



BEDALE HIGH SCHOOL

Courage

Commitment

Compassion

YR 10 SCIENCE LIVE CONSENT FORMS MUST BE IN TO THE OFFICE BY MONDAY PLEASE

Friday 29th September 2023

Your child's Form Tutor:

Pastoral Support Team:

Miss Bradbury (Head of KS3):

Mrs Clayden (Head of KS4):

SEND & Inclusion Queries (Mrs Knight):

General Queries:

Subject Teacher:

surname + 1st initial @bedalehighschool.org.uk

woodl@bedalehighschool.org.uk

bradburys@bedalehighschool.org.uk

claydenv@bedalehighschool.org.uk

knighta@bedalehighschool.org.uk

admin@bedalehighschool.org.uk or call 01677 422419

surname + 1st initial @bedalehighschool.org.uk

Open Evening – Thank You!

As I explained to the parents and children who came to visit the school on Wednesday evening - this occasion, along with our Presentation Evening, are my two favourite events of the school year. As staff, we are forced to pause from the hectic everyday hubbub of school life and just enjoy seeing the school through the eyes of others. And it makes for truly great viewing. Your children did an amazing job of showcasing the very best of Bedale High School - and this is how it should be since they are, of course, our biggest selling point. But make no mistake - this is not the norm for all schools, and it does not happen automatically.

One parent commented to Mr Childe last night: 'We have been to several Open Evenings, but it's different here. In some other places, it felt like the kids were forced to be there - but here your students are so enthusiastic.'

This was lovely feedback. I think that every school must have a core group of students who can be relied upon for such events as these...but what stood out again to me last night was the sheer number of students who came to help - from across all year groups.

It was a wonderful evening, and once again we had to have two briefings because of the number of visitors who came on the night. It really was fantastic to see the school buzzing with activity as our students supported some very excited youngsters in the various subject areas.

Thank you to all of them for their amazing support, and to you for your support in spreading the word. I have also received several emails since the event from parents who came to the evening. I think it is right to share some of their feedback with you and you can see it on the following page.



My son really enjoyed the classes...teachers were great, friendly and engaging

...pupils were polite and very keen to show their school off and the subjects they represented

...one young lady showing them the pig heart was fantastic, really knowledgeable!

...it showed off every part of the school brilliantly

The faces on the new Year 7 pupils when they had delivered their welcome speeches to a packed audience was great too...such composure and bravery

...my son has SEN and was very anxious...everyone was really lovely with him and he can't wait to start now

We particularly liked the food in the canteen – and my child found out that she likes Chicken Tikka!

Year 10/11 Football vs St Aidan's

Mr Bielby writes: On Thursday 28th September we welcomed St Aidan's (Harrogate) for the 1st round of the U16 County Cup. If you are going to win the competition, then you have to beat the best and we were unlucky to play a very strong team so early on. BHS fielded 3 boys from Y10 to bolster the squad and all of them performed incredibly. We started poorly and St Aidan's midfield dominated the first 20 minutes. We were 3-0 down after 30 minutes but if it wasn't for Kayden Linley (Y10) in goal we could have been 5 down.

