



BEDALE HIGH SCHOOL

Courage

Commitment

Compassion

If any parents have questions over the new homework model please contact your child's form tutor in the first instance.

Friday 20th October 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

Restart A Heart Day – Year 7

Mr Childe writes:

On Monday, Bedale High School joined over 160 schools from across Yorkshire in holding the annual Restart A Heart Day - with every Year 7 student taking part in the event.

The students showed a lot of commitment as they were trained in what to do when they come across someone who has had a cardiac arrest - and how to deliver CPR which could potentially save their life.

There have been several high-profile instances in the media over the past year or so where CPR has indeed saved someone's life - and hopefully the training given last week will provide our students with the confidence and courage to deliver CPR to someone if they needed to.

It was a great day, and we were fortunate to have the expertise of 3 volunteers from the wider school community to support the delivery of this important lifesaving training: Tracy Hughes (Customer Engagement and Insight Manager from Broadacres Housing Association), Rob Dixon (a local Community First Responder) and Jake Callender (an NHS paramedic from the Yorkshire Ambulance Service).

During the course of the day, students were also given an opportunity to speak to volunteers about their own training and experiences which links in with our careers education programme. Our visitors provided some really positive feedback at the end of the day, commenting on how our students were great ambassadors for the school - well done Year 7!

For more information on Restart A Heart, click on this link:

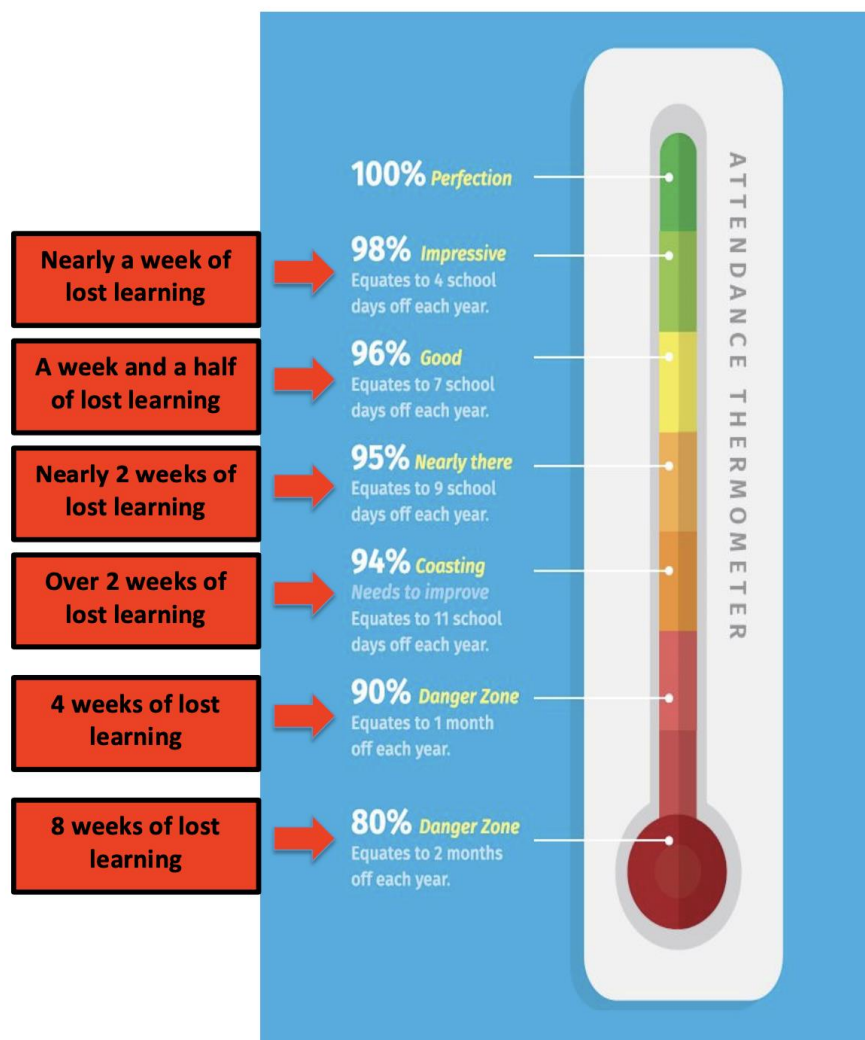
<https://www.resus.org.uk/get-involved/restart-heart-day>

You can see some pics of the day on the following page...



