

Friday 8th December 2023



# BEDALE HIGH SCHOOL

Courage

Commitment

Compassion

**Well done to Jamie Linley, Year 10, who played a key role in helping an elderly gentleman in Bedale after he had fallen and injured his head earlier this week!**

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 + 1<sup>st</sup> initial @bedalehighschool.org.uk

[woodl@bedalehighschool.org.uk](mailto:woodl@bedalehighschool.org.uk)

[bradburys@bedalehighschool.org.uk](mailto:bradburys@bedalehighschool.org.uk)

[claydenv@bedalehighschool.org.uk](mailto:claydenv@bedalehighschool.org.uk)

[knighta@bedalehighschool.org.uk](mailto:knighta@bedalehighschool.org.uk)

[admin@bedalehighschool.org.uk](mailto:admin@bedalehighschool.org.uk) or call 01677 422419

surname + 1<sup>st</sup> initial @bedalehighschool.org.uk

## A Christmas Carol – Whole School Production

*"Reflect upon your present blessings—of which every man has many—not on your past misfortunes, of which all men have some."*

Congratulations to the Bedale High School company of 'A Christmas Carol 2023' who performed live to packed audiences this week.

The company comprised students from Y7 to 11 and was a veritable feast of creativity, talent and atmospheric charm, combining live music with physical theatre and dramatic imagery on stage.

Once again, Mrs Woodward has chosen a challenging text to stretch the performers and crew - the results are impressive. But equally impressive is the range of students who are involved in pulling this together: from the cast (from leads to ensemble), to the sound, lighting, props and stage management - the whole operation is led by students who aspire to professional levels of care and accuracy.

Director Mrs Woodward said 'their courage, commitment and compassion has been highly evident throughout the entire rehearsal process and what they have created on stage is a phenomenal achievement.'

They are rightly proud of their work, and we celebrate this fantastic performance with them. Thank you to all of the family members and friends of the school who came to watch.





# BHS READING NEWS

December 2023

The deadline  
for the  
Rotary  
Young  
Writer

**YOUNG  
WRITER**  
COMPETITION

Writer competition is fast approaching, so keep those entries coming in! The theme is 'Rebuilding' and you can write either a short story or a poem. **The deadline for entries is 19th December!** See your English teacher or Mrs Cann for more details!



## CHRISTMAS READING GOALS!

As well as aiming to read for at least 15 minutes as many days as you can over the holidays, why not also try:

- Creating your own cosy reading den?
- Reading a seasonal story to someone else?
- Designing Christmas decorations inspired by books and poems you have read this year?

Here  
off.  
push  
on  
hold  
feet  
damp  
stamp  
hands

## 'TOP OF THE HILL' BY SUE HARDY- DAWSON

(READ IT FROM THE  
BOTTOM UP!)

rub numb  
to look below  
bite ears, nose  
to feel the wind  
on house and field  
on the frosted roads  
view the winter woods  
up at the very top of the hill  
that the silence waits there still  
Just me, myself, up, up, I go, to know  
the heavy climb, to the top of the hill.  
Me dragging my sled: how deep the snow, how slow,

What  
to Read

NEXT

## BUMPER RECOMMENDED READS FOR DECEMBER!



Mr Wild recommends 'Scythe' by Neal Shusterman: The first book of a trilogy, it describes a society that is so advanced that humans can effectively live forever. Two teenagers train as apprentice scythes who are tasked with keeping the population under control.

A KS3 student recommends 'Paw House' by Megan Rix: Following the adventures of a boy who goes to stay at his aunt's animal sanctuary, 'It is really good if you like animals!'

A KS3 student highly recommends 'Radio Silence' by Alice Oseman: 'I really liked this book because of the slight mystery at the start. I feel the characters can be relatable at times.'



A KS3 student recommends 'The Iron Raven' by Julie Kagawa: This is another first book in a trilogy! 'It is mainly about my favourite character, Puck, telling you how he and his friends face a new threat that can't be defeated easily and it ends on a really exciting cliffhanger. I highly recommend the whole set!'



## 'SHORTEST DAY' BY SUSAN COOPER

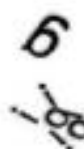
So the Shortest Day came and the year died  
And everywhere down the centuries of the snow-white world  
Came people singing, dancing,  
To drive the dark away.

