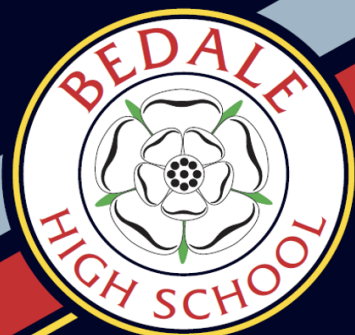


Friday 2nd February 2024



BEDALE HIGH SCHOOL

Courage

Commitment

Compassion

We wish Mrs Robinson all the best for her maternity leave and look forward to hearing further news!

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

Students Making Us Proud!

We are lucky to work in a school like ours, where most of our students are just wonderful day in and day out. But with education facing as many challenges as it does these days (funding, recruitment, post-covid impact, facilities, monster energy bills etc.) we are sometimes guilty of losing sight of just how great our students are.

So it was lovely this week to receive some contact from a local resident who wrote to us about how impressed he is with our students. He commented upon how smartly dressed they are, he referred to how polite they are and also observed that he never sees any of them vaping (a big topic in the media at the moment!).

Now, like all schools, we know that we have some students who do not wear their uniform properly all of the time, and we know that we have some students who can misbehave, and we also know that we have a small number of students who do vape. But it was lovely for someone outside school to take the effort to comment on what should be obvious to all of us, all of the time: that the vast majority of our students are just fantastic people who represent the school so well in their ordinary day-to-day behaviour.

The observations were all the more powerful because this gentleman is a former student of the school and also a former teacher. So he knows how easy it is for the actions of one or two individuals to damage a school's reputation - especially in the small, close-knit community that we serve.

On behalf of our students, and our staff, I would like to thank him and all of the other people in the community who regularly take the time to share positive examples of behaviour that they witness from your children, while they are wearing our uniform. I always share these messages with the staff - they and you have worked so hard in recent years to establish this ethos as the norm - and we should never take it for granted.

Theatre Trip – Open to Students in Yr 7-9



Wicked Theatre Trip - Wednesday 17th April 2024

We are delighted to announce that we have secured 40 tickets to see the fabulous Musical Production of **Wicked** at **Bradford Alhambra Theatre** on **Wednesday 17th April 2024**.

*'When Dorothy famously triumphed over the Wicked Witch of the West, we only ever heard one side of the story. **Gregory Maguire**'s acclaimed 1995 novel, 'Wicked: The Life and Times of the Wicked Witch of the West', re-imagines the Land of Oz, creating a parallel universe to the familiar story written by **L. Frank Baum** and first published as 'The Wonderful Wizard of Oz' in 1900.*

Wicked tells the incredible story of an unlikely but profound friendship between two young women.'

<https://www.youtube.com/watch?v=Svt0UytcAgc>

This production is part of the current **UK Tour of Wicked** and promises to be an amazing opportunity for your son/daughter to experience live theatre at its very best. The performance is a matinee, beginning at **1430** on **Wednesday 17th April 2024**. We will travel to the theatre by coach and the cost of a ticket is **£31.00** which will be payable via **Parent Pay**

This trip is open to all students across years 9 to 11 and as tickets are limited, they will be allocated by a draw.

