

Friday 26th January 2024



# BEDALE HIGH SCHOOL

Courage

Commitment

Compassion

Well done to all of those involved in the Speakers Trust event this week!

Your child's Form Tutor:

Pastoral Support Team:

Miss Bradbury (Head of KS3):

Mrs Clayden (Head of KS4):

SEND & Inclusion Queries (Mrs Clayden):

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)

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

## PSHE Update

All students in school receive an hour of Personal Social Health Education every week in school. In this subject we cover a range of issues, all of which are aimed at helping students gain a wider understanding of key aspects of 'life-management'. This could be how to stay safe online; what we mean by bullying and how to respond to it; how to manage relationships safely and positively; the importance of being inclusive and tolerant of other faiths, backgrounds and beliefs; awareness of the dangers associated with drugs and other risk-taking behaviour - (these are just a few examples).

In addition to the weekly hour, Assistant Headteacher Mr Childe works closely with the Heads of Key Stage and another AHT (Mrs Woodward) to coordinate the content that we cover in form time and assemblies, so that we have a really thorough coverage of the most important topics. A current example is that this week, and going into next week, all year groups will have an assembly delivered by the NHS Wellbeing in Mind Team around the importance of ensuring that our school community remains strong through students taking the time to learn about each other and understand each other.

By learning we can dispel inaccurate or prejudicial beliefs. We are not all going to agree, or even like everybody, but learning and understanding creates tolerance, which improves the environment for everybody in the community.

In the assembly, they presented examples of groups who have been discriminated against historically, using homosexuality as an example to show how the laws and society's views have changed over time. They talked about LGBTQ+ and the wider community, reflecting on the power that we have as a community to ensure that everyone feels welcome and included through our behaviour towards one another. The assembly concluded with reminders about how we can look after ourselves and each other's wellbeing through simple routines and habits.

# Wellbeing for everyone



- There are lots of ways we can help our own wellbeing and the wellbeing of everyone in the school and wider community....
- Think about the language we use – even ‘banter’ can be hurtful
- Include others in your conversations or even just smile and say hello to someone
- If you are unsure about something ask
- If you are worried, concerned, feeling anxious or low talk to someone
- Take time to do things you enjoy
- Spend time with people who make you feel safe and accepted

## Five Ways to Wellbeing



## Five Ways to Wellbeing



**Year 7- Active.** Is there something you like to do which helps you to be active? How could you encourage others to join in?

**Year 8- Give .** Is there anything you can do to give to others? Think about what you can offer? Can you give your time, or your skills to someone?

**Year 9- Keep learning.** We know you're learning everyday in school, but is there anything else you can do to keep learning? Maybe there's something new you've always wanted to try?

**Year 10- Connect.** What can you do to connect with others? What type of activities can you do to achieve this?

**Year 11- Take notice.** This one can be a bit tricky, but is there anything you can take notice of? Consider your surroundings and the people around you...

difference

together

# Speakers Trust

## **Mrs Cann writes:**

On Wednesday, we were lucky enough to welcome back Gareth Jenkins from the Speakers Trust, a specialist in public-speaking who returned to Bedale to train up a new cohort of Year 10 students in the finer points of rhetoric. The day comprised a full-day public-speaking workshop as part of the 'Speak Out' Challenge, culminating in each student having the chance to share a short speech on a topic of their choosing.

The pupils were launched straight into things with an introductory task where we got to hear everyone's favourite moment from Christmas; cue much mention of food and sleep, along with some heart-warming tales of time spent with family.

Next, they broke up into smaller groups to tackle impromptu questioning. The Year 10s really enjoyed this, engaging with meaty topics ranging from whether gambling should be banned through to Barbie and its merits as a toy. Fun though this was, it crucially offered a chance for our students to experience being put on the spot, just as they will in college and job interviews, and encouraged them to structure a logical, developed response, which they often did with astounding thoughtfulness and insight.

The story-telling activity that followed saw students sharing anecdotes that made us wince, laugh, and, at times, moved us close to tears. The compassion I witnessed was humbling and I was again reminded what a fantastic bunch of young people I get to work with each day.

