

Guest contributor Jason Whiskerd, Headteacher of Brentwood Preparatory School writes.....

There aren't many people of a certain age who haven't read (or are aware of) the brilliant 'Going on a Bear Hunt' by Michael Rosen. People remember it for many reasons including the wonderful illustrations, the relentless repetition and the sheer joy of empathising with a family who are bonded by adversity.



Primarily, I remember it for the following lines, 'You can't go under it, you can't go over it. You've got to go through it'. For me, this is a wonderful metaphor for life and the many ups and downs of the journey we all take in a life well lived. The issue of actively building resilience is never too far away in schools, and I was struck by this theme in a recent article by the wonderful writer and social commentator, Matthew Syed.

In the article, Syed used the metaphor of lifting free weights in the gym to the point of pain as being the same as allowing children to make mistakes, even though this is extremely difficult for parents who want to make things right in the confusion of the post-Covid landscape. He argues that lifting weights to the

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Becket Keys Church of England School

19th January 2024

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extent that it causes pain produces the best long term fitness and physique. This is almost literally the very embodiment of the 'no pain, no gain' mantra. The body's stress response is to fix the pain and that it almost always manages to achieve this.

What has this got to do with parenting and schools? Well, protecting the body from stress can also undermine its ability to perform the self-repair required for greater resilience, robustness and progress. If we compare this to the parent or school that does not allow a child to be stressed, then they too will never gain the resilience and toughness that will allow them not only to cope, but actually get stronger through lived experiences that they (and their parents) would not necessarily choose for them.



Quite alarmingly, suicide rates for children under 15 years of age have grown exponentially and Syed argues that parents' wish to protect and be 'overly kind' has, in effect, resulted in more harm than good. When I was a child, you often heard the phrase 'You have to be cruel to be kind'. To be clear, I would never choose to be cruel and would choose kindness

over almost any other human attribute. However, Matthew Syed's view should not be ignored; as he states, '...those trying to help are often hurting us the most'.

Perhaps people, like muscles, flourish as a consequence of self-repair and overcoming true adversity?

Mr Jason Whiskered

If you wish to read Matthew Syed's full article you can do so here: [No pain, no gain — what weights taught me about raising children \(thetimes.co.uk\)](https://www.thetimes.co.uk/article/no-pain-no-gain-what-weights-taught-me-about-raising-children-thetimes.co.uk)



BECKET KEYS

Church of England School

A Message for Year 9 Parents

We would like to invite you to the Guided Curriculum Choices (options) evening which will take place:

**Thursday 15th February
2024
6.00pm
Main Hall**

More information will follow shortly, but for now, please put this date into your diaries. Students and parents should attend together.



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. (You can check out the menu for the next week on page 11).

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

Sixth Former for a Day

On Tuesday we were delighted to have nearly 200 Year 11 students in school for our Sixth Former for a Day event. Alongside our internal students we had over 100 students from a huge selection of local schools. The day is intended to give these Year 11 students an opportunity to experience what it is like to be a Sixth Form student at Becket Keys. For most students the day helped them solidify their possible A Level choices and it confirmed their desire to attend Becket Keys.

During the day, each student attended 4 A Level lessons, a collective worship delivered by Mr Scott Evans, an assembly with Mrs Knowles who spoke about super curricular enrichment, and I explained about support for future destinations. Throughout the day all the students were engaged and attentive and asked interesting questions. The students enjoyed their break and lunch together including over 700 slices of pizza!

During the last session, I reminded the students about the process for getting a place in the Sixth Form. I explained that all students (internal and external) must complete the application form by 9th February.

The link is here: [Becket Keys](#)

External students will then be invited in for an interview and all students will attend our bridging events after their GCSE exams.



More details of both these events will be coming out later.

At the end of the day the students completed a survey, and some shared their views of the day. These included comments such as:

'It was a lovely day and very kind staff'.

