

ISSUE 6

FEBRUARY 2025

# Becky

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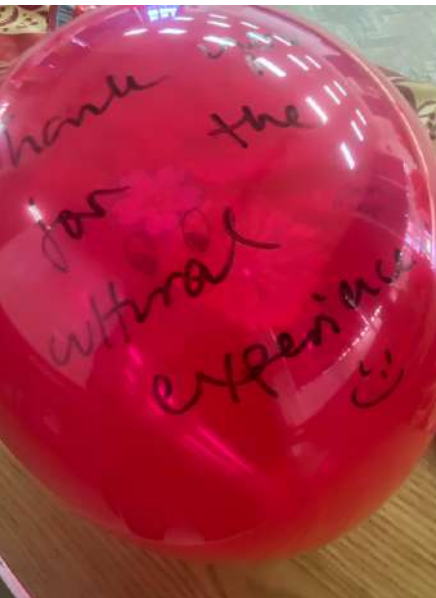
HIGH SCHOOL  
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# Welcome to Becky Highlights Spring Term 2024-2025



As we reach the halfway point of the term, it's time to look back and celebrate the incredible achievements, exciting trips, and all-around amazing moments that have made these past weeks so unforgettable.

From exploring new places on our unforgettable trips to accomplishing personal milestones in the classroom and beyond, we've been busy making memories that will last a lifetime.



In this edition, we're showcasing the hard work, determination, and fun that our community has embraced. Whether it's the new skills learned, the friendships strengthened, or the experiences shared, there's so much to be proud of.

Here's to even more adventures and triumphs ahead!

# Congratulations



We are so proud of how much our students achieve both inside and outside of school. If your child has achieved something remarkable, please email us via [achievement@beaconsfieldhigh.school](mailto:achievement@beaconsfieldhigh.school).

**Cristina, 8BLK** - for passing Grade 4 Violin ABRSM exam

**Alannah, 8HML** - for completing 5k Santa Dash and raising money for Alexander Devine Children's hospice; for a successful singing exam; achieving Distinction in LAMDA Drama exam and performing Robin Hood with her drama club

**Isla, 8HOL** - for achieving her Blue Tag belt in Taekwondo - her 6th belt in 2 years!

**Dhanvi, 8HOL** - for completing Stage 6 in swimming

**Sophie, 7BHU** - for achieving Distinction in her Grade 4 Piano exam

**Louisa, 8PAR** - for passing her Grade 5 Theory ABRSM exam and for being awarded 'Player of the tournament' at a 'London Road to the Copper Box' Netball tournament in January

**Emily, 8RAM** - for being awarded her Brown belt at a recent Martial Arts grading

**Nirvee, 8PAR** - for completing Stage 6 in swimming

**Scarlett, 6G** - for achieving Distinction in her Grade 8 Musical Theatre exam

**Florence, 7HML** - for passing her Bronze Ice Skating level

**Phoebe, 6JVT** - to achieving Merit in her Grade 6 Musical Theatre singing exam



Lily-Bo, 7HOL, is now the Junior Archery Champion 2024 at her club, Maidenhead Archers. She has worked incredibly hard, dedicating her time, effort and focus to her skill.

Congratulations Lily-Bo!



Annabel, 8BLK, attends Pip's Dance Academy and recently took part in their show at the Elgiva Theatre in Chesham.

There is an award given to one performer which is selected by members of the audience who are from a professional theatre and dance background. This year, Annabel was the winner!



Anmol, 9HOL, competed at the National Indoor Shooting Competition at Aldersley towards the end of January 2025.

Anmol successfully defended her 2024 title and held on to the trophy securing top spot again this year.

Well done Anmol!



# Congratulations



## Introducing Our New Head Girl Team!

We began with 28 fantastic candidates for the role of Head Girl. Each student presented a speech on the topic of ‘Social Inclusion’ as part of the Head Girl Hustings process. Both staff and students had the opportunity to vote, narrowing the selection down to our final 6 candidates.

