



BEDALE HIGH SCHOOL

Courage

Commitment

Compassion

A Special Welcome to all of our New Students and Staff!

Friday 8th 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@bedalehighnyorkssch.onmicrosoft.com

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

Welcome Back!

I've never really known what the school summer holidays must feel like for people with 'normal jobs' (i.e. not working in a school). Growing up, both of my parents were teachers, so we always had the school holidays together as a family. And from the time I became a parent, my wife has always either been at home looking after the kids when they were younger, or working in a school herself as they were older - so once again we have always had the school holidays together as a family.

But while this is something we always look forward to, I am sure it must be much more challenging for some families to manage when one or both parents are having to contend with being at work, while also ensuring that their children are looked after and entertained over the long summer break. So I hope that, whatever your family situation is, you have all managed to find some space over the summer period to enjoy some time together as a family, and that your children feel suitably rested and refreshed, ready to return to school for a positive year.

We begin every year with a review of the summer exam results, celebrating successes and looking at what lessons we can learn to continue improvements. Many of you probably saw the news headlines about the massive reduction in the number of top grades being given out this year. We, and other schools I have spoken to around the local area, were all affected to some extent by this.

But one of the other issues that we are asking for support with from you as parents and carers, is to help us take a stand against the growing tendency, following the pandemic, for some students to set their sights only on what grades they need (for college, work-based learning, apprenticeships etc.), rather than setting their sights on achieving the very best grades that they are capable of. We are emphasising this to students from the start of this year: never settle for less than you are really worth. Firstly, we would be doing a huge disservice to you and your children if we did not hold these high expectations. But secondly, from a practical point of view, the government has clearly taken a decision not to make any more allowances for the Covid disruption when it comes to exams, so aiming high allows for that safety buffer to come into play, if (like this year), there is a national reduction in the pass rates or the number of higher grades.

School Photos

LOOK YOUR BEST!
The photographers will be in school on Wednesday 13th September to take individual photographs of every student so that we can add photos of new Year 7s to our database, and update photos of those in other year groups.

BHS Carpark

Parents and Carers: Please do not drive into the school carpark to drop-off your children in the mornings, or to collect them after school. These are very busy times when taxis and non-teaching staff are often arriving or leaving the site, and the extra traffic poses a risk to students and other pedestrians, as well as making it difficult for staff to access parking spaces. Thank You.

Self-Study Update

Mr Dunne writes:

Following some concerns raised regarding our move away from Satchel One last academic year, we are now moving self-study recording to Microsoft Teams.

Students have had an assembly to explain these changes and been given an overview of the usability of the platform. From Monday, students in Yr 8-11 will expect to have their self-study set within the assignments module of Teams.

Logging into Teams is easy and simply requires a school email address and school password. The app can also be downloaded to ensure that push notifications are received when self-study is set, submitted or returned. Any student who is struggling to get into Teams should speak to a member of staff who will assist.

Teams works with the My Child at School app so any active self-study set in Teams is visible for parents in our parent app.

Students in Yr 7 will have further guidance on accessing Teams and the Bromcom student portal across the course of next week with the intention of setting self study for them from Monday 18th September. Further guidance for parents will be available if needed.

Bedale Youth Venue



Bedale Youth Venue is open tonight (Friday) 7pm-9pm. Entrance is free of charge and we have Pool, music and outdoor sports equipment. We also provide free food and have a reasonable priced tuck shop.

Feel free to follow us on Facebook: <https://www.facebook.com/people/Bedale-Youth-Venue/100064530648995/>

BHS Forces Families

Our school community has many students from military families who often face significantly different challenges in their day to day lives than most other students. This may be anxiety over a parent who is on deployment in a dangerous area, or just struggling to deal with a parent's absence over a period of weeks/months, or adjusting to another move into a new area, new school and so on. At BHS we run a weekly club for these students - somewhere they can be together and know that they are an important and valued part of our community, a place where they will hear about trips and opportunities to celebrate the great work that our local service men and women are involved with. Please encourage your child to come along and see!