The final task of the day was for each student to plan and deliver a short speech to the whole group on a subject that was important to them. The preparation for this was intense as the Year 10s quickly had to think of ideas, organise them and rehearse them in readiness for the afternoon's presentation.

Once again, the topics were incredibly varied: we heard about camping, mental health, cooking, and even learned how to achieve a strong jawline!

I had the near-impossible job of picking the best speeches. Those students will have the opportunity to progress to an assembly final and the winner will be able to represent Bedale High School at the regional final in the summer term.

As well as building their confidence, the programme helped refine communication skills and offered lots of practical tips for overcoming nerves and creating that all-important great first impression. Under Gareth's expert tutelage, I saw each of the students push themselves well beyond their comfort zone that day, undertaking public-speaking tasks that would make most adults' knees knock! It took great courage for them to try something new and I hope they all are incredibly proud of what they achieved.

## **Mr Kelly writes:**

I would like to add to Mrs Cann's report here as I was fortunate enough to get into the final session of the day and witness two of the presentations. It was brilliant to see some students who you see around school everyday just quietly getting on with things, standing up in front of an audience and speaking with such confidence and passion. They did not shy away from tricky topics and they were both eloquent and articulate. I was so proud of the group and would also like to thank Mrs Cann for her work in leading on this - a really rewarding experience for all of those involved.







# Well Done Caleb!

Well done to Caleb in Year 8 who has been doing really well at his Universal Martial Arts. He only started doing this in July, and has already progressed to a Yellow Belt Senior! The next belt is Gold - we look forward to hearing about his progress towards this one.

## Year 9 Football

### Mr Bielby writes:

The Y9 football team played Richmond on Thursday under the lights on their 4G. It was a good opportunity for some of our students who don't normally play to represent their school. We started brightly and went 1 up through Harrison. BHS defended really well throughout the 1st half and went into the break 1-1. After a very even first half, the 2nd half unfortunately didn't go the same way. We made too many individual errors which led to Richmond scoring. Player of the match Harrison scored his 2nd but sadly we lost.



## Year 10 Basketball

The Bedale High School Y10 basketball team competed in the North Yorkshire championships on Monday. Facing county champions Queen Elizabeth School in the first game, they performed with distinction losing 30-23 with Jadon Wise-Malcolm scoring 19 points assisted by Jacob Howe and Charlotte Ormond with 2 points each. In the second game against Ryedale School, the match went to the wire. It was a ding-dong game that wasn't settled until the last second. Jadon once again led the line scoring 17 points assisted by Jacob Howe (4), Oliver McWhinney (3), Charlotte Ormond (2) and Blaire Webster (2). The final score 29-28 to Ryedale reflected an extremely close game, played to the highest standard of skill and sportsmanship. Finishing 3rd in the county championships was a remarkable achievement for a small school such as Bedale and the visit to McDonalds afterwards was most welcome. Thanks must also go to Martyn Coombs for taking the team and for writing up this report. We also wish Jaydon good luck for his England trials on Sunday which are being held in Manchester.



# NYES Parent Courses

Unlocking SEMH For Parents: <https://nyes.info/Event/214736>

Unlocking ADHD: <https://nyes.info/Event/214707>

Unlocking Autism: <https://nyes.info/Event/218732>

Girls and Autism: <https://nyes.info/Event/220043>

Autism and PDA: <https://nyes.info/Event/220047>

Autism: Selective Mutism: <https://nyes.info/Event/220051>

Identity and Autism: <https://nyes.info/Event/220050>



**Health and Wellbeing Board**  
North Yorkshire



## Have your say on North Yorkshire's Autism Strategy 2024-2027

### Consultation Events

Come to our consultation events to find out more about the draft autism strategy and to tell us about what's important to you.

Your contribution can help shape the future for autistic people in North Yorkshire.

