to the end of your college programme?

Are you looking for ways to start a career in the NHS or Social Care?

Are you looking for alternatives to University?

Join Us!

Mid and South Essex Health & Care Academy

Recruitment Event

Tuesday 21st May 2024

10am-4pm

Brentwood Community Hospital, Crescent Drive, Brentwood, CM15 8DR

Come along and hear from our recruitment teams about roles available across Mid and South Essex

Find out more about development pathways and apprenticeships

Be interviewed on the day and you could walk away with a job offer!



Interested?

Reserve your space now using the QR code



answer any questions they may have and there is also the opportunity in the afternoon to be interviewed for open role vacancies on the day if they choose to. Young people may even leave the event with a job offer and a progression pathway directly from education into employment at the end of the event!

Recruitment teams from the following healthcare organisations will be in attendance:

Mid and South Essex NHS Foundation Trust (For clinical and non-clinical careers at the Hospital sites at Basildon, Broomfield, Southend, Braintree and Orsett)

Essex Partnership University Trust (For clinical and non-clinical careers in mental health roles and community services across Mid and South Essex)

North East London NHS Foundation Trust (For clinical and non-clinical careers in community services and roles at NELFT sites across Mid and South Essex)

Home Instead (For careers in social care across Mid and South Essex)

The Prince's Trust (For those who need some support with bursaries, job searching or application and interview skills)

Any students interested in attending the event will need to complete the QR code registration form on the poster to secure their space. Spaces are limited so early booking is advised.

Mid and South Essex Health & Care Academy are running a Year 13 Recruitment Event on Tuesday 21st May 2024 from 10am-4pm at their Integrated Care System training facilities within Brentwood Community Hospital.

This Recruitment event is aimed specifically at Year 13 students who are coming to the end of their post 16 programmes, who are not planning on attending university

but would be interested in finding out about entry careers and degree apprenticeship pathways within the NHS or Social Care in Mid and South Essex.

There will be the opportunity for young people to hear from our NHS and Social Care recruitment teams about the settings they work in and the open roles available, spend some time networking with the recruitment teams who will

Springpod®

Students can sign up to Springpod to gain access to a great selection of Virtual Work Experience programmes.

These short courses take around an 6-8 hours to complete and include video content and activities for students to work through. Upon completion they will receive a certificate.

You can find information on work experience opportunities [here](#). Click on the boxes in this PDF to view the experience.

Who are Springpod?

Springpod are an online career and university exploration platform. They connect students to world-leading employers and universities through online programmes. Through these free virtual experiences, young people can gain the experience, knowledge, and skills they need to take their next steps. Upon completion of a programme students will receive a certificate to reference on their CV and/or Personal Statement.

How do students get started?

All students need to do is create a free account and click 'start now' to access the programme. Students can come back to the programme via their dashboard and complete it at a later date when it suits them. Visit the website for more information: [Gain Virtual Work Experience. Earn certificates - 100% free! | Springpod](#)



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.



Sports News - District Athletics Trials

We would like to congratulate the students who were selected to attend Brentwood district athletics trials. For those unsure, the athletics age groups are broken down into Junior and Inter. Junior is Year 8/9 and Inter is Year 10/11. This does mean that any athletes in Year 8 or 10 are competing against those a year older!

Our nominated students are:

Year 8

Ffion Cole
Evie Abbott
Tiana Abraham
James Stevens
Betsy Winney

Year 9

Matthew Delea
David Wilson

Year 10

Josh Eida
Evie Warn

Year 11

Max Sanderson

Matty, David, Josh and Max won their respective races so we are confident their times/distance will be enough to progress and represent the newly founded Brentwood Athletics Borough! All students smashed their events and those competing with the year above did not look out of place!



DATES FOR YOUR DIARY

MENTAL HEALTH AWARENESS WEEK
WEEK COMMENCING 13TH MAY 2024

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NATIONAL NUMERACY DAY
WEDNESDAY 15TH MAY 2024

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YEAR 12
EPPING FOREST BIOLOGY TRIP
WEDNESDAY 15TH – THURSDAY 16TH MAY

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YEAR 7 CHINA TOWN TRIP
WEDNESDAY 22ND MAY 2024

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YEAR 9 MADRID TRIP
THURSDAY 23RD MAY
TO SUNDAY 26TH MAY 2024

*

WHITSUN BREAK
MONDAY 27TH – FRIDAY 31ST MAY 2024

*

YEAR 10 PARENTS EVENING
THURSDAY 13TH JUNE 2024

*

INSET DAYS
NO STUDENTS AT SCHOOL
FRIDAY 14TH JUNE 2024
MONDAY 17TH JUNE 2024

*

YEAR 13 PROM
THURSDAY 27TH JUNE 2024

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YEAR 11 PROM
MONDAY 1ST JULY 2024

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