

Friday 12th April 2024



BEDALE HIGH SCHOOL

Please see attached info re Y9 Options

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

Incredible Iceland!

Mr Childe writes:

Between Wednesday 20th and Sunday 24th March, 40 of our Year 10 and 11 GCSE Geography students went on the trip of a lifetime to Iceland, to sample some of its amazing geographical delights that it has to offer....

Following the flight from Manchester airport to Keflavik International Airport and clearing customs and immigration, the students were greeted by a torrential hailstorm (not on the itinerary!) and went on a tour of the Reykjanes Peninsula. We drove past the stunning lava fields and crater rows to the Bridge between Continents, a 15-metre footbridge spanning a fissure between Eurasian and North American tectonic plates where students could witness first-hand the effects of continental drift. Then, following a walk amongst mud pools and steam vents at Gunnhver, we went to Perlan - an interactive exhibition centre located in Reykjavik; here, students were able to experience what it is to be inside an ice cave and a presentation about the Northern Lights in the planetarium. Day 1 culminated in dinner at the Hamburger Factory for some not-so Icelandic cuisine.

Following snowfall during the night, Day 2 began with a visit to the Hellisheidi Geothermal Power Station, the world's sixth largest geothermal power plant just east of the capital. This is one of the 'case-studies' that students cover as part of their GCSE course - and it really made a difference seeing the place first-hand rather than in the lesson! After this visit, the students participated in a glacier walk on the frozen glacier tongue of Solheimajokull - a wonderland of ice sculptures and deep crevasses (which is sadly retreating every year); our guide taught the students how to use basic ice equipment, crampons and ice axes - but this still did not prepare us for the brutal Icelandic wind and rain that met our journey off the glacier. The final stop of the day was the black volcanic beach at Reynisfjara to see magnificent basalt cliffs and caves. The beach was on 'red alert' due to the increased wave hazard caused by the strong winds, so after a few photos and selfies, the students took advantage of the warm Black Beach Café (and its excellent hot chocolate, cake and chips!).

Another action-packed day (Day 3) saw the students observing lava close-up (at the Lava Show) and climbing Skógafoss - one of the most impressive waterfalls in Iceland, with a wide, thundering curtain of water 60m high. After a photo-shoot with an Arctic Fox, we headed east again, past Eyjafjallajökull (the volcano that erupted in 2010, causing the huge ash cloud) to the Secret Lagoon for some self-care. The Secret Lagoon is the oldest swimming pool in Iceland. It was made in 1891 at Hverahólmi, a geothermal area near Flúðir. Students relaxed in the rich natural resources of the warm water coming from hot springs. Finally, we visited another breathtaking waterfall, Seljalandsfoss, where a surprisingly large number of students were brave enough to walk behind the waterfall for a soaking!

Day 4 was the day of the 'Golden Circle' - most famous of all scenic routes in Iceland which combined stunning landmarks of Gullfoss and Geysir and the historically significant Þingvellir (Thingvellir), this national park is where Iceland's parliament was established in 930AD. Following this sightseeing tour, we went caving at Raufarholshellir - one of the largest and longest lava tunnels in Iceland, which allowed students to see the inner workings of a lava tube. The day ended in style with a visit to the Sky Lagoon; here, the students were able to relax and rejuvenate in the geothermally-heated pool which had a 70-metre-long edge with panoramic views out to the Atlantic Ocean. Just when we thought the trip couldn't get any better, we were treated with an spectacular showing of the Northern Lights in the skies above Reykjavik - and then, in the early hours of Day 5, a sight of lava spewing into the night's sky from the erupting volcano!

My thanks to Mrs Faint, Ms Stubbins and Mrs Wilson for supporting myself on this trip - but most of all, many thanks to the wonderful students who made this the best trip to Iceland, ever!







Year 9 Options

We have now started the Options process which is when Year 9 students make their choices for which subjects they will choose to study in their final two years at school. Last night, Mr Dunne and Miss Bradbury delivered an online briefing with Y9 parents to launch this process. Options booklets have been sent home with students today and subject choices need to be made by **Friday 26th April**. Please help your child to carefully consider the most appropriate subjects for them in KS4 and use the information provided today to assist with this. It is vital that they choose subjects for the right reasons.


The PowerPoint slides from the briefing are being sent out with this newsletter, and the recording of the presentation has been shared with Y9 parents over email, so that those who could not attend can still access the information. Key dates shown below:

BE COURAGEOUS  **BE COMMITTED**  **BE COMPASSIONATE**

Year 9 – KS4 Options 2024

Thursday 11 th April	Online options briefing with Mr Dunne and Miss Bradbury at 5.30pm
Friday 12 th April	Options booklets and academic data handed to students to discuss with parents.
Week beginning 15 th April	Subject assemblies throughout the week.
Friday 19 th April	Options form goes live for making choices via Bromcom
Wednesday 24 th April	Y9 Parent Evening
Friday 26 th April	Options deadline – forms to be completed online via shared Bromcom Form.