Congratulations to Millie, Olivia, Isabelle, Mia, Maryanne, and Anna for making it to the next round!

After a series of interviews with our current Head Girl, Rithika, along with Ms. Bond and Ms. Ganachaud, we are thrilled to announce that Millie has been appointed as our new Head Girl, with Maryanne and Mia stepping into the roles of Deputy Head Girls.

We can’t wait to see all the amazing work this team will do for our school!

Millie, Maryanne and Mia then all attended a leadership dinner at Piper’s Corner.

Mia writes, “At the leadership dinner at Pipers Corner School, we talked to many head students from other schools from all around Bucks and Herts. We had a great time learning from the other students, who were mostly in Year 13, so could share some ideas and inspiration of what was successful in their school and roles. We also got to hear for Mark Sanger, an Oscar-winning video editor and he even brought his Oscar with him! It was really interesting to learn about his path to success and how his career has evolved throughout the years of his working life. We are extremely grateful for this experience, especially all of the food!”



# **BHS WORLD BOOK WEEK**

**10 - 14 MARCH 2025**

**RAISING FUNDS FOR THE  
CHILDREN'S BOOK PROJECT**

**ALL WEEK: EXTREME READING  
CHALLENGE AND BOOK LUCKY DIP  
(IN THE LIBRARY)**

**TUESDAY: KARL NOVA VISIT (YEAR 7, 8  
AND SELECT YEAR 9 - 10), LUNCHTIME  
BOOK SIGNING AND POETRY BY HEART  
COMPETITION AFTER SCHOOL  
(IN THE MDS).**

**WEDNESDAY: 2025 BUCKS BOOK AWARD  
ANNOUNCEMENT AT AYLESBURY  
GRAMMAR SCHOOL AND CHARITY BAKE  
SALE AT LUNCHTIME  
(IN MADDY'S GARDEN).**

**THURSDAY: DRESS AS YOUR FAV  
LITERARY CHARACTER AND CHARITY  
BOOK SALE (IN THE MAIN HALL).**

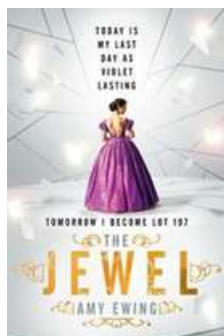
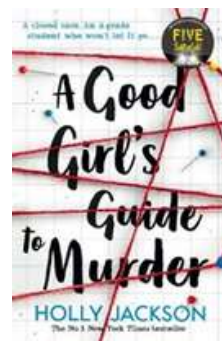
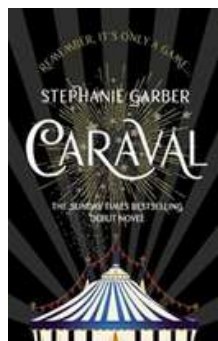
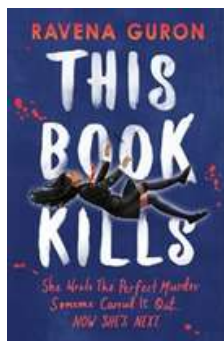
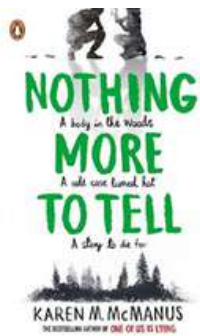
**FRIDAY: LIA MIDDLETON VISIT (YEAR 12)  
AND LUNCHTIME BOOK SIGNING.**



Children's  
**Book**  
Project



## Most borrowed books this term



## POETRY BY HEART

Poetry by Heart 2025 is now very much underway in school and we are very excited about the school competition which will be held in the Main Drama Studio on Tuesday 11th March!

To start the term Year 7 have been taking part in a dedicated Poetry by Heart Library lesson. They have taken on the challenge of learning a poem in 20 minutes. The results have been impressive!

