

Friday 15th March 2024



BEDALE HIGH SCHOOL

Courage

Commitment

Compassion

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

Alumni Talk

Mrs Jennison writes:

During PSHE on Friday, Hayley Cooke, from Monk Park Farm came to speak to a group of year 11 students. Hayley gave a talk on her time as a student at BHS, her career history and a description of her current role as a director at Monk Park Farm - a family visitor attraction in Thirsk.

It was interesting to hear how her career had evolved from property letting to Public Relations and Event Management. She even managed to fit in a year back-packing, and have three daughters!

She expressed the importance of students trying their best at school while they have the opportunity, and to aim for the very highest grades they can obtain. Hayley went on to discuss transferable skills that she has used in all her roles and how these skills are developed while studying for GCSEs. Skills such as communication, analysing, team work, time management, target setting and problem solving. They are not just for the classroom, but are applicable to everyday life. It was a very inspirational and motivational talk and we are grateful to Hayley for giving up her time to visit with us.



Worried about Emotionally Based School Avoidance?

- Check out this virtual support session for parents from the Wellbeing In Mind Team

Emotionally Based School Avoidance (EBSA)

Parent/ Carer Support session

9th April 2024 at 17.30pm on MS Teams

Topics Covered:

- To explain what EBSA is, early warnings signs and causes.
- To develop understanding of functional analysis, to identify the functions of EBSA for each young person, and how to carry this out.
- To look at strategies to support the young person.
- To look at resources to involve the young person in the planning around their return to school.

To book a place please email;
tewv.wimthamandrich@nhs.net



English: Poetry from Different Cultures

Ms Furniss writes:

This half term Year 7 have been looking at poetry and texts from different cultures. We have spent the last week completing work using the poem 'Blessing' by Imtiaz Dharker as a stimulus. Attached are 4 examples of acrostics written by Year 7 students. They had to either write about the way they use water, or how water was a 'Blessing' for those people living in the Dharavi slums in Mumbai.

I have attached just 4, but the work of both classes has been outstanding. Well done to all of these students for displaying such commitment to their learning.

Tuesday 12th March 2024
How is water presented as a blessing?

Water is something I use every day
And I don't think much of it
The tap is never ending.
Endless rivers and streams Jessica
Rain falls every day Scarce

The writer makes it sound like Mumbai is a difficult place to live as there is a lack of water. The line 'the skin cracks like a pod' makes me think the people's skins are rough and dry which sounds horrible or painful.
Also, when the poet says there is 'never enough water' I imagine a place that is dry and full of children screaming in pain.

Tuesday 12th March
'Continued K1Q'
Washing machines, sinks, heaters
All these use an item deemed as granted
Turkey, India, Egypt etc
If Thirst Never clear Charlotte
Rain, water such as Blessing. Norman

Today's colour warm

The writer makes it sound like Mumbai is a difficult place to live as there is a lack of water. The line 'the skin cracks like a pod' makes me think that the people's skins are dehydrated & sore. The need to be grateful.

How is water presented as a blessing?

Silent starter Leo Grzybowski

When I get a cup of water.
Always hydrates me.
Times when I need water.
Every sip I take makes me relieved.
Rain, a blessing.

Tuesday 12th March 2024
How is water presented as a blessing?

Water, I use it every day
A drink of water,
That would be gold for people in Mumbai.
Even a cup of clean water
Rarely ever seen in Mumbai Jasmine Lungu.

The writer makes it sound like Mumbai is a difficult place to live as there is a lack of water. The line 'the skin cracks like a pod' makes me think the people's skins are dry & dirty because if their skin cracks it's very dry and I think their skin is dirty because they have no clean water so they can't have a proper bath/shower. Also, when the poet says there is 'never enough water' I imagine a place that is very dry. I think this because

Service Children's Awards

We are delighted to announce our official nominees for the Service Children's Awards which are taking place next month...

Creative Champion - the official nominees are Luke Wagstaff (Y10) and Finley Blair (Y7)

Community Champion - the official nominee is Gracie Mansfield (Y8)

Sporting Champion - the official nominees are Marley Robinson (Y9), Izzy Niblett (Y10) and Lucy Boot (Y10)

Service Children Friendly Club - the official nominee is the BHS Military Students Club!

The Service Children's Awards judging panel will meet on Friday 22nd March and they will notify the selected award winners from each category.