They lighted candles in the winter trees;  
They hung their homes with evergreen;  
They burned beseeching fires all night long  
To keep the year alive.

And when the new year's sunshine blazed awake  
They shouted, reveling,  
Through all the frosty ages you can hear them  
Echoing behind us - listen!

All the long echoes, sing the same delight,  
This Shortest Day,  
As promise awakens in the sleeping land:  
They carol, feast, give thanks,  
And dearly love their friends,  
And hope for peace.

And so do we, here, now,  
This year and every year.  
Welcome Yule!



# My Big Career: One to One Coaching Sessions

Last Thursday, in collaboration with My Big Career (<https://www.mybigcareer.org/>), about 40 Year Nine students participated in a 20-minute, one to one career-coaching session.

Each student met online with a volunteer Career Coach from a wide range of professions; these volunteers shared their skills and experience, to help raise the aspirations of students, boost their confidence when facing an unfamiliar situation and increase their preparedness for employment.

The students had an opportunity to reflect on potential decisions that they will be making later this year when they choose their GCSE options - and the decisions they will be making in two years' time (when considering post-16 destinations).

Throughout the day, the level of compassion demonstrated by the students was very impressive - and the feedback from My Big Career was extremely positive:

"The volunteers said that they had some great discussions with the students. They were delighted to see how confidently and enthusiastically they participated, and that many of them remember their sessions from last year and had followed up on the actions that were agreed upon in their previous session". - Sophia Westbury, My Big Career.



 **Bedale High School**  
Published by Denise McFarlane · 2 d · 🌐

Join our Christmas Choir! Open to all year groups!

Rehearsals will take place on the following two dates -  
Wednesday 13.12.23 and Monday 18.12.23, 1505-1615 on the main hall. ... See more



**JOIN OUR  
CHRISTMAS  
CHOIR....**

WE WILL BE PERFORMING AT SOME OF THE CARE  
HOMES IN BEDALE THIS DECEMBER AS WELL AS IN THE  
CELEBRATION ASSEMBLIES AT THE END OF TERM.

**REHEARSALS TAKE PLACE ON  
WEDNESDAY 13TH DECEMBER  
MONDAY 18TH DECEMBER  
1505 - 1615  
MAIN HALL**



**OPEN TO ALL YEAR**



## Year 10 Work Experience

A reminder to Yr 10 parents / carers that the Work Experience email, containing the information to download / log-onto the app has now been sent.

All students are required to download this and log-in as soon as possible. Please be aware that it is the student's responsibility to source their own work experience placement, and the deadline for this is Friday 15th December.

Any questions come to Mr Childe  
[childea@bedalehighschool.org.uk](mailto:childea@bedalehighschool.org.uk)



