

Friday 12th January 2024



BEDALE HIGH SCHOOL

Courage

Commitment

Compassion

On Monday and Tuesday next week Y9 students will complete a brief survey asking them which subjects they might like to take in Key Stage 4. This is NOT the actual options process and decisions can be changed. This survey will just allow us to roughly plan for the likely demand in each subject and help to minimise disappointment when students choose their options on 10th May 2024.

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 + 1st initial @bedalehighschool.org.uk

woodl@bedalehighschool.org.uk

bradburys@bedalehighschool.org.uk

claydenv@bedalehighschool.org.uk

claydenv@bedalehighschool.org.uk

admin@bedalehighschool.org.uk or call 01677 422419

surname + 1st initial @bedalehighschool.org.uk

Welcome to 2024!

When the students returned on Tuesday we had a whole-school assembly on the topic of New Year's Resolutions. This year there seems to have been quite a bit of kick-back in the media around the idea of making resolutions in January. We looked at the origin of this custom (which goes back over 4,000 years to ancient Babylon), and considered why resolutions often drop away after a short time, or why people can actually find them quite dispiriting and demotivating at times.

The conclusion to all of this was basically that while it may be a good idea to look at things you want to do differently at the start of the year, it is important to be fair to yourself, to be realistic and to remember that progress in any area of life is often not straightforward; there will be good days and bad days, ups and downs, but hopefully if we focus on the right things - we will see those areas gradually improve over time.

We also spoke about the difference between going for improvement, as opposed to going for perfection which is what can lead to disappointment or feelings of failure. I asked students to think about how they could involve other key people if they do want to make a resolution: family, parents, friends, - those who can motivate and help them to keep going.

BE COURAGEOUS  BE COMMITTED  BE COMPASSIONATE 

BUT HOW DO WE GIVE OURSELVES THE BEST CHANCE OF STICKING WITH OUR RESOLUTIONS?

- Be fair to yourself
- Give yourself room for mistakes
- Focus on the one/ones that will make the biggest difference
- Plan rewards for sticking with it
- Ask your parents/friends/siblings to support you
- Track your own progress and think of a sensible review date
- Accept improvement over perfection
- Keep it simple – sometimes the small things make the biggest difference
- If people are not noticing – tell them!



BEDALE
HIGH SCHOOL

Safer Internet Day – 6th Feb

In the lead up to this event, I thought it may be useful to share some useful resources and links with parents (these have been shared with us by the North Yorkshire Safeguarding Children Partnership).

Keeping Safe Online - Have the conversation

As the online and digital world is such an integral part of children's lives now, it's important for us to continue to have regular conversations with children about their lives online and staying safe. Not sure where to begin? The UK Safe Internet Centre have some starter suggestions that can help:

- **Ask your children to tell you about the sites they like to visit and what they enjoy doing online.**
What games do you and your friends like to play online? Can you show me the websites you visit the most? Shall we play your favourite game online together?
- **Ask them about how they stay safe online.**
What tips do they have for you, and where did they learn them? What is OK and not OK to share?
- **Ask them if they know where to go for help.**
Where can they go to find the safety advice, privacy settings and how to report or block on the services they use?
- **Think about how you each use the internet.**
What more could you do to use the internet together? Are there activities that you could enjoy together?

How to maintain a Healthy Digital Diet

What is A Digital Diet?

Your digital diet describes what balance of online content you consume. We are conscious of what we physically put into our bodies, we should also be more conscious of what our minds consume every day. Your digital diet is an understanding of the impact that digital consumption has on your mental and physical health, and is the process of ensuring the online content you consume nourishes your body, mind, health, and relationships.

It's becoming increasingly important to be mindful of what content we are consuming online. Is it positive, or negative? What apps are we spending the most time on? Are we using these apps in a way that benefits us?

A balanced physical diet is made up of foods from the different food groups: starchy carbohydrates, fruits and vegetables, protein, dairy, and healthy fats. Each provides the range of vitamins and minerals our bodies need to function efficiently. A balanced digital diet is equally as important for your overall well-being.

Now apply this to your own digital diet, reflect on which apps you use, and categorise them:

Fruits and Vegetables: Health and Well-being apps such as Calm and Headspace.

Protein: Productivity apps such as email and WhatsApp.