We want all of our nominees to know that we are incredibly proud of their achievements and they will receive a certificate and a small treat nearer the time of the official ceremony in April.



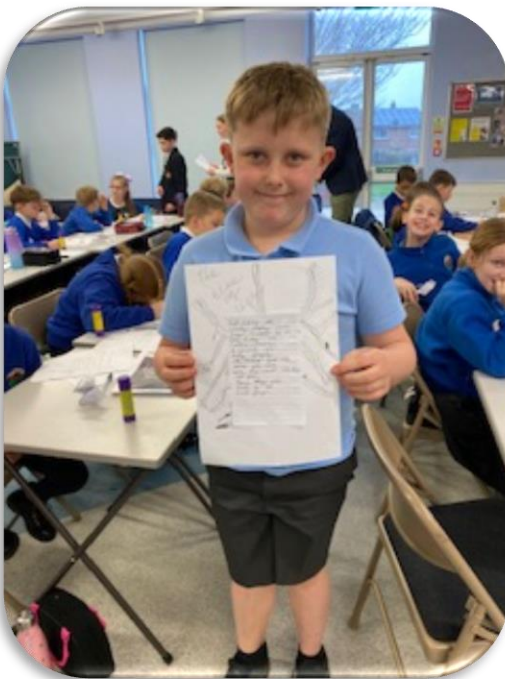
If your child is from a military family,
please encourage them to drop in to
the Military Students' Club on
Wednesday lunchtimes in the Drama
room.

Primary Enrichment Day

This week the BHS English team hosted a Y4 English Enrichment Day with Bedale Primary School. The theme was 'The Forests of the Night' and we explored this theme looking at the language and imagery of poetry through a range of activities: students explored nature using sensory boxes to stimulate their own writing; they created their own interesting 'black-out' poems; we made 'dream catchers' to promote a creative approach to making exciting word/sentence choices. At the end of the session, students were able to write and illustrate their own nature poem and they then shared these with the group.

A huge thank you to our fantastic Ambassadors: Jess Jefferson, Alfie Weigall, Thea Wrightson and Kiera Graham - they were perfect role models.

The staff from BPS and the students said how much they had enjoyed the day and there was very positive engagement throughout. Thank you also to Mr Wild, Mrs Cann and Mrs Noake for all their hard work in organising this and creating the resources.



BHS READING NEWS

MARCH 2024

ANOTHER SPECTACULAR BHS WORLD BOOK DAY!

Every day is a book day at Bedale High School, but that simply meant we were ultra-prepared to celebrate wonderful World Book Day. Staff and students alike got stuck in, celebrating reading and stories in all sorts of ways.

The day began with spotting the stories during form time as well as checking out one another's fabulous World Book Day costumes. As always, our students' creativity was impressive (as was the staff's!)! Mrs Noake also set her fiendishly puzzling quiz, sending students all round the school to discover what members of staff are currently reading.



This year, we also introduced a new wooden spoon design competition. There were spoons of all shapes, sizes and designs, inspired by books as diverse as Lord of the Rings and Captain Underpants!

Costumes and spoons were judged at lunchtime and it was a fierce race to be the first to return their book quiz! All winners walked away with an Easter egg (and everyone who took part also scored a mini chocolate treat!).

And, for the first time, we were able to give students a special choice this year: they could receive a £1 book token which can be exchanged for one of the exclusive WBD books, or can be used for a £1 discount off any book OR they could pre-order one of the exclusive WBD books. 250 of our students chose a book, so the school library was buzzing at break and lunchtime with students picking up their books or tokens.

HAPPY READING EVERYONE!



ORWELL YOUTH PRIZE 2024

Keep working on your entry for the Orwell Youth Prize!

The theme is 'home' and you can write in any form you like: you might even want to use the video game design concept from your Careers Day English lesson! As well as a cash prize of £50, winners will receive the complete works of George Orwell for themselves and their school! Submit your (optional) first drafts online at www.orwellfoundation.com by 1st April; final drafts must be submitted by 6th May. Good luck!