## What else has been happening in the Library....

- ★ As well as Poetry by Heart, Year 7 have been practicing their creative writing skills this term! They were asked to write a 500-word story to share with the rest of the class. Year 12 prefects will read all the stories entered for the competition and prizes will be awarded for the top 3!
- ★ Year 7 Book Club is held every Tuesday Week A in the Library. This week Year 12 Gold Duke of Edinburgh volunteers ran a workshop creating origami butterfly bookmarks!
- ★ Year 8 and above Book Club is held every Tuesday Week B in the Library. We are reading Songlight (Book 1 The Torch Trilogy) by Moira Buffini
- ★ Year 8 have chosen their second Lit in Colour book
- ★ Year 9 have been introduced to the Iconic Reads project this term.



# KS3 Reading Challenge 2025

This term KS3 are being introduced to the Reading Challenge 2025. The purpose of the Reading Challenge is to give students time to read, introduce them to a wide range of authors and genres and inspire them to challenge themselves by reading outside their comfort zone. Reading proficiency is the key to learning right across the curriculum and to lose ourselves in a novel is to grow, imaginatively and intellectually. Therefore, we appreciate the support and encouragement you give to your child to ensure they continue to read regularly and complete the Reading Challenge.

## Carnegie Medal for Writing Longlist 2025



The UK's longest running and best-loved book awards for children and young people, the Carnegie Greenaway Awards, announced the 2025 longlist in February.

All books on the longlist are available to borrow from the Library.

### Top 5 Borrowers!

**Mariam (8RAM) 23 Loans**  
**Soraya (8BLK) 17 Loans**  
**Sasha (7PAR) 12 Loans**  
**Emily (8RAM) Eshal (7BHU) 10 Loans**  
**Amelia (8BHU) 9 Loans**



**934**  
**BOOK**  
**LOANS**



**EBOOK LOANS**  
**450**

*In the Library*

# EDI



## Women of influence Series 2025

On the 6th February, we had the pleasure of hearing from six esteemed panellists:

- Saba Hussain, EDI partner London Ambulance
- Saffron King, Script writer and producer
- Samantha Samuels, retired group commander
- Saski, LGBTQ+ inclusion specialist Interviewer
- Eleanor Brocklehurst, French teacher at BHS and TV producer
- Khadija Maaref Author, EDI consultant and entrepreneur

The event was aptly concluded with a speech from our headteacher, Ms Bond, concurring some of the points raised by the panellists and expressing her heartfelt gratitude to the panellists for giving up their time and sharing so candidly.





# EDI

## Lunar New Year by Jasria, 10BHU

The Lunar New Year event took place on Monday, 27th January, in the main hall at lunchtime. We were greeted by Mrs. Anukem, who introduced us to our guests, Bo Lin and Ping Lin. Professor Bo Lin is a professor of politics and philosophy from Chengdu University in China. She performed a traditional tea ceremony for us in Mandarin, with translation by Ms. Ping. First, she showed us how to prepare the tea—a beautiful jasmine tea from the foothills of the Himalayas. She then demonstrated how to pour the tea into a cup. The ritual was elegant and beautiful; the cultural history and significance of the ceremony shone through the tea's delicate scent and floral taste. The pottery had inscriptions in Mandarin: short poems related to tea. Once again, the minute details and care in every movement displayed the rich significance of this ceremony.

After the tea ceremony, we were treated to a talk by Ping Lin, a portrait artist, writer, and photographer. She is also a qualified yoga instructor. Her talk focused on how to stay mindful and stress-free while navigating our education. We were asked to imagine holding and biting into a lemon, symbolizing our worries and pressures. We were reminded that the lemon existed only in our minds—just like the pressures we put on ourselves in daily life. Her talk was incredibly insightful, and her words have stayed with me to this day.

After the talk, while everyone enjoyed some delicious food, Ping Lin shared with me that in her portraits, she aims to capture the essence of daily life in China. For example, my favorite sketch of hers was of a noodle bar in China. She explained that she wanted to capture the simplicity and nuance of everyday living, finding beauty in everything. Her words had a profound impact on me and have left a lasting impression on how I see the world.