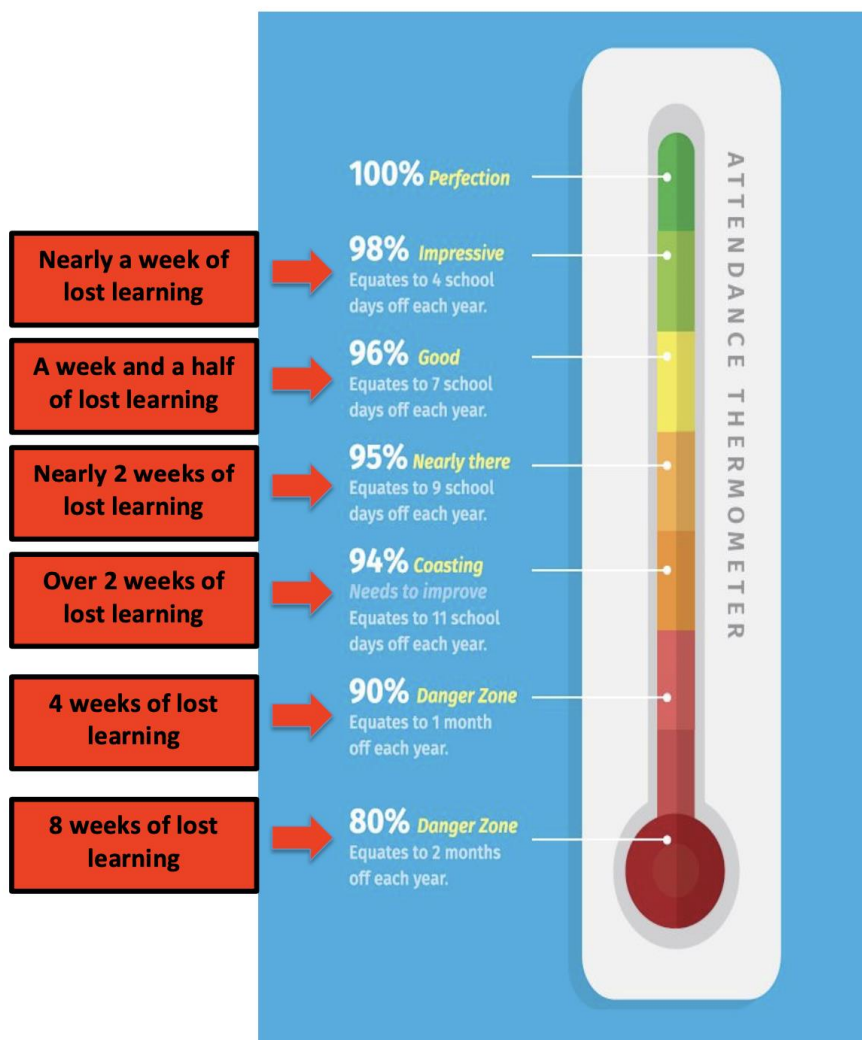
Sweets and Treats: Consumer apps such as TikTok and Facebook.

Carbohydrates: Entertainment apps such as Soundcloud and Netflix, and games.



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.

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/>

Also, at next week's Yr 11 parent evening we will have a stall for the Wellbeing in Mind Team where students and parents can seek further support around dealing with exam stress and pressures to complement the sessions in school for students)



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!



Message from Richmond High School to Year 11 students and parents/carers...

Could you please inform your year 11 students that if they were unable to attend our Open Evening or they have any further questions about our Sixth Form, we are delighted to offer another opportunity for the students and their families to visit our Sixth Form College and have a tour of our fantastic facilities. This will include a 30-minute tour with a member of our Senior Leadership Team and current students. Slots are available at 4:30pm, 5pm and 5:30pm on Monday, 22nd January. If they would like to book a slot they can do by using the following link - Booking form

<https://forms.gle/3cyLVdJyssU5FsAFA>

Post – 16 Opportunity

JLR offer a wide range of rewarding apprenticeships up to Degree level, across our various sites in the West Midlands and Halewood, Merseyside. If your students have an interest in Engineering, Science, Technology and Business and want to earn whilst they learn, we could have a role to suit them.

They'll work on ground-breaking projects, alongside bright minds and become a specialist thanks to fully funded studies.

Real-world experience plus academic recognition in a supportive, inclusive and collaborative environment where they can grow personally and professionally. Getting the best of both worlds means they'll jump ahead of their peers.

[View here](#)

https://www.jaguarlandrovercareers.com/content/Apprentices/?locale=en_GB&utm_source=Springpod&utm_medium=Email&utm_campaign=Apprenticeships+Teacher+eshot&utm_id=JLR+Early+Careers

Our Level 6 Degree Apprentice Programmes open for applications on the 8th January. Our Level 3 Advanced & Level 4 Higher Programmes open on the 31st January, but we are accepting registrations to enable students to get in early.

What can they expect?

A JLR Apprentice can expect all the benefits, training and development opportunities they need to achieve the exceptional.

- A competitive salary and benefits including a generous holiday allowance, a discounted car purchase and lease scheme for you and your family, an excellent pension scheme and access to a wide range of deals and discounts from retailers and sports clubs.
- Hands-on experience on real-life projects in world class facilities

BHS READING NEWS

JANUARY 2024

ORWELL YOUTH PRIZE 2024



With a new year comes a new writing competition!

Open to students from Years 7-13, you are invited to write a piece of non-fiction (1000 word limit) and submit your entry to the Orwell Youth Prize competition. You can submit a first draft (by 1st April) and receive feedback which you could use to improve your writing and submit a final draft by 6th May.

The theme this year is 'HOME'. What does 'home' mean to you? A physical space? A person? A memory? A town? A country? Our planet? A dream? At a time when our idea of home seems under pressure, from the cost-of-living crisis and the housing crisis, to the plight of refugees and the climate crisis, we want you to write about what home means to you.