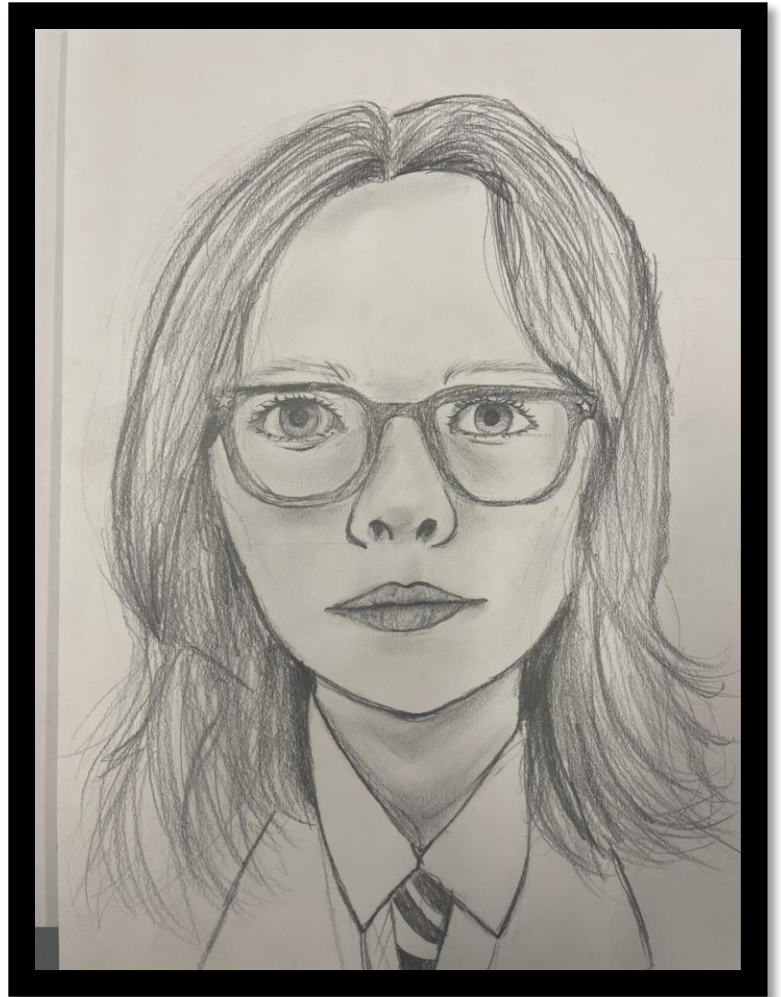
Date	Time	Venue
27th November 2023	11:00—12:00	Online launch event
4th December 2023	13:00—15:00	Skipton Town Hall
18th December 2023	10:00—12:00	Civic Centre, Harrogate
9th January 2024	14:00—16:00	Mercury House, Richmond
13th January 2024	10:00—12:00	Online (Saturday)
1st February 2024	15:00– 17:00	Northallerton Mencap
9 <sup>th</sup> February 2024	10:00 – 12:00	Brayton Community Centre, Selby
12th February 2024	19:00—20:00	Online (Half Term)
28th February 2024	10:00 – 12:00	Friends Meeting House, Malton
7th March 2024	14:00—16:00	Friends Meeting House, Scarborough
15th March 2024	14:00– 16:00	Online

To book a place please contact:

OFFICIAL  
hasservicedevelopment@northyorks.gov.uk or phone 01609 534299.



Check out this  
amazing  
portrait  
created by  
Molly Fairfield  
in Year 7!



## Northallerton Air Cadets

**Notice from Northallerton Air Cadets:** We have always had a good number of Cadets from Northallerton School & 6th Form Collage, Thirsk School & 6th Form College and Bedale High School, a trend we would love to continue.

We will be holding an open evening/intake night on Friday 2nd February at our Squadron Building, Thirsk Road, Northallerton DL6 1PF and we were wondering if you could assist in promoting it on your notice boards and socials.

The evening will commence at 7pm and anyone who attends would need to be accompanied by a parent or guardian. Parents can contact me at this email address if they would like any more information.

The Air Cadets is open to young adults aged at least 12, in Year 8 and above. We promote good citizenship whilst providing development, leadership skills, Duke of Edinburgh Award, 1st Aid, an opportunity to go flying & gliding and much more.