'It was fantastic and gave me a great insight into Sixth Form and why Becket Keys would match my needs'.

'I thoroughly enjoyed it'.

'The sixth former for a day is a great way to fully experience Becket Keys'.

'I found that this day really improved my insight into this school, and I now realise how much I would love to get into it'.

Finally, one student just summed up her day by saying, 'I hope I get in'.

At the end of the day, we were excited to imagine what our new Year 12 cohort will look like in September!

Mrs Course
Head of Sixth Form

Mandarin Department



All Year 7s

Chinese New Year Celebration

Pay on Parent Pay

By Friday 19th January 2024



To celebrate Chinese New Year, Becket Keys have an exciting day planned for all Year 7 students.

This has always been a very popular and welcomed event in the past.

What will happen on the day?

Students will be off their regular Monday timetable and will go to six different workshops throughout the day as a tutor group. For example, they could be in a science, film or martial arts workshop. There will be a chance to watch Lion dancing at

lunchtime and there will be a special themed menu available in the Bistro and Orangery (for the usual lunch prices).

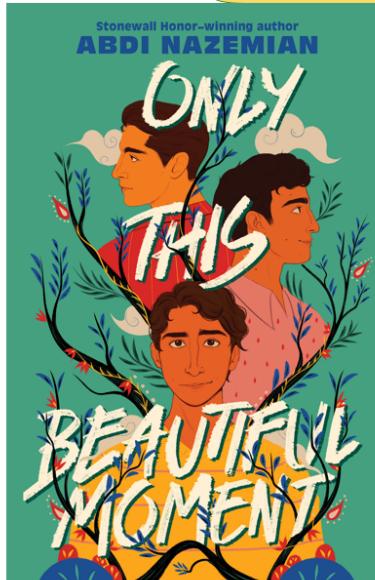
Further details with a full timetable for the day will be released soon, in the meantime all Year 7 parents need to log on to Parent Pay and contribute to the cost of this event by **TODAY Friday, 19th January 2024**.

Unfortunately, if we do not collect enough money, we will have to cancel the event.





Book of the Month - January



Set in 1939, 1978 and 2019, this is a sweeping story of three generations of boys in the same Iranian family as they move between the US and Iran, discovering who they are. 1939. Bobby, the son of a calculating Hollywood stage mother, lands a coveted MGM studio contract. But the fairy-tale world of glamour he's thrust into has a dark side. 1978. Saeed is an engineering student with a promising future ahead of him in Tehran. But when his parents discover his involvement in the country's burgeoning revolution, they send him to safety in America, a country Saeed despises. And even worse—he's forced to live with the American grandmother he never knew existed. 2019. Moud is a gay teenager living in Los Angeles with his distant father, Saeed. When Moud gets the news that his grandfather in Iran is dying, he accompanies his dad to Tehran, where the revelation of family secrets will force Moud into a new understanding of his history, his culture, and himself.

Thought-provoking, poignant and defiant, assuredly interweaving three complex stories, timelines and characters, this is an arresting celebration of activism, forbidden love and fragile but enduring family bonds.

Reminder!

Remember that all correspondence to the school must come through the school office email: office@becketkeys.org. Your message will be forwarded to the member of staff concerned.

You can also send a message via the contact page on the website:

<https://www.becketkeys.org/contact-staff>

You can also reply directly to any message you receive from the school via Bromcom, just hit the reply button and it will go to the office.

Students can contact their teachers via Satchel One if they have any queries regarding their lessons.

Please do not email staff directly as any message received in this way will not receive a response.





Year 11 trip to Chelmsford College

This week a group of Year 11 students together with several members of staff visited Chelmsford College.