# Alumni Visit

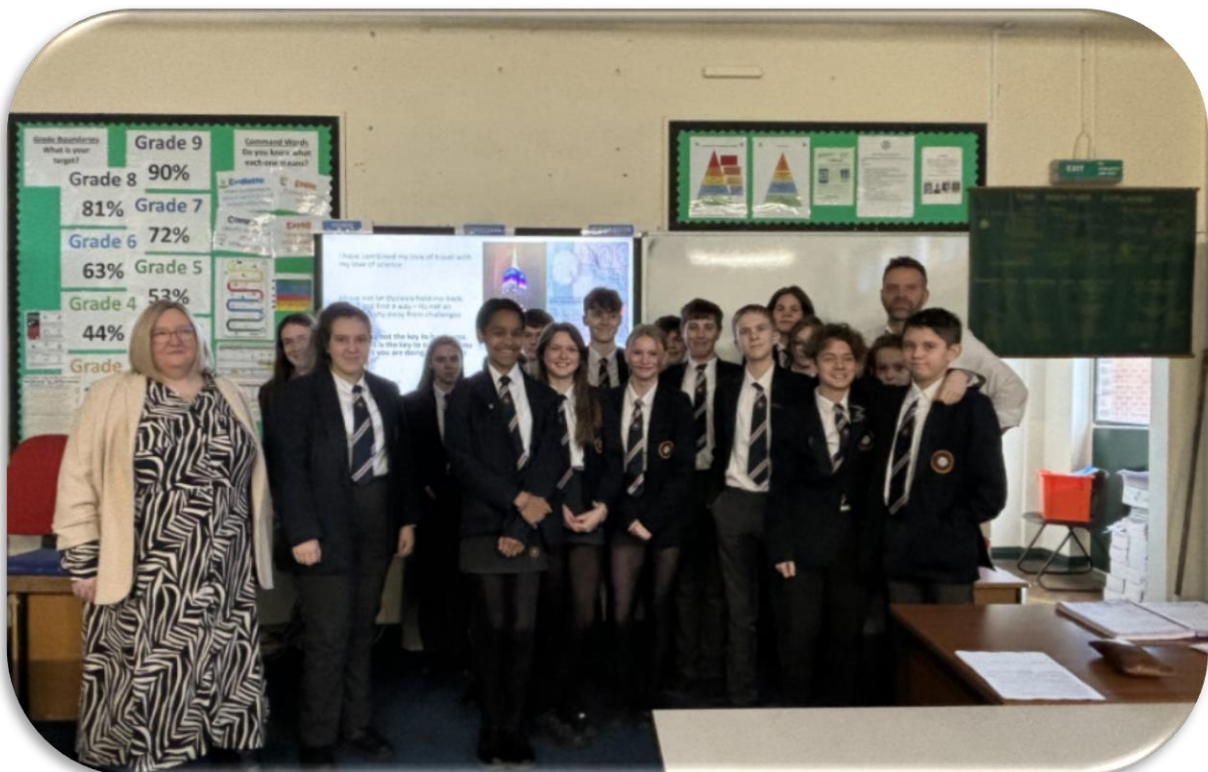
Last week, we were once again delighted to welcome one of our former students, Dr Catherine Mela (née Burton), back into school to deliver a presentation with a group of aspiring Year 9 scientists.

Catherine attended Bedale Highschool from 1984 to 1989 and always enjoyed the science lessons but struggled in writing down all her ideas in class due to dyslexia. Catherine went on to Harrogate college and completed a BTEC National diploma in Science and then a degree in Biochemistry at Salford University. Following some advice from her tutor at Salford, Catherine applied for and was awarded a European Social Fund Scholarship to study an EU Masters degree in Biotechnology. Catherine then went onto work for the civil service at the Institute for Animal Health in Pirbright where she worked on the world eradication programme for Rinderpest (cattle equivalent of measles) this job started Catherine's love of overseas work travel.

Following many shorter-term science jobs as a technician, Catherine was encouraged by her professor to work towards PhD in medicine at Imperial College London, studying treatment strategies in HIV-1 infection. After being awarded her PhD in 2003 Catherine stayed in university research until, 2008 when she moved into Pharmaceutical company research. Having reached an executive director position in AstraZeneca, which was particularly interesting with regards the response to Covid-19, Catherine is now moving back to more laboratory-based research in the near future.

The students found Catherine's story really inspiring having the courage to overcome the barrier of dyslexia to write her thesis; having the commitment and resilience to pursue different jobs that has led her to where she is now, and the compassion to make the right, ethical decisions for her work and her family.

