



# Becket Keys Church of England School

17th May 2024

PENTECOST SUNDAY 19<sup>TH</sup> MAY

IN THIS ISSUE

## Parenting Advice

Sometimes I am asked for advice for parents, and I wonder about writing a book! A long time ago, when I was a teenager, my father wrote a book called 'Preparing to Parent Teenagers'. He worked for Youth for Christ at the time and used to deliver talks to parents. I sometimes wonder whether I ought to revisit his work and bring it up to date.

Parenting was different 35 years ago when I was a teenager. No internet. No mobile phones. Just four channels on the TV. Maybe we had a Video Recorder and a Walkman but no Netflix or YouTube.

If I was to give any advice to parents at Becket Keys, I would probably focus on four areas: mobiles, sleep, diet and prayer. If you want to know my thoughts

on these read on and let me know what you think. If you would rather find out what my Dad said about parenting I found his book on [Amazon](#) for £1.49: go ahead! There are a few pages about me as a 17-year-old in there! The rest of you have probably stopped reading already, so I shall carry on without you!



## Mobiles

It is increasingly unrealistic for me to say not to get one for your son/daughter or to only buy a 'brick'. This remains the best advice I can offer you, but I suspect I am preaching to a very small choir now. So, the next best

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**BECKET KEYS**  
Church of England School

## Can you help?

Donations required for a fundraising raffle.

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advice I can give you is to at least follow the law by only allowing social media apps at 13 years of age. The longer you can wait the better. It is interesting that many of the Silicon Valley CEOs do not give the devices they make to their own children! My advice would be to never give your son or daughter SnapChat or TikTok. You will lose him/her to the phone screen. Apps like these are dangerous brain draining apps designed to waste time and rot common sense.

I would also advise thoroughly exploring the parental controls. You should lock down the phone at key times. My recommendation is to place limits on apps which you know are addictive. You should really also stop the phone from working during the school day (8:25 to 3:10pm) and make sure it stops working from 1 hour before bedtime onwards. Which brings me on to...



## Sleep

If you are having trouble getting your son/daughter to go to bed it will often be to do with the phone. Get that under control. If you need help, try the [RET Online Safety Hub](#) where you can get advice and a free app to monitor usage.

Here's my bedtime advice:

Year 7s 9pm; Year 8s 9:20pm;  
Year 9s 9:40pm; Year 10s 10pm;  
Year 11s 10:20pm etc.

To achieve these times, the phone needs to be away and on charge an hour before bedtime. Students need sleep: it is the way that they process all the information from the day before and charge their own batteries for the day ahead.



## Diet

The other way students can 'charge their battery' is with their diet. A good breakfast these days is hard to find. Most are full of [ultra processed food](#) (UPF) which is entirely inappropriate for a healthy diet. Our restaurant serves free porridge every day and this is a brilliant choice. Students can bring a little pot of sugar or honey or jam with them if they wish. It is served from about 8am every day. AND IT IS FREE!

Students must not buy sweets or fizzy drinks to have on the way to school or during the school day. These mess with their brains and reduces their concentration. A short rush of energy is quickly replaced with a low and a headache. Not helpful.

My advice is no sweets until on the way home and even then, students need to remember that they are supposed to be a treat not a way of life! Cheap sweets and drinks are full of sugars, sweeteners, E Numbers and added colours – be careful how your children are spending their pocket money!



## Prayer

As we approach Whitsun and remember the disciples praying for the Holy Spirit to come on them it makes me pause to remember the importance of the Spirit in our lives and the lives of our children.

Jesus was about 30 years old when He was baptised and anointed with the Holy Spirit. For 30 years He had not performed miracles, taught people or called disciples to follow Him. From His anointing onwards He did nothing but these things. The Holy Spirit changed everything!

The Holy Spirit is an untapped power for our children too.

My prayer this Whitsun is that the Holy Spirit continues His work in this school and our prayers as parents are answered for our children and the community as a whole.

Have a great weekend. It is Pentecost Sunday!



**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


**GCSE & A LEVEL**

**EXAMS**

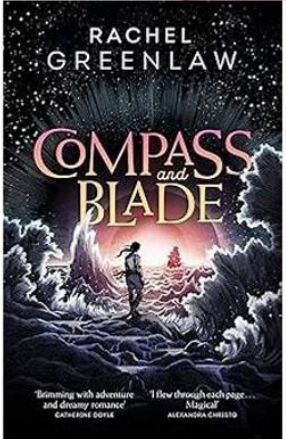
Please pray for all students who are taking exams.

See website for more details.

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



**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.

**Pre-Loved Uniform Sale**

**Saturday 18<sup>th</sup> May 2024**

**School Playground**

**11.00am – 12.30am**

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

**A Prayer for Exams**

*Lord, when I am in that room, where the ticking clock punctuates the silence, where I know that every stroke of my pen can help to define my future, I pray that I will know your presence there too. Come as close to me as my own breathing; calm my heart and galvanize my mind. Relieve any sense of pressure and bring to the front of my memory everything that I have studied and now need to recall. Be with me, Lord God, in this defining moment.*

*Amen*

## 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.



# British Council Chinese Speaking Competition

## We won the final!

The Chinese Bridge Secondary Speaking Competition for UK schools, organised by the British Council and the Centre for Language Education and Cooperation, UK, commenced in March. It is the biggest national competition in Chinese speaking.



