

Friday 21st 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

Rotary Young Chef

Mrs Bradley writes:

Nine students from Bedale High School and Northallerton School & Sixth Form College battled against the clock in the annual culinary challenge organised by Northallerton Mowbray Rotary Club last week.

Each of the Year 10 students was tasked with producing a healthy two-course meal in two hours, with a tight budget for ingredients. "This is undoubtedly the highest standard of cooking we have seen in the 15 years of this competition," said ex-RAF Flight Warrant Officer Nick Wright, formerly of the RAF Leeming Catering team, who chaired the judging panel.

"Today's finalists deserve the very highest praise because they made our job incredibly difficult. What really impressed us was the ingenuity behind their menu choices and the skills they applied to deliver them.

"The highest compliment I can pay these students is to say that any professional chef would be proud to deliver dishes of this quality."

Bedale High School students Jasmine and Ruby produced some very complex dishes. Ruby made ravioli stuffed with ricotta and spinach in a sage and porcini butter and tiramisu made with homemade whisked sponge and piped chocolate decoration, whilst Jasmine made a paneer spiced curry with rice and Eton Mess made with homemade meringues and coulis. Both girls were a credit to the school and worked so hard to produce excellent results. On this occasion the competition was very tight.

Our thanks go to the members of Northallerton Rotary Club for organising the event and giving up their time to give supportive and constructive feedback to the students.

Thanks go to the members of Northallerton Rotary Club for organising the event and giving up their time to give supportive and constructive feedback to the students.



Faraday Challenge

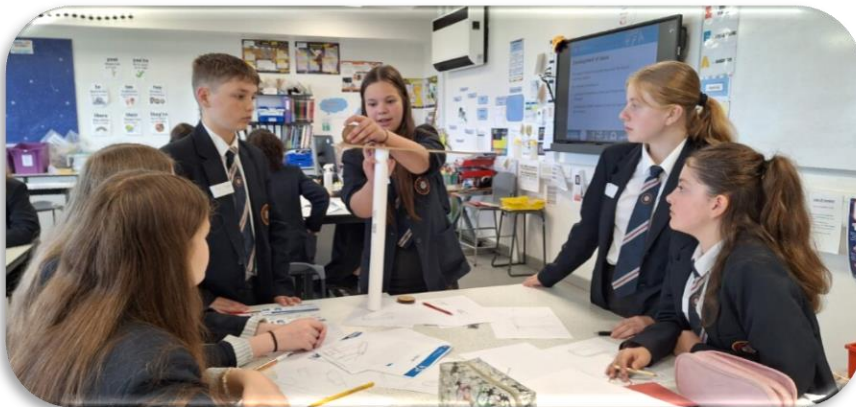
Mrs Faint writes:

On Wednesday our ever-brilliant students excelled themselves.

Thirty Year 8s spent Wednesday off Timetable and took part in the IET's Faraday challenge using their best science, maths and DT skills to co-operate in teams and produce a prototype device to help homeowners move water out of their flooded homes.

The challenge was to build a device that could raise 1000ml of water by 30cm in 1 minute. The Teams were assessed on their initial ideas, development of ideas, accounting of their special "Faraday" money which they used to purchase their supplies from the shop and the services of our amazing DT Technician if they needed expert drilling help, or use of the gluing/sawing station. They were also assessed on how they met the tough challenge, their presentation and the all-important skill of teamwork.

In 28 years of teaching they proved to be the most fantastic group of students I have ever had the pleasure of spending a whole day with and their creativity and design skills were fabulous. The Engineering future looks bright!



Sporting Updates

BENCHBALL COMPETITION

Miss Temple writes:

What a fantastic afternoon we have had at Northallerton taking part in a Benchball competition!! Girls from Y7 and Y8 took part in a range of ice-breaker/warm up games before battling it out in a number of benchball games. All the games were played in great spirit and the teamwork and dedication shown was superb! The Y8 team came away with a silver medal and Y7 the bronze. Well done to all of the girls who participated and a huge thank you to Northallerton for hosting.