After meeting at a very frosty and chilly Shenfield station, the group of 49 students boarded the train; useful practise and experience for those who will be using public transport to get to school or college in September. A short walk later and we arrived at the two college campuses, Princes Road and Moulsham Street. On arrival, we were met by the college staff and given some useful overviews of the different subjects and qualifications on offer at the two sites of Chelmsford College. Next, was a tour of the two campuses- at Princes Road students were able to see the vast number of vocational courses on offer including carpentry, hair dressing, electrical engineering and beauty. It was fantastic to see the students exploring the opportunities available and afterwards hearing their excitement on what courses they would like to take and the careers they may wish to choose in the future.

Seeing all of the wonderful courses on offer, from T-levels, Level 1 and 2 certificates and BTECs, was a reminder to all of our Year 11 students about the importance of working hard in the next few months so that they can achieve their best GCSE grades to allow them to follow their chosen career path.



January - December 2023

2022. 5,339 people supported

2023. 8,925 people supported

A year on year increase of 67%

During 2023 we provided over 120,000 meals to Brentwood residents referred to us in crisis (4.5 days of food per box x 3 meals per day)

In 2023 we distributed 92 tonnes of food / household essentials

65% donated - 35% purchased with financial donations

43.47% of clients needed only one emergency box
Only 1.67% received more than 10

In the whole of May 21 we supported 180 people
On Tuesday 19th December we supported 180 people in one day

During December 2023 we supported 1,020 people of whom 391 were children

Brentwood Foodbank / Doddinghurst Road Community Church
Registered Charity Number 1171227

Nearly New

Uniform Sale

We are pleased to announce our next nearly new uniform sale.

Saturday 10th February 2024

School Reception

11.00am – 12.30pm

If you have any donations they would be happily accepted, please bring them to the school reception.



I GOT
SHOES



17 January 2024

Mr. Andy Scott-Evans, Headteacher
Becket Keys Church of England Secondary School
Sawyers Hall Lane
Brentwood
CM15 9DA

Dear Mr. Scott-Evans,

Please extend our warmest thanks to the students and staff at Becket Keys for their kind gift of £497 on their non-uniform day in December for I GOT SHOES charity. These funds will directly support two of our female students in IGS Senior School scholarships this year.

We're thankful that through the collaboration of our partners, like yourselves, we can continue the education for 26 Senior students and excitedly adding 7 more students for 2024.

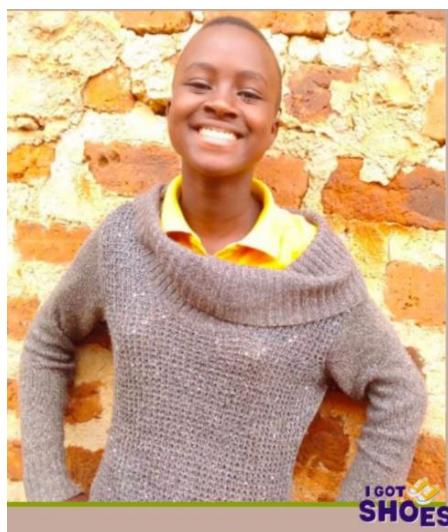
Students helping other students across the world is so powerful. In such a 'me focussed' society, it's so important to help our young people think about others and develop empathy for those in more challenging situations. The value of this cannot be underestimated as it will challenge their thoughts and expectations and give them a broader view of the world. This will build their character in a profound way!

Thank you again for your kindness and hearts to make a difference.

Gary & Penny Seithel
I GOT SHOES, founders.



I GOT SHOES LTD.
108 WOODMAN ROAD, WARLEY, BRENTWOOD, ESSEX CM14 5AZ
+44 7387 274307 // www.igotshoes.co.uk // Registered Charity England & Wales - 1160896



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; this includes encouraging students to attend school regularly, and of course, on time.

Remember that the school gate closes at **8.25am**. This allows students enough time to get to their first lesson on time. Period 1 begins at 8.30am.

Brentwood can be tough to manoeuvre 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.



young ESSEX ASSEMBLY

MAKE YOUR MARK

Make Your Mark is the largest consultation of 11 - 18 year olds in Europe.