We are also a superb steppingstone for young adults who would like to pursue a career in the military or within aviation or the aviation industry

Thank you so much for any help you can offer us in promoting the Squadron

Kind regards

Mike

Fg Off Mike Donnelly SR (SA) 07 Cadets, SAAI

Squadron Adjutant

2337 (Northallerton) Squadron

Central & East Yorkshire Wing

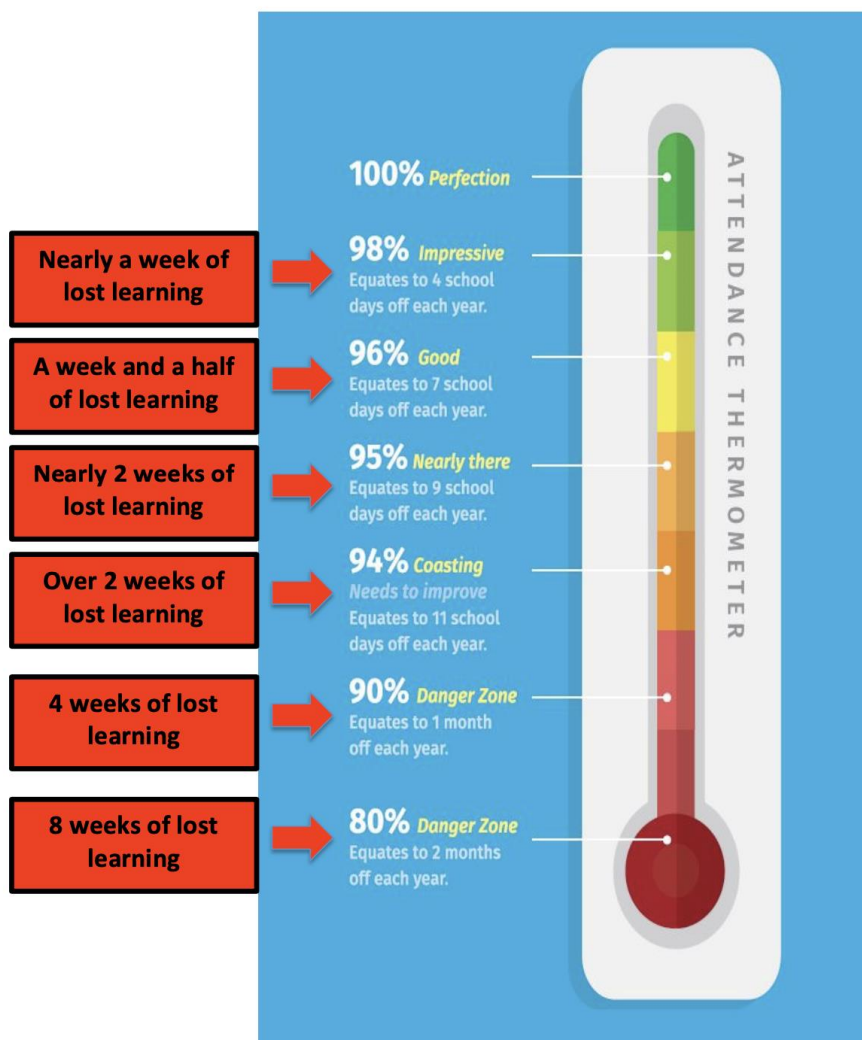
RAF Air Cadets

Mob: 07825776684



# 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.

## Looking for some support with parenting teens?

- <https://thegoto.org.uk/im-a-parent-or-carer/parenting-teenagers/>
- <https://thegoto.org.uk/im-a-parent-or-carer/>

## Upcoming Sports Fixtures

**Thursday 1st February** - Y9 & 10 Boys  
Football (Area Plate) v SFX @BHS  
3.15pm KO (3pm till 5pm).

**Wednesday 21st February** - Y7 & 8 Boys  
Football Friendly v Aysgarth Away 2.30pm  
KO (2pm till 5pm).

**Thursday 29th February** - Y7-10 Boys  
Rugby 7s Festival @ Wensleydale RUFC  
(12pm till 5pm)

**Monday 26th February** - Y7 & 8 Boys  
Football (Area Cup) v Stokesley @BHS  
2.20pm KO (2pm till 4pm)

**Thursday 14th March** - Y7-10 Boys  
Football 7s Competition @BHS (9am-3pm)

## MIDDAY SUPERVISORS NEEDED

If you would like to  
join our friendly team  
of paid lunchtime  
supervision staff –  
please contact

