



BEDALE HIGH SCHOOL

Courage

Commitment

Compassion

See attached letters for details of Iceland Information Evening and Y11 GCSE Information Evening next Thursday

Friday 6th 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 11 GCSE Information Evening

Thursday 12th October 6pm

Year 11 parents and carers should have received a letter via email this week with details about this event (hard copies were given to students on Wednesday as well).

I am encouraging all Year 11 students and parents to attend so that we can use this forum to share some very important messages around what to expect with this summer's upcoming exam season, and how best to support your Year 11 child - before and during the exams.

My youngest child is in Year 11 this year. This will be the third time we have been through it as parents - and I know already that she will be completely different to her two older brothers in terms of how she handles it all, and what support she may benefit from. My point here is that even if you have been through the process before with older children, - it is never the same and this is a chance to hear about the latest lessons we have learned from the summer results, speaking to other schools and our own parent community, feedback from exam boards and our suspicions on what to expect this summer.

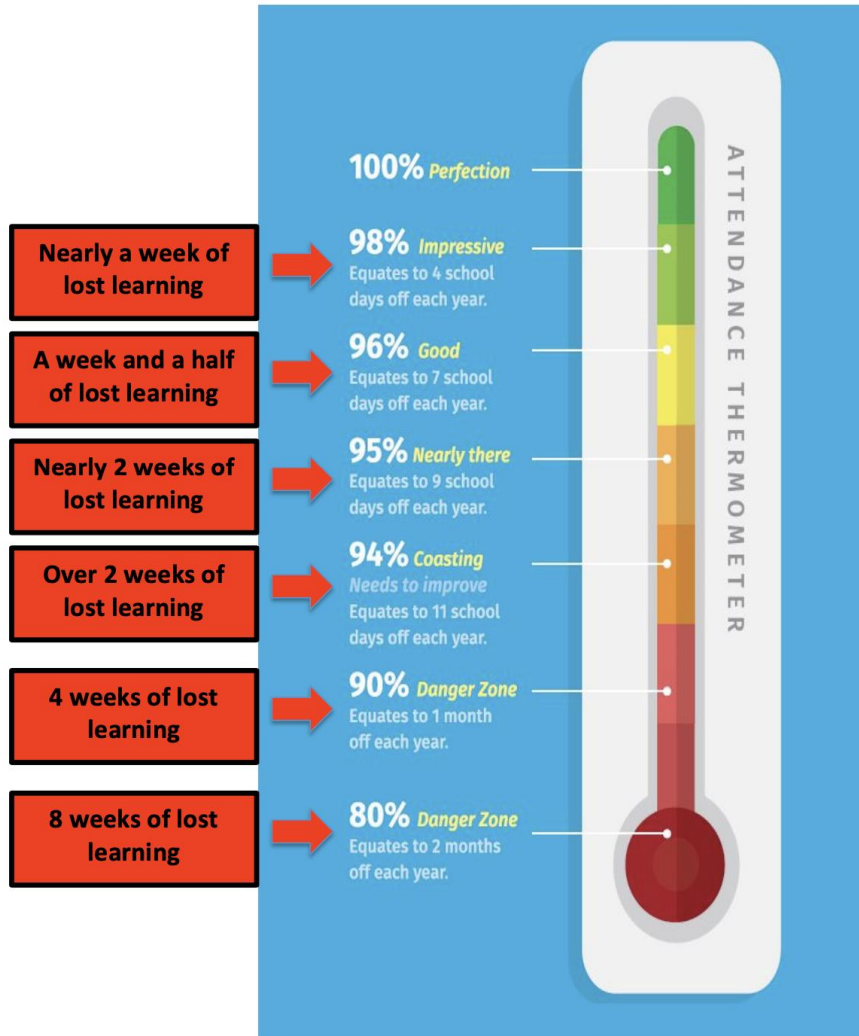
The event will finish by 7pm and we intend to cover the following aspects:

- What to expect from the upcoming GCSEs and PPEs (Pre-Public Examinations)
- Key dates and timeline for Year 11 students
- Coursework deadlines
- How to support your child in the lead up and during the examination periods
- Top Tips from parents and staff who have been through this process before
- Signposting to other support

Some of you may already be in school for the Iceland Information Evening with Mr Childe. Once this finishes at around 5.45pm, we will serve teas and coffees before starting the GCSE Information Evening at 6pm. We look forward to welcoming you and our Year 11 students on the night.

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 the 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.

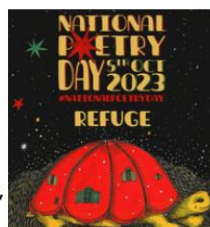


Keep your Rotary Young Writer competition



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.

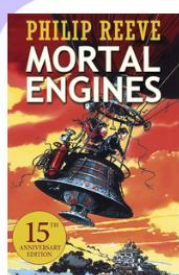


The extracts change every month: this month we are celebrating Black History Month and enjoying spooky tales in readiness for Halloween!