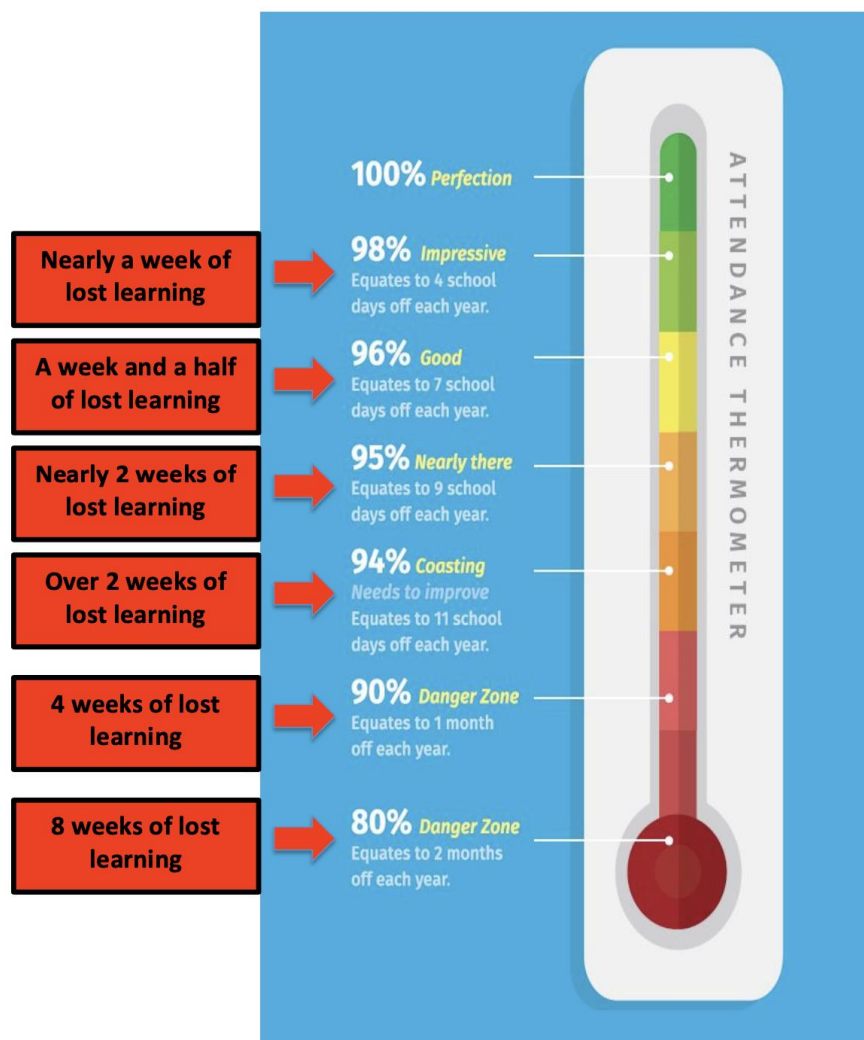
BHS got a lifeline when we got a free kick 25 yards from goal. Max McCafferty produced a sublime left footed curling shot that took it 3-1 at halftime. Mr Bielby had some encouraging words at halftime and explained that we had to compete more in midfield and that the next goal would be crucial.

The boys were outstanding and Jacob Ward produced an unbelievable 30 yard chip that beat the onrushing GK to net his first ever goal for school. The game was in the balance and at 3-2 BHS had their chances, but sadly it wasn't to be with a late goal from St Aidan's making it 4-2. The BHS boys came off dejected but they performed with real heart and courage. They should be incredibly proud of their efforts. The team voted Kayden Linley the deserved MOTM award. Good luck to the U16 next week when they play in the area 7-aside competition over at Lambs.



Good Attendance Makes a Positive Difference To All Aspects of School Life

ATTENDANCE THERMOMETER SHOWING THE IMPACT OF ABSENCE ON LEARNING



If you are concerned that your child is not attending school enough, or worried that they are regularly missing days, please contact us for a friendly chat so that we can help you and them overcome any barriers to being in school. We know how difficult this situation can be for some families and have lots of helpful ideas...it starts with a conversation.

Tel. 01677 422419
(Ask for Pastoral, Mrs Hayes, or Mrs Woodward)

Or email: admin@bedalehighschool.org.uk and just ask for someone to contact you.

Uniform Issues?

We have a good stock of spare uniform that is clean and ready to wear. Please contact the pastoral team if you are struggling to buy a replacement issue as we can sometimes offer an item through school.

SCIENCE UPDATES

Which X-Men Character likes to knit? *Wool-verine* 😬



...But guess what? Even Wool-verine doesn't knit as well as Mrs Faint's 85 year-old mother-in-law!

Check out this photograph of a digestive system which she knitted so that Mrs Faint could use it as a model with her Science students (who absolutely loved it by the way!).

What a superstar!

