

Friday 22ND 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

Year 7 Geography Fieldtrips to the Holderness Coastline

Mr Childe writes:

Recently, all of our Year 7 students went on a Geography fieldtrip to the Holderness coastline for a day. This fieldtrip brought to life much of the work done during their most recent topic, 'Dynamic Landscapes'. Our first study site was Flamborough Head, where the students visited a seal colony at High Stacks before walking from Selwicks Bay to North Landing. The students were able to witness first-hand many of the coastal landforms that they had been learning about in lessons, such as sea stacks, arches, caves, beaches and wave-cut platforms.

Following a short coach ride to Bridlington, the students had the opportunity to visit Bridlington Harbour and South Beach, where they could see how hard engineering had protected the town and maintained the beaches either side of the harbour.

Our final stop was Skipsea, where students literally reached the end of the road! It was really powerful to see first-hand the devastating effects of coastal erosion along one of the fastest-eroding coastlines in Europe.

All three sites helped students to understand how physical process can shape the coastal landscape - and why some parts of our coastline are more vulnerable to the impacts of erosion than others.

Throughout each day, the students demonstrated high levels of commitment and courage - and are thanked for being fantastic ambassadors for Bedale High School!

Thanks also to Ms Stubbins, Miss Smith, Ms Thiara and Mr Firman who accompanied the students on these trips.





School managed to raise a grand total of £411.37 for Red Nose Day. We received the letter below in acknowledgement

Hi Mr Childe,

Oh my goodness. Thank you!

What an incredible day – you and your fellow schools, nurseries and childminders across the country were simply **AMAZING!** We have been overjoyed to hear the stories you've shared and see how you've all had so much fun. Whether you've rebelled, baked, sung, danced, run, dressed up, dressed down, or any of the other hundreds of ways people have got involved, **I hope you had the best time.**

Thank you so much for doing something funny for money this Red Nose Day. We're thrilled to have had your support. The money you have raised will do amazing things to help people in local communities across the UK and around the world.

Thank you for being truly amazing,
Claire and the Red Nose Day team

BEDALE TENNIS CLUB
JUNIOR COACHING
£7 per session
Tuesday Evening Sessions
(April 9th - 21st May)
5pm-6pm - ages 6-8 years
6pm-7pm - ages 9+

Visit the Bedale Tennis Club clubspark website for an application form and to register your child on the programme:
<https://clubspark.lta.org.uk/bedaletennisclub>

SPRING FAMILY FUN!
helmsley artscentre
FAMILY THEATRE
HOGLETS THEATRE PRESENTS
A MIDSUMMER NIGHT'S MISCHIEF
A children's play based on William Shakespeare
30 MAR
IT'S KICKING OFF IN THE FOREST!
PICK A SIDE
WORKSHOPS
Explore the Art of Illustration
25 - 28 MAR
helmsleyarts.co.uk | 01439 771700

Art News

Some Year 9 outcomes from this term. Students explored trainer design, abstract art and repeat pattern in this project. Here are some of their really thorough, precise final pieces.



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: Persuasive Writing

Ms Furniss writes:

My Yr 9 have done some work on using DAFOREST devices and techniques in their work. They then went on to write about an issue they felt strongly about. Here you can see some work from: Joe Anderson, Annabel Luker, Arthur Percival, Megan Dewhurst, Ed Robson and Hollie-Mae Barraclough.

Don't get me started on a stupid thing... Slow walkers. Who can actually stand them? They're the most annoying, aggravating, angering people ever! Normal people like you and me walk faster than 1 mile per hour. Most people I know would completely agree with me. Makes me RAGE! I hate if I have somewhere to be I could be there in 3 minutes, but if I'm stuck to a 30 year old woman walking she's 90!, it'll take me 30 years. I have time for that. Annabelle

Don't get me started on those disgusting individuals who chew with their mouths wide open for the whole world to see their vile, disgusting mushed up mess inside their gob. There is definitely nothing in this world that infuriates me more than sitting on a table across from revolting, repellent and repulsive individuals who think it's okay to sit with chewed mess spilling out of their mouth. Undoubtedly these people are just like you and me.

