

Friday 3rd May 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 10 Speak Out Challenge

Mrs Cann writes:

On Tuesday, our Year 7s were treated to some truly inspiring speeches as part of our Speak Out Challenge assembly final.

Following on from the Y10 Speakers Trust workshop in January, the best speakers from that day have spent the last few weeks preparing for the next round by selecting the topic for their speech, gathering and organising their ideas and practising the all-important delivery. Some chose to refine elements from the January workshop, others went in a totally different direction, and it was a pleasure to see them grapple with the challenge.

Reprising their roles as judges, Mr Kelly and Mrs Woodward had an incredibly difficult job again this year. The three Year 10 students who took part were Graham, Jasmine and Oscar, each of whom spoke fluently and passionately about the benefits of a part-time job, the importance of reading, and the opportunities offered by Scouting. Given the nerves beforehand, I was blown away by the courage demonstrated by all of the students that day. Each in turn owned the stage and informed, entertained and motivated their young audience, not to mention their older audience! I was so proud and am still hearing glowing feedback about them from the staff and students lucky enough to be part of the audience that morning.

Ultimately, there could be only one winner, one student who will be entered into the Speakers Trust Digital Final. After much - much! - deliberation, our judges finally announced the scores. It was unbelievably tense, with only a handful of points between all three amazing speakers, but in the end, Oscar was named the overall winner. Oscar's speech will now be entered into the Speakers Trust Digital Final and, if selected, he will follow in the footsteps of our wonderful winner from last year, Quinn, and travel to Leeds to take part in the Regional Final at the beginning of July.



Football Success

Congratulations to Leo in Year 7. He was very proud to win the league with his team recently, and was also awarded player of the match. The team celebrated with a party bus and party. Their cup final will be in May: Hamilton Panthers Vs Poppleton (date TBC - this was re arranged due to the weather).

Leo has shown such determination and drive, but mostly a love for football and is enjoying every second. He is beyond proud to be part of the Northern Representative Team (here is the link):

<https://www.yorkshirerc.co.uk/repteams>, which he trialled for last summer. Children come from all over the North from as far as Liverpool, so it was an incredible achievement to be selected after his trials.

As always...we look forward to further updates!



Leo (Year 7) trialed with over 300 players from across the region and was selected for the JPL Northern Representative Squad for the 2023/24 season.

With the squad he has trained at Huddersfield Town FC, and played football matches against Lincoln City, Sheffield United, Leeds United and has an upcoming fixture in May against Manchester United.

Also proudly competes with

Leo currently plays for York City Academy (Under 12s) in the Junior Premier League (JPL), as well as Leeds United Breakthrough Squad and has more recently been invited to join Sunderland AFC Shadow Squad.

Leo's Sunday Grassroots team Hamilton Panthers have just won the U12s York and District Football League (undefeated) and their cup final is scheduled for a few weeks time.

Under-15 Girls' Area Cup Final

Miss Temple writes:

After the thrilling semi-final win last half term, which ended in a penalty shootout, our U15 girls travelled to Stokesley on Wednesday to play in the Area Cup Final. The girls put up a brilliant fight against a good team and played some excellent football at times through the game.

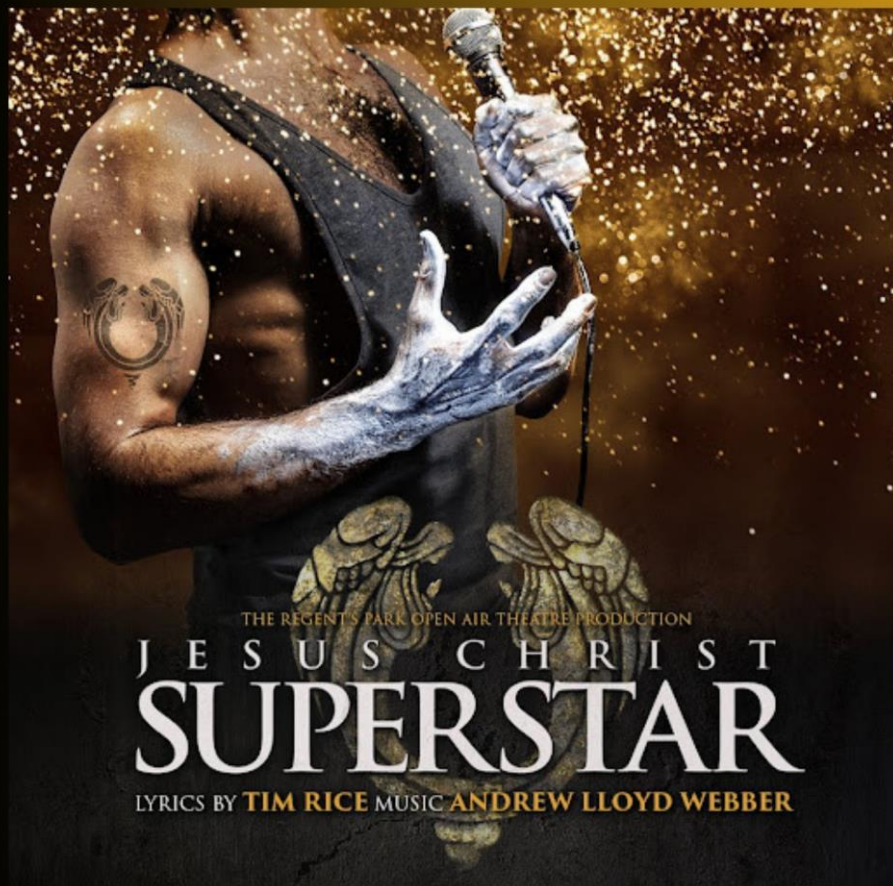
Stokesley got an early goal at the start of the game, but our heads didn't go down and we were rewarded with an equaliser shortly after. Lili played an excellent ball from the left wing to switch play, Eibhlin then played a brilliant cross into Izzy in the middle of the box who calmly finished to make it 1-1. Stokesley responded almost straight away to make it 2-1, but after this it was a very even game with chances for both teams. Our defence and goalkeeper worked tirelessly, making some important tackles and saves to keep out Stokesley's attack. Going forward, we had great success on the wings with Lili and Faith making some excellent runs and playing some incisive passes into Izzy upfront.