The aim of this event is to provide a stage for young Chinese learners in the UK to demonstrate their Chinese language proficiencies and to enhance their motivation for Mandarin learning.

The event allows non-native Chinese learners who have studied Mandarin Chinese between one to seven years to participate. Participants are evaluated on their listening, speaking and reading skills, as well as Chinese cultural awareness.



Ten of our Mandarin Excellence Programme students entered the competition, and they were all through to the final. They spent a lot of time in preparation for this competition. I was extremely pleased with their enthusiasm and determination demonstrated throughout the competition. To me, they are all winners!

On Thursday, 9<sup>th</sup> of May, Miss Jia and I took our students to London SOAS for the final competition. After a day of fierce competition, we won!

The students are:

Bhavana Chatti in Year 8 won 1<sup>st</sup> place in the **Beginner Individual** category.

Kitty Anderson, Poppy Moorey, Ava Tomlin, Leoni Witchalls in Year 9 won 2<sup>nd</sup> place in

the **Intermediate Group** category.



Bhavana Chatti, Scarlett Massey, Leah Knight, Deepshika Ravi, and Liliana Trinder in Year 8 are in the national top 10 in the **Beginner Group** category.



Jaye Adenuga in Year 10 is in the national top 10 in the **Intermediate Individual** category.



The two groups performed two short plays respectively: one was a story about the meaning of different colours in different culture, and the other was a suspense story about the Chinese heroine Mulan.



We are so proud of their language skills and performances and extremely pleased that all their hard work was rewarded.

**Mrs Zhang**  
MEP Co-ordinator



**BECKET KEYS**  
Church of England School



## Calling all Year 13 Students!



### Not going on holiday??

**Are you looking for summer holiday work??**  
**We are looking for reliable summer staff.**

We are looking to recruit some temporary summer staff to help us cope with our busy summer period. Ideally this would be for Year 13 students who are planning on going to college or university who would welcome summer work during the holidays or students in their first year of university. Many of our best staff have returned to us each summer during the holidays to help with university life and expenses!

We are looking for staff from 10th June to 15th September, but you must be available for work 14th August to 8th September.

If this interests you or somebody you know then please send an email via the link below with a CV or short bio together with the weeks that you are available for work.





**SPANISH  
SPEAKING CLINIC  
2024 - 2025**

**Mondays 3.15 - 4.00 in the Spanish Dept.**

**For any Year 10 Spanish students**

*A chance to practice your speaking and get to grips with the tasks that you'll encounter in the GCSE Spanish speaking exam.*

*Bring your Language Guides if possible.*



The School Community Prayer Group hosted by our Headteacher Mr Scott-Evans is 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)



Members of the school community are also welcome to join the Eucharist which is held every Friday at 1.00pm in the John Wraw chapel.

Sign in at reception and someone will guide you to the chapel.

**STUDENT PRAYER MEETING**



- Tuesday 8am to 8:15am
- All welcome
- Mr Scott-Evans' Office
- (Chapel in use for exams at the moment)

**Reminder**

All feminine hygiene products are free to students in school.

Please collect from Medical or Reception.

[Nationally Televised Advert](#)



## 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



Mid and South Essex Health & Care Academy are running a Year 13 Recruitment Event on Tuesday 21<sup>st</sup> 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 A-levels, 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

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.



# Springpod<sup>®</sup>

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.



## Charity News



Special Needs and Parents (SNAP) is one of the charities that Becket Keys students have chosen to support this year.

Based locally in Brentwood, SNAP offers a helping hand to thousands of families who need support in a variety of ways.

SNAP services are available to families with children and young people aged 0 to 25 who live under Essex County Council.

SNAP's aims are to inform, encourage and support parents so that they can grow in strength and knowledge and become better equipped to give the best possible help to their children.

The charity is thirty years old this year and so they are having a number of fundraising events to celebrate whilst also raising money for their work supporting families.

You can find a list of all the events coming up in the next few months here: [SNAP Events - SNAP Charity](#)



**Start: June 20, 12:00 pm**

**Cost: £30**

**Venue: Pontlands Park**

**West Hanningfield Road, Great Baddow,  
Chelmsford, Essex, CM2 8HR, United  
Kingdom**

### Afternoon Tea

Relax and indulge with SNAP as they head to Pontlands Park, Chelmsford, for a delightful Afternoon Tea in elegant surroundings.

A brew-tiful way to enjoy time with family and friends, all whilst supporting SNAP and celebrating their 30<sup>th</sup> anniversary.

Complimentary added sparkle with a glass of prosecco or non-alcoholic beverage on arrival.

The Afternoon Tea will include an array of sweet and savoury treats, along with classic plain and fruit scones served with butter, clotted cream & Tiptree strawberry

preserve. Alongside this, there will be a selection of traditional and infusion teas or Americano coffee. (Speciality coffees will be an additional charge).