**BHS
MILITARY
STUDENTS
CLUB**

**OPEN TO ALL FORCES
STUDENTS IN YEAR 7 TO 11**

**AN OPPORTUNITY FOR OUR FORCES
STUDENTS TO TRY NEW THINGS, DEVELOP
NEW SKILLS, MAKE NEW FRIENDS AND GET
TOGETHER WITH YOUNG PEOPLE FROM
SIMILAR BACKGROUNDS**

**EVERY WEDNESDAY AT
LUNCHTIME IN THE
DRAMA STUDIO**

BEDALE HIGH SCHOOL PERFORMING ARTS IS
PROUD TO PRESENT

AUDITIONS

FOR OUR UPCOMING WHOLE SCHOOL PRODUCTION OF

A CHRISTMAS CAROL

**MONDAY 11TH SEPTEMBER
WEDNESDAY 13TH SEPTEMBER**
1505 - 1645
IN THE MAIN HALL

OPEN TO ALL STUDENTS IN YEARS 7 TO 11
STUDENTS ONLY NEED TO ATTEND ONE OF THE
AUDITION DAYS

PAID EXTRA CURRICULAR DRAMA LESSONS

With Mrs Kate Vaughan

Open to all students in Years 7 to 11

An exciting opportunity to develop skills
in speech and diction, acting and devised
drama through the New Era Academy

Weekly Solo 30 minute lessons - £22.00

Weekly Duo 30 minute lessons - £15.65

TO REQUEST A PLACE FOR YOUR
CHILD, PLEASE EMAIL
WOODL@BEDALEHIGHSCHOOL.ORG.UK



JOIN OUR PTFA

We are looking for
parents and friends to
join our PTFA and
volunteer their time
at various school and
community events
throughout the year

Can you offer your
time, support,
resources, muscle
or good humour?

To find out more about what's
coming up, email
woodl@bedalehighschool.org.uk to
express your interest

It's not all about
serving tea and
coffee!



PE Extra-Curricular Clubs

Monday

Lunchtime - KS4 badminton in the sports hall - Miss Temple

Afterschool - Y7 Football on the MUGA - Mr Bielby

Afterschool - Trampolining for all ages in the GYM - Mrs Clayden

Tuesday

Lunchtime - Basketball in the sports hall - Mr Bielby

After school - Girl Football (week B only) - Miss Goddard (not starting until Tuesday 26th)

Wednesday

Lunchtime - Netball in the sports hall (Y7/8 week A and Y9/10/11 week B) - Miss Temple

Thursday

Lunchtime - Basketball in the sports hall - Mr Bielby

For all lunchtime clubs, students do not need to get changed but must bring trainers. For all after school clubs, students should bring PE kit to change into.

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
11 th Sept	Auditions for Peter Pan: 15.10-16.45	All interested students
13 th Sept	School Photographs	All Students
14 th Sept	Auditions for Peter Pan: 15.10-16.45	All interested students
18 th Sept	Sports Studies Rock Climbing Trip to Brimham Rocks (1)	Yr 11 Sports Studies Students
20 th Sept	Year 7 Settling In Evening	Year 7 Parents
21 st Sept	Sports Studies Rock Climbing Trip to Brimham Rocks (2)	Yr 11 Sports Studies Students
25 th Sept	PSHE trip to Bradford (1)	Yr 7 students
27 th Sept	BHS Open Evening	Yr 5 and Yr 6 Parents
28 th Sept	PSHE trip to Bradford (2)	Yr 7 students
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
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) Yr 11 Information Evening	Year 8 Geog students Yr 11 Parents and Students

We Are Delighted to Welcome Back the Wellbeing in Mind Team who will be in school twice a week this year...



WIMT BACK TO SCHOOL NEWSLETTER



**WELLBEING
IN MIND TEAM**



WHAT IS WIMT

The Wellbeing in Mind Team work within school to support young people with their mental health & wellbeing. We deliver evidence-based interventions one-to-one and in groups.