Voting is open from 29th January until 8th March 2024

10 issues will be presented to you on a ballot paper.

You can vote in your school/college/youth groups or online

Email YEA@essex.gov.uk

To find out how to get involved

the three topics with the most votes become the newly elected Members of Youth Parliaments campaign themes for their 2 year term.

YOUTH SERVICE Essex County Council

Running since 2011, Make Your Mark has reached millions of young people across the UK. MYM will launch its annual ballot of young people on 29th January - 8th March 2024.

The UK-wide ballot gives young people aged 11-18 the opportunity to vote for the topics they feel are the most important issues facing young people locally and across the UK. By participating, students will embark on their democratic journey, making their voices heard and actively contributing to positive change.

In Essex, the Young Essex Assembly, in collaboration with the Essex Youth Service, is responsible for overseeing the MYM voting process. The ballot will be held at school and more details will follow soon.

Spring Term Parent 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 Spring Term we'll cover:

1. How To Help Your Child Improve Their Note Taking
- 23rd January @6:00pm
2. How You Can Make Technology an Ally (& Not the Enemy!)
- 6th February @6:00pm
3. How You Can Help Your Child Prepare for Exams
- 5th March @6:00pm
4. How You Can Support Your Child During Exams
- 19th March @6:00pm



Register for the Elevate Parent Webinar Series.

This term Elevate Education will deliver high-impact workshops to students that will help to develop their study skills, motivation, and exam preparation. Over the next term, parents are invited to join the webinar series, this will enable you to help support your child at home by reinforcing the skills they are learning at school.

Upcoming Webinars:

Help Your Child Improve Their Note Taking
23rd January 6:00pm

How You Can Make Technology an Ally
6th February 6:00pm

Register for the series by clicking the link below and learn some great practical strategies to help support your child this year.

<https://go.elevateducation.com/ukschoolwebinar>

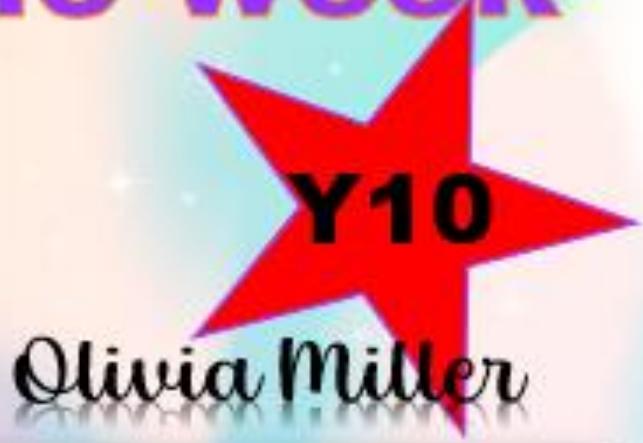


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Yr9 & Yr10 'Creative Space' 15.15-16.15 RH1 (Mrs Palmer)</p>	<p>Yr9 & Yr10 'Creative Space' 11.50-12.30 RH1 (Mrs Palmer)</p> <p>KS4 & KS5 'Practical Showcase Rehearsals' 15.15-16.15 RH1 (Mrs Barr)</p>	<p>GCSE 'Theory Workshop' 15.15-16.15 RH1 (Mrs Barr)</p>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