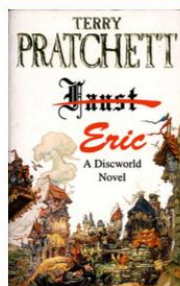


Library services 24/7 at www.northyorks.gov.uk/libraries

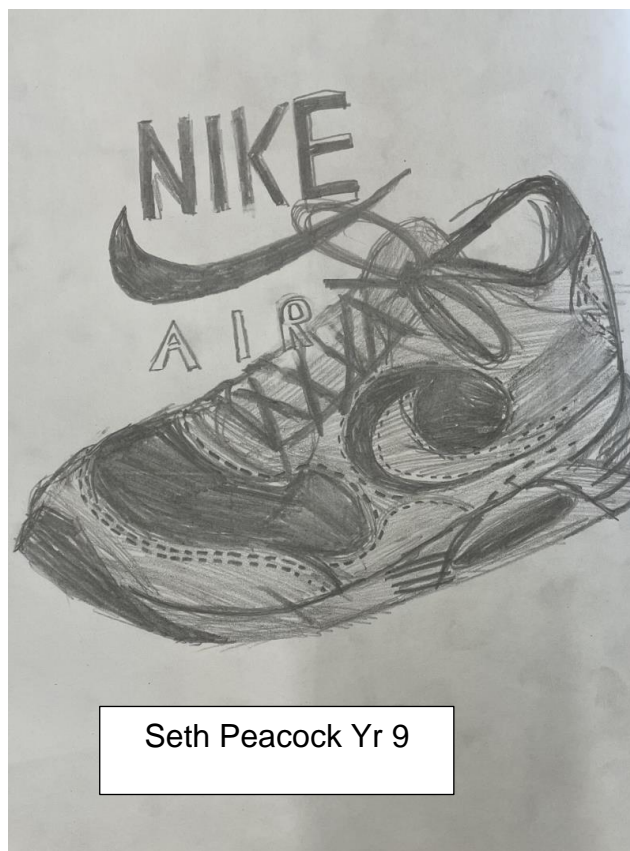
As well as our school library, why not check out your local community library? Outreach librarian, Laura Dinning, recently got in touch to tell us about some of the services they offer: 'We have a range of online resources, including reference resources, e-books and e-audio books, all of which are free 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.'



Seth Peacock Yr 9

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

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.

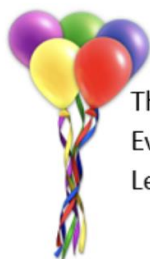
If you would like to read further information about 'flu vaccinations, please see the NHS link here:

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

MFL Cake Competition Results

Well done to the fantastic winners named on Mrs Jackson's poster below...and thank you to all of the entrants for their amazing efforts!

European Day of Languages



A huge "well done" to those of you who baked for the EDoL. The winners are:

Theo Kenny (8JBI) for the delicious two tiered chocolate EU cake.

Evie Pawson (7MLA) for the wonderful Eiffel Tower cake with the Paris skyline on edible icing

Leila Davies (7HLO) for not just one but two amazing cakes including the French Tarte Tatin

Runners up: Owen Simpson (8ABR) for his swiss roll with homemade damson jam

Sam Ellis (10FHA) for his school pudding style British cake

****Please can all the students named above go to collect their prizes from Miss Jackson's room at 9.00am today****



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
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.

Great Work from our Sports Leaders

Miss Goddard (Pastoral Support Worker) has asked me to sing the praises of this group of students who have been running football workshops and tournaments with some of our local primary school children. She worked with them on the event, and was delighted with their behaviour and attitude. We also received lovely feedback from the primary staff at the event.

Well done and thank you to the following:
Harley Robinson, Marley Robinson, Niamh McGuinness, Evie Jackson, Izzy Niblett, Oliver McWhinney, Ben Croft, Jaydon Wise-Malcom, Ollie Harris, Al Lewis, Daisy Sherwood, Maison Clarke and Lillian Riley.



NSEA Show-Jumping

Well done to Lacee Rolls and Charlotte Jackson-Bowers (both Y9) who took part in the NSEA Show Jumping horse event on Saturday afternoon and represented BHS. Lacee was competing for the first time and she did really well - she came out of the arena happy and pleased with her ponies. Both students represented the school brilliantly and should feel proud of themselves - Miss Riley-Fox was delighted with their performances.



Football Updates

After a disappointing 4v2 defeat in last week's County Cup the Y11 football team picked themselves up to play in the annual 7 aside competition hosted by Bedale at Dobsons/Lambs. BHS had Northallerton and SFX in their group. We went down 2v0 to the eventual winners Northallerton and we could only draw 2v2 with SFX, which meant we went into the playoffs for 7th-9th place. BHS deserved more luck on the day as they comfortably beat Wensleydale 3v1 and Risedale 4v0 to take 7th place overall. Well done to all the boys involved.



