

Friday 19th April 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 + 1<sup>st</sup> initial @bedalehighschool.org.uk

[woodl@bedalehighschool.org.uk](mailto:woodl@bedalehighschool.org.uk)

[bradburys@bedalehighschool.org.uk](mailto:bradburys@bedalehighschool.org.uk)

[claydenv@bedalehighschool.org.uk](mailto:claydenv@bedalehighschool.org.uk)

[claydenv@bedalehighschool.org.uk](mailto:claydenv@bedalehighschool.org.uk)

[admin@bedalehighschool.org.uk](mailto:admin@bedalehighschool.org.uk) or call 01677 422419

surname + 1<sup>st</sup> initial @bedalehighschool.org.uk

## Alumni Visit Wows Students

Mr Coombs writes:

Ex Bedale High School student Katie Kitching aged 25, returned to school this week to talk to Y9/Y10 students about her journey from schoolgirl recreational footballer, to becoming an international player.

Katie, of Well, between Ripon and Bedale, began playing for the high school, Ripon Panthers Ladies and the York Centre of Excellence. From there she joined Man City, training three times a week at the amazing Etihad Campus, combined with her studies at Richmond School. In 2017, Katie made the lifestyle switch winning a scholarship for 4 years at the University of South Florida (which was extended to 5 years due to Covid). She explained that once she overcame homesickness, she embraced the American lifestyle and became an integral part of the South Florida Bulls team winning many awards and trophies as well as being named 'American Athletic Conference Rookie of the Week.' Katie returned to the UK to sign a professional contract with the London Lionesses, formerly Millwall Ladies, where she played for almost 2 seasons before the move back north to sign for Sunderland Ladies in the Barclays Women's Championship. This season, the Black Cats remain top of the league with Katie scoring 6 goals and numerous assists and hoping for promotion to the Women's Super League.

Katie is eligible for the New Zealand Ferns through her Kiwi mum and had been on coach Jitka Klimková's radar for a while. In December 2023, Katie made a 10,500 mile round trip to Colombia to make her international debut in Bogotá in front of 20,000 spectators in the Estadio El Campin stadium and in February, she made a 19,000 mile round trip to represent the Aotearoa in Apia, Samoa in the 2024 OFC Women's Olympic Qualifying Tournament. Here she played all the qualifying games and scored her international debut goal against the Solomon Islands. In April she travelled to represent the Ferns in a friendly in Thailand and is now back to league action hoping Sunderland can gain promotion. Katie has represented her country 7 times scoring 4 goals and she is keeping her fingers crossed that she makes the cut for the Paris Olympics and the next FIFA Women's World Cup in 2027.

Katie gave some wonderful advice to the students saying she has used every knock-back in her career, as a spur to work harder and achieve success. She says she still has to pinch herself that this little girl from a very small village in North Yorkshire, who attended St Nicholas CE Primary School in West Tanfield and Bedale High School, is now an international footballer hoping to go to the Olympics and the World Cup and getting paid on a full-time contract doing something she loves.

Our thanks go to her for giving up her time to inspire our BHS students, and we look forward to seeing her successful career go from strength to strength.



## Year 9 Options

A reminder that the Y9 Options process is now underway. This week students have been in assemblies delivered by our subject teachers, explaining what learning content is covered at Key Stage 4 and how their work will be assessed. They have also talked about what Post 16 study and future career paths their subjects may lead to.

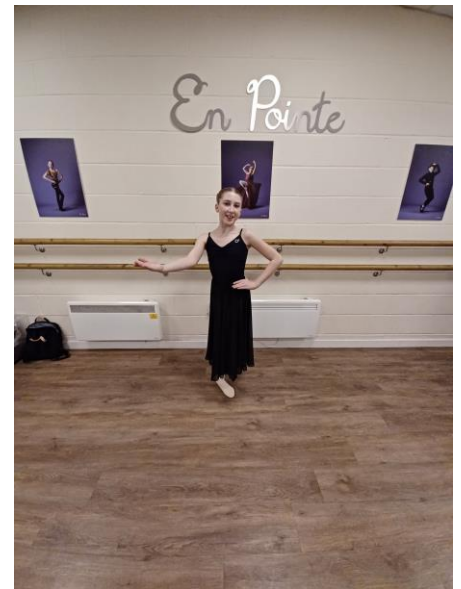
Final subject choices need to be made by **Friday 26th April**. Please help your child to carefully consider the most appropriate subjects for them in KS4 and use the information provided to assist with this. It is vital that they choose subjects for the right reasons.

The Options choices form will go live from today and will be shared with parents via Bromcom. Please let us know if you are unable to access it or have any issues. You will also have the opportunity to speak to subject staff at next week's Y9 Parent Evening (Weds 24<sup>th</sup> April 4.30pm). Appointment bookings are already live for this event via Bromcom. Please contact Mr Dunne with any queries: [dunnea@bedalehighschool.org.uk](mailto:dunnea@bedalehighschool.org.uk) .