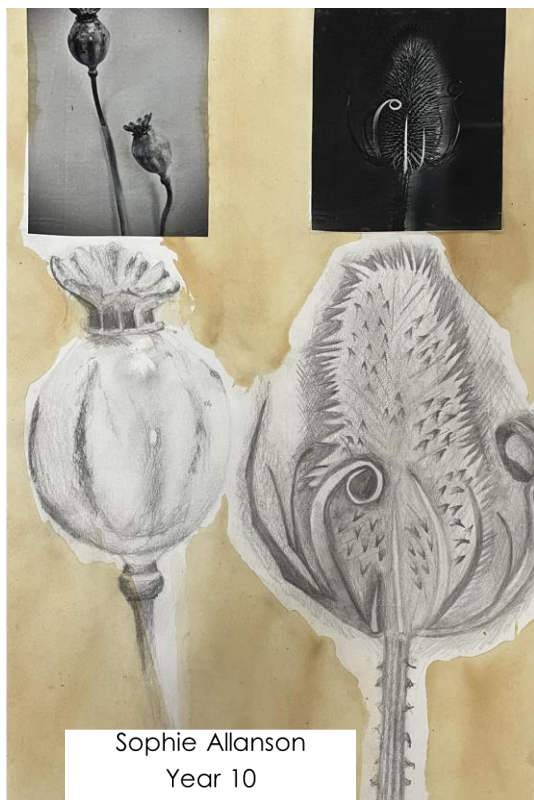
High Pressure Situation? No problem for Year 8 Scientists!

Oliver (year 8) taking part in the imploding can practical as part of our pressure in gases lesson, in our Forces topic.

Please send us any examples of work from your budding scientists who are being creative in their self-study or other projects at home.



Artwork of the Week



Sophie Allanson
Year 10



Ashton Bradley
Year 7



Heather Hobson
Year 7



Finlay Mildren
Year 9

Flu Immunisation Session

Flu Vaccinations will be offered to all Primary School pupils from Reception to Year 6 and Secondary School Years 7 - 11.

At BHS, our students will be offered vaccinations on Wednesday 22nd and Thursday 23rd November in school

Further information including the consent form online links will be sent to school 3 weeks before the session.

If you would like to read further information about 'flu vaccinations, please see the NHS link here:

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

It's all plain-sailing for Theo!

Congratulations to Theo Rendall, Year 8, who has just achieved his Level 2 Sailing qualification in the summer holidays. He sailed at Thornton Steward at the Youth Sailing week. It's an RYA qualification which gives a basic knowledge of sailing and means that you are capable of sailing a yacht in light winds as crew and helm with a skipper on board.



THEATRE TRIP OPPORTUNITY FOR ALL STUDENTS IN YEARS 9 - 11



The performance is a matinee, beginning at 1430 on Wednesday 15th November 2023. We will travel to Leeds Grand Theatre by coach and the cost of a ticket is £35.00 which will be payable via Parent Pay.

This trip is open to all students across years 9 to 11 and as tickets are limited, they will be allocated by a draw.

If you would like your child to be considered for a place on this trip, please email woodl@bedalehighschool.org.uk by Monday 2nd October 2023

What's Coming Up?

Keep an eye on the changes and updates to events as this table will be updated weekly. I hope that it gives parents and carers an idea of the fantastic range of opportunities and events that are available to BHS students. We firmly believe that the happiest students are the busiest students – the ones who take advantage of the experiences we can offer them...please encourage your child to get involved!

DATE	EVENT	AUDIENCE
4 th Oct	Primary Enrichment Day - Art	Art Subject Ambassadors and local primary students
5 th Oct	PSHE trip to Bradford (3)	Yr 7 students
6 th Oct	Hovercraft Challenge at QE	Some Yr 9 and Yr 10 students
10 th Oct	Assembly with Richmond Sixth Form College	Yr 11 Students
12 th Oct	Iceland Information Evening Yr 11 GCSE Information Evening	Yr 10-11 Iceland Trip Students All Yr 11 students and parents
16 th Oct	Visit to DRAX (1) Restart A Heart Day (1)	Yr 10 Science students Yr 7 Students
20 th Oct	Visit to DRAX (2) Restart A Heart Day (2)	Yr 10 Science students Yr 7 Students
23 rd Oct	Primary Enrichment Day History	History Subject Ambassadors and primary students
24 th Oct	Geography Trip to Malham (1)	Year 8 Geog students
25 th Oct	Geography Trip to Malham (2)	Year 8 Geog students
26 th Oct	Geography Trip to Malham (3)	Year 8 Geog students

Please do not drive cars into the school carpark at the start and end of school days to drop off or collect students. We do not have the space for this congestion and it presents an additional risk to pedestrians, visitors and students as they arrive and leave school. Thank You.