The U16 girls football team managed to go undefeated in the area 7 aside tournament. Unfortunately, we didn't win the tournament due to goal difference, however, out of the 4 games played the girls won 3 and drew 1, scoring 8 goals and only conceding 1 goal. They started off with a 1-1 draw against Northallerton (who were the tournament winners), they then won 1-0 against SFX, won 1-0 against Richmond and finished by winning 5-0 against Wensleydale. The girls played some brilliant football throughout and worked really well together as a team. A special mention to the goal scorers - Izzy Niblett (4), Lili Evans (3) and Emma Sherwood (1).

The U13 girls football team travelled away to Risedale for their first match of the season in the Area Cup. The game started very evenly, with few chances for either team. However, went into half time 1-0 up thanks to a goal from Georgia Pattison. The second half we came out much stronger and had a lot more possession in the opposition half. The girls had a lot more chances but struggled to find a second goal for a while. Five minutes before the end, a good run and finish from Ruby Harker gave us 2-0 lead and confirmed our place in the next round of the cup. The girls showed excellent courage and commitment on the pitch and played really well for their first game together. A special mention to Hollie Johnson and Felicity Price who were awarded joint player of the match. Both girls showed excellent strength, determination and work rate for the full match. Reminder girls football club is on after school on Tuesday next week (week B) with Miss Goddard - everyone is welcome!

The Y7 boys team played their 1st game for BHS against Risedale in the area cup. We started the game with lots of energy and were unlucky not to score more goals. Eventually, we scored through a fantastic Zac McIntosh volley from a Harry Balsillie's cross. We deservedly scored just before halftime to make it 2v0 with Freddie Cuthbert taking his goal well. In the 2nd half we went 3 nil up through Matty Toth but then soon after scored a bizarre own goal to take it to 3v1 with 10 minutes to play. It looked like BHS was going to win the game comfortably when man of the match Zac scored his second goal, however we switched off and conceded 2 late goals. We deservedly won the game 4v3 and go through to the semi-finals. Unfortunately, there is no practice next Monday as the U14s have a cup game.

Y8 boys visited Risedale School in the area cup and were 0-3 down in the rain at halftime. A little bit of reorganisation saw Bedale get back in the game with a brace from Will Rodney. As the game reached its conclusion, Syd Schofield equalised to make it 3-3. Extra time saw no further goals so the game entered a penalty kick competition. Bedale proceeded to miss the first two of the first set of five penalties and hero keeper Tyler Perkins pulled off the saves necessary to keep the score at 2-2. The second set of five penalties saw Perkins continue to make fine saves and Bedale ran out 4-2 winners and 6-4 overall on penalties. MOM: Tyler Perkins.



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.



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/>

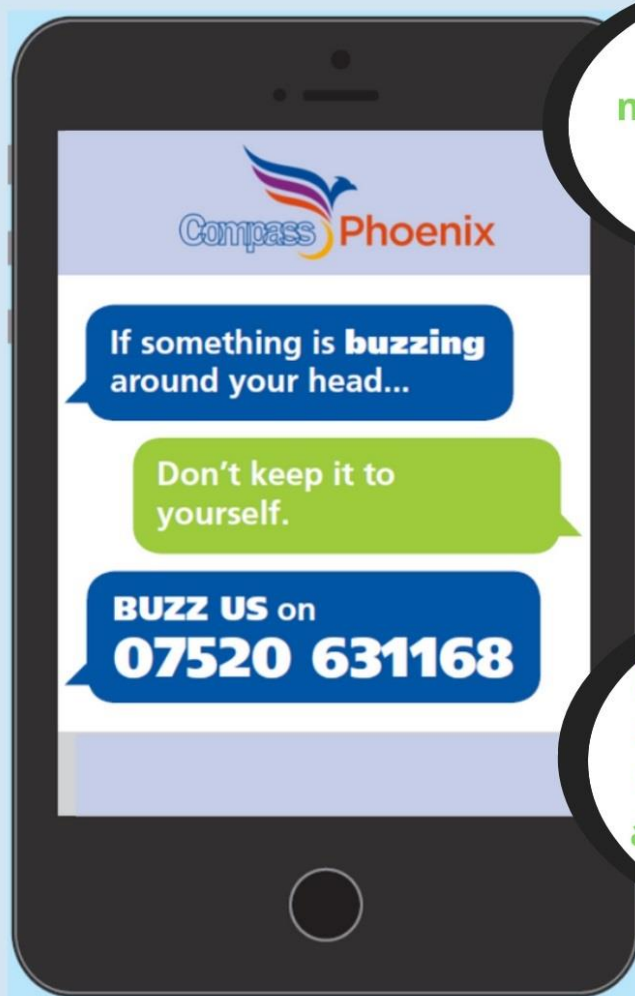
There is further information - including health professionals' referral forms - on NHS North Yorks CCG Website .

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.