



BEDALE HIGH SCHOOL

Courage

Commitment

Compassion

Please support our campaign to stop the seagulls from attacking Mr Dunne on lunch duty

Friday 13th 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

Year 7 PSHE Trips to Bradford

Mr Childe writes:

All of our new Year 7 students have visited Bradford this half-term as part of the Religious Education strand of their PSHE Programme. The focus of the day was 'interfaith and diversity' - developing compassion for different religions, with two contrasting places of worship visited. The first place that we visited was the Madni Masjid (or 'mosque'), one of the main masajid in Bradford, serving the local Muslim communities. Our guide led us through the 'wudu' (the Islamic for cleansing parts of the body), the features of the prayer halls (such as the 'Mihrab' arch - which faces east, in the direction of the Kaa'ba in the city of Mecca) and the times and details of the five prayers that take place during the day.

For our second visit, we went to the Lakshmi Narayan Temple, the largest Hindu temple (or 'mandir') in Northern England. The students spent time in the Main Hall, where several groups observed the temple priest deliver a service - an unforgettable experience! The students were able to explore the shrine, learn much about the Hindu faith and immerse themselves in the calm and tranquillity of the building.

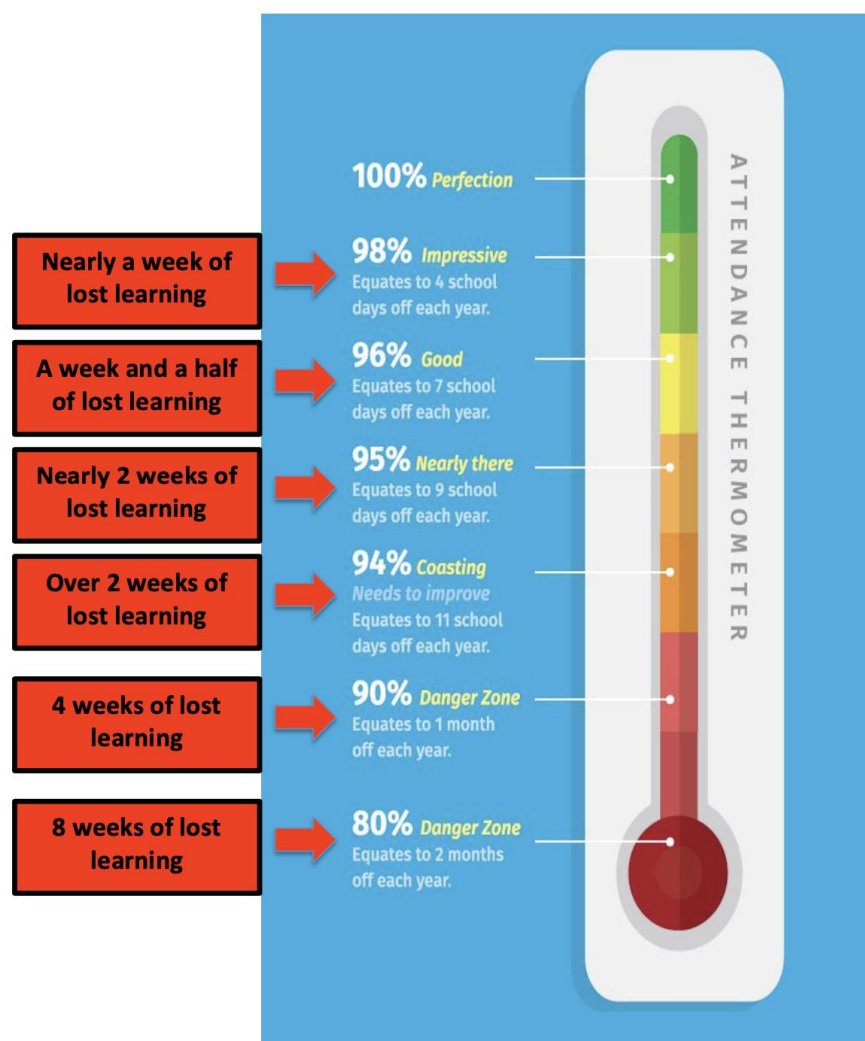
Following our packed lunch break at the Grange Interlink community centre, we visited Bombay Stores - the UK's largest Asian department store! Throughout the three days of visits, the student were wonderful ambassadors for the school - and on returning, I was delighted to open an email from Fatima Ayub (one of guides at the masjid), who commented: "I thoroughly enjoyed my session with the children and staff today. The children were outstanding and very engaging".