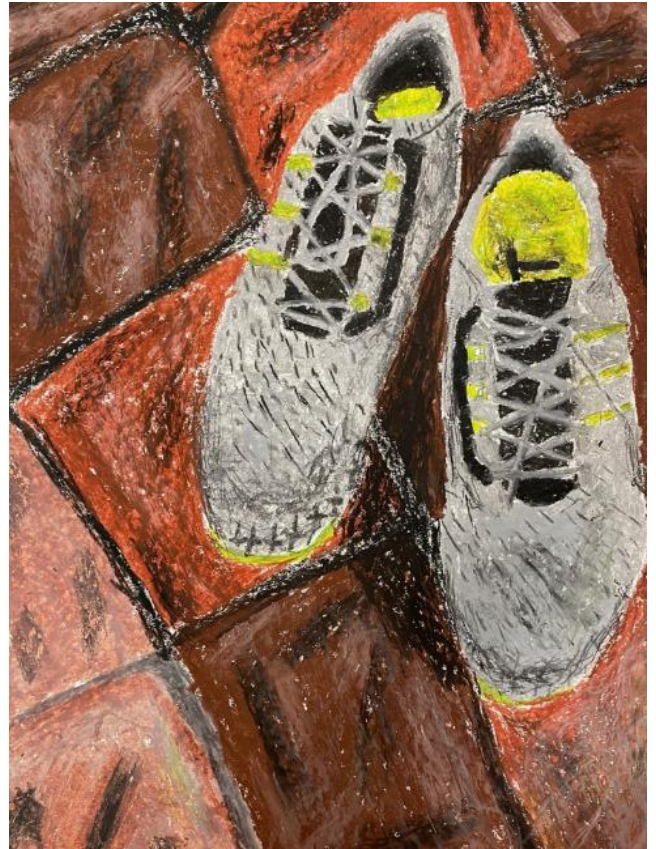
We thank Catherine for taking the time to come into school - and look forward to seeing her again soon!



# Art <sup>work</sup> Week

of the

By  
Jaicob Saunders  
Yr 9



## 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  
[woodle@bedalehighschool.org.uk](mailto:woodle@bedalehighschool.org.uk) to  
express your interest

It's not all about  
serving tea and  
coffee!



OPEN TO ALL  
FROM Y7 - Y11!