The Lunar New Year event concluded with a thank you from Ms. Bond, who expressed gratitude to everyone for making the event possible. The experience was insightful and inspiring, and it is something I won't forget for a long time.



# EDI

## **Embracing the "Mixed Flavour Bag" of Humanity**

This week, in Assembly, we have been exploring the meaning of diversity.

The Latin word *diversitas* means "difference in kind." Think of it like a mixed-flavor bag of sweets! Each sweet is unique – different shapes, colors, and tastes. That's diversity! Just as the sweets exist together in the bag, we should embrace the unique qualities and perspectives of every individual in our school community. Now, imagine a bag of sweets all the same color, size, and flavor. Would that be interesting? Not really... that's an understatement. A diverse community, like a mixed-flavor bag, is richer, more vibrant, and more exciting. It's the unique blend of flavors that creates a rich experience.

Just as a mixed bag of sweets illustrates a vibrant array of colors, our community is enriched by the diversity of our faiths, or lack thereof. We each bring unique perspectives shaped by our different identities, the ways we process information, the challenges we face, and the conditions that impact our daily lives. These diverse lived experiences, like the unique flavors of each sweet, contribute to a richer and more meaningful community.

But simply having different sweets in a bag does not guarantee they will live together peacefully. Sometimes, we try to separate the sweets, like weeds being pulled out. This is like segregation, where people are separated based on their differences.

True inclusion means all the sweets, regardless of their color or flavor, exist together harmoniously. It means celebrating our differences and respecting each other's unique qualities.

This week, let us celebrate the diversity of our school community. Let us remember that our differences make us stronger and that a truly inclusive environment welcomes everyone, regardless of their background, beliefs, or identities. Make it your mission to create a school where every student feels valued, respected, and celebrated.

## **Upcoming events** - EDI Conference, 26th March 2025

Join us at the BHS EDI Conference on 26th March 2025 and let's turn words into action. If you are committed to equitable change this is an event for you.

Full speaker list to be announced shortly. Please scan the QR code to book your place.

# Save the date!

## BHS 2025 EDI CONFERENCE

### 26TH MARCH 2025

**FULL SPEAKER LIST TO  
BE ANNOUNCED SOON!**

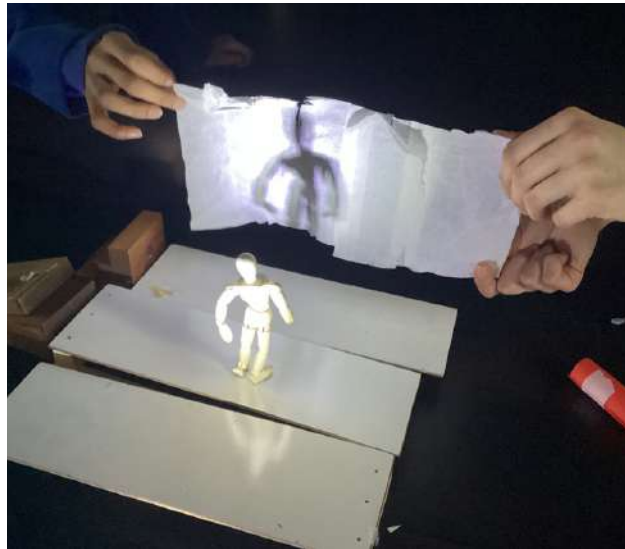
SHOWCASING OUR  
COMMITMENT TO  
EDI, HIGHLIGHTING  
OUR JOURNEY TO  
INCLUSIVE  
EXCELLENCE.



**BOOK YOUR FREE TICKET  
VIA THE QR CODE!**

# Performing Arts

Year 9 students have been extending their learning on different forms of Design in Theatre Production. In the last week of this half term, the students have been learning about Lighting Design. They have been experimenting with how lighting can create atmosphere and meaning using shadow, darkness and colour to shape and create performance spaces. They re-capped key terminology and got very creative with colour, intensity and directional lighting. We have some budding lighting designers in the making!