Year 9 KS4 Options Booklet 2024



BE COURAGEOUS **BE COMMITTED** **BE COMPASSIONATE**

Future Lioness Success

Miss Temple writes:

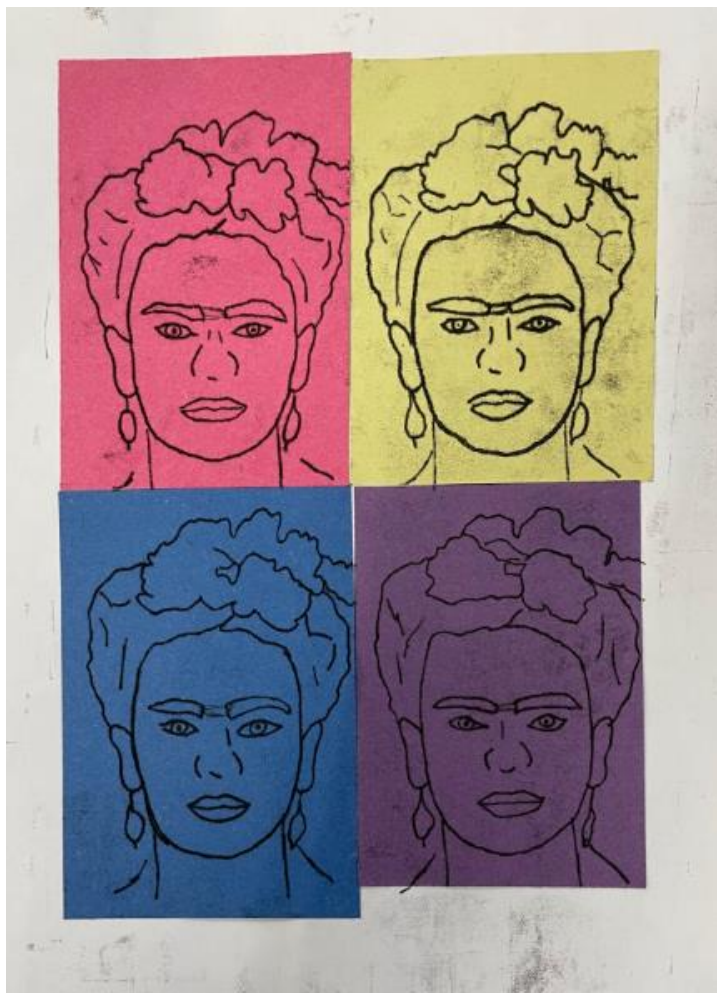
Earlier this year Isabelle Niblett in Y10 was nominated for the England Lionesses Talent Pathway. From this, Izzy was invited to attend one of their talent pathway days during the Easter Holidays. Izzy had a fantastic day playing against, and with, girls who play for top academies like Durham, Sunderland, Newcastle and Middlesbrough, where she took part in 3v3, 4v4 and 7v7 games. Izzy was 1 of only 3 girls there who play for grassroots teams and not for an academy which is a great achievement.

Izzy is now looking forward to captaining the school team playing the Area Schools Cup Final in a couple of weeks' time! ⚽



of the **Art** *work*
Week

**By Coco Mildren
in Year 7**



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.

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>

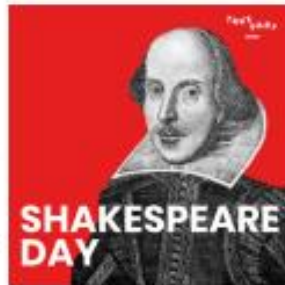
A tennis racket and a tennis ball. The racket is black and white, and the ball is yellow with a white seam.

BHS READING NEWS

APRIL 2024

ZOUNDS! IT'S ALMOST SHAKESPEARE DAY!

As well as marking St George's Day, 23rd April is also the day when the life and work of William Shakespeare is celebrated. Many of you probably already know the reason for this is that Shakespeare is believed to have been born on 23rd April 1564, and died on 23rd April 1616 - what a rotten birthday present!



Even in our ever-changing world, the themes Shakespeare wrote about are still just as relevant today. He also invented around 1700 words that we still use today, such as alligator, eyeball and gossip!

You can get involved in activities around school in the coming weeks, read one of his many plays or sonnets (we have lots available in the library!) or perhaps you might want to take inspiration from the bard and write your own play or sonnet! Take a look at these lyrics, written in the style of Shakespeare: can you guess the song?

O never shall I vacate from thy side,
nor ever shall I disappoint thee hence,
nor will the day approach that wounded pride
shall rise from some unfaithful dalliance.
My actions leave thy face unstained by tears
and ledgers of my lies shall remain clear.

The page hath now been turn'd; I'll break the chains
that kept restrain'd my true identity.
This queen will rule, but o'er her own domain,
without a care for what they think of me.
I'll not again the falling snow withhold,
for I have ne'er been bothered by the cold.

Check your answers at the library!

READING GOALS!