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.



Artwork of the Week

Year 8 African mask research pages by Georgia Pattison and Kyla Stockley

Year 10 charcoal drawing by Sophie Allanson

Year 9 observational drawing of a trainer by Eibhlin Hallinan

Year 8 tonal study of an African Mask by William Rodney

Girls' Football

Miss Temple Writes: The U16 girls' football team were in action on Wednesday in the County Cup. The girls made the long journey to Fulford in York. The game started very evenly with chances for both teams, meaning it was 0-0 at half time. The second half was a very different story with lots of goals and end to end action.

Unfortunately, the final score finished 3-2 to Fulford. However, I was really impressed with the work rate and quality of football from all of the girls, particularly in the second half, and they pushed really hard for the equaliser in the last 10 minutes.

Player of the match went to Faith Harnett who was fantastic on the wing, using her speed effectively and scoring both goals for Bedale!





Ripon Grammar School

Sixth Form Open Evening

**Thursday, November 9
6.30pm**

A chance to meet students and
staff and discover more about our
outstanding Sixth Form

DAY & BOARDING PLACES AVAILABLE FOR SEPT 2024

Apply by February 5, 2024



Book your boarding tour on our website
www.ripongrammar.co.uk



Thirsk School
& Sixth Form College

Thirsk School Sixth Form College Open Evening

Wednesday 25th October 2023 5-7pm

Mr Pentland, Head of Sixth Form, would like to invite BHS Year 11 students and their parents and carers to attend their forthcoming Sixth Form Open Evening.

There will be a short presentation from the Headteacher and Mr Pentland at 5pm. Following the presentations, Heads of Department will be pleased to welcome visitors into the Sixth Form area and will answer any questions about their courses. Careers advice will also be available in the library. Refreshments will be served in the Common Room throughout the evening.



Lego Club Donations

Mrs Drysdale writes:

I have a very eager student in my form who wants to start a Lego club at lunch/after school. I would be more than happy to run this club and think it could lead to some great creations and friendships. I know successful ones have a theme each week and run competitions but our issue is that not many people happily give away Lego (people often hold onto it for their kids/grandchildren) and we can't start a club without it.

If anyone would be happy to donate any or knows of anyone who will, please could you bring it in and I will start a collection in Room 19. Parents and carers can email drysdalem@bedalehighschool.org.uk if they wish to contact me about this. Thank you for any support you may be able to offer to this project.

Interested in becoming one of our
Midday Supervisors? Email
admin@bedalehighschool.org.uk and
join our friendly team of lunchtime duty
staff



Well Done Maddie!

Mrs Jennison writes:

Last weekend, Maddie Main Year 9 took part in an international Karate competition in Ireland.

She made it all the way to the semi-finals, where she was knocked out by the eventual winner, securing a Bronze medal.

An amazing achievement, on top of gaining her black belt this earlier this year.

Maddie is the epitome of courage, commitment and compassion. Well done Maddie!!



Checkout our school Facebook page for more great
achievements and latest news:

<https://www.facebook.com/bedalehighschool>

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
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
28 th Oct - 5 th Nov	Half Term Holiday	All students
9 th November	Primary Enrichment Day - Maths	Maths Subject Ambassadors
10 th November	Festival of Remembrance - Ripon Cathedral	Service Family Students
13 th November	Yr 11 Pre-Public Exams PPEs (1)	Year 11 Students
15 th November	Theatre Trip - Everybody's Talking About Jamie	TBC

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.



