



BEDALE HIGH SCHOOL

Courage

Commitment

Compassion

Happy Christmas to all of our students and families on behalf of all our school community!

Friday 16th December 2022

Your child's Form Tutor:
Pastoral Support Team:
Miss Bradbury (Head of KS3):
Miss Temple (Head of KS4):
SEND & Inclusion Queries (Mrs Clayden):
General Queries:
Subject Teacher:

Get Help Here...

surname + 1st initial @bedalehighschool.org.uk
woodl@bedalehighnyorkssch.onmicrosoft.com
bradburys@bedalehighschool.org.uk
templec@bedalehighschool.org.uk
claydenv@bedalehighschool.org.uk
admin@bedalehighschool.org.uk or call 01677 422419
surname + 1st initial @bedalehighschool.org.uk

Festive Cheer...Ho, Ho, Hold on a second...did someone say 'Double Christmas Jumper'?!

This second half-term of the Autumn can often feel a week too long when everyone is desperate for the holidays and a proper break. But actually, it is amazing how quickly the term has flown by since we returned in September. It is always one of the busiest terms and this year has been no exception.

This final week has been full of festive

fun...On Monday, our Business Friend - Heck Sausages - came into school to give away over 300 packs of free sausages to families in the local community - a really generous gesture. On Tuesday the school choir went out with Mrs Lumsdon to perform for some local care homes, and were very well received. On Wednesday we had Christmas dinner (served by staff), Christmas Jumper Day and our end of term rewards events. On Thursday, if they were fortunate (not entirely sure



this is the right word!) students may have caught a glimpse of Mr Dunne and me, joined at the hip (literally) in our double Christmas jumper, as we strolled down the corridor to host the hot chocolate session for the top 20 rewards points earners this half-term. Having seen a photo of us, this is one of the most disturbing Christmas images I have ever seen, and I can only apologise for sharing it here and ruining any last sense of festive cheer!

Putting this atrocity to one side, I would like to wish all of our students and their families a very Happy Christmas. I hope that

you are able to have some lovely family time together, and that the students (and staff!) return well rested and revitalised for the Spring Term.

Year 10 Sports Leadership Day at QE

Miss Temple writes: Yesterday both Y10 Sport Studies classes attended a Sports Leadership Training Day at Queen Elizabeth Sixth Form College. Students spent the day developing their leadership skills and gaining an NGB Leadership award - half the students completed the Badminton England Young Leader Award and the other half completed the RFU England Rugby Leader Award. Students completed some theory based activities where they explored what makes a good leader and factors to consider when planning a sports activity session. They then put this into practice in a practical session by leading small group activities with their peers. It was a really enjoyable day and has prepared students for the Sports Leadership unit of work we will be completing in Sport Studies next term. Special thanks to QE for providing a brilliant opportunity for our students!



BHS Choir Deliver Christmas Cheer (and really bad jokes)



Mrs Lumsdon writes: What do you call a group of singing Santas delivering the Christmas cheer? ... Santatastic! The school choir had a wonderful and heart-warming time singing to residents of local Bedale nursing homes, spreading the Christmas joy within our community on Tuesday this week. Merry Christmas to all local residents and members of our community.



Sports Update



On Tuesday The U12 girls team competed in the area 5-aside football competition, which was kindly hosted by Northallerton. The team played really well throughout the afternoon and finished in 3rd place overall. The results and goal scorers are below. Well done to Evie J who was the team's top scorer with 7 goals!

Results:

v Stokesley: 1-2 Ruby H

v Thirsk: 2-2: Ruby H, Hollie J (pen)

v Easingwold: 0-1

v Richmond: 2-0: Evie J 2, Freya saved a penalty

v Northallerton: 3-1: Evie J 3

v SFX: 4-0 :Hollie J, Ruby H, Evie J 2,

The Y7 boys team also competed. They started really well but unfortunately fell away badly as they missed some golden chances to score and heads started to fall. We are determined to be stronger for the experience next time!

Results:

v Stokesley 1-1: Donachie pen

v Thirsk 2-1: Donachie, Rodney

v Northallerton 0-2

v Easingwold 0-1

v SFX 0-1: 3 penalties missed, 2 penalties saved.

v Richmond 0-2



Over **1000**
students have already
applied to QE for entry
September 2023

*Come and join
them!*

Apply now at: www.qeliz.ac.uk

QUEEN ELIZABETH SIXTH FORM COLLEGE

QE
Darlington

What's Coming Up?