Unfortunately the final score finished 4-1 to Stokesley. However, we are incredibly proud of the performance from all of our players, both today and throughout the cup competition. To be one of the smaller schools in the area and reach the Area Final is a huge achievement in itself. We look forward to going again next season. ⚽





THEATRE TRIP OPPORTUNITY



Wednesday 12th June 2024

Sunderland Empire Theatre

Open to all students in Y7 - 10

Email woodwardl@bedalehighschool to secure your place on the trip.

Exams Update – Affects All Students

Mr Dunne writes:

In order to allow Year 11 to have a lesson with their English teacher before their first English GCSE exam on Monday 13th May, we are switching two lessons on the whole school timetable on Friday 10th May. On this day only, all students will have their normal timetabled period 5 lesson during period 1 and their normal timetabled period 1 lesson during period 5. Therefore, on the 10th May, students will follow the following schedule:

9.05 - Period 5
10.05 - Period 2
11.25 - Period 3
12.25 - Period 4
14.05 - Period 1.

Year 8 Vaccinations

A reminder that it is the Y8 HPV vaccinations Tuesday 7th May. Any queries or concerns please email Miss Goddard at goddardt@bedalehighschool.org.uk or call the pastoral department.

Are you following BHS on Facebook? Take a look to keep up to date with all of the latest news and fab achievements from our students:

[Bedale High School](#) | [Bedale](#) | [Facebook](#)



Supporting your child with emotional regulation

A webinar providing parents/carers with information and practical ideas to support their child with regulating their emotions.