Nature Conservation Opportunity

NATURE CONSERVATION MORNING FOR YOUNG PEOPLE (14-18YRS) - SATURDAY 7TH OCTOBER

Come and join us for our next Nature Conservation Morning for young people at Nosterfield Nature Reserve.

During this session we will be clearing up after recent tree cutting work in the woodland around Nosterfield Quarry. The brash and logs will be used to create dead hedges & log piles which will create homes for invertebrates, small mammals, birds and reptiles. The work in the woodland has been carried out to open up densely planted areas, creating open glades to encourage wildflowers and provide food for pollinators such as bees and butterflies.

You'll get to work with hand tools, learn about wildlife & woodland ecology AND have fun!

EVENT DETAILS

- The event is taking place on Saturday 7th October 2023, from 10am - 1pm
- This event is for 14-18yr olds, but parents can accompany children if they wish
- Gloves & equipment will be provided
- We'll have a tea break mid-morning, so bring a thermos or other drinks if you want them
- Wear sensible footwear, clothes you don't mind getting dirty and a waterproof if rain is forecast

MEETING PLACE

NOSTERFIELD QUARRY VISITOR CENTRE CAR PARK

- **Address:** Nosterfield Quarry, Flask Lane, Well, Bedale, DL8 2QZ
- **What3words:** deliver.chuck.reject
- The car park is off to the left just inside the entrance next to a small visitor centre (blue pin on map).

GET IN TOUCH

- If you have any questions about this event please get in touch with Emma Higgs, Project Manager, at emma.higgs@luct.org.uk

Girls' Football



SIGN UP NOW - SIGN UP NOW - SIGN UP NOW - SIGN UP NOW - SIGN UP NOW



GIRLS FOOTBALL TEAM FOR YEAR 8-11



JOIN OUR TEAM!

BEDALE GIRLS

TRAIN WEDNESDAYS
MATCHES ON SATURDAYS



U14: STEVE: DOYLESP77@HOTMAIL.COM / CALL: 07961 377523
U16: KITSUNEAKITAS@YAHOO.COM / CALL: 07803825495

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.



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.

Self Harm help: Here you can see a link to the YoungMinds website and a guide aimed at supporting parents who have children who may be self-harming. It is a useful and user-

friendly guide which include further ideas for help:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/>

There is further information - including health professionals' referral forms - on NHS North Yorks CCG Website .

