

Friday 19th January 2024



BEDALE HIGH SCHOOL

Courage

Commitment

Compassion

Year 10 Reports going home next Wednesday

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

Year 11 Parent Evening and Support

Thank you to all of the parents, carers and students who attended this event last night. It is lovely to be able to return to the face to face format of parent evening in the wake of the pandemic. I think most of us within the community agree that these meetings are easier and more personal on this level (though we may lose some of the flexibility of the online format). We had an assembly with the year group on Thursday this week to remind them of key deadlines and upcoming events, to speak to them again about what support is available in school, and to offer guidance on lessons learned from previous years.

Essentially, the message at this stage with 63 school days until the first actual GCSE exam is for them to take control. We have so much on offer in school, but it has little impact if the will-power and determination is not there from the students.

I am urging parents again to do all that they can to encourage/support/bribe?! their Yr 11 children into engaging with after-school revision classes and to commit to their own structured revision plans in the lead up to the next set of PPEs (practice exams) which start straight after half-term in 3 school weeks' time. Their aim should be to show steady improvement from the last set of PPEs and to give themselves a confident platform to build on as they go into the final few weeks before the real exams begin.

We know how stressful this time of year can be for Year 11s and their family members - this is why I was so pleased that the Wellbeing in Mind Team were present at last night's parent evening and able to offer further guidance and advice on managing this situation. The next page reminds you of some of the help on offer in school, as shared by Mr Dunne in the assembly.

It's Still Not Too Late...

Friday 10th May 2024 - Biology

- 65** Number of school days remaining
- 41** Number of school days remaining after PPE2 finishes
- 17** Number of school days until PPE2

Monday 19th February 2024 – Maths Paper 1

Making a difference

Engage in form time intervention



More information will follow on Monday, however we will be rotating Y11 forms around subject areas to complete short and sharp revision tasks with each subject area.

This needs you to be on time and ready to focus the moment you enter the classroom

Form time is learning time

How can school help?

18th January – Y11 Parent Evening
8th February – Y11 Targeted Support Evening

After school revision
Self study
Prom passports
Mentoring
Form time intervention

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Support in school

Targeted Year 11 students to have a **meeting** with senior staff to discuss their current attainment and help they may require.

Staff **mentors** to be assigned in the coming weeks.

Passport to Prom

The year 11 Prom is a privilege not a right.
You must earn your place.

You are now only 3 school weeks away from the start of your 2nd round of PPEs and only 13 school weeks away from the first day of the summer exams.

You need to make the most of every single learning opportunity if you are going to achieve great things.

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NHS
Tees, Esk and Wear Valleys
NHS Foundation Trust

Exam Stress Support

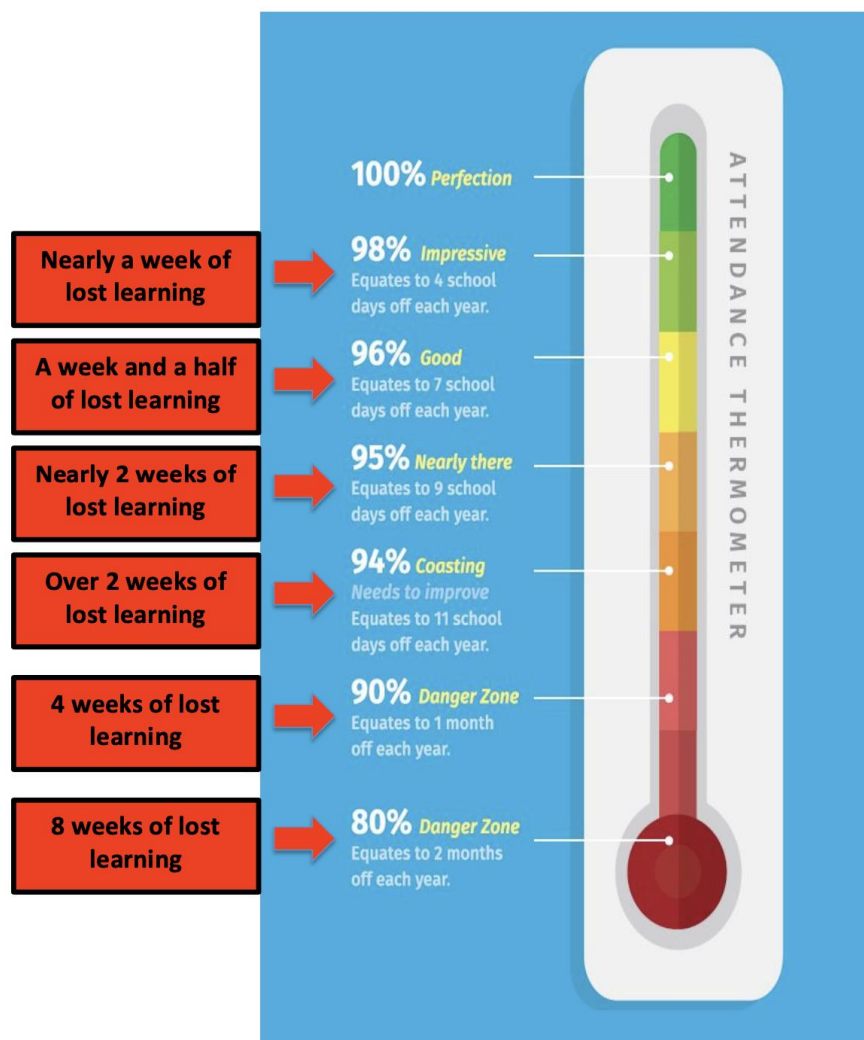
- Are you feeling stressed about your exams? **You are not alone!**
- It's normal to feel stressed- sometimes it's helpful as it keeps us focused and motivated, but sometimes it can impact our daily lives... the good news?! There's lots of things you can do to help.
- The Wellbeing in Mind Team will be at your parents evening- please pop over and say hi! We will be sharing some top tips and tell you more about the Exam Stress Workshop this term.
- The Workshop will be an opportunity to learn some strategies based on CBT to help you to manage stress before, during and after exams.
- You can sign up tonight or speak to your form tutor **ON DAY**.