Don't get me started on the subject of petty boys, surely they are the most pathetic, pitiable, pathetic things on this planet. These silly excuse of males are the most revolting creatures to walk earth. The way they think is funny to bully innocent girls for no reason is disgusting. Do you know how it feels to be bullied and made to feel insecure? Just imagine hindering your business and then to get picked picked-on for your looks or how you dress. The jeering, name calling and abuse is not only irritating, it's cruel, engaging and ignorant. In an ideal world boys could have a bit more decency and treat females with respect. Another thing is that it is certainly not an attractive look to be a petty male. Anyways that's my opinion. What about you?

Don't get me started on my pet peeve, arrogant people interrupting you. This irritating ignorant and idiotic practice is incredibly disrespectful and makes my blood boil. Just imagine, you are talking about something that you care about, you're passionate about and some condescending, inconsiderate and insensitive person interrupts you and changes the subject. Then when the conversation circles back you forget what to say. Has that ever happened to you? Whenever I talk with one of these thoughtless, mindless people it feels like a constant barrier to be able to speak. Surely you and any other right minded people will agree with me when I say that this selfish act has no place in our society, right?

'DO NOT'!

Get me started on my pet peeve: Referees. They are just ludicrous - lazy and loathed by all - they only come down to blow their whistle and get their tanna and bag of back home. Say we are on the attack and the opposition defender absolutely hurls the ball, (the tackle was horrific) then over comes the ref, plodding his way too and whistle in hand. Then the referee decides to call a drop ball! This guy doesn't even know what he's doing does he? He's about 12 - no job and runs about for 90 minutes just to buy a vape or a mc Donalds. And this is why I don't like referees.

Joe.A



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

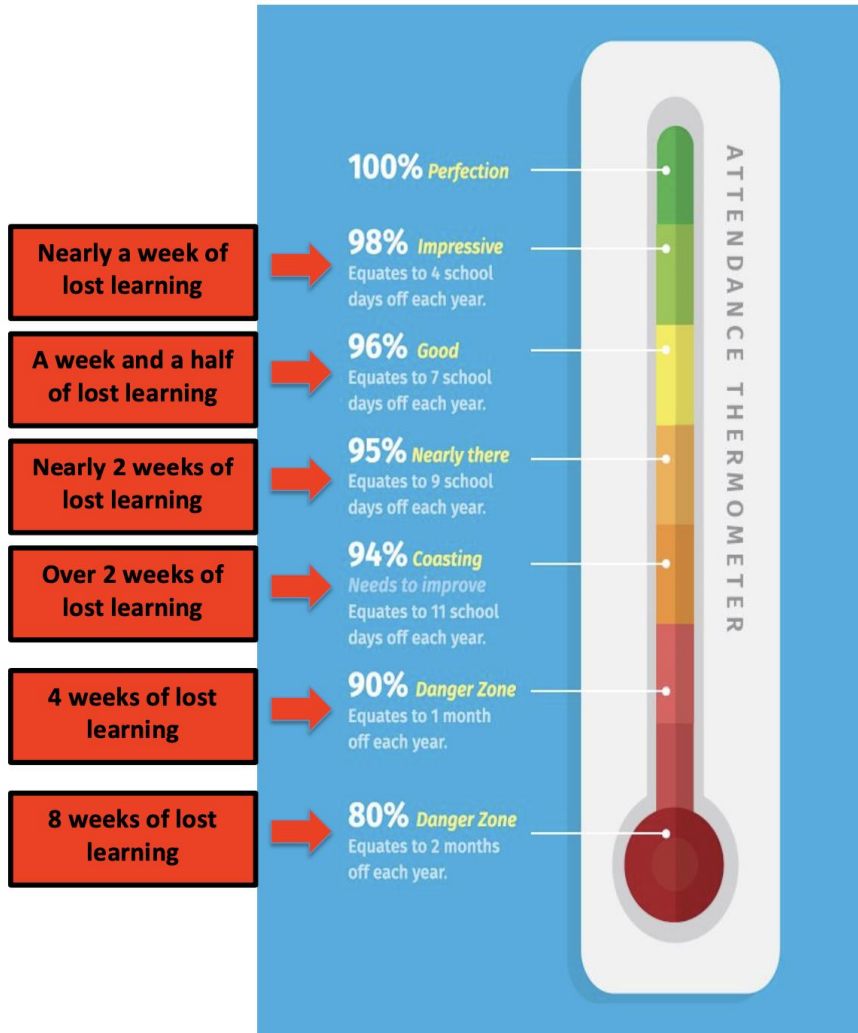
Further information

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/>

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
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.