RESULTS

Some of us may have had good news regarding exam results over summer, where as others may be left feeling dissatisfied. It is normal to feel uncertain about what the future may look like.

Remember:

Exam results do not define us!

Top tips: Think of some realistic goals and how you might work towards these this term.



TRANSITIONS

It can feel worrying starting a new school year or moving onto something new.

Our top tips include:

getting organised by packing your bag the night before, prioritise self-care by eating and sleeping well, write your worries down, and ask for help if you're stuck.

QUOTE OF THE DAY

"Remember, life is all what you focus on. Learn lessons and keep moving forward towards your goals and dreams... "I have not failed. I've just found 10,000 ways that won't work."" ~

Thomas A. Edison



5 WAYS TO WELLBEING

Thinking about how you follow the 5 Ways to Wellbeing can be useful and it can help us manage the emotions we feel towards returning to school, exams/results and transitions.



- **CONNECT**
- **GIVE**
- **BE ACTIVE**
- **TAKE NOTICE**
- **KEEP LEARNING**

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>



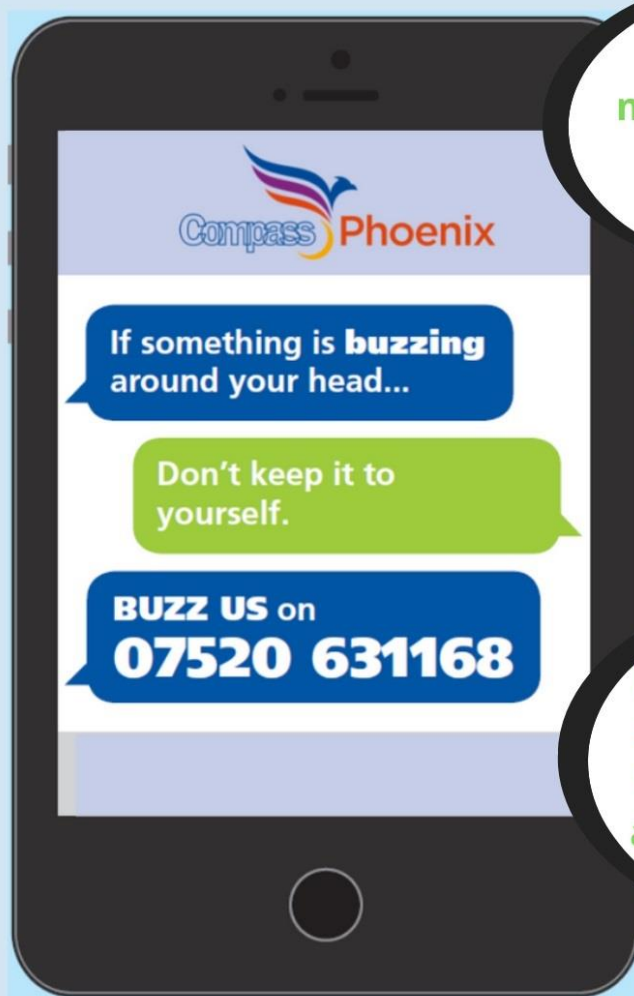
Please speak to school if you would like more information about WiMT

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.





**Autism
Central**



**DAISY
CHAIN**
Autism & Neurodiversity

Are you looking for somewhere you feel listened to and understood?

Autism Central is here to help.

The Autism Central Peer Education programme is for parents, carers and personal assistants of autistic people. Daisy Chain is the Regional Hub for North East and Yorkshire.

Support is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others.

We are here to listen, offer guidance and tell you about services that are available in your local area.

Navigate you to services that can make a difference and empower you.

Increase your knowledge, understanding and provide you with skills to last.

As part of the programme, Daisy Chain will provide weekly Parent Learning Opportunities and Links Parent Support Group (based in Stockton, held during term-time) with additional sessions set up in locations across North East and Yorkshire.



Visit our website



support@daisychainproject.co.uk



01642 378461

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 681268 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-](https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/)

[guide/self-harm/](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**.