Mrs Flanagan's Tech Club is well underway this term! Year 7 and 8 students are creating lighting design concepts for student 'Poetry by Heart' performances. They are loving experimenting with different lighting effects and are working with performers to create the right atmosphere and intention to suit the poems. If you would like to join the club, contact Mrs Flanagan.



# Performing Arts

Last week the Year 8 students have been learning about Set Design. They have learnt different staging types and technical set design terminology. This culminated in the students creating their own set boxes in lessons being incredibly resourcerful and creative! Here is an example of one of the set designs created by students, focusing on the themes of War Horse and considering how they can communicate the two different settings of Devon and the Front Line in WW1. Congratulations to the Year 8 students for such mature, innovative and moving pieces of design and making them in only 1 hour!



They have also begun to create 'brown paper men' which the National Theatre uses in the early stages of training their puppeteers. They have been focusing on the key conventions of breath, focus, weight and the collaboration needed between the three puppeteers to operate the puppet successfully. In their short scenes the students were taking a concept from WW1/War Horse and experimenting with how they could story tell to the audience using their puppet.



# Number Day 2025



*£838 raised!*



# Creative Arts Careers Morning



# Futures Fair





# Futures Fair



# Mock Trial

Through Drama Co-Curricular, around 50 Year 9 students have been participating in an internal version of the 'Magistrate's Mock Trial' competition. We are only permitted to take one team to the external event but it is such a valuable experience in terms of developing critical thinking, collaborative working, Oracy and GLR skills which are essential for a wide variety of careers, that we wanted to open it to as many students as possible this year.

The students have been working in teams on this year's case and these 4 teams competed after school on Monday 10th February running "Mock Trials" with our very own Magistrates in the form of Mrs Robinson, Mrs Cummins, Mrs Pearson-Hall and Mr Woodward.

The students played Lawyers, Legal advisers, Witnesses and all the roles involved in the running of a trial where examination in chief and cross examination are used to determine the verdict on the defendant who was charged, this year, with possession of an offensive weapon in a public place.

The students did a great job with some tough interrogation and in the end we had three not guilty and one guilty verdict.



# Mock Trial

We will be selecting 16 students to represent us on 8th March at Wycombe Magistrates court, where the local heats will be held, and we compete against other local schools.

All the students should be very proud of their commitment and critical thinking skills as, whilst they all played various roles, they have worked as teams (Elle woods, Suits and Skirts, Legally Brunette and the Red Chairs) since November, supported by our link magistrate, to put their arguments together and find the parts of the case where the defence team or prosecution team might be able to find ways to win their case.

We can definitely say that the future of the legal profession is looking bright in the hands of our students!



# Wellbeing

Welcome to the newest edition of our Wellbeing section of Becky Highlights!

In this section, you will find lots of information for how to support your child with their mental and physical health and wellbeing.

Please remember, if your child needs support with their mental health over the school holidays, you will find support through one of these means:-

- Wellbeing page on the BHS website - <https://www.beaconsfieldhigh.bucks.sch.uk/Wellbeing/>
- The Samaritans - call 116 123 or [click here](#)
- [Papyrus](#)
- Call 999/101
- [Kooth](#)
- [Health for Teens](#)

All of us at school (students and teachers included) are looking forward to a happy and healthy break and some time to recharge our batteries. We want students and staff to look after themselves, practise self-care, connect with friends and family, do some fun stuff, and rest!

To this end, please be aware that school emails are not expected to be read by staff over the school holidays. However, our [Safeguarding email](#) is monitored throughout the holiday period if you have concerns or are worried about your child.




Elevate is an award-winning organisation that has been working with Beaconsfield High to help students become more effective learners.

You can sign up for free parent webinars using [this link](#)


# Wellbeing

## Talking is good for your mental health.


Talking about mental health is important but starting a conversation isn't always easy. Whether you'd like to talk to someone about how you're feeling, or check-in with someone you care about, here are some tips that can help.



1. Choose someone you trust to talk to. This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don't know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.



2. Think about the best place to talk. It's important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you're less likely to be disturbed. You also might want to talk while you do an activity, like walking together.



