

Friday 14th June 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

Community Choir Festival

Mrs Woodward writes:

On Monday 10th June, we held our Community Choir Festival in the Main Hall at Bedale High School. The event was themed, 'A Night at the Musicals'.

In the morning, we hosted a practical vocal workshop involving over 150 primary pupils from Bedale, Pickhill and Leeming and Londonderry Primary Schools in Years 4 and 5. The workshop was supported by some of our Performing Arts Ambassadors and the cast of our current production of A Midsummer Night's Dream.

The early evening performance saw over 100 pupils from Y4 and 5 performing popular musical numbers from Hairspray, Oliver and Matilda on the stage alongside some of our KS3 and 4 students.

Our School Band also made a special guest appearance on the night, performing three fabulous numbers by Adele, Blur and Oasis.

There was tremendous courage and commitment shown by all of the students who performed on the night, not to mention Luke, Logan and Ryan who operated the lighting and sound for this wonderful community event.



Jesus Christ Superstar – Theatre Trip

On Wednesday Mrs Woodward took 30 students from Years 7 to 10 to see the amazing UK Touring production of Jesus Christ Superstar at the Sunderland Empire Theatre.

All of the students were absolutely blown away by the vocal talent and staging of this popular rock musical.

The students themselves were exemplary in their behaviour within the theatre - real ambassadors for Bedale High School.



Tickets on sale NOW!
July 2024

BHS Performing Arts are proud to present
William Shakespeare's

A MIDSUMMER NIGHT'S

DREAM

Tuesday 2nd July

Thursday 4th July

2024

1900

In the Main Hall



Tickets are now on sale for our fabulous summer term production of William Shakespeare's, A Midsummer Night's Dream.

Step into a magical world where fairies rule and humans are merely puppets in a delightful whirlwind of comic misunderstandings, mistaken identity and midsummer madness!

Featuring Bedale High School students from Years 7 to 10, our summer term production promises enjoyment and delight for the whole family.

For two nights only, come with us on a magical, midsummer journey into the mysterious enchanted wood....and hopefully, out the other side!

There will be two evening performances on Tuesday 2nd and Thursday 4th July 2024, beginning at 1900 in the main hall at Bedale High School.

All tickets are priced at £5.00 and the performance is suitable for the whole family!

Tickets can be secured NOW via the Eventbrite link below

<https://www.eventbrite.co.uk/.../a-midsummer-nights-dream...>

Duke of Edinburgh Updates

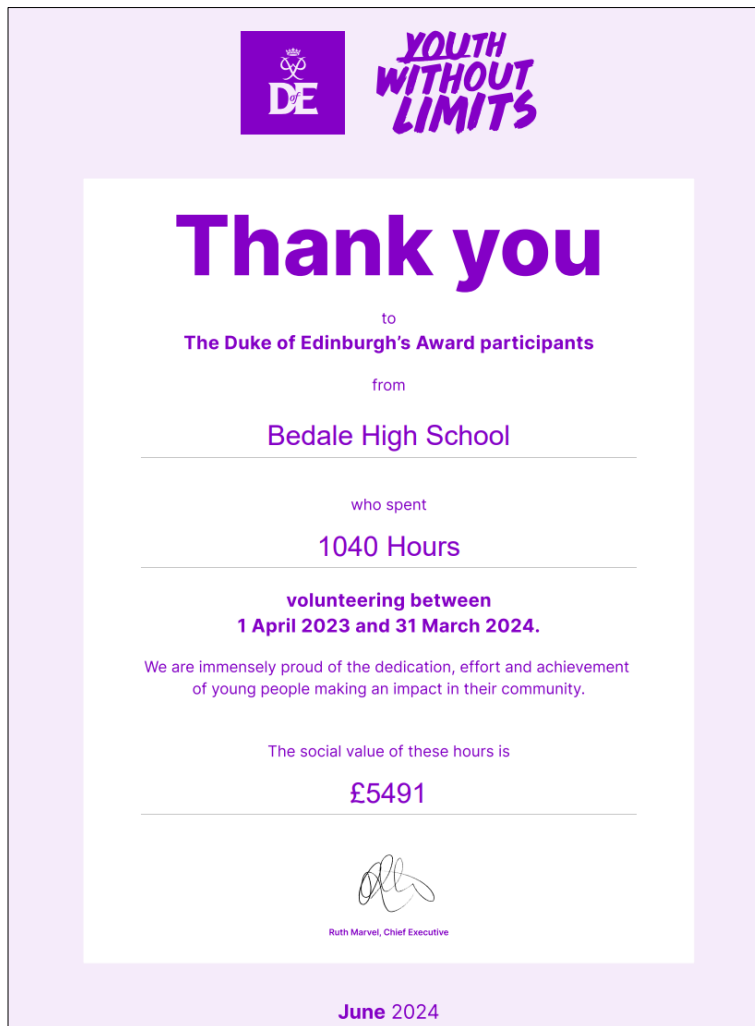
Mrs Wilson writes:

- Having completed the training, our participants are now looking forward to doing the **qualifying expedition** on the weekend of **22nd and 23rd of June**.
- Marrick Priory and our DofE team from Bedale are looking forward to meeting you all **on the Green in Reeth on Saturday at 9am**.
- Pick up is **on Reeth Green on Sunday**. Hopefully all students will complete the expedition **by 3pm in time** for ice creams if the shop is open!
- Please be there by **3pm to collect** your exhausted but hopefully happy and successful participants. Any groups finishing before this time, will be able to contact you for early pick-up, and if later, hopefully you will be able to enjoy the sunshine(?) and the beautiful views from Reeth Green while you wait!

Good luck to all groups and see you there!

VERY IMPORTANT NOTICE- Pupils may ache, be tired, have blisters, but must NOT use these as an excuse to be absent on the following Monday, and **they are expected to attend the meeting on Monday morning during registration to put your expedition through to be verified.**

With this in mind, bring protection against the sun: a hat, glasses, sun cream alongside the waterproofs to avoid sunstroke or being soaked!



UK Maths Trust Challenge

Mrs Drysdale writes:

We took four students (two in Year 9 and two in Year 8) to Lawnswood School in Leeds on Monday to take part in the UKMT Team Maths Challenge.

They made a very strong start in the first round, with one of only 4 schools achieving 100%. However as the day progressed and the challenges got harder, we missed out on making it into the top 3.

The team consisted of Maisie and Olivia (Year 9) and Adam and Freddie (Year 8); they worked fantastically throughout the day and left with smiles on their faces. A real credit to the school.



Physics Olympiad at St Peter's

Ava Prisk (Year 8) writes:

On Wednesday, four students from Year 8 (Ava, Bethany, Adam and Freddie) all attended the St Peter's Physics Olympics in York.

We took part in many fun-filled activities and enjoyed the challenges such as the Fermi quiz, improving the accuracy of our slingshots, fantastic lighting - where we had to work out the wavelength of our light source in nm, calculating the height of the school's lightning conductor, designing and building the strongest electromagnet and many more.

Our team members came away with a small prize each and achieved 10th place out of the total 28 teams and also came 3rd in the Bonus round in the Fermi quiz winning a St Peter's water bottle filled with sweets!

We would like to say a huge thank you to Mrs Faint for taking us to compete in this amazing day of challenges. Ava P.



Interact Club Fun Run

Mr Childe writes:

This event is available to all students in Year 7 and Year 8.

It will take place during period 1 and part of period 2 on Friday 21st June, on Lamb's Field. Any funds raised from this event will go to the support of two main causes: Race for Life UK and the Bombaloo School in Kenya.

Students who take part will be allowed to wear fancy dress or non-school uniform (which can be worn for the rest of the day).

The distance to be covered during the fun run is 5km (walking or running!).

Entry is optional, and the entry fee is £2.00 (payable on parent pay) - the deadline has been extended to next Monday. Students who are not participating are to remain in normal lessons.