WEEK 3					
MAIN MEAL VEGETARIAN MEAL VEGETABLES PASTA POTS JACKET POTATO DESSERT FRUIT JELLY POTS YOGHURT POTS	Classic Favourites EASTERN Great British SOUTHERN STYLE Fish & Chips				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
	BBQ CHICKEN FAJITA Braised Rice	BEEF & TOMATO RAGOUT Pasta	SLOW COOKED LEG OF PORK Roast Potatoes, Pan Jus	CHICKEN KORMA Pilau Rice	CHIP SHOP 'FRYDAY' FISH/PIZZA/SAUSAGE OR SALMON FISHCAKES Chips
	FALAFEL & VEGETABLE FAJITA Braised Rice	PLANT BASED TOMATO & HERB RAGOUT Pasta	ROAST BEETROOT, ONION & GOATS CHEESE TART TATIN	SQUASH, CHICKPEA & SPINACH KORMA Pilau Rice	VEGAN ONION BHAJI BURGER Chips
	MEXICAN SPICED SLAW	CHOP CHOP SALAD GARLIC FOCCACCIA	ROASTED ROOTS & GREENS MIXED SALAD	ONION SALAD NAAN BREAD	PEAS SLAW
HOMEMADE TOMATO & BASIL	CHEF SPECIAL	HOMEMADE TOMATO & BASIL	CHEF SPECIAL	HOMEMADE TOMATO & BASIL	
TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS					
APPLE & BERRY PIE Custard	WARM CHOCOLATE BROWNIE Chocolate Sauce	STEAMED LEMON SPONGE Custard	UPSIDE DOWN SPICED APPLE SPONGE Cinnamon Custard	OUR PASTRY CHEF SPECIAL	
SELECTION OF FRUIT AVAILABLE DAILY					
SELECTION OF JELLY POTS AVAILABLE DAILY					
SELECTION OF YOGHURT POTS AVAILABLE DAILY					
TRY OUR HOME-MADE SOUP <small>WITH FRESHLY BAKED BREAD</small>		LOOK OUT FOR AMAZING BLUE DOT MEAL DEALS		PIZZAS, WRAPS & PANINIS <small>FRESH OPTIONS EVERY DAY</small>	
TAKE HOME A TAKEAWAY <small>Collect Before You Go Home</small>		LUNCH MEAL DEAL <small>Check out what's on offer today!</small>		WATCH OUT FOR OUR POP UP & STREET FOOD PROMOTIONS	
<small>All of Our Deli Range, Sandwiches, Salads & Desserts are FRESHLY MADE HERE DAILY</small>					

In Art & Textiles this week with Mrs Cherry

Star of the week



@becketkeysart

Key stage 3



Indian Art

Saved to this PC

- Indian flag
- Seven Wonders of the World
- The most populous country as of June 2023
- Time of independence / 1947
- Capital: New Delhi
- population: 1.408 billion (2023)

National flower

National bird

Elephant in India

Taj Mahal, one of the Seven Wonders of the World

Signs of Indian art can be traced to stone artifacts in the 3rd millennium BCE. On its way to modern times, Indian art has had cultural influences as well as religious influences such as Buddhism, Jainism, Hinduism, and Islam. The pieces often feature mythological figures, and animal forms, and have elaborate carvings, and designs.

Archie Ellmore Y7



Rhea Manani Y7

PATTERNS

Geometric patterns

My version of this pattern!

That's a pattern created by my friend

Informal balance

What are patterns? Patterns are repeated compositional elements - shapes and colors & directions - that make it look the eye.

Informal balance

Informal balance patterns normally have:

- A. One "catching arrangement like the basic shape looking throughout."