As well as aiming to read for at least 15 minutes every day, why not also try:

- Chatting with a friend or relative about the books they enjoy?
- Recreate a scene or poem as a piece of art?
- Writing your own poem or story? (There's still time to enter the Orwell Youth Prize - see below!)



Don't forget to log your progress in your reading passport. KS4 students: ask your English teacher for a passport or reading bookmark!

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: 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!

Final drafts must be submitted by 6th May and all details about how to do so are on the Orwell Foundation website. Ask your English teacher if you need any help uploading your writing. Good luck!

22nd April marks Earth Day, an annual event to demonstrate support for environmental protection. Get inspired by one of these books about caring for the planet:



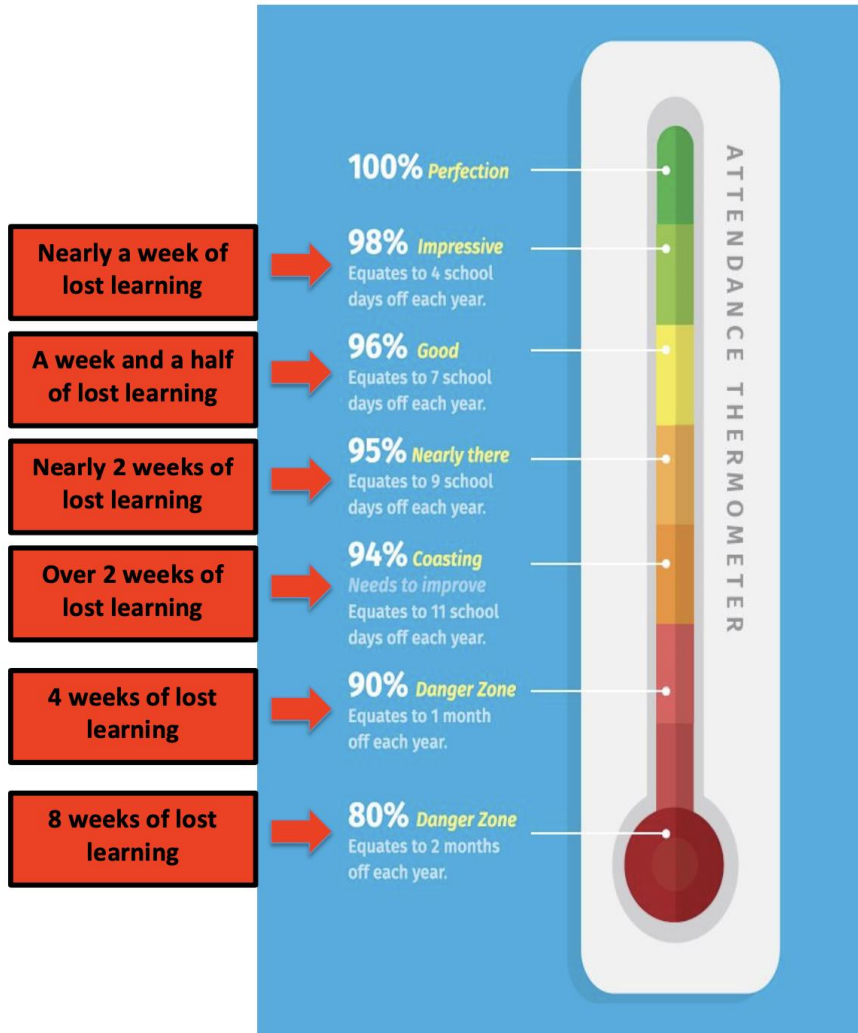
Island by Nicky Singer: Urban teenager Cameron arrives on an uninhabited Arctic Island. He's prepared for ice and storms and, stripped of his smart technology, possibly boredom. But he's not prepared for 24-hour daylight and erupting graves! At first, Cameron believes the explanations of his research scientist mother. But, as the island reveals itself to him, he begins to see, and hear, things that push him right to the edge of the possible. One of them is an Inuit girl. The other is a large white bear...



There is No Planet B by Mike Berners-Lee: Mike Berners-Lee has crunched the numbers and plotted a course of action that is full of hope, practical, and enjoyable. This is the big-picture perspective on the environmental and economic challenges of our day, laid out in one place, and traced through to the underlying roots: essential questions of how we live and think

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
12th April	Y9 Reports & Options Booklet to Parents	Year 9 students
15th April	Duke of Edinburgh Training Day	Yr 9 Duke of Edinburgh students
15th April - 19th April	Options Assemblies	Year 9 students
17th April	Theatre Trip to see Wicked @ Bradford Alhambra	Students who have signed up with Mrs Woodward
24th April	Parent Evening (Letter sent home today 12.4.24)	Year 9 students
24th April	Reports to parents	Year 10 students
6th May	Bank Holiday Monday - School closed	Staff, Students, Parents/Carers
7th May	Vaccinations (more info to follow)	Year 8
10th May	Full GCSE exams begin	Year 11 students

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.