DATE	EVENT	AUDIENCE
3 rd Jan 2023	Teacher Training Day	School closed to students
4 th Jan 2023	Yr 11 PPE Results Assembly	Yr 11 students receive grades from PPEs
10 th Jan 2023	Yr 11 Reports	Yr 11 Parents and students
12 th Jan 2023	MFL & Geography Primary Enrichment Day	Subject Ambassadors and primary school visitors
16 th & 19 th Jan 2023	Yr 9 Geography Field Trip	Year 9 students
18 th Jan 2023	Yr 11 Parent Evening (Virtual)	Yr 11 students and parents (more details to follow)

**Yr 11 GCSE
Sports Studies
Re-sit exam
...10am
Tuesday 10th
Jan 2023**

Timetable Tweaks

Now that Mr Dunne has well and truly settled into his role as new Deputy Headteacher, he has taken a good look at our existing timetable and picked up on a few areas that are not quite as effective as they could be in terms of matching up staffing to key groups of students.

For this reason, we are making some tweaks to the timetable which will come into effect from after Christmas. The majority of the changes will only affect the Year 7 timetable (in terms of when they may have certain lessons or teachers). Students will be briefed about this in detail upon their return from holiday, when they will receive new copies of their timetables.

Ballet Superstar!

Congratulations to Harriet (Yr 8). She took her RAD ballet exam in October and has recently found out that she received a Distinction! We are so proud of her as I know her family are too! We love to share these achievements, whether in or out of school, so please email them through to admin@bedalehighschool.org.uk if you would like your son or daughter to feature in a future newsletter.



Do you work for an organisation that could be involved in our Careers Fair?

Miss Temple is organising this event which takes place on Weds 8th March 2023 for our Year 10 students. Our aim is to secure a range of quality employers (from very small local businesses to national and global organisations), and higher education partners, who come into school to promote various post 16/18 education and careers pathways that are available to young people. Through sharing your knowledge and experiences gained on your career journey, or sharing the range of options available within your education provision, you can make a positive impact on our students' motivation, attitudes, and aspirations. With your support they will be able to make better and more informed education and careers choices.

If you are interested in being part of this event, please see the details here and complete the short form on the link below:

- **Date** - Wednesday 8th March 2023
- **Time** - 9am - 4.30pm (arriving at 8.15am to set-up)
- **Where** - Bedale High School
- **What** - All visitors will have a table and space to set up their stall for the careers fair. All year groups will visit the careers fair throughout the day to interact with the exhibitors (yourselves). There will also be an opportunity for parents to visit the careers fair from 3.15-4.30pm.

Sign up here

https://forms.office.com/Pages/ResponsePage.aspx?id=_On9DmhCgUW61gOqI5ebFiAlZy9F9fZlVlgXta5t98tUNDcyQzFZOUZQVjM0T1dCV0kyWDIyOUc2VS4u

Please note, lunch and refreshments will be provided throughout the day.

If you have any questions, please don't hesitate to get in touch with Miss Temple:

templec@bedalehighschool.org.uk

Winter Healthy Living – NY resources

For any families looking to get some help and advice on how to stay healthy and well this holiday season...the link here gives ideas and practical tips around food and activities that might help to keep families active, occupied and healthy once the post Christmas dinner slump fades away:

file:///C:/Users/kellyt/AppData/Local/Temp/Temp1_Newsletter%20articles.zip/Healthy%20families%20winter%20leaflet.pdf

The collage consists of several overlapping leaflets from North Yorkshire County Council. The top left leaflet is titled 'Winter Healthy Living Advice for families' and includes a '12 Days of Christmas Challenge!'. Below it is a leaflet titled 'How much sugar? Be sugar smart' which provides guidelines on sugar intake for children and adults. To the right of this is another leaflet titled 'How much sugar festive?' which gives examples of sugar content in festive foods like chocolate and mince pies. Further right is a leaflet titled 'Christmas Snacks!' which offers ideas for healthy snacks. Below the 'How much sugar?' leaflets is a 'Family Recipe Ideas... Leftover Turkey Soup' leaflet. To the right of that is a 'Portion Sizes' leaflet which includes a 'Remember' section and a 'Measuring portion size for adults' section. At the top right is a leaflet titled 'Help with the cost of living - Here are some websites with more information to help your family to stay healthy, happy and well:'. Another leaflet titled 'School dinners are best!' is also visible, highlighting the nutritional benefits of school meals. The leaflets are colorful and feature various illustrations of food, people, and seasonal themes.