Workshops will take place on Thursday 1st and 8th February- Lesson 1

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/>

Upcoming Sports Fixtures

Monday 22nd January - Y10 Basketball =
County Rounds held at York College (3pm till
7pm).

Wednesday 24th January - Y9 Boys Football
Friendly v Richmond Away (3pm till 6pm).

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)

Well Done Harry!

Congratulations to Harry in Year 7 for
some fantastic golfing achievements. He
is continuing the recent impressive
success of a number of current and former
students in this sport.

Great work Harry - thanks for sharing this
and we look forward to further news in
the future!



**Are you a young
photographer aged 11+
living in North Yorkshire?**

2025 Calendar Photo Competition "A YEAR IN NORTH YORKSHIRE"

Photos can be taken on any device and need to
represent North Yorkshire.

They can be landscapes, scenery or street photography,
with no people present, landscape format only - we want
to see North Yorkshire at its best throughout the year!

Closing date 31st August 2024



For more information and to enter:
contact Stef on **07398 149496**
or email **stef@nyy.org.uk**

TBCs apply - see www.nyy.org.uk
Please change to looking from London towards North as location



"You are made of Star Stuff"

Stargazing Evening and Public Lecture
with Prof. Dame Jocelyn Bell Burnell

Monday 29 January

17:30-20:00
Stargazing (weather permitting) and Science Exhibition
with the University of York Physics Department, IOP

20:00-21:00
Public Lecture with esteemed guest
Prof. Dame Jocelyn Bell Burnell
titled "You are made of Star Stuff"

Tickets are free of charge
Scan here



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**



Great Work from Adam in Yr 11



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>

A promotional poster for Ripon Grammar School Sixth Form. The top left features the school's crest. The main text reads 'RIPON GRAMMAR SCHOOL SIXTH FORM OPEN AFTERNOON'. Below this, it says 'FOR PROSPECTIVE NEW STUDENTS & FAMILIES COME AND SEE OUR SIXTH FORM IN ACTION WEDNESDAY, JANUARY 31 2PM - 3.45PM'. The background shows a group of students in school uniforms walking through a modern school corridor. In the top right corner, it says 'BOARDING TOURS AVAILABLE'. In the bottom right corner, it says 'PLEASE EMAIL KARYN FEINGOLD AT FEINGOLDK@RIPONGRAMMAR.COM TO BOOK YOUR PLACE'.

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
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/>

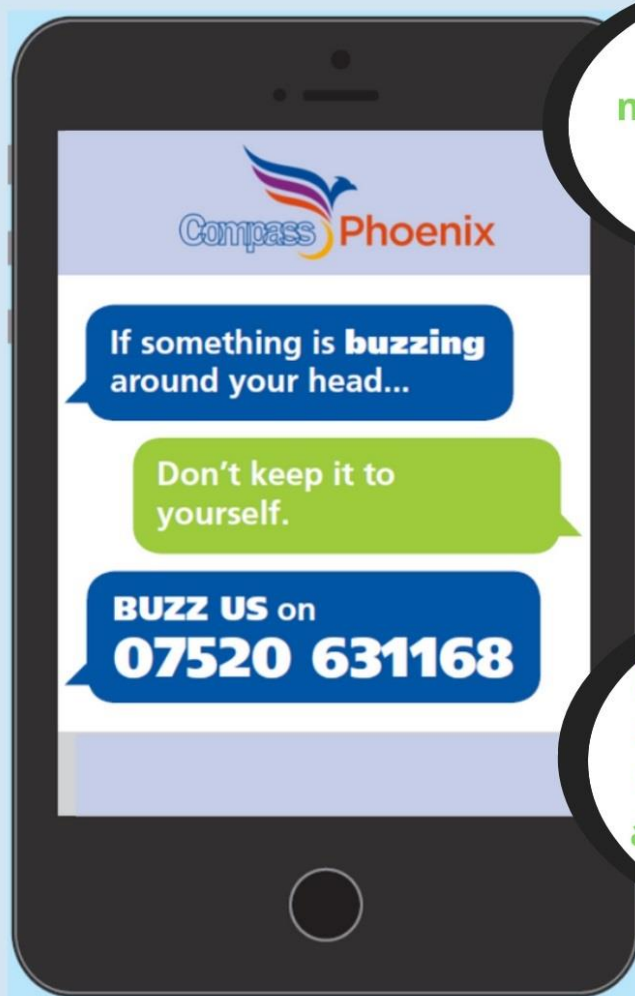
There is further information - including health professionals' referral forms - on NHS North Yorks CCG Website .

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.