BEDALE HIGH SCHOOL HALF TERM PUMPKIN CARVING CHALLENGE 2023



Carve your pumpkin and share a photo via
woodl@bedalehighschool.org.uk

The top three carved/decorated pumpkins
will receive a spooky chocolate prize!
Entry deadline - 31.10.23

COURAGE

COMMITMENT

COMPASSION



Festive Christmas Fair

**FRIDAY 24TH NOVEMBER
2023**

1700 - 1900

**AT
BEDALE HIGH SCHOOL**

ALL WELCOME

FREE ENTRY

If you would like to run a table top
stall at this event please email
pta@bedalehighschool.org.uk

New Parent/Carer Session from our Wellbeing in Mind Team Colleagues



PARENT/ CARER SESSION ON ANXIETY

Anxiety is a common feeling, but it can sometimes cause difficulties in our lives. This sessions aim is to help in learning more about anxiety and how to help.

THE WELLBEING IN MIND TEAM WORK IN SCHOOLS TO SUPPORT STUDENTS TO IMPROVE THEIR MENTAL HEALTH & WELLBEING

Wednesday 25th October 2023 6pm until 7pm via MS Teams.

Topics Covered:

- To know what anxiety is, how it can affect young people and to understand when your child might need help.
- To recognise anxiety in children and young people and how this may be displayed through avoidance and safety behaviours.
- To understand triggers of anxiety and the fight, flight and freeze response.
- To share some simple techniques to support your child with anxiety.
- Signposting to additional resources and Apps.

If you have any questions and to confirm whether you will be attending the online session then please contact Sam Holmes on teww.wimthamandrich@nhs.net



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.

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/>

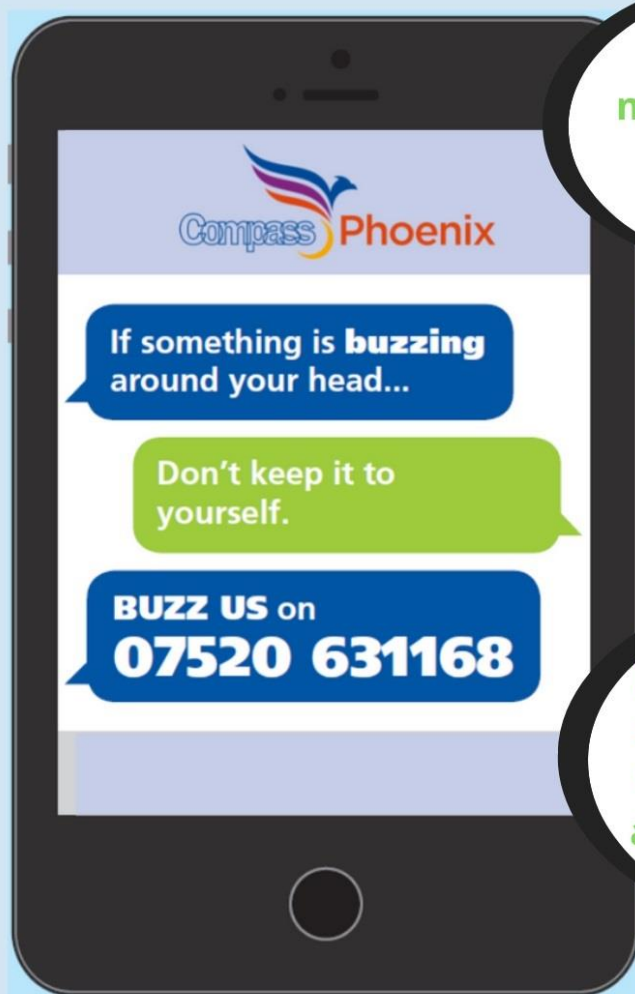
There is further information - including health professionals' referral forms - on NHS North Yorks CCG Website .

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.