A Year 10 student recommends: 'Loveless' by Alice Oseman. Oseman's fourth novel follows Georgia who has never been in love, never kissed anyone, never even had a crush - but as she starts university in a whole new town far from home, Georgia's ready to find romance. But when her romance plan wreaks havoc amongst her friends, Georgia ends up in her own comedy of errors, and she starts to question why love seems so easy for other people but not for her. With new terms thrown at her - asexual, aromantic - Georgia is more uncertain about her feelings than ever. Is she destined to remain loveless? Or has she been looking for the wrong thing all along?



Mrs Cann recommends: 'Rooftoppers' by Katherine Rundell. Set in the Victorian period, 'Rooftoppers' is about a girl called Sophie who was found floating in an empty cello case after a shipwreck. Growing up with her guardian, Charles, Sophie is convinced that her mother is still alive and sets out to find her. Sophie's search takes her to the rooftops of Paris where she learns about identity, hope and courage. I have been looking forward to reading this for some time, and the characters and adventure have not disappointed!



**Every minute
of time you
donate makes
a difference.**

Volunteers keep Age UK shops running and raising money to support older people.

AgeUK in Bedale is seeking new volunteers who might be interested in volunteering and joining a well-established team. They are in need of help on Thursday morning and a Thursday afternoon and also a Saturday morning. Contact Margaret Bell: 01677 425650

If your child feels ill during the school day, please remind them to report to reception. They should not be contacting parents direct to collect them. Such absences are unauthorised. If they are too ill to remain in school, we will contact you to collect them.
Thank You.




Service Children's Community Choir
Open to all children age 6-16 years old
£1.50 per session
Rehearsals held at Le Cateau School Hall every Tuesday evening 6-7.30pm
Join us for a free taster session or visit our website
servicechildrenscommunitychoir.co.uk
for further information and to join our choir!

Contact servicechildrenscommunitychoir@gmail.com

Looking to earn a little extra?

Spare time over lunchtimes?

If you would like to join our paid midday supervision team and take the chance to get to know our wonderful students, please email admin@bedalehighschool.org.uk or call 01677 422419 for further details.

An opportunity for our
students from Military
Families

Creative Poetry Workshops

Monday 18th March 2024

Open to students in Y7 - 10

‘CONVERSATIONS IN CONFLICT’

Facilitated by the charity,
Never Such Innocence





Tees, Esk and Wear Valleys
NHS Foundation Trust

Supporting your child with exam stress

A parent and carer information webinar around supporting your child in managing their stress around exams. We will be covering unhelpful thinking styles, stress-relieving strategies, tips to create a healthy study-life balance and signposting.