### PLUS! NEWLY ADDED STALLS FOR LADIES SHOPPING EXPERIENCE!

A raffle will also be held on the day with fantastic prizes to be won!

Tables of 2 - 10 guests. For larger groups, please email [events@snapcharity.org](mailto:events@snapcharity.org).

[CLICK HERE TO BOOK](#)

*Please note that this event is for 18+ only.*



# Sports News



The Year 7 and Year 8s had their first taste of a National Track and Field Competition this week. It was a great experience for everyone and to set the athletes up for districts! Some amazing results, especially from our Year 7s who performed against Year 8s.

Results include: Kessiah joint 1<sup>st</sup> place in 100m, Betsy winning her 300m, Ben coming in 3<sup>rd</sup> for his 200m, James running a 2.36 in 800m, Will throwing 19m in javelin, Pollyanna and Evie taking 2<sup>nd</sup> place in hurdles, girls' relay 2<sup>nd</sup> place by a matter of milliseconds, boys' relay 3<sup>rd</sup> place.

We are extremely proud of everyone's achievements.



We are delighted with the number of students who have been attending athletics club, this week we had 104 students!

Keep up the good work everyone.







## Student Achievement Sidney Success!

Sidney Eldred in Year 11 was once again selected to represent on the international stage for Northern Ireland! Sidney's ongoing efforts at club level with newly promoted premier league Ipswich earned him his first international start. With his hands on the Number 9, he did what all good number 9s do and managed to score his first goal and then assisted the second to get a 2-2 draw vs Ukraine and win on penalties where he converted again. Sidney also scored in the second shootout vs Luxembourg later in the same week!

The department are extremely proud of Sidney, and we are excited to see how far he is able to take his football career.

## World Cheerleading Championships

### Alana Lewis – Year 9

In April, I went to Orlando Florida to compete in two cheerleading competitions one with Team England and the other with my club Unity Allstars Royal.

I tried out for my club in the Summer of 2023. We train twice a week and have competitions during the year to win a bid to compete at Worlds in Orlando. In October I was selected again to be part of Team England where we trained every 2 months



all over the country for about 12 hours. Whilst we were in America both teams trained almost every day. Team England were placed against some great teams, we were so proud to place 2nd.

There was no time to rest! I had my club competition a few days later. Only teams that have won a bid can enter a Worlds Team. There were about 17 Teams in our category from UK, Canada and Australia. After day 1 only 9 go through to Day 2. Our Team hit zero (no deductions/mistakes) It was the most amazing experience hearing them announce we had WON! All our hard work had paid off.

I am looking forward to continuing my cheerleading journey and cannot wait to see what will be next.





# ESF2024

THE UK'S BIGGEST YOUTH FOOTBALL FESTIVAL



## Grace Weeden Year 8

Last weekend Grace and her football team attended an ESF tournament. This event was part of the biggest youth football festival in the UK that has been running since 1989 with over 1000 grassroots teams participating.

The girls had an amazing competition and got through to the semi- final, only to get knocked out at the last hurdle.

Grace and her teammates had a very late night on Sunday, but it was worth it for such an amazing experience and to meet England's Jordon Nobbs who presented the team with their award.



**BENTLEY C.C.**  
Est. 1950

Want to try a new sport?  
Need another sport for your PE GCSE?

Girls Cricket is taking off at **Bentley Cricket Club**

We are actively recruiting for our new U15 girls hardball team. School Years 8, 9 & 10 are eligible to play. Beginners welcome.

Training takes place on Friday evenings 6.30 – 8.00pm. Female lead coach. Equipment supplied.  
Clubhouse open, BBQ available after training.

Contact Graham Littlewood at [bentleycricketclub@gmail.com](mailto:bentleycricketclub@gmail.com) for more information.

Bentley Cricket Club, Coxtie Green Road, Brentwood CM14 5PN  
[www.pitchero.com/clubs/bentleycricketclub](http://www.pitchero.com/clubs/bentleycricketclub)

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## DATES FOR YOUR DIARY

YEAR 7 CHINA TOWN TRIP  
WEDNESDAY 22<sup>ND</sup> MAY 2024

\*

YEAR 9 MADRID TRIP  
THURSDAY 23<sup>RD</sup> MAY  
TO SUNDAY 26<sup>TH</sup> MAY 2024

\*

WHITSUN BREAK  
MONDAY 27<sup>TH</sup> – FRIDAY 31<sup>ST</sup> MAY 2024

\*

INSET DAYS  
NO STUDENTS AT SCHOOL  
FRIDAY 14<sup>TH</sup> JUNE 2024  
MONDAY 17<sup>TH</sup> JUNE 2024

\*

YEAR 6 INDUCTION DAY  
FRIDAY 28<sup>TH</sup> JUNE 2024

\*

YEAR 13 PROM  
THURSDAY 27<sup>TH</sup> JUNE 2024

\*

YEAR 11 PROM  
MONDAY 1<sup>ST</sup> JULY 2024

# Becket Keys Church of England School

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