

Beauchamps News



Issue 92
February 2024

Jump into January Winners



Congratulations to the youngest and oldest winners of our new Jump into January competition. Above Grace D, Year 7 with Year Lead Miss Horley and below James C, Year 12 with Sixth Form Year Lead Mrs Gargrue. Both received £20 gift vouchers for their 100% punctuality and attendance in January.

[Mr Beaumont](#)



Headteacher's Letter

Dear Parents/Carers,

We kicked off this half term with our new initiative Jump into January designed to prompt a positive start to the year. All students with 100% attendance and punctuality were entered into a prize draw. Well done to all our worthy winners and to all the students who were entered. Let's keep this up.

It's only been a short term but we have lots to celebrate. Students have been working really hard across the school on their home learning and I have seen lots of effort put into creating some fantastic project based pieces across different subjects in the school.

Our students have been involved in a number of projects over the last few weeks. We celebrated the achievements of a group of Year 9 students who took part in a Respect Project run and fully funded by the Essex Boys and Girls Club, our Year 9s also completed some brilliant work in their ERP and Social Studies lessons, raising money for different charities. Well done to all those students who were involved.

We have also welcomed many visitors into school this half term, many of which were invited as part of National Apprenticeship Week. Staff from the NHS, First Institution and Unifrog all came in to talk to our students about post 16/18 options and the vast range of careers and opportunities available across a variety of sectors.

Year 9 and Year 12 students have also braved the cold, wet and windy conditions this half term to take part in fieldwork designed to develop skills needed for later in the course.

It has been a short half term with lots to celebrate. We wish you all a wonderful week off to rest, relax and recuperate and thank you for your continued support.

Mr Harper,
Headteacher





Jump into January



In order to prompt a positive start to 2024, we encouraged students to 'Jump into January'. All students during the month of January with 100% punctuality and attendance records were entered into a draw for one of 7 prizes! Each year group had a £20 winner of Amazon vouchers with one student in the school winning £40 worth of Amazon vouchers! Above with Year Lead Mrs Watler are Mason G and Ellie T both Year 9. Ellie was the overall £40 of Amazon vouchers winner. Below the Year 10 winner Kaelie T with Year Lead Mrs Hampton.

Others winners not pictured were Year 8 Lola G-B and Year 11 Layla C. Congratulations to all our winners.

[Mr Beaumont](#)





Year 7 Meaning of Christmas



On Friday 15th December we welcomed Suzanne Ward and Rev Jonathan Evens to speak to our Year 7 students for our annual Christmas Event. Students had the opportunity to discuss the real meaning behind the religious festival of Christmas and what it means to Christians today. Through poetry, music, chocolate and bible verses, they were able to explore the story told so many times all over the world in nativity plays! It was wonderful to hear the students ask such insightful and interesting questions and to take part in these discussions with members of a faith community. We are incredibly grateful for the ongoing support of our church representatives and are already looking forward to the Easter event for Year 8. [Mrs R Smith](#).





Christmas Charity Run...