Date

Thursday 11th April 2024: 6-7pm

Location

Online

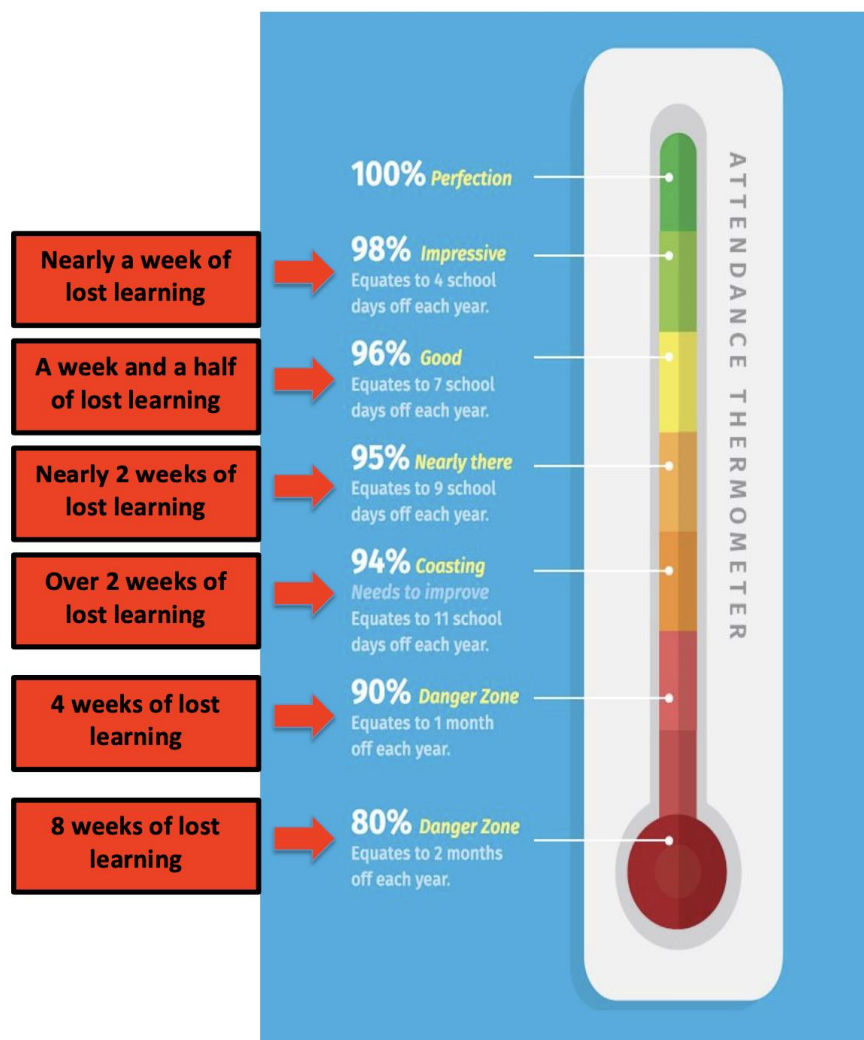
Further information

Please email teww.wellbeinginmind@nhs.net to register your interest and to receive your session link.

Wellbeing in Mind Team – We are a team of NHS staff working with school staff providing advice, support and training on wellbeing issues as well as forming a link between the school and other services supporting young people. This work includes direct support for young people experiencing mild to moderate mental health such as anxiety and low mood. Support to utilise online resources and develop skills as well as classroom-based educational sessions in conjunction with the school's pastoral team to improve knowledge and understanding about wellbeing.

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/>

Missing SCHOOL

=

Missing OUT



#ATTENDANCEMATTERS

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
15 th March	Red Nose Day	All students (non-uniform day)
20 th March	Reports to Parents	Yr 11s
20 th - 24 th March	Iceland Trip	Yr 10 and Yr 11s
22 nd March	End of Term Rewards Assemblies	All Students
23 rd March - 7 th April	Easter Holidays	School closed to all students
8 th April	Staff Training Day	School closed to all students
9 th April	School Opens	All students return

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/>

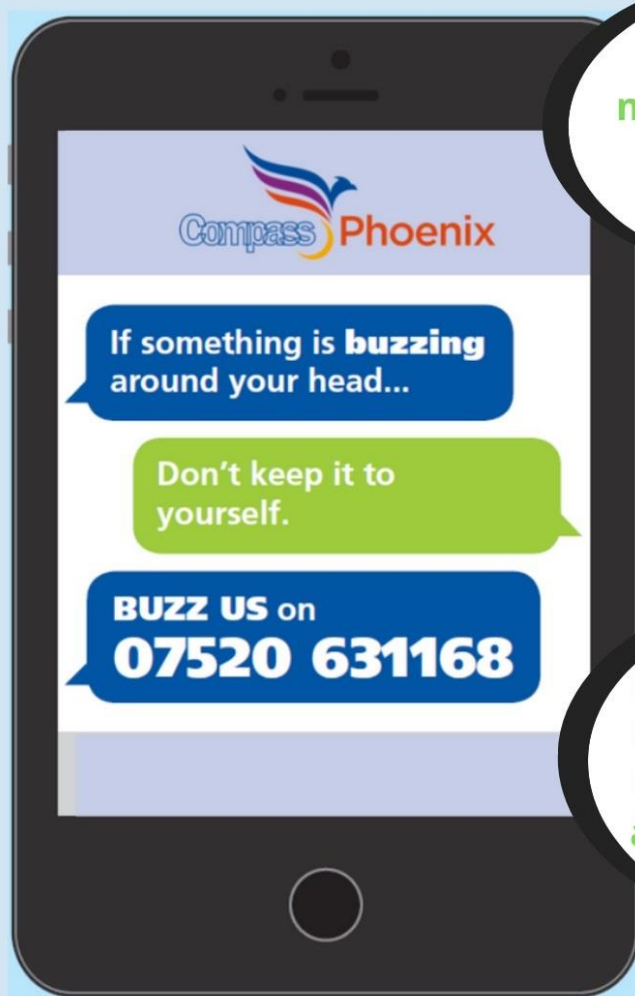
There is further information - including health professionals' referral forms - on NHS North Yorks CCG Website .

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.