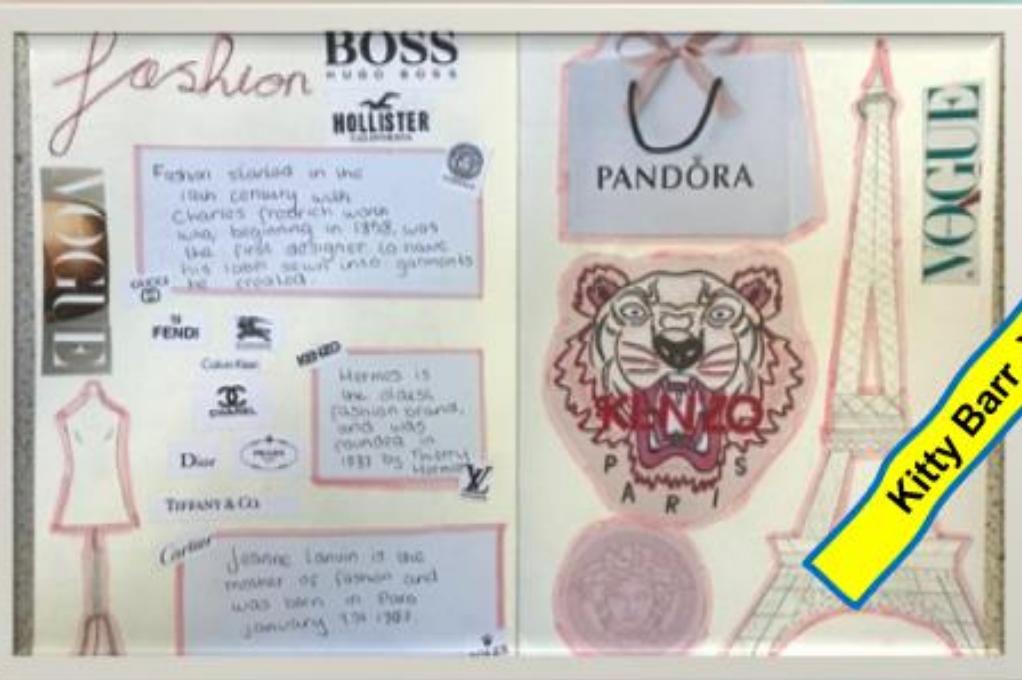
Floral patterns and matching items from around the world

With Courtney T

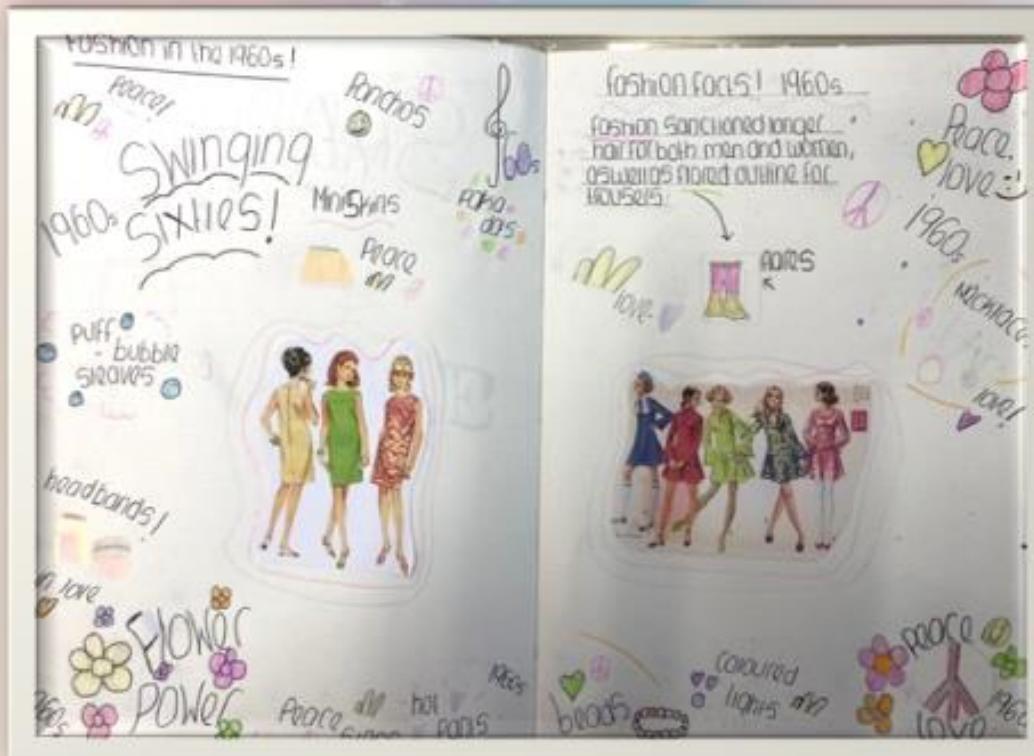
Informal balance

Informal balance patterns that you like because there's a sense of movement and asymmetry in the design. The design creates and encompasses the what are catching the eye.