5k fun run

Calling all year 7 and 8 students

Friday 21st June 2024

All proceeds go to
race for life uk and
Bombaloo school in
Kenya

Participants can come in own clothes/fancy dress

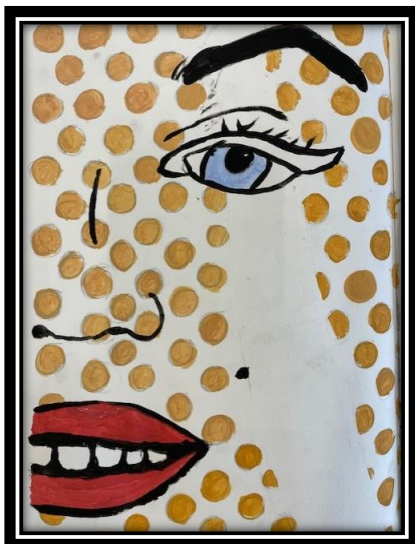
There will be a prize for everyone who takes part and an extra prize for the best costume

the run will be on lambs field period 1 and 2 and there will be a prize for all participants

PLEASE SIGN UP ON PARENT PAY BY THE 17TH OF JUNE

£2 entry fee

Art *work*
of the
Week



By
Poppy
Rayner,
Poppy
Iveson
and
Evie
Graham



Well Done Sam – High Flyer!



Yesterday Sam, Year 10, was given the opportunity to do some flying practice through the RAF Cadets at RAF Leeming. Sam went up twice (because of a system failure on the first attempt). But while such issues might make other budding pilots a little nervous - Sam was just desperate to get some flying time in. On his second flight (in a Grob Tutor aircraft) he flew for around 45 minutes. At times he was in partial control and during the flight they did various acrobatic manoeuvres such as stall turns, barrel rolls, loop and aileron rolls. At one point he reached a positive G-Force of 4! (Not sure if he was fully 'inverted' aka Maverick in the original Top Gun - but I'm sure it's only a matter of time!). Well done Sam - what a fabulous experience!

Sporting Updates

Miss Temple writes:

ATHLETICS SUCCESS

Last weekend we had a number of students representing the Hambleton and Richmondshire Area Athletics team in the County Championships at York. Students went through a trial process earlier this term to earn their place on the team and we are incredibly proud of their efforts - Lucy B & Imogen P (Y10), Polly S, Marley R & Leo H (Y9).

A special mention to the following who finished in the top 3 in their events:

Lucy B (Y10) - Jumped a brilliant PB in the long jump (4m85) to finish in 3rd place. She also ran an impressive 200m race to finish in 3rd place with a time of 27.6 seconds.

Marley R (Y9) - Threw 9.79m to finish in 2nd place in the Junior shotput. Marley also ran an impressive 12.4 seconds in his 100m heat and 12.7 seconds in a highly competitive 100m final.

Leo H (Y9) - Ran an excellent 200m to finish 3rd in his heat with a time of 27.4 seconds.

NETBALL TRIP

Last Friday we took 28 students to Loughborough to see reigning Netball Superleague Champions Loughborough Lightning play against London Pulse. With the 2 teams sitting in 2nd and 3rd place in the league before the match, it was set to be an exciting evening of top class netball, and we were not disappointed.

Loughborough took an early 7 goal lead in the first quarter, but London Pulse fought back to take the win. Students had a fantastic evening and saw some of the best netballers in the world show casing their talent.

Students also enjoyed face paint, fun in the Photo Booth and a food stop at the services station en-route.

At the end of the game, the girls were super lucky and managed to get photos and selfies with lots of the players.

Despite the long journey, it was a brilliant evening/afternoon for all and we look forward to providing more opportunities like this again next year.



BHS READING NEWS

JUNE 2024

REFUGEE WEEK: 17-23 JUNE



Refugee Week is the world's largest arts & culture festival celebrating the contributions, creativity and resilience of refugees and people seeking sanctuary. As well as joining in with events and activities

in the local area, you can dip into poems, stories and articles to find out more and celebrate the diversity of our community!

Home Was Your Refuge Now They Call You Refugee

by Nikita Gill

Home is a language
you grew in your mouth
that now no longer exists anywhere
but inside your heart and head.

Home is where
you had to teach your children
how to run from men who are dressed
in war and blood.

Home is now a legend
a story of where you grew up,
happy and safe before
they set your entire world aflame.