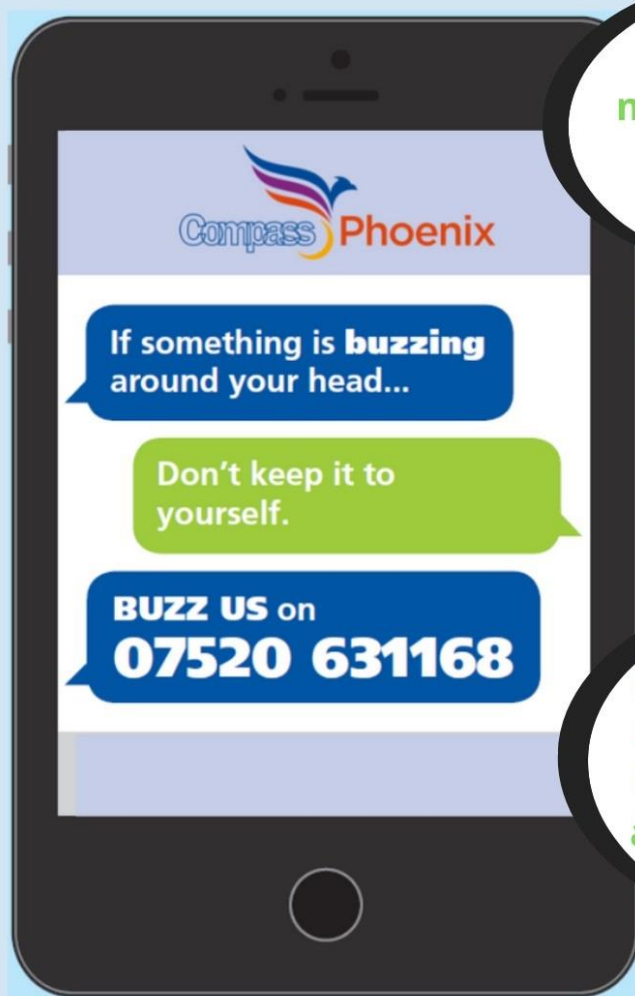
Compass Buzz Us Service for 11-18s

BUZZ US



BUZZ US is an anonymous and confidential text-messaging service for young people aged 11-18 in North Yorkshire where you can speak to a worker of Compass Phoenix to receive advice, support and signposting for any mental health and wellbeing issues you may have.

BUZZ US



Thank you for messaging in, how can I help you today?

I've been feeling really low in mood for the past few months

I'm sorry to hear this, shall we work through this together and look at some strategies that may help.





**WELLBEING
IN MIND TEAM**

PARENT SESSION ON 3RD OCTOBER 2023 AT 17.30

**The WiMT will present an
hour long MS Teams
session to parents on
Autism Spectrum Disorder
(ASD)**



A supportive and informative session

Topics Covered:

Common characteristics of ASD
What can parents do?
ASD & siblings
ASD & anxiety
ASD, transitions & school
ASD & Girls
Accessing assessment and diagnosis
What support is available in
Hambleton and Richmond

**To book a place please email;
teww.wimthamandrich@nhs.net**



Teaching First
OUTWOOD
ACADEMY EPSOM AND EWELL



Areté
Learning Trust

Part of the Areté Group



THE WENSLEYDALE SCHOOL
& SIXTH FORM
LETBYRN



St Francis Xavier

The Wellbeing in Mind Team

Wellbeing in Mind Team



Who we are...

The Wellbeing in Mind Team (WiMT) is a Mental Health Support Team (MHST) which is an NHS service that has been introduced as part of the national plans to expand mental health services for children, young people, and their families within the education setting.

What we do...

We aim to positively impact the mental health and wellbeing of young people by:

- Using low-intensity evidence-based CBT informed interventions for low mood and anxiety.
- Working closely with each school's identified Mental Health Lead (a senior member of the school staff who has received specific training to support this role) to support individual referrals through consultations.
- Supporting schools in developing and maintaining a 'whole school approach' (WSA) which includes delivering assemblies, classroom-based sessions, staff training and workshops covering a range of topics.

Why we do it...

Difficulties you experience in your child and teenage years can affect things like your work, friendships and home life. Having the right support available when and where you need it can help to lessen the impact difficulties like stress or anxiety have on you; both now and in the future.

This team are in school every Tuesday and Friday. They will also be delivering sessions to every Year 7 tutor group this half term.

Wellbeing in Mind Team

Trained mental Health professionals - in school twice a week to support young people with a range of issues.

The iTHRIVE model...

The thrive framework is a national needs-based model that aims to support and improve services for children and young people's mental health

The model conceptualises need in five categories; Thriving, Getting Advice and Signposting, Getting Help, Getting More Help and Getting Risk Support.

The Thrive approach places emphasis on prevention and early intervention, through supporting young people, their families and professionals to be resilient, to be informed about support available, and to understand what they can do to help themselves.



Typically, the pupils the Wellbeing in Mind Team work with fall within the 'Getting Advice' and 'Getting Help' quadrant.

We can support pupils in 'Getting Advice' through supporting them in accessing information and accessing self-help resources. We are also able to support pupils who fall within the 'Getting Help' quadrant, through the delivery of evidence-based intervention sessions.