3. Prepare yourself for their reaction. Hopefully, you will have a good experience when you open-up to someone. But there's a chance that they may not react in the way you hope. This may be for different reasons, like they may be worried or not fully understand at first. If that's the case, try to give them time to process what you've told them. It might help to give them information to read to help them understand. And don't forget to be kind to yourself and practise self-care.

## Online Behaviours

Our teenagers exist in an online world and many of their interactions and personal relationships/ friendships are played out online. At school, we encounter problems when online behaviour doesn't match their otherwise polite and courteous manner. Teenagers can say mean things online. Even if their intention isn't to be mean, the way that the message lands can cause offence and upset. Students have been sent this infographic via Bulletin in tutor time to reflect on.

Coupled with PSHE lessons and alerts such as the one we previously sent to parents on 'sextortion' ([Click here to read the Met Police explanation](#)) we are always trying to help our students navigate their online behaviours successfully. Our #WakeUpWednesday infographics sent weekly are designed to upskill and inform parents. Please talk about online safety and online behaviours with your child regularly.



How to deal with...

# Stress, Anxiety and Low Mood

## Online course for young people

Would you like to feel better about life? Do you feel stuck and need some tips on how to move on?

If you're in school years 7 and above then our 5-week, online course could be for you! Sessions run on **Wednesday** evenings.

### 5 sessions cover:

- What stress, anxiety and low mood actually are
- Strategies to feel better
- How to deal with setbacks
- Planning for a brighter future

For more information or to secure your place, scan or click the QR code.

If you need help please email  
[familyhubgroups@buckinghamshire.gov.uk](mailto:familyhubgroups@buckinghamshire.gov.uk)

Starts  
February  
2025



**SCAN OR  
CLICK ME**



**26 February to 26  
March 2025**



**6pm to 7pm**

Proud to be part of  
**Family Hub  
Network**  
Buckinghamshire

# Some links from Everlief

[Theyarethefuture \(TATF\)](#) is the first place to visit when looking for guidance. TATF provides a comprehensive set of articles, courses and two parent “clubs” for those who would like to access live and on-demand workshops.

Everlief Parent Club is an online membership for parents, brought to you by the team at Everlief. There are two clubs – one for primary aged and one for secondary age.

This term, Dr Lucy Russell and her team of psychologists at They Are The Future have some helpful resources to share with you for emotion regulation, focus and calm, and autism.

## **Free Brain Breaks Tool For Parents & Teachers:**

Discover why brain breaks are essential for children's focus and learning, plus get access to our FREE interactive Brain Break Spinner!

No more guessing which activity to try next - just click and spin for instant movement break ideas.

Perfect for:

- ✓ Homework time
- ✓ Classroom transitions
- ✓ Screen time breaks
- ✓ Regulation support

**SPIN TO FIND YOUR BRAIN BREAK**

**ACTIVITY!**

Shake your  
whole body like  
you're made of  
jelly!

**SPIN**

# Some links from Everlief

## Articles by Dr Lucy and colleagues related to sensory and emotion regulation:

- [5 Easy Emotional Regulation Activities For Kids](#)
- [Window of Tolerance Worksheet: Children's Emotion Regulation](#)
- [Emotions & Feelings Activities for Children](#)
- [Calm Box: Teach Your Child to Manage Overwhelm \(Step-By-Step Guide\)](#)

## Autism & Me Workbook to Download

You can sign up for your free workbook here: [click this link](#)



## Enrolling Soon... Embracing Autism Online Parent Course

Our next cohort of this highly acclaimed course starts on Monday 3rd March. If your child has an autism diagnosis—or is on a waiting list—this course is for you.

Over the past two years, parents have told us time and time again how much the Embracing Autism course has transformed their understanding of their child.



Guided by a team of highly experienced (and wonderfully caring!) professionals—including psychologists, a paediatrician, an occupational therapist, and a speech and language therapist—you'll gain essential insights into how autism affects your child and how you can support them in the best way possible.





*Dare to be remarkable*