

# BHS Update



2<sup>nd</sup> October 2020

## Get Help Here...

Form Tutor/Pastoral Team/Miss Bradbury (KS3)/Miss Temple (KS4):

for any wellbeing concerns: [bradburys@bedalehighschool.org.uk](mailto:bradburys@bedalehighschool.org.uk) / [templec@bedalehighschool.org.uk](mailto:templec@bedalehighschool.org.uk)

Subject Teacher: for any subject specific questions around learning tasks

General Queries: Email: [admin@bedalehighschool.org.uk](mailto:admin@bedalehighschool.org.uk) or call 01677 422419

## Compulsory Face Coverings



Thank you to all of our parents and students for responding so positively to this from Monday this week. Students have been brilliant with only a few forgetting to bring them in.

Remember: if there is a genuine reason why a student cannot wear a face covering, please contact Mrs Knight to let her know:

[knightsa@bedalehighschool.org.uk](mailto:knightsa@bedalehighschool.org.uk) .

## LOST PROPERTY?

We have a number of items of clothing, sportswear, phones, jewellery etc. that have been gathered over the last year. Could students be reminded to call into Room 15 before the end of this half term. We will be disposing of any remaining items on our return to school, week commencing 2<sup>nd</sup> November.

## Extra-Curricular Clubs



Parents will remember how much we have developed our extra-curricular activities over recent years. As well as a fantastic offering from art, drama, PE and music we have also developed a vibrant Duke of Edinburgh programme and other popular clubs such as chess, Uno, Dungeons and Dragons and film club.

Due to Coronavirus restrictions, we now have to look more carefully at how we can manage such activities safely, and still preserve year group bubbles wherever possible. Mrs Lumsdon now oversees the coordination of extra-curricular clubs in school and is in the process of planning what we can offer as we lead up to half term. Once we have ensured that these can be done in accordance with our whole school risk assessment - we will release further details. Thank you to your children for their patience and rest assured that in the first instance - plans from PE, Drama and Duke of Edinburgh are already underway.

## Yr 7 DRAMA UPDATE

From Mrs Woodward:

In Drama this week, Year 7 have been exploring Physical Theatre and experimenting with how they can use their bodies to express meaning through working collaboratively as a small group.

Key drama kills such as slow motion, use of levels, focus, control, tableaux and performance discipline have been vital in promoting confidence and technical ability across our Year 7 students. As you can see from the images, some exciting and thought-provoking work has certainly been developed!



## Lockers

We hope that students will have their lockers in place by the end of next week. The delay is due to the fact that Mr Baty has had to be off school for a few weeks, and he had reorganised the whole system so that we can arrange the lockers within year group bubbles, as much as possible. It is quite a complex process, but we have now managed to secure a temporary replacement technician who is prioritising this task. I know that students really need the lockers now, especially as it becomes colder and wetter, (and especially with me nagging them to wear proper coats rather than hoodies!). Thanks to you and to them for their patience with this process.

## Events

### Year 7 Settling-In Evening

Thank you to all those parents who joined us for another virtual event last night, over the two Zoom sessions. We were keen to emphasise the brilliant start that Year 7s have made to this academic year, especially when we consider that they missed out on the usual in-school transition events last summer. We shared information on the actions we have taken so far, and on our plans moving forward with regard to assessment and extra-curricular clubs, among other things. We also received some lovely thank-you messages from parents - I've shared one here that we were really pleased with because the idea of establishing some sort of 'normal' for these students was always one of our main objectives.

### Open Evening for Parents of Year 5 and Year 6 Students

This virtual event takes place next Thursday with parents able to choose from 3 'sittings' at 5pm, 6pm and 7pm. During each slot, they will have the chance to speak with Mr Kelly and Mr Gill in one meeting, or Mrs Knight and Miss Bradbury in the other one.

The new website now has a lot of information on this event, including the new school promotion video. We have contacted every one of our primary schools to share this information, and we will also be offering specific virtual meetings to each school for their own set of parents in the coming weeks.

But as always, your help in spreading the word is much appreciated. We currently have just under 500 students on roll, and our aim is to increase this to 600+ over the next few years...so every single addition is important to us.

The link to the relevant part of the website is shown opposite.



**BHS IS A HOODIE-FREE ZONE**

*"Thank you for all of your hard work to get these children back in school and living their lives."*

*Year 7 Parent - October 2020*



<https://bedalehighschool.org.uk/bhs-open-evening-thursday-8th-october/>



# Mental Health Focus

This term we are focusing again on mental health and wellbeing. Students have had assemblies this week in the lead up to Mental Health Day on October 10<sup>th</sup>. Ms Bradbury has also produced a help-leaflet which is attached to this week's newsletter.



## OUR MISSION

At Bedale High School, we want to improve mental health education, awareness and advocacy against social stigma. We want our students to feel confident talking about their mental wellbeing and mental health.

**Prioritising mental health has never been more important than it is now**

In a survey of 16,000 people, mind found that more than half of adults (60%) and over two thirds of young people (68%) said their mental health got worse during lockdown. Many have developed new mental health problems as a result of the pandemic and, for some, existing mental health problems have gotten worse (Mind.org.uk 2020)

## 5 STEPS TO MENTAL WELLBEING

[www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/](http://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/)

- 1. Connect with other people**  
Good relationships are important for your mental wellbeing.
- 2. Be physically active**  
Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing
- 3. Learn new skills**  
Research shows that learning new skills can also improve your mental wellbeing
- 4. Give to others**  
Research suggests that acts of giving and kindness can help improve your mental wellbeing
- 5. Pay attention to the present moment (mindfulness)**  
Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you





## ABOUT US


### OUR TEAM

Mrs Knight - Assistant Headteacher 

Mrs Gray - Compass buzz trained 

Miss Temple - Compass buzz trained 

Miss Bradbury - Mental health first aider and compass buzz trained 

Mr Childe - Wellbeing lead 

## Equipment Checklist



<input type="checkbox"/>	large sensible bag	
<input type="checkbox"/>	pencil case	
<input type="checkbox"/>	black pen & spare	
<input type="checkbox"/>	pencil & sharpener	
<input type="checkbox"/>	scientific calculator	
<input type="checkbox"/>	protractor & compass	X
<input type="checkbox"/>	scissors	X
<input type="checkbox"/>	rubber	X
<input type="checkbox"/>	ruler	X
<input type="checkbox"/>	green pen	X
<input type="checkbox"/>	highlighter	X
<input type="checkbox"/>	glue stick	
<input type="checkbox"/>	alcohol free hand-sanitiser & tissues	
<input type="checkbox"/>	facemask & sealable plastic bag	
<input type="checkbox"/>	filled water bottle	
<input type="checkbox"/>	reading book	
<input type="checkbox"/>	locker key	
<input type="checkbox"/>	reward card	



## HOMWORK CLUB – NOW UP AND RUNNING!

Get some help with Mrs Siddique:

**Year 7, 8 & 9:**

**Wednesdays 3pm - 4pm in The Base**

**Year 10 & 11:**

**Thursdays 3:05pm - 4pm in The Base**

Please can parents check that students have the items on the equipment list here. Most students are very organised, but it is especially difficult for us to lend out items like glue sticks, highlighters etc. given the current situation and precautions that are in place.

Thank-You!