# Ballet Star!

Well done to Harriet who recently received her Royal Academy of Dance Grade 6 ballet results. She received a Distinction! Family and school are extremely proud of her achievements and look forward to hearing of further success in the future.

Please send us any achievements that you children have been involved with if you would like us to share them here with the wider school community. We have so many secret superstars!



## Year 8 Careers Guidance Support



Friday 19<sup>th</sup> April 2024

Dear Parent/Carer,

My name is Laura Littlehales and I am the Chief Executive of the educational charity, [MyBigCareer](http://www.mybigcareer.org). We work with schools to offer young people opportunities to discuss their future aspirations and goals and to learn about the range of options and pathways available to them.

On **14th May 2024** your child will be attending a Working World Workshop in school. The workshops will involve interactive activities and fun videos to get students excited about the pathways and future careers available to them. Please have a discussion with your child about their dreams and ambitions for a future career following the sessions.

If you have any questions about the workshops or would like to find out more about our charity then please visit our website [www.mybigcareer.org](http://www.mybigcareer.org) where you can also contact our team directly.

Your faithfully,  
Laura Littlehales




# English Update

Mrs Furniss writes:

In Year 9 we are just beginning to study the Power and Conflict anthology. We will be studying 5 poems in Year 9 with the first being Tennyson's Charge of the Light Brigade. Year 9 used some words from the poem and an image of the event and wrote some poems and prose of their own.

Using these words and the picture for inspiration write a short poem or piece of prose. Try to use as many of the words as you can


- all
- blundered
- boldly
- broke
- charging
- fade
- forward
- fought
- glory
- hell
- hero
- fell
- honour
- knew
- noble
- reply
- shattered
- soldier
- stormed
- thundered
- why
- wild
- wondered
- wondered
- world



Smith, dear and the clear is war or may blunder charging word each other which they think is a noble charging to do. If you disobey orders your honour will just be gone or you'll die. Why, why, why would we go through this hell all for what the argument of the rich and famous. Why don't we fight there our own

Using these words and the picture for inspiration write a short poem or piece of prose. Try to use as many of the words as you can

- all
- blundered ✓
- boldly
- broke
- charging
- fade
- forward
- fought
- glory ✓
- hell ✓
- hero
- fell ✓
- honour
- knew
- noble
- reply ✓
- shattered ✓
- soldier ✓
- stormed ✓
- thundered ✓
- why ✓
- wild
- wondered ✓



This place was hell.  
It felt like you fell.  
Rock bottom was your place,  
It felt like a blank space.


The war felt like it thundered,  
That's when I wondered,  
If I blundered.

The weather stormed  
which made the soldiers shattered.  
Some didn't reply,  
which made us wonder why  
~~we wanted the glory.~~

Olivia Palmer 11/04/24

Using these words and the picture for inspiration write a short poem or piece of prose. Try to use as many of the words as you can

- all
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- stormed
- thundered
- why
- wild
- wondered
- wondered
- world



Our noble heroes charging into battle for our honour. The bold soldiers thundered and stormed the battlefield, to fight hell, and change the course of history. Blundering, our men shattered our glory, fell down, and wondered into hell themselves. Our once heroic soldiers; in hell themselves.

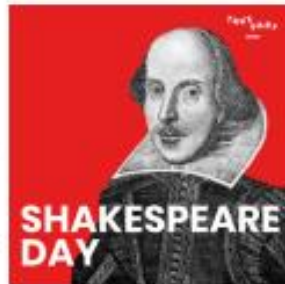


# BHS READING NEWS

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:



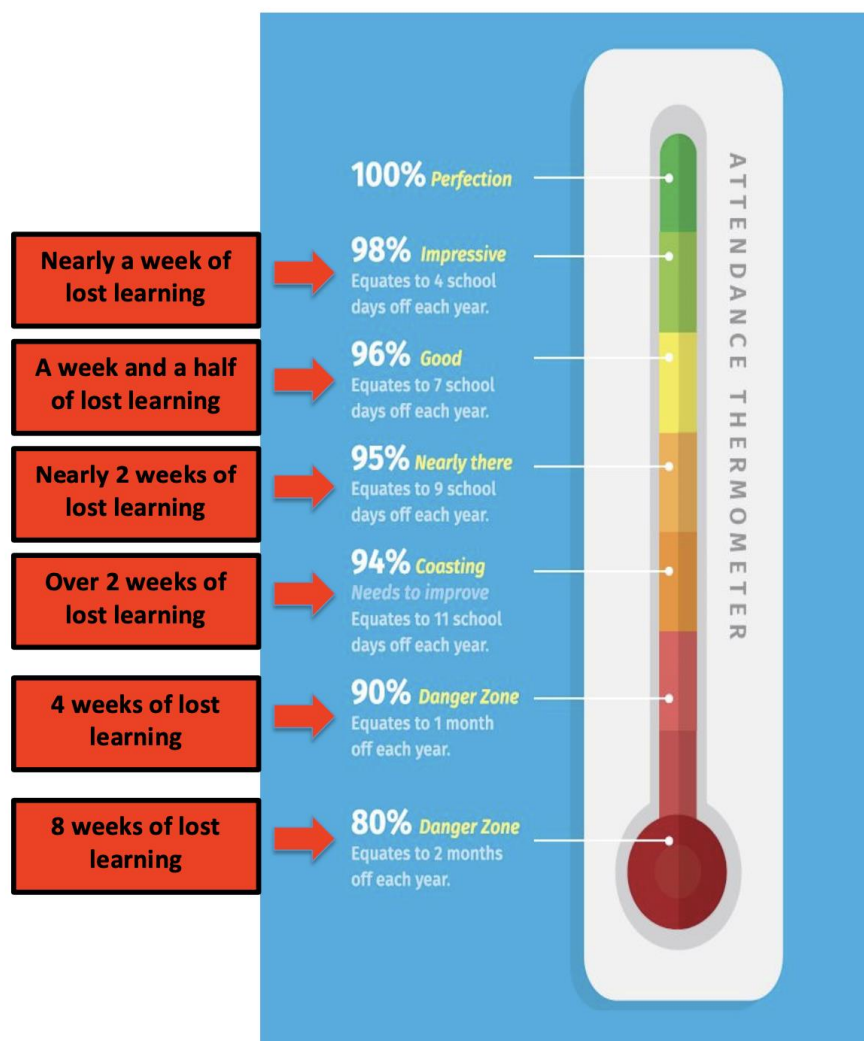
**Island** by Nicky Singer: Urban teenager Cameron arrives on an uninhabited Arctic island. He's prepared for ice and storms and, stripped of his smart technology, possibly boredom. But he's not prepared for 24-hour daylight and erupting volcanoes. At first, Cameron believes the explanations of his research 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](mailto: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
15 <sup>th</sup> April - 19 <sup>th</sup> April	Options Assemblies	Year 9 students
17 <sup>th</sup> April	Theatre Trip to see Wicked @ Bradford Alhambra	Students who have signed up with Mrs Woodward
24 <sup>th</sup> April	Parent Evening (Letter sent home today 12.4.24)	Year 9 students
24 <sup>th</sup> April	Reports to parents	Year 10 students
6 <sup>th</sup> May	Bank Holiday Monday - School closed	Staff, Students, Parents/Carers
7 <sup>th</sup> May	Vaccinations (more info to follow)	Year 8
10 <sup>th</sup> 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](mailto:admin@bedalehighschool.org.uk) . We love to celebrate and share these with them and the wider community.



*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](http://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](mailto:kellyt@bedalehighschool.org.uk)

Mrs V Clayden  
[claydenv@bedalehighschool.org.uk](mailto: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](http://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 .

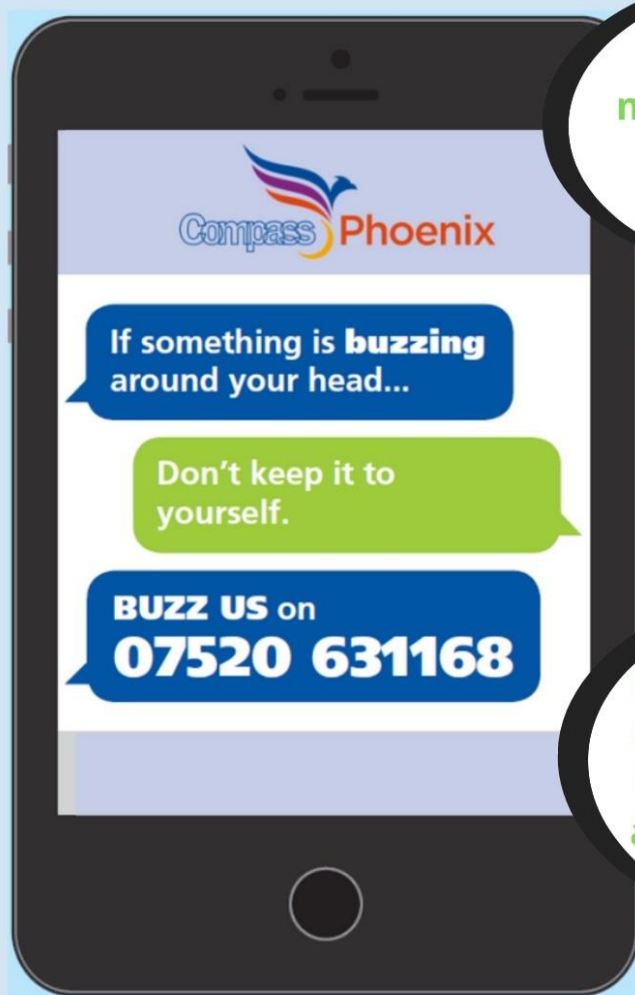


# Compass Buzz Us Service for 11-18s

## **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.