Mental Health Signposting

We have now been awarded the NY Healthy Schools Silver Award!

Please visit our updated Mental Health and Wellbeing section on the school website: [Mental Health and Wellbeing at BHS](#)

Wellbeing Support from Bedale High School

There are lots of places you can access help and support...



www.thegoto.org.uk

This is a website developed by the NHS North Yorkshire Clinical Commissioning Group. It is a single point of information that promotes different mental health support services (like a signpost). The website is designed primarily for young people but there is information for parents and carers too.

Contact details:

Mr T Kelly

kellyt@bedalehighschool.org.uk

Mrs V Clayden

claydenv@bedalehighschool.org.uk



Please don't hesitate in contacting Mr Kelly or Mrs Clayden if you have any concerns during the break or if you need support with something.



Text 07520 631168 to start a supportive text conversation with friendly professional support

Another useful resource:

Bedalehighschool.org.uk

↓
Safeguarding

↓
Where to go to for help

Further Information

In our area, there are a range of national and locally-funded support forums for children and young people which are now embedded, including:

<https://thegoto.org.uk/> The Go-To Website - the home of wellbeing and mental health in North Yorkshire. The website helps young people find the right help and support to stay well, whatever is happening in their life.



Healthy Schools
North Yorkshire

Childline - free, confidential, anonymous 24/7 service for anyone under 19 in the UK with any issue including emotional and mental health.

YoungMinds Textline - free, 24/7 text support for young people across the UK experiencing a mental health crisis, with texts answered by trained volunteers supported by experienced clinical supervisors

Buzz Us Text Messaging Service - confidential advice, support and signposting from a wellbeing worker within one working day via text for young people aged 11-18 across North Yorkshire and York.

There is further information - including health professionals' referral forms - on [NHS North Yorks CCG Website](#).

Other Sources of Help...

We are here to help – let us support you

Working with partners across the county, North Yorkshire County Council are offering information on a wide variety of support schemes which may be able to help or advise if you are struggling to pay for essentials. Some of these include:

- Advice on money, debt or benefit entitlement
- Advice on free school meals and childcare costs
- Free wifi and digital support information
- Information on transport and reduced commuting costs
- Energy saving and food
- Community based support

More information about what support and advice is available to you can be provided by your local **Community Support Organisation**. Please visit: www.northyorks.gov.uk/cost-living-support for further details.



Community Organisations and registered venues across North Yorkshire are opening their doors and extending their usual opening hours to provide a "Warm Welcome" to those in need.

The Warm Welcome Campaign is the community response to the cost of living crisis, offering free, warm and welcoming spaces to the public this winter. Organisations include Libraries, Food Banks and Community Churches enabling members of the public to access computers, free wifi and food and drinks.

To find your nearest space or to register your organisation please visit: www.warmwelcome.uk

More information about support available can be found at: www.northyorks.gov.uk/cost-living-support or you can contact your local **Community Support Organisation** for further details

We are here to help - let us support you.