Home is where you ran to the sea
Because the place you once belonged to,
now no longer remembers your name.

Home was your refuge.
Now, after cruelty
taking it from you,
they call you a refugee.

HAPPY PRIDE MONTH!

Queer stories deserve to be celebrated all year round, but especially during June, which is LGBTQ+ Pride Month. This is a UK-wide celebration that honours the 1969 Stonewall riots, and works to promote the affirmation, dignity, equality and increased visibility of lesbian, gay, bisexual, transgender and queer identities and communities.

Our own super Rainbow Pride team have been busy with lots of plans! Keep an eye out for their display with lots of amazing reading recommendations!



National
WRITING
Day

Wednesday 19 June 2024

READERS MAKE THE BEST WRITERS!

And with National Writing Day coming up this month, what better time to enjoy some creative writing?

Writing is a lifelong skill, not something left behind when you leave school! It's a part of everyday life, from making plans with friends over text or WhatsApp, writing emails in the workplace, or even making a shopping list.

As well as improving your writing skills, you can be creative and support your mental wellbeing. Why not try one of these writing ideas:

- Have a go at writing a stand-up comedy routine - trickier than you think, but the BBC Comedy Classroom has got some great tips!
- Write a letter to a friend or family member you haven't seen in some time.
- Wild writing - use a local green space to inspire you. Check out the RSPB website for more tips on this one.

You will find both of these exciting reads in the school library...



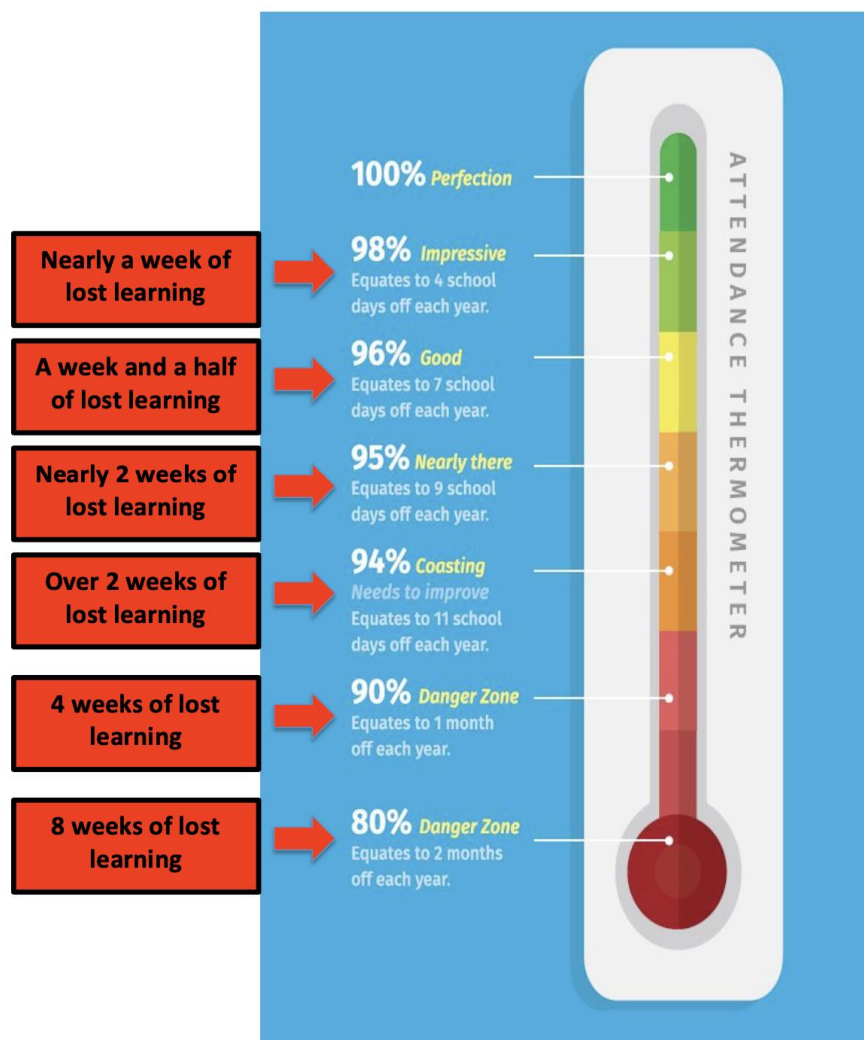
Black Flamingo by Dean Atta: A verse-novel, this award-winning book follows a boy who comes to terms with his identity as a mixed-race gay teen - then at university he finds his wings as a drag artist, *The Black Flamingo*. A bold story about the power of embracing your uniqueness. Sometimes, we need to take charge, to stand up wearing pink feathers - to show ourselves to the world in bold colour.