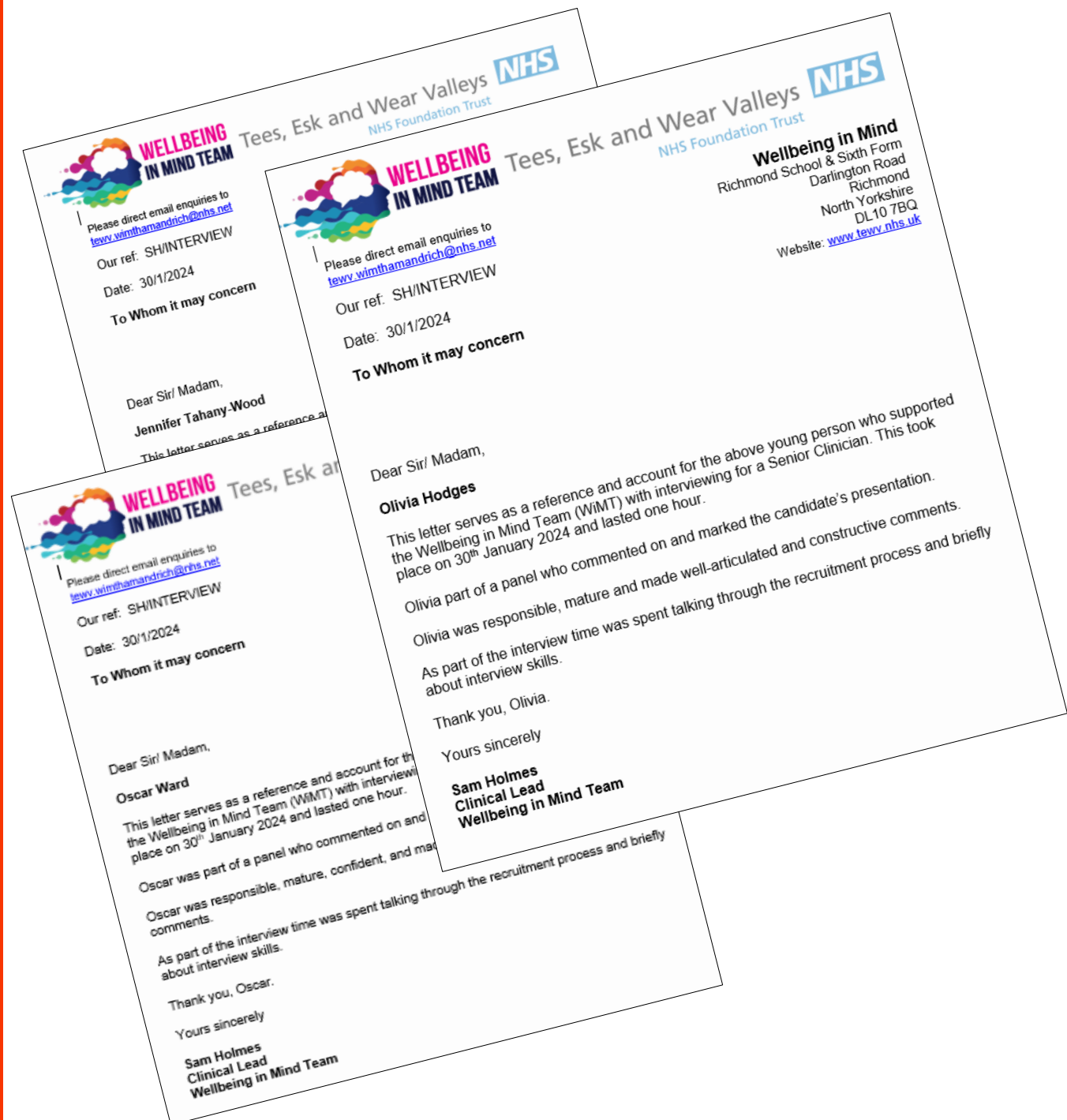
If you would like your child to be considered for a place on this trip, please email woodl@bedalehighschool.org.uk by Friday 9th February 2024

Thanks from the WBiMT to our Student Panel Pros!

Sam Holmes, Clinical Lead for the NHS Wellbeing in Mind Team, has written to me this week to pass on a huge thank-you for the contribution of three BHS students in helping with the interview and recruitment process for appointing a Senior Clinician.

Oscar, Jennifer and Olivia (all in Year 10) formed part of a wider panel of people who gave feedback and marks for the candidates' presentations.

Sam wrote to me saying *'The three students are great role models and representatives for Bedale, I was really impressed with their maturity, confidence and feedback on the presentation panel this afternoon.'*



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.

9 th February 2024	10:00 – 12:00	Brayton Community Centre, Selby
12 th February 2024	19:00—20:00	Online (Half Term)
28 th February 2024	10:00 – 12:00	Friends Meeting House, Malton
7 th March 2024	14:00—16:00	Friends Meeting House, Scarborough
15 th March 2024	14:00– 16:00	Online

To book a place please contact:

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

Please note that we have been collecting Tupperware since September – if it is not claimed by next Friday we will pass it on to local charity shops. Thank You.

Don't miss our

OPEN EVENT

QE
QUEEN ELIZABETH
Sixth Form College



Wednesday 20th March
5.00pm - 7.30pm



See our amazing facilities
Meet our inspirational teachers and students
Discover our exciting range of
A Level and Level 3 courses



www.qeliz.ac.uk

Vane Terrace, Darlington, DL3 7AU
01325 461315 | www.qeliz.ac.uk

Northallerton Air Cadets – **Event Tonight!**

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

Upcoming Sports Fixtures

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)