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



RIPON GRAMMAR SCHOOL SIXTH FORM

**OPEN AFTERNOON**

BOARDING TOURS  
AVAILABLE

FOR PROSPECTIVE NEW STUDENTS & FAMILIES

COME AND SEE OUR SIXTH  
FORM IN ACTION  
WEDNESDAY, JANUARY 31  
2PM – 3.45PM

PLEASE EMAIL KARYN FEINGOLD  
AT [FEINGOLDK@RIPONGRAMMAR.COM](mailto:FEINGOLDK@RIPONGRAMMAR.COM) TO  
BOOK YOUR PLACE



# New Session on offer to support



**WELLBEING  
IN MIND TEAM**

**PARENT/CARER SUPPORT  
SESSION ON ANXIETY - 7TH  
FEBRUARY 2024 AT 17.30PM -  
ACCESS VIA MS TEAMS.**

**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 your young  
person.**



## **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.

**To book a place please email;  
[tewv.wimthamandrich@nhs.net](mailto:tewv.wimthamandrich@nhs.net)**



# 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
6 <sup>th</sup> Feb	Trip to QE	Yr 10 Health and Social Care Students
7 <sup>th</sup> Feb	Reports to Parents	For Yr 7 and Yr 8 students
12 <sup>th</sup> – 16 <sup>th</sup> Feb	Half Term	School Closed to all students
19 <sup>th</sup> Feb	Pre-Public Exams (PPEs)	Yr 11 students
21 <sup>st</sup> and 22 <sup>nd</sup> Feb	Geography trip to York	Year 9 students (split across the 2 days)
28 <sup>th</sup> Feb	Parent Evening	Year 7 students and parents/carers
5 <sup>th</sup> March	Careers Day	All year groups

If you would like to share any of your child's achievements with us in the newsletter, please email pics and a brief summary to [admin@bedalehighschool.org.uk](mailto:admin@bedalehighschool.org.uk) . We love to celebrate and share these with them and the wider community

# 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.

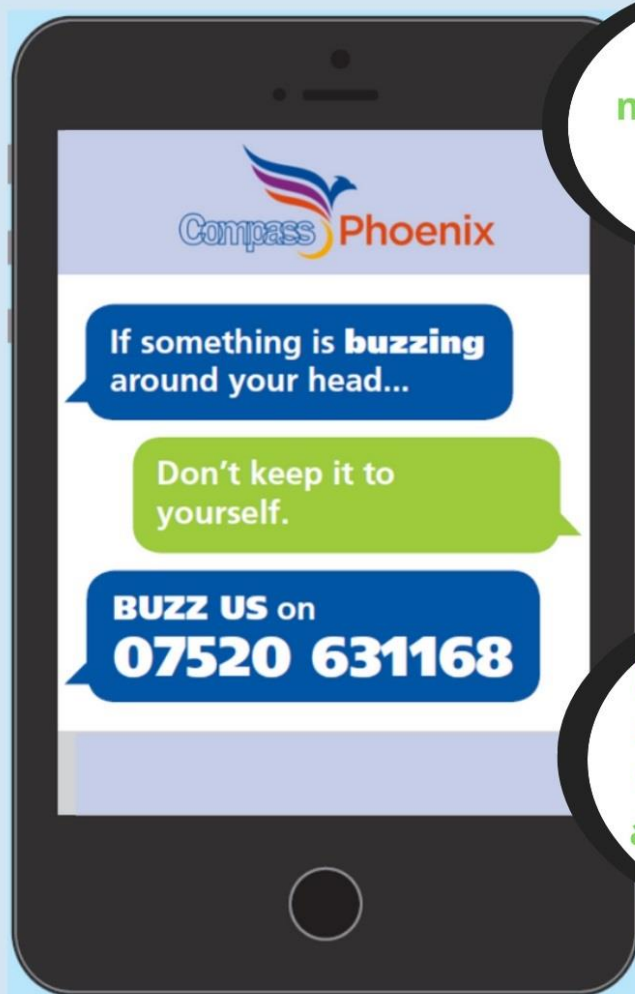


# Compass Buzz Us Service for 11-18s

## ***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.