Y7 CRICKET

Mr Bielby writes:

On a beautiful summer day yesterday the Y7 boys played cricket against Wensleydale School, which was kindly hosted by Middleham CC (a scenic ground with the historic castle in the background). Bedale fielded a lot of players who have little to no hard-ball cricket experience. We did so well to bat the 20 overs out, achieving a score of 49 for 9. Wensleydale had some strong opening batsmen who were able to score freely and knocked off the runs with ease. There were some fantastic performances including 2 wickets for Fred L and Sam B, not to mention the spectacular catch by Leo G. All the boys enjoyed themselves that much that we are going to play them again at Bedale. Also, a big thank you to Ben Croft in Y10 who came along and helped to score. He is a fantastic player who plays for Bedale men's 2nd team and was a massive help to me today 🙌🙌🙌



Well Done Marley!

Congratulations to Marley in Y9 who has just secured another 2-year contract with the Leeds United Academy. We know how competitive this is - it is a testament to all of his hard work and dedication with the club. We wish Marley all the best for his future, and on a personal note - I hope he proves to be the future saviour of my beloved Whites (no pressure!). In addition to the contract extension - Marley also won the award for Goal of the Season in the end of season awards ceremony.



Artwork of the Week



7N1 really impressed Miss Dixon with their warm up exercise this week. What a fantastic array of skull drawings to help prepare for our Day of the Dead final piece.

Leoni Nakalevu in year 9 created this impressive collage response to the work of artist, Lucy Jones.



Bedale Youth Venue



We have been shut due to flooding for a couple of months but we now have new flooring!

Our grand re-opening is **TONIGHT**
(21st June) 6pm-8pm.

We have some wonderful activities such as a shooting range and precision football.

Uniform Update

Following ongoing consultation with the BHS student council, we have managed to work with our uniform supplier to secure the offer of grey shorts and grey culottes as an alternative to the existing school skirt or trousers. Please see further details on this page:

<https://school-shop.co.uk/school/bedale-high-school/page/2/>



Bedale High School

Boys/Unisex Grey Shorts (FOR SUMMER TERM ONLY) - Bedale High School



Bedale High School

Grey Culottes - Bedale High School

A Midsummer Night's Dream - Tickets



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 this weekend

(Repeat notice from last week)

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!

Masham Music Event

My name is Janice Hopkinson, along with my partner, we are organising a weekend of English traditional music in Masham from the Friday 21st June to Sunday 23rd June 2024.

On the Saturday 22nd June the national Youth Folk Troupe of England will be giving a Showcase concert from 2.30pm in the Town Hall and will be hosting a Ceilidh in the evening from 7pm. On Sunday 23rd they will be Morris dancing with a local team on the market place.

The Troupe are between the ages of 10 and 18 years old and perform all forms of traditional music and dance. To see what they do please view their website at www.nyfte.org.uk

I know it is rather short notice but perhaps it might be of interest to some of your students.

Regards

Janice Hopkinson (englishtraditionalmusic@btinternet.com)

HOLIDAY ROCK CLIMBING



Our holiday climbing sessions are an ideal way for kids to get out and enjoy the great outdoors during the holidays. With activities including climbing, abseiling and weaselling, it is an action-packed day.

Just a packed lunch and clothes for climbing, scrambling, crawling and squirming amongst the rocks and we'll provide the rest.

£52.50, or £97.50 for siblings (7-16 years old)

Ilkley Cow & Calf: 2nd, 6th, 15th, 16th, 19th, 20th, 28th & 29th August, 9.30am-4.30pm

Brimham Rocks: 26th July, 9th, 13th, 14th, 21st, 22nd, 26th, 27th, 30th August, 9.30am-4.30pm



Book online or contact us via email



WWW.MYEXPEDITIONROCKS.COM INFO@MYEXPEDITIONROCKS.COM

ROCK SKILLS COURSES



Rock Skills courses were developed by the national governing body, Mountain Training, to encourage a pathway to climbing qualifications and a range of skills courses accessible to the younger generations. Each course is tailored to the needs of the group and offers amazing ratios and venues to inspire climbing further as a hobby.