Key stage 3



Kitty Barr Y9



Freya Savery Y9

Key stage 3



Tiana Abraham Y8



Henry Youngman Y8



Helet Van Der Lith Y8



Ben Torrington Y8

Key stage 4 & 5

Creative construction from SFFAD!



Sports News

Girls' Futsal

Year 7



The Year 7 girls' futsal team had their first MESSA futsal tournament this week. The team played amazingly in all the games and took home the win! We won all four games, scoring a huge 16 goals and only conceding 1. This team should be very proud to win the tournament. Please congratulate them if you see them.

Squad:

Amalia Constantinou
Anna Benns
Scarlett Oliver
Erin Hayward
Imogen Forbes-Buckingham
Lily Ballantyne
Kessiah Kinghorn



PE Extracurricular Timetable 23/24

Day	Before School 7:30-8:20	2 nd Lunch 12:40-1:20	After-School 3:10-4:30
Monday	STAFF BRIEFING	Year 7 Mixed Basketball	Year 7&8 Boys' Football Year 7&8 Netball
Tuesday	Year 7&8 Mixed Futsal Squad Gymnastics	Invite Only Netball/Basketball Training	All Years' Boys' Squad Football
Wednesday	All Years' Open Gym Squad Gymnastics	YR7&8 Girls' Futsal	Year 9, 10, 11 & 6th Form Netball
Thursday	Year 8+9 Mixed Basketball	TUP Basketball	KS4/5 Mixed Basketball KS3 Rugby Training
Friday	STAFF BRIEFING	TUP Badminton GCSE Theory Drop In (W04)	GCSE Filming (Invite) All Years' Girls' Football



- Keys:
- Astro
 - Sports hall
 - Main Hall
 - Field
 - Netball Courts

Girls' Football

Year 7



The Year 7 girls played a fantastic game of football in the next round of the Essex Cup against St Martin's. Despite being in possession for the majority of the first half we struggled to score. It wasn't until a wonderful set play started by Imogen that led to a first-time top corner goal from Amalia to put us 1-0 at half time. Once the girls scored

their first goal the play got better and better. Brilliant runs from Kessiah up front meant she scored two well-deserved goals, and a final goal before the whistle from Anna as she took it round the defender and slotted it past the keeper. Every single player contributed to the game and did themselves proud. The girls are now headed to the quarter finals!! A great start to 2024!

Players of the Match:

Kessiah Kinghorn & Imogen Forbes-Buckingham



DATES FOR YOUR DIARY

UCAS DEADLINE

THURSDAY 25TH JANUARY 2024

*

CHINESE STUDENTS VISITING BECKET KEYS

MONDAY 29TH JANUARY – FRIDAY 2ND
FEBRUARY 2024

*

PARENT CONSULTATION EVENING YEAR 9

THURSDAY 1ST FEBRUARY 2024

*

YEAR 8 MANDARIN BFI TRIP

THURSDAY 8TH FEBRUARY 2024

*

YEAR 7 CHINESE NEW YEAR CELEBRATION

MONDAY 12TH FEBRUARY 2024

*

YEAR 9 OPTIONS EVENING

THURSDAY 15TH FEBRUARY 2024

*

LENT HOLIDAY

MONDAY 19TH FEBRUARY - FRIDAY 23RD
FEBRUARY 2024

*

INSET DAY

THURSDAY 28TH MARCH 2024
NO STUDENTS AT SCHOOL

*

EASTER HOLIDAY

FRIDAY 29TH MARCH – FRIDAY 12TH APRIL
2024

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