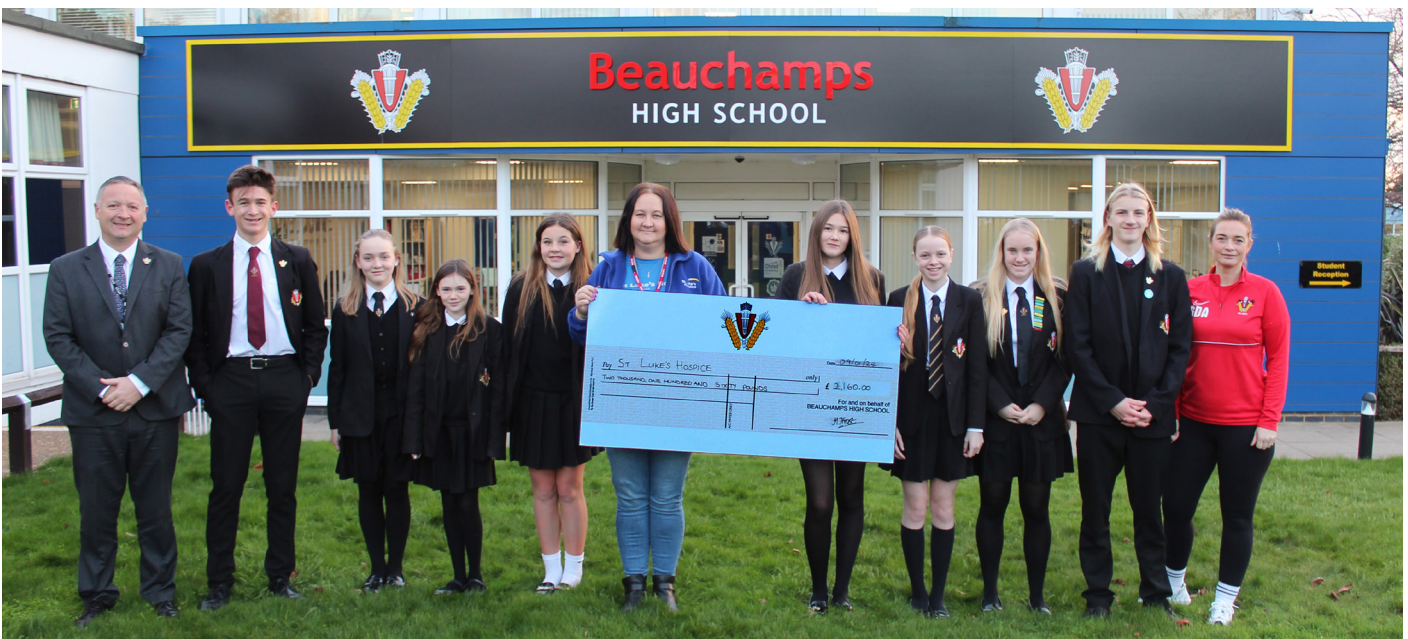


...for St Luke's Hospice



On Tuesday 19th December over 60 students took part in our annual Festive Fun Run raising a total of **£2235** for St Luke's Hospice. This wonderful donation will help continue to provide specialist palliative and end of life care to the communities in Basildon and Wickford.

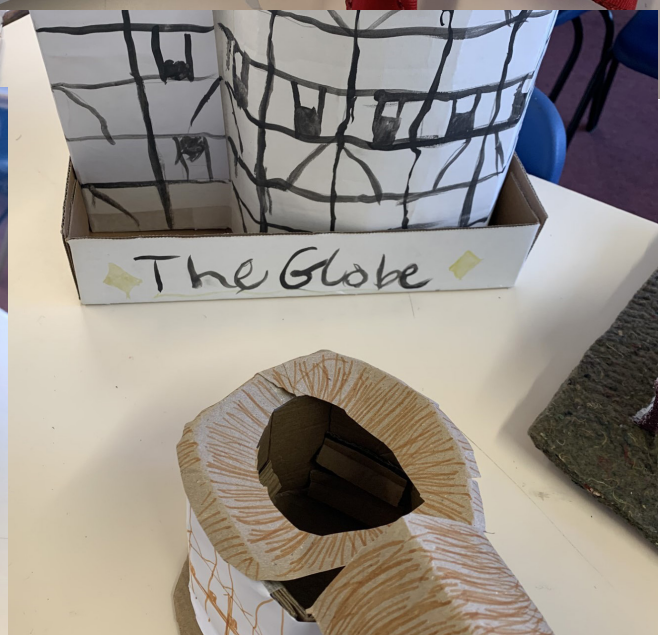
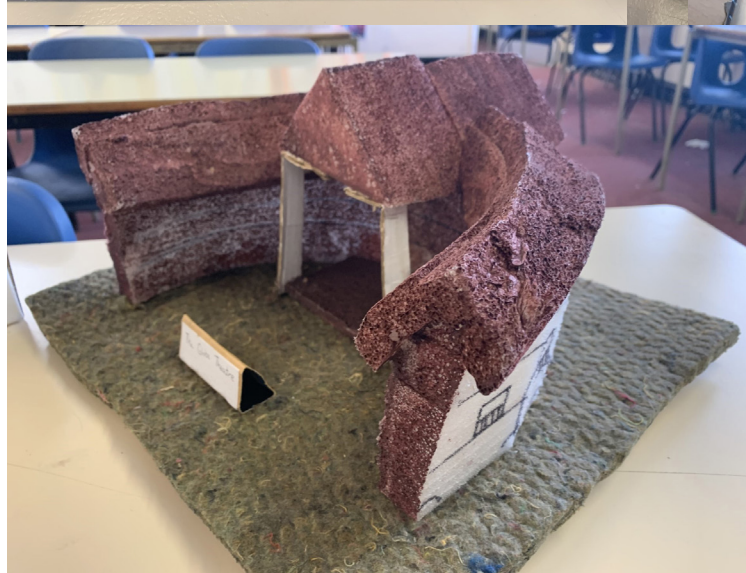