Rock Skills Introduction, 1 day - £75 - 5th, 21st & 22nd August
Rock Skills Intermediate, 2 days - £140 - 12th-13th, 24th-25th August
Certificates included

ROCK SKILLS INTRODUCTION

- 10+ YEARS OLD
- NO SKILLS REQUIRED
- KEEN TO LEARN CLIMBING

ROCK SKILLS INTERMEDIATE

- 12+ YEARS OLD
- INDOOR CLIMBER/NICAS
- ABLE TO BELAY AND TIE IN



Book online or contact us via email



WWW.MYEXPEDITIONROCKS.COM INFO@MYEXPEDITIONROCKS.COM

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...



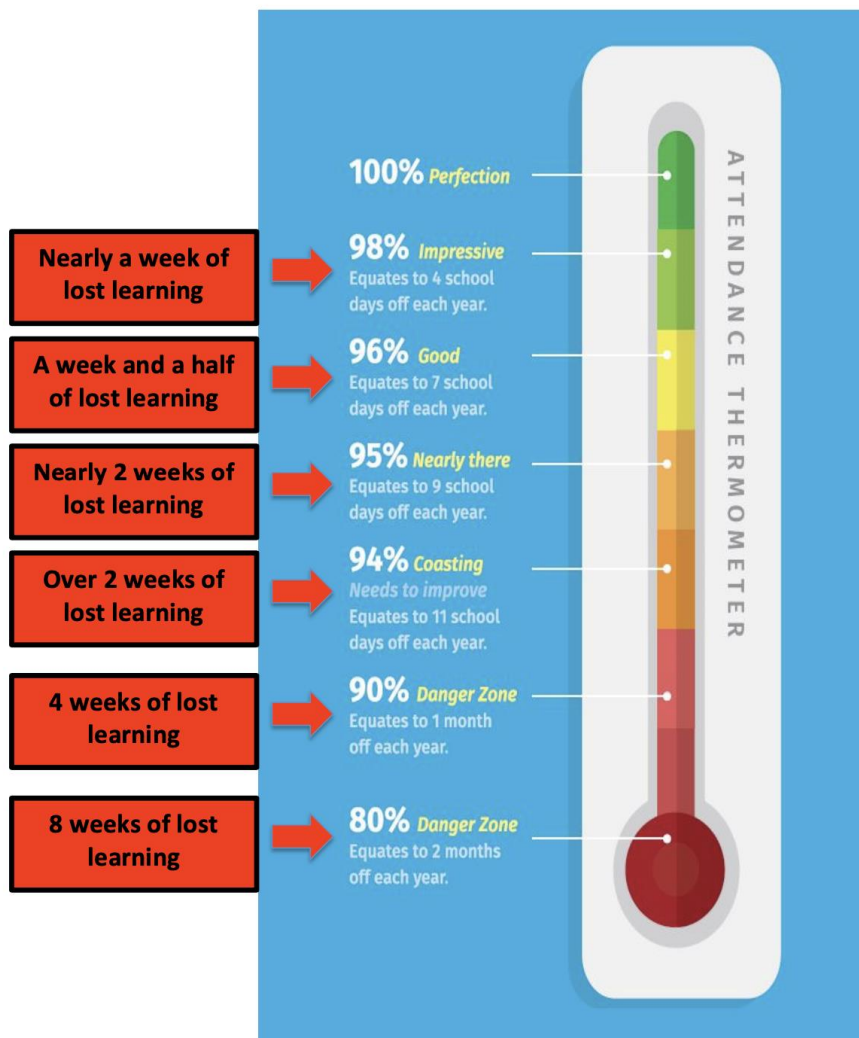
Black Flamingo by Dean Atta: A verse-novel, this award-winning book follows a boy who comes to terms with his identity as a mixed-race gay teen - then at university he finds his wings as a drag artist, *The Black Flamingo*. A bold story about the power of embracing your uniqueness. Sometimes, we need 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/>

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
21 st June	Interact Fun Run	Year 7 and Year 8 students
22 nd June	Duke of Edinburgh Expedition	Year 9 DofE students
26 th June	Reports to parents/carers	Year 7 and 8 students
27 th June	Prom	Year 11 students
1 st July	Darlington College Taster Day	Year 10 students
3 rd July	Primary Enrichment Day - Drama	Drama subject ambassadors
8 th - 9 th July	Year 6 Transition Days	Ambassadors and Sports Leaders

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.

