

BHS Update



27th November 2020

Get Help Here...

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

for any wellbeing concerns: bradburys@bedalehighschool.org.uk / templec@bedalehighschool.org.uk

Subject Teacher: for any subject specific questions around learning tasks

General Queries: Email: admin@bedalehighschool.org.uk or call 01677 422419

The Importance of a Good Night's Sleep

There was a good article in this week's Sec Ed magazine, examining the importance of sleep to students, and looking at how we can promote this with our children.

The article states that '*...children aged between 10 and 16 need between nine to nine-and-three-quarters hours of sleep per night (NHS, 2017). Those who get the required amount of sleep benefit from improved memory, increased focus, reduced stress and higher energy levels.*

Conversely, regularly sleeping less than seven hours a night can have adverse effects on our mental and physical wellbeing (SecEd, 2019).'

Any parent will be able to sympathise with the challenge of getting teenagers to put screens away at night, and to get them off to sleep at a reasonable time, but the benefits of doing so are considerable. The full article can be read here and is definitely worth a look:

[Encouraging Good Sleep Habits](#)

And I have copied some of the advice below.



Year 11 PPEs

Staff have been delighted this week with the response from Year 11s as they started their first set of Pre-Public exams. The behaviour and organisation of students have been excellent and we hope that this leads to some positive outcomes which will, in turn, prepare them well for the final run-in to the real exams.

That said, there will be some expectations to manage from these exams, and we should remember that we are still working with students to address some elements of missed learning from lockdown 1. But these exams are still a useful marker for what needs to be done in preparation for PPE2 in March, and then for the real exams. Interestingly, today it wasn't the students who were most nervous - it was Mr Gill! He had volunteered to sit the History exam with the students. It is getting marked by Ms Haydon...I look forward to sharing his result with you all!

Please remember to check the revision help guides and videos for different subjects - these are on our website here:

<https://bedalehighschool.org.uk/need-to-know/curriculum/revision/>



Rise Above: Top tips for promoting good sleep routines

Get your room ready: Making sure your room is clean, you have your bag packed for the next day, your devices switched off and your lights off makes it far easier for you to relax and ensures that your bedroom is exactly what it should be - a room you go to when it is time to sleep.

Limit screen time: Having a cut-off point two hours before you go to bed ensures that your body is not thrown off by the light from your screens and allows you to slowly relax and remove other distractions by the time you go to sleep.

Make a bedtime routine: Whether it is listening to relaxing music or sitting down with a book before bed, you will sleep better with a routine you follow every day. Make sure you find a healthy routine that works for you.

Practise mindfulness: By focusing on the now and not getting weighed down with what has happened or will happen, you can guarantee an improvement in your sleep. If you find yourself too stressed to do this, then talk to someone about your worries and/or write your worries down.

Eat a balanced diet: Everything you eat affects how you sleep, so be sure to not snack too late, avoid caffeine in the evenings and ensure your dinner is healthy and balanced to get your body ready for sleep.

Get active: People sleep significantly better if they take part in physical activity during the day. So, if you do your recommended 60 minutes of moderate to vigorous physical activity per day, you should see an improvement in your sleep quality and your energy levels.

OUT OF HOURS COVID-19 CONTACT

If you need to notify school of a positive case of Covid-19 (outside normal school hours), please email kellyt@bedalehighschool.org.uk

Teenage Cancer Trust Winners

Well done to the families of Rowan, Bella, Jack, Michaela and Riley who won our gorgeous hampers in the draw on Monday (see Facebook for the dramatic winning video!).

Thanks to the donations of Morrisons, Paul Rutter Opticians, Tennants Leyburn, Liz Dennison Estate Agents and Mike Scanlon from Cover Sure for their fabulous contributions that enabled us to offer these brilliant hampers. And thank you to all our families who kindly donated to help us raise over £550 for the charity!

Charlotte and Rachael also did a brilliant job for the FB post that can be seen on our school FB page.



Don't forget... Christmas Dinners on a rota every Wednesday in December in the main hall at lunchtime!

Christmas Shoebox Appeal



Fabulous work from our students and their families in collecting dozens of shoeboxes to send off to some of the poorest countries in Europe for Christmas. They are filled with essential items (and lots of goodies) that will make a massive difference to some families who are far less fortunate than we are. The Rotary Club visited school today to formally thank us, following the letter and certificate that we received earlier in the week. Great work too from Mrs Woodward for promoting it so well...Thankyou All!

BHS Ongoing Charity Project

As you can see from the recent charity work we have been involved in, (shared in newsletters and the Facebook page), we have really been pushing Compassion as the most important of our 3 core values at this time of year. And Miss Bradbury, our very own Christmas Elf, is determined to keep up the good work as she writes here...

Can you believe Christmas is only 35 days away?! *This year has been difficult for many, but the festive time of year can be even harder for some. Christmas is a time for giving and we want to encourage our students to show compassion towards our local community. This year, for our Christmas charity project, we are supporting **Hambleton FoodShare** by gathering donations of tinned food.*

What is Hambleton FoodShare? *Hambleton FoodShare is a community partnership which provides emergency food parcels for people who are struggling to feed themselves and their families. The aim of this scheme is to provide a three-day emergency food parcel to people in temporary financial crisis. Hambleton FoodShare is supported by businesses and individuals but are requiring more donations during the current crisis.*

What can I donate? *Please only donate what you can. The foodbank requires tins of: spam, ham, corned beef, tuna, stew, meatballs, pasta, hot dogs, pies, custard, rice pudding, potatoes, beans, soup, vegetables and tomatoes.*

Where do I drop off the tins? *Students and parents can leave their food donations in reception. Once we have a few tins...**WE ARE GOING TO BUILD A SCHOOL CHRISTMAS TREE (please see attached poster)!** To do this we are going to need lots & lots of tins. All tins will then be donated to support families in our local area.*

BEDALE HIGH SCHOOL
CHRISTMAS 2020



Christmas Charity Project



We are supporting Hambleton FoodShare, our local food bank, by gathering donations of tinned food



**OUR AIM IS TO BUILD A SCHOOL
CHRISTMAS TREE FROM FULL TINS
WHICH WILL THEN BE DONATED TO
HAMBLETON FOODSHARE**

Tins can include - spam, ham, corned beef, tuna, stew, meatballs, pasta, hot dogs, pies, custard, rice pudding, potatoes, beans, soup, vegetables, tomatoes.

BHS Alumni Network

If you haven't already seen today's D&S - see if you can get your hands on a copy for this great write up! Thanks to Martyn Coombs for hunting down so many former fab students...we are now tapping into this network to source role models and mentors for some of our students. What a brilliant source of inspiration that our students can benefit from!