The Outrage by William Hussey: This novel takes us one hundred or so years into England's future, where the Protectorate rules all with an iron fist. It is a world where being LGBTQIA is the gravest of crimes, and Gabriel must navigate this world, hiding his true identity as a gay man.

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 Attendance Issues



Tees, Esk and Wear Valleys
NHS Foundation Trust

Emotionally Based School Avoidance Webinar

A webinar to provide parents/carers with information, resources, practical ideas, and strategies to support their child with emotionally based school avoidance

Date and Time

Tuesday 11th June 2024 at 5:30pm

MS Teams Link

[Click here to join the Emotionally Based School Avoidance Webinar](#)

Further Information

Please email tewv.wellbeinginmind@nhs.net if you have any queries or require further information.

Wellbeing in Mind Team – Team of NHS staff working with schools to provide advice, support, and training on wellbeing issues, as well as forming a link between 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.

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
19 th June	GCSEs End	Year 11 students
20 th June	Visit from Professor Paul Glover	Year 10 students
21 st June	Interact Fun Run	Year 7 and Year 8 students
22 nd June	Duke of Edinburgh Expedition	Year 9 DofE students
27 th June	Prom	Year 11 students
1 st July	Darlington College Taster Day	Year 10 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/>

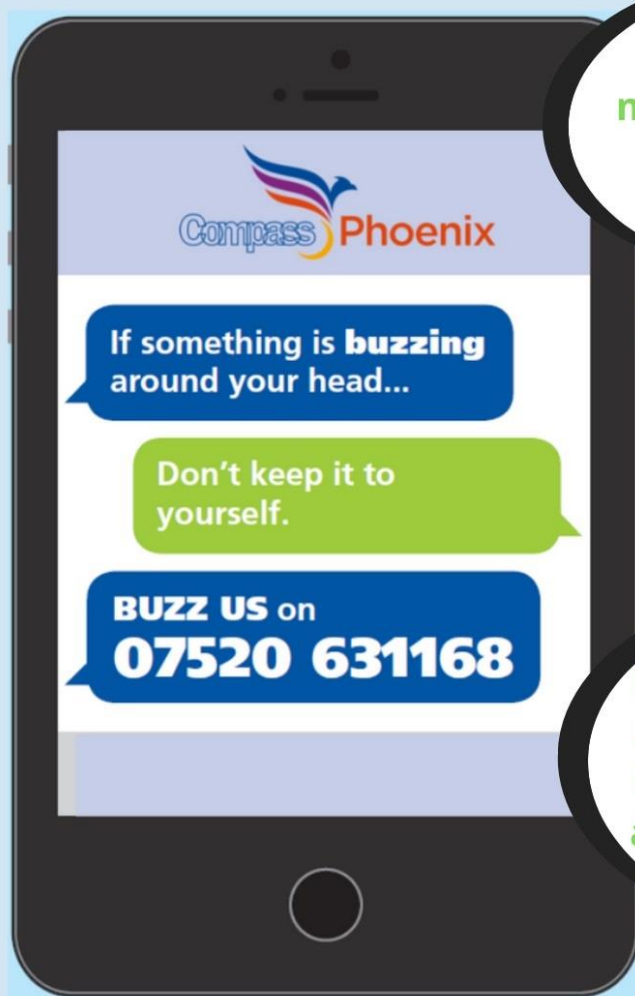
There is further information - including health professionals' referral forms - on NHS North Yorks CCG Website.

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.