Date and time

Tuesday 7th May 2024 at 5:30pm

Location

Online

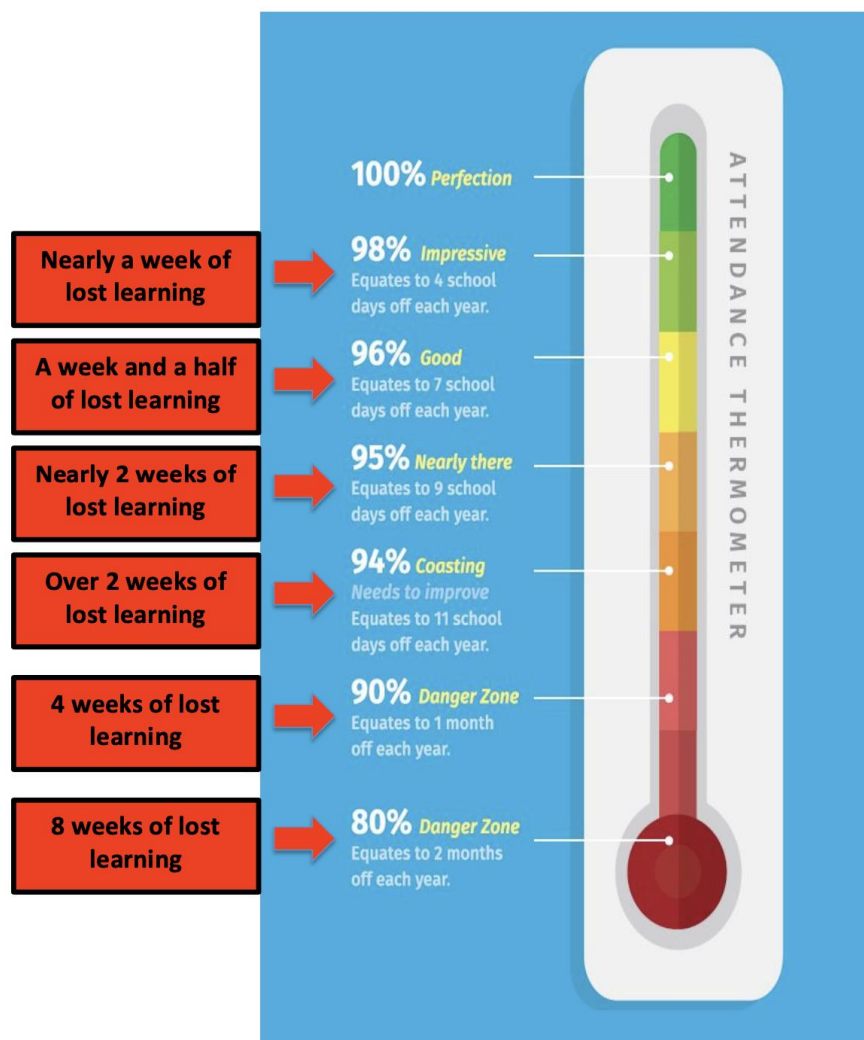
Further information

Please email tewv.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/>

Support for Service Families



Autism
Central



**DAISY
CHAIN**
Autism & Neurodiversity

Virtual Support Session for Military Families

Autism Central is a free programme commissioned by the NHS which provides high quality and accessible autism information, education and coaching for families and carers.

Daisy Chain is the charity delivering this service in the North East and Yorkshire.

As well as group and individual coaching and support, we provide regular online and in-person learning opportunities and support sessions covering a variety of topics relating to autism.

Our next online support session specifically for military families will take place on:

Friday 10 May 2024, 10–11am



All our online sessions are **free** and open to families living in the North East and Yorkshire NHS region.

Book a place online at least 24 hours in advance with this link:

<https://daisychainproject.co.uk/product/virtual-support-sessions-ac>

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 May	Bank Holiday Monday - School closed	Staff, Students, Parents/Carers
7 th May	Vaccinations	Year 8
10 th May	Full GCSE exams begin	Year 11 students
15 th - 16 th May	Duke of Edinburgh Training Expedition	Year 10 D of E students
21 st May	Post-16 Workshop Day	
22 nd May	Parent Evening	Year 10 students and parents/carers
27 th May - 2 nd June	Half Term	School closed to 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.

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/>

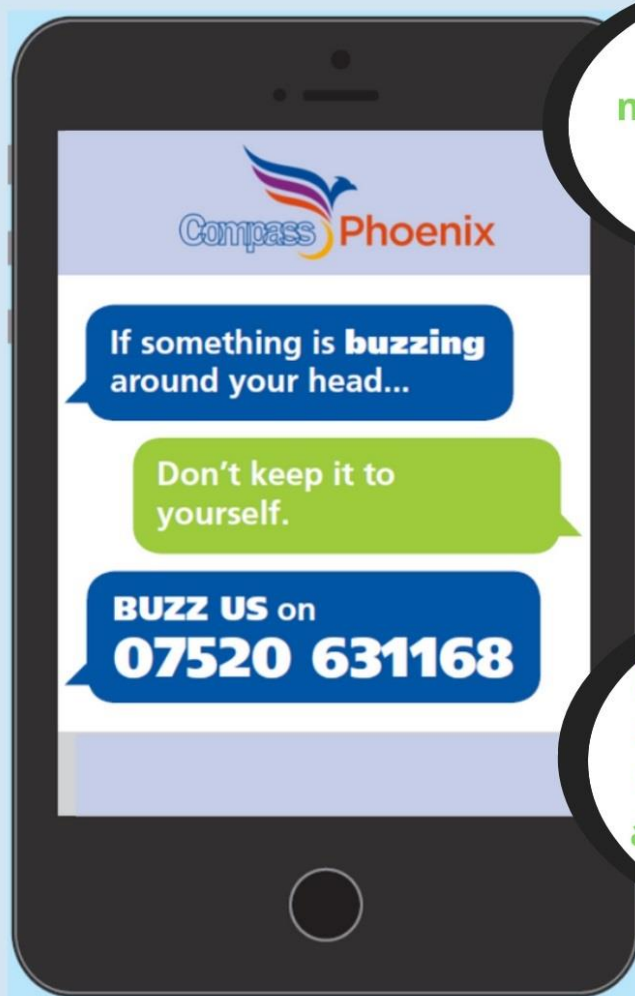
There is further information - including health professionals' referral forms - on NHS North Yorks CCG Website .

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.