You can see some pics of the trip 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.

See Mrs Cann's October Edition of...

BHS READING NEWS

October 2023

VIRTUAL AUTHOR VISIT!



On 27th September, 7N took part in a virtual author visit with Maz Evans. Many were already familiar with the author, having read 'Who Let the Gods Out?' at primary school, so there was much excitement at the prospect of finding out about her next novel, 'Oh Maya Gods!'.

We were all impressed with Evans' enthusiasm as she told us about her new novel and answered questions from her audience, including some of our questions about why she wanted to become a writer and which god is her favourite!

Did you know that it takes Maz Evans roughly one month to plan a novel, one month to write a novel, but SIX whole months to edit it?

We are looking forward to seeing the new novel in our library very soon.

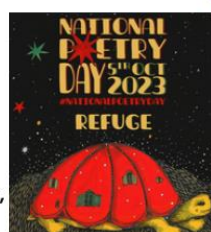


Keep your Rotary Young Writer competition



entries coming in! The theme is 'Rebuilding' and you can write either a short story or a poem. **Please note the deadline for entries is 19th December!** See your English teacher or Mrs Cann for more details!

On 5th October, we celebrated National Poetry Day, a day that encourages everyone to make, experience and share poetry with family and friends, because voices, words and stories help to bridge understanding in our community. Among other things, we took part in a poem safari! The theme this year was 'Refuge' and lots of students enjoyed hunting the school in search of poems by writers such as Lemn Sissay and Brian Bilston.



On 10th October, the National Literacy Trust are encouraging everyone to take 10 minutes to read and celebrate World Mental Health Day. Reading for just 10 minutes every day can help you:

- feel calm and relaxed
- improve your memory and concentration
- reduce your stress levels

So why not join in? This is one for the whole family!



LOOK OUT FOR...

Fancy a light read whilst you enjoy a light bite? Look out for 'Snack-bite' reading in the canteen at lunchtime.

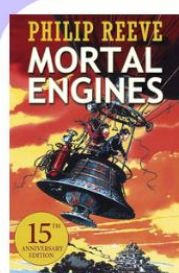


The extracts change every month: this month we are celebrating Black History Month and enjoying spooky tales in readiness for Halloween!

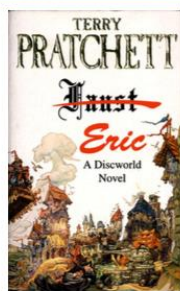


Library services 24/7 at www.northyorks.gov.uk/libraries

As well as our school library, why not check out your local community library? Outreach librarian, Laura Dinning, recently got in touch to tell us about some of the services they offer: 'We have a range of online resources, including reference resources, e-books and e-audio books, all of which are free of charge. We can request books into the library for customers as well. All of our libraries have free wifi and offer a free hour of library PC use every day. We also have some resources aimed specifically at supporting young people, such as a self care toolkit (a bag which can be borrowed containing books and activities to help relax) and a collection of books on a variety of mental health issues called Shelf Help - again all free to borrow.'



Isabella recommends: 'Mortal Instruments' focuses on a steampunk version of London, now a giant machine striving to survive in a world that is running out of resources. Isabella says it is futuristic but funny - look out for the Pot Noodle jokes! You will find the whole series in our library.



Enjoyed 'Good Omens'? Mr Kiernan recommends 'Eric': Terry Pratchett retells the classic fable of Faust, a man who sells his soul to the devil in return for three wishes. Eric, a bookish, spoilt and entitled teenager, takes the place of Faust. Unfortunately for Eric, his ritual ends up summoning not a demon, but Rincewind, the most unlucky and incompetent wizard on the Disk. In the following chaos we learn the lesson of being 'careful for what we wish for' and a hilarious deconstruction of beliefs around themes such as the nature of the afterlife and the creation of the universe.

GCSE Information Evening

Thank you to all of the parents, carers and students who turned up to this event last night - I was delighted with the attendance.

We started the evening by sharing some of the barriers to success that we are working on in school, especially those that we want to work on with our families.

I have attached the slides from the presentation with this newsletter, but for any parents who were unable to attend, it may be useful for me to explain the context around some of the comments. You will see the bullet points around Attendance. It remains the single most significant barrier to success for some students. I tried to be clear when speaking to parents that I am not talking about those with significant medical conditions, or those who very occasionally have an illness that requires them to be off school. We are talking about those who, with encouragement, (and a couple of paracetamols if needed) could be more resilient to attending school when they have a minor cold, or a headache that may clear up as the day goes on, or a slight cough etc. We are talking about students who regularly take a day or two off school when there is potential for them to be in, even if they are not feeling at their best. This resilience is so important, and I shared with parents the impact that 90%+ attendance has on GCSE results in Year 11, when compared to the results of those students who drop below 90%. It is stark.