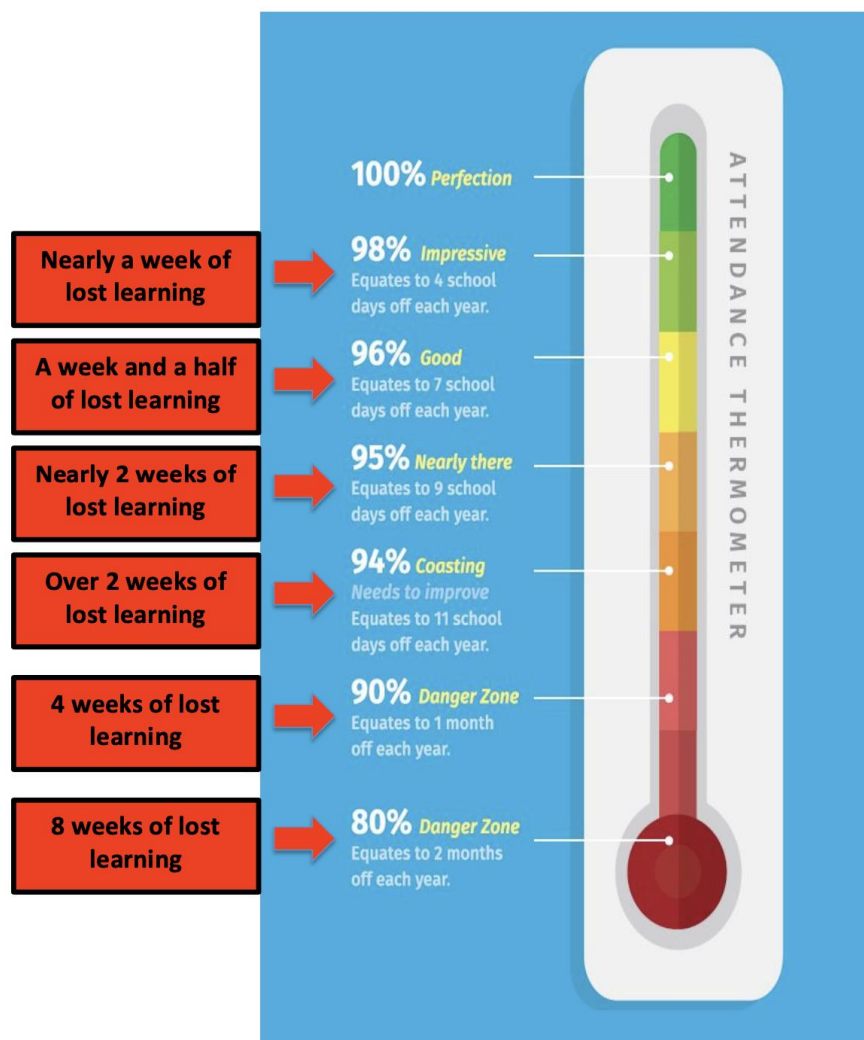
MIDDAY SUPERVISORS NEEDED

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

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

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/>

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**



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 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

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 . 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

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/>

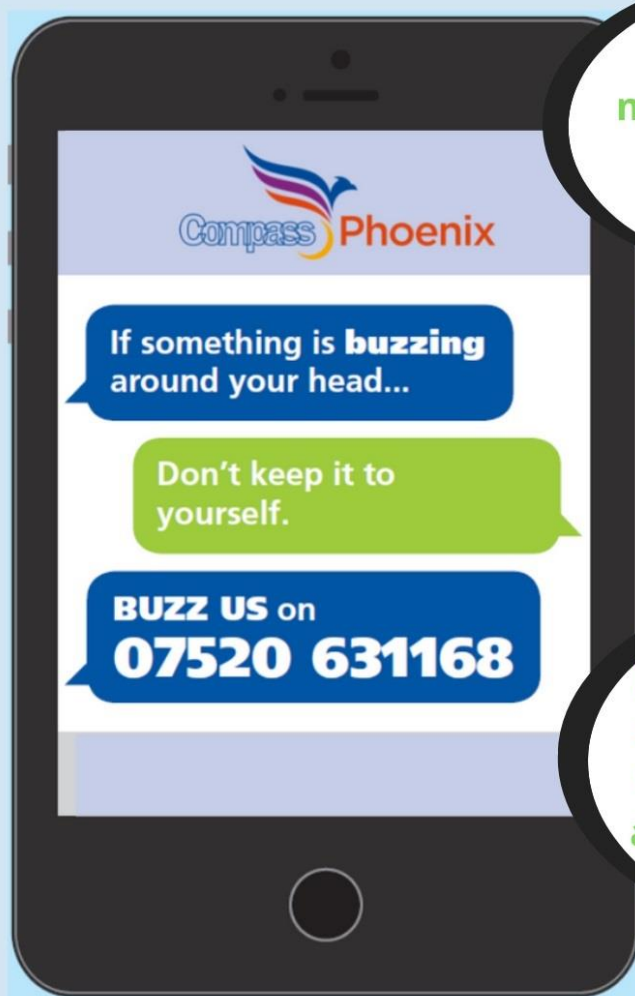
There is further information - including health professionals' referral forms - on NHS North Yorks CCG Website .

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.