## DRAMA CLUB

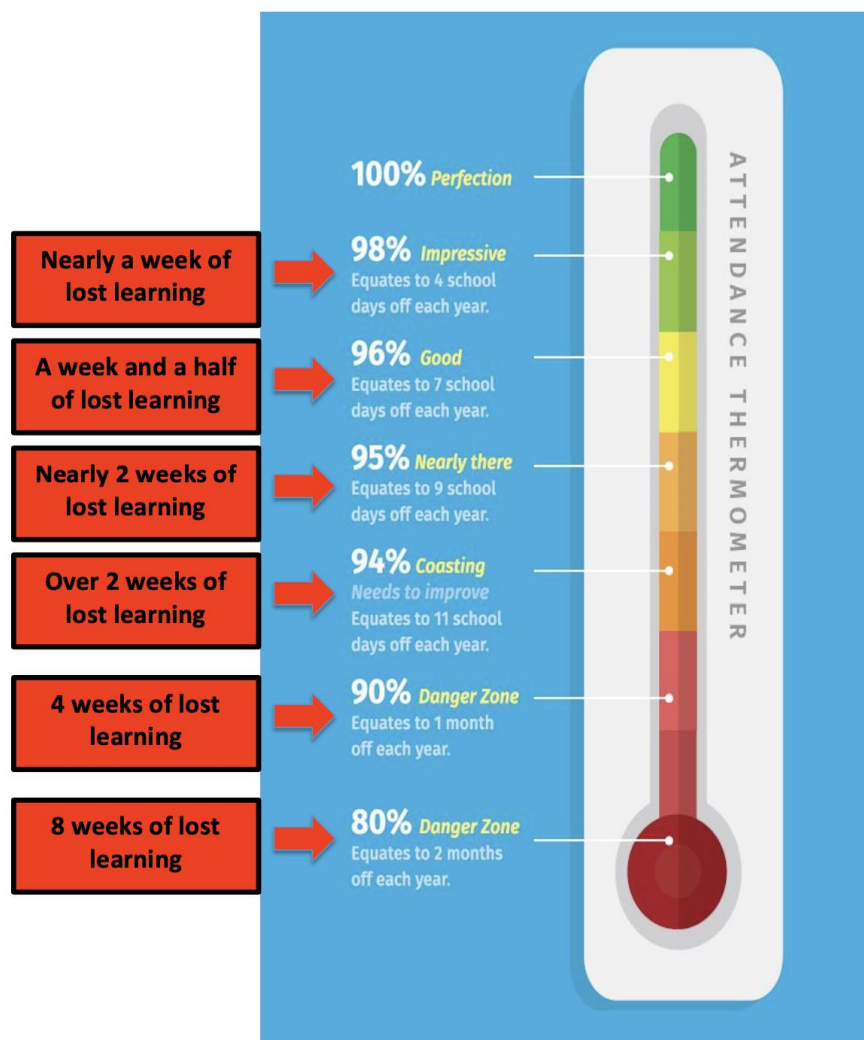


THURSDAY LUNCHTIMES  
AT  
13:30 - 14:00PM  
IN THE DRAMA STUDIO



# 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](mailto: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.



# Cross Country Superstars

**Miss Temple writes:** On Thursday afternoon we took a number of students to the area cross country trials. Students were competing for a place in the Hambleton and Richmondshire Area Cross Country team for the upcoming county championships in January. The rain was torrential all afternoon which made the course very muddy in places, or as some would say, 'it was proper cross country weather'. Despite the rain and the cold, the girls showed real courage and determination and ran really well. A huge well done to Lucy B (Y10) and Hollie J (Y8) who both finished 6th in their races and have qualified to run in the county championships in January.





# What's Coming Up at BHS?

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
7 <sup>th</sup> & 8 <sup>th</sup> December	Production Performances 19.00	Public Audience
11 <sup>th</sup> December	Yr 7 Basketball Rally @ Easingwold	Year 7 Basketball Team
12 <sup>th</sup> December	QE Interviews	Yr 11 QE Applicants
12 <sup>th</sup> December	PPE Results Assembly	Yr 11 students
12 <sup>th</sup> December	Voicebox - Healthy Masculinity Workshops	Yr 10 and Yr 11 boys
14 <sup>th</sup> December	Geography Trip to Leeds	Yr 11 Geography Students (see attached letter)
14 <sup>th</sup> December	QE Session	30 x Year 10 students
15 <sup>th</sup> December	Rewards Event	Eligible Students Yr 7-11
20 <sup>th</sup> December	Reports home to parents	For Year 11 students
22 <sup>nd</sup> December	End of Term Rewards Assemblies	All Students

# 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](http://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](mailto:kellyt@bedalehighschool.org.uk)

Mrs V Clayden

[claydenv@bedalehighschool.org.uk](mailto: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](http://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 .

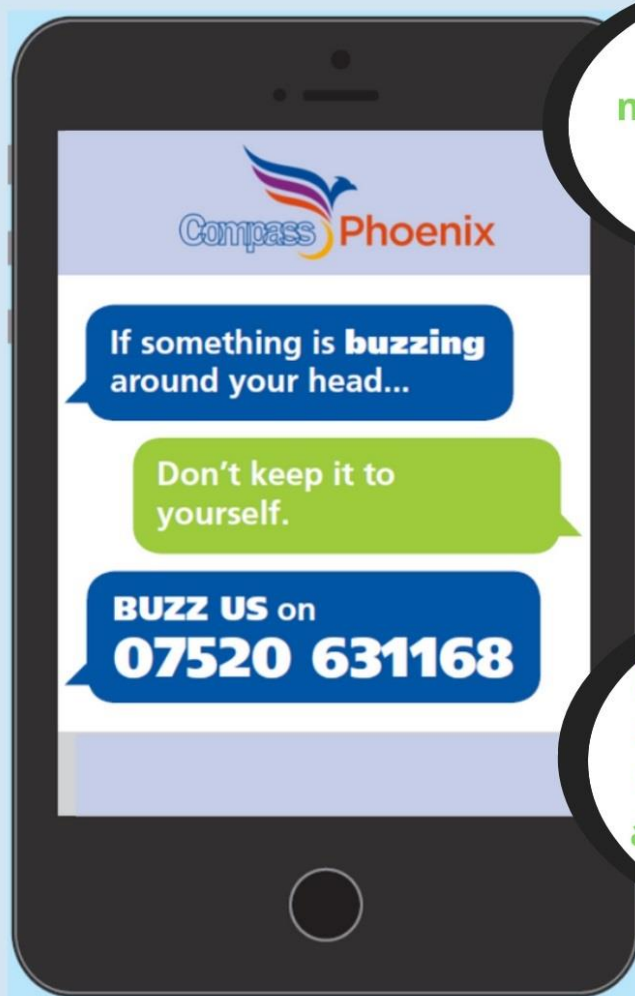


# Compass Buzz Us Service for 11-18s

## ***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.