Excitingly, you can write in any form you like: journalism, letters, even video game design concepts are all welcome!

As well as a cash prize of £50, winners will receive the complete works of George Orwell for themselves and their school!

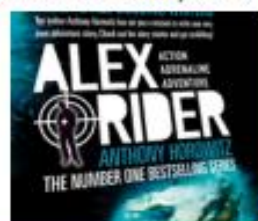
See your English teacher or Mrs Cann for further details!



NATIONAL STORYTELLING WEEK!

National Storytelling Week takes place at the end of January every year and is a celebration of the power of sharing stories. Stories teach us about the world, they allow us to step into someone else's shoes and feel empathy, they help us to relax and escape and they can help develop essential literacy skills.

Why not join in by writing your own story, inspired by the Alex Rider series? You could take part in a gaming-inspired world-building project. Pop into the school library at break or lunch to enjoy a story. Or simply share a story with friends or family at home!



BURNS NIGHT: 25TH JANUARY

I wonder how many of you sang 'Auld Lang Syne' to see in the New Year? Did you know, that poem was written by Robert Burns, a Scottish poet recognised the world over for his work focusing on universal themes of love and nature?

Burns Night is a celebration of the life and poetry of Robert Burns, and takes place on his birthday each year, 25 January. On this day, Burns suppers are celebrated with traditional dishes of haggis and whisky and recitals of his best-loved work.



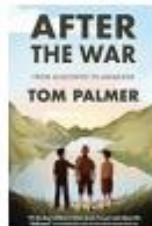
Can you guess which creature Burns is talking to in this poem?!

Wee, sleekit, cow'rin, tim'rous beastie,
O, what a panic's in thy breastie!
Thou need na start awa sae hasty,
Wi' bickering brattle!
I wad be laith to rin an' chase thee,
Wi' murd'ring pattle!

I'm truly sorry man's dominion,
Has broken nature's social union,
An' justifies that ill opinion,
Which makes thee startle
At me, thy poor, earth-born companion,
An' fellow-mortal!

The 27th January marks International Holocaust Remembrance Day, a memorial day when the victims of the Holocaust are commemorated. As well as non-fiction texts, there are many moving novels you can explore:

'Once' by Morris Gleitzman: Set in Poland during WW2, the story is told through the innocent eyes of 10-year-old Felix. He has been living in an orphanage for over 3 years when men in armbands arrive and start burning books. He goes on the run in search of his parents, but soon learns that Poland in 1942 is unsafe for a young Jewish boy.



'After The War' by Tom Palmer: Based on the story of the Windermere Children, this book is set in the summer of 1945. Yossi, Leo and Mordecai are among three hundred children who arrive in the English Lake District. Having survived the horrors of the Nazi concentration camps, they've finally reached a place of safety and peace, where they can hopefully begin to recover. Will life by the beautiful Lake Windermere be enough to bring hope back into all their lives?



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

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.



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/>

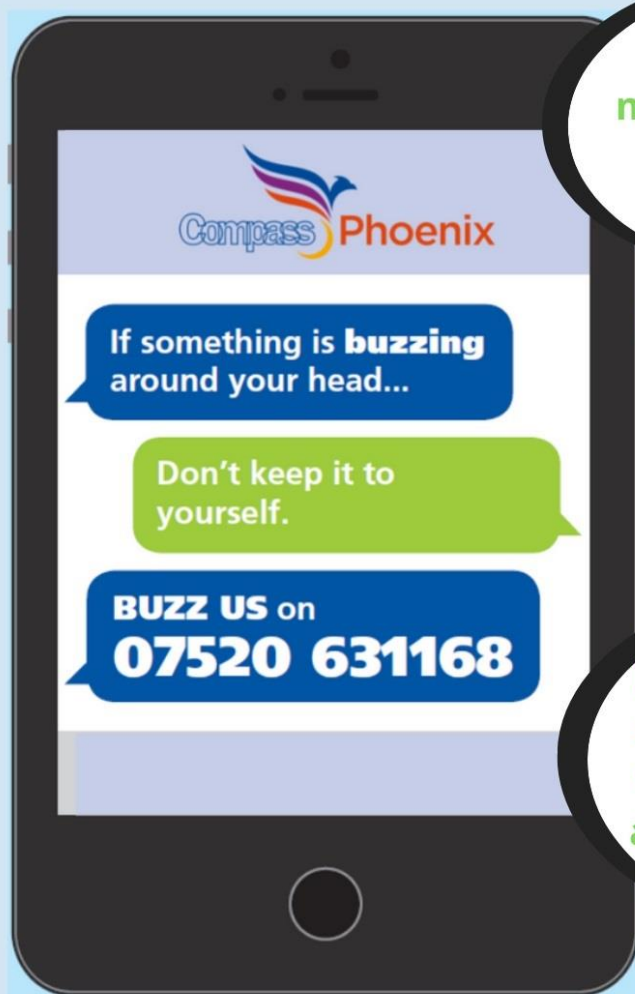
There is further information - including health professionals' referral forms - on NHS North Yorks CCG Website .

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.