We also spoke about aspiration and encouraging our Year 11s not to settle just for a grade they 'need' for college or next steps, but rather aim for what they are capable of on their very best day. Aiming high ensures that safety net is in place if something does go wrong in an exam.

This year group are very academically able. There are no more allowances from exam boards around the pandemic, no more generous grade boundaries, no more reduced content to cover. We want to work really closely with parents and carers to encourage and support them to do their very best.

Mrs Knight also shared and signposted the range of support that is available through school, and Mr Dunne spoke about revision support that parents can assist with. Parents then heard from our three core subjects, with Heads of Faculty sharing their top tips for exam preparation, which will be shared with students through Teams.

Another message was that exams can be stressful, and that it is normal, and even a positive thing, for a student to feel some worry over their exams. This can then be turned into the driving force for being organised, and making a start on revision. Our advice for this is to start early, and take the 'little and often' approach. Revision does not need to take over their lives, it should not stop them doing all the things they enjoy that will help them keep things in perspective. But it does need to happen and there will be help in school from tutors and mentors on how to build an effective revision timetable and how to manage this time. With the first set of PPEs coming up very soon (timetable attached), it is the perfect time to get into good habits with revision and general exam prep.

If you have any questions, concerns, or queries about anything to do with the PPEs, exams, GCSE prep etc. please contact Mr Dunne in the first instance:

dunnea@bedalehighschool.org.uk , or call 01677 422419 and ask for a call-back.

Slides from this event will be emailed to parents and carers with this newsletter.



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



Medical Plans and Risk Assessments

If your child has a need for a medical plan or risk assessment due to an injury, or a temporary or longer-term condition, please contact Miss Goddard in the pastoral team. She will organise a meeting with you to discuss what is needed, and how we can support your child to be able to cope in school through any required amendments that we can make.



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/>

Please see attached letters for students on the Iceland trip (the country - not the supermarket specialising in frozen goods).

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
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
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
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.

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.



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/>

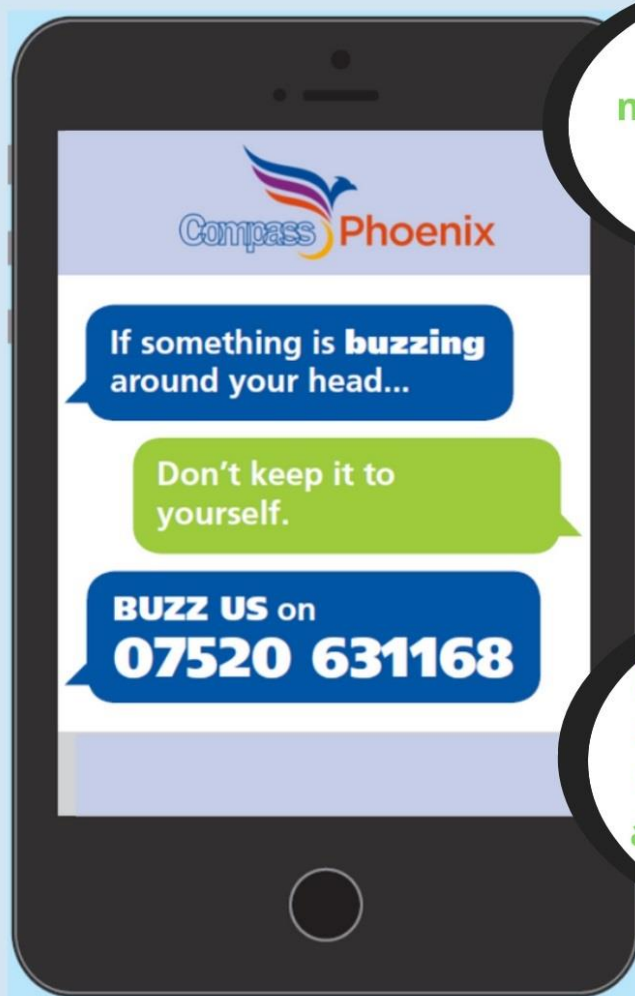
There is further information - including health professionals' referral forms - on NHS North Yorks CCG Website .

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.



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.