For any other information or assistance please call **01690 780 780**



NEED A PLACE TO
GET AWAY
FROM IT ALL



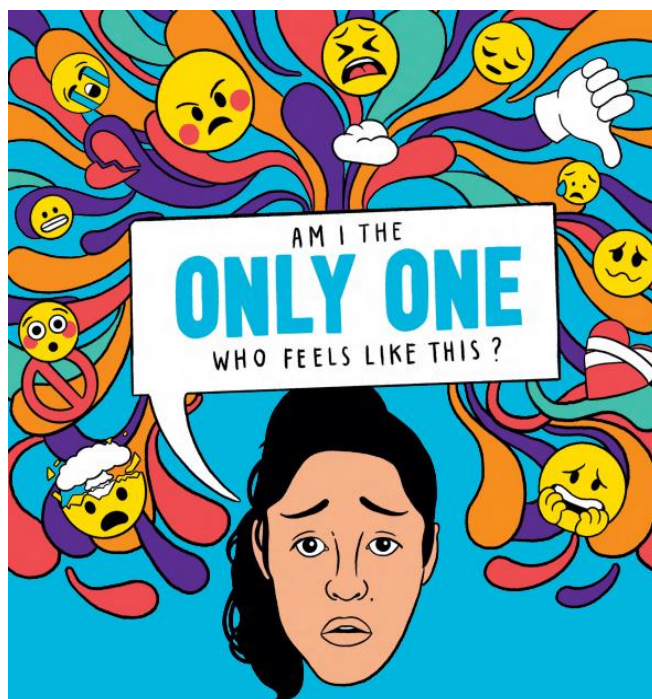
**FEEL SAFE
WITH CHILDLINE**

Whatever's going on in your life, our counsellors are here to listen. Chat with one of our counsellors online, on the phone or, if you're D/deaf, through a British Sign Language interpreter. It's free, confidential and we'll make you feel at ease.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is a service provided by the NSPCC. NSPCC is the UK's leading children's charity. It is a registered charity in England and Wales (1043909). NSPCC is a company limited by guarantee. Registered in England. Registered office: 3rd Floor, 40 Abchurch Lane, London EC4N 3DF. NSPCC is a company limited by guarantee. Registered in England. Registered office: 3rd Floor, 40 Abchurch Lane, London EC4N 3DF.



AM I THE
ONLY ONE
WHO FEELS LIKE THIS?

**TALK TO CHILDLINE
ABOUT ANYTHING**

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Notice re Scarlet Fever and Strep

Absence Procedures



Schools have been asked by the UK Health Security Agency to share some information with parents about the recent increase in notifications of scarlet fever, which is currently above seasonal expected levels.

The same bacteria which causes scarlet fever can also cause a range of other types of infection such as skin infections (impetigo) and sore throat. In rare cases, it can also cause an illness called invasive Group A Strep (iGAS). It is very rare for children with scarlet fever to develop the iGAS infection.

Please see the attached letter which contains more information about symptoms and how to respond if your child has any of the symptoms.

Please can we remind parents that if your child is ill, it is important that you **call school each day of the absence**.

This ensures that our safeguarding protocols are in place...in other words - we know not to expect your child in school. If we do not get this confirmation, we are required to have contact with home to confirm the whereabouts of your child.

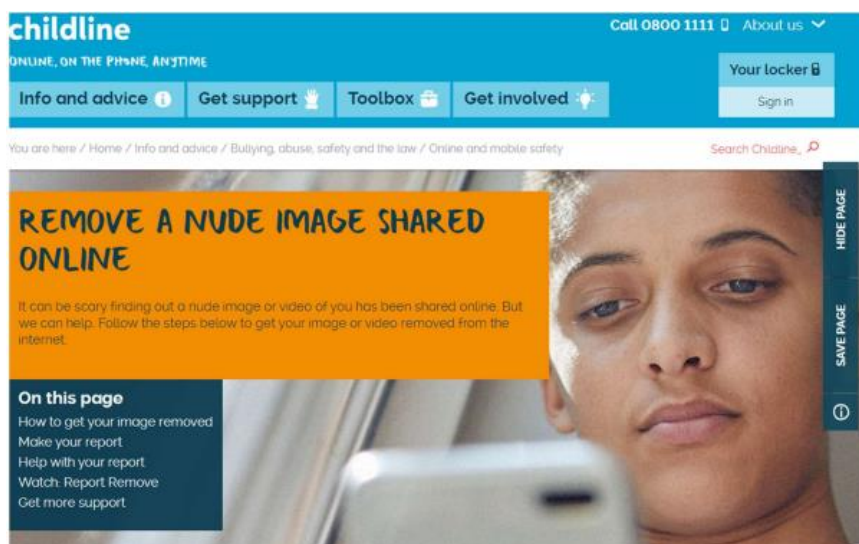
Our absence line can be accessed through the options on our main school telephone number: 01677 422419.

Online Safety – Report Remove

This is a new reporting platform for all to report any form of inappropriate images of young people. The “Report Remove” has been designed to empower children and young people to stop the spread of nude images online.

North Yorkshire Safeguarding Children Partnership (NYSCP) is promoting the new Childline and Internet Watch Foundation (IWF) tool which helps children and young people to report a nude image or video of themselves that has been shared online. The IWF can then take steps to remove it from the Internet.

The “Report Remove” has been designed to empower children and young people to stop the spread of nude images online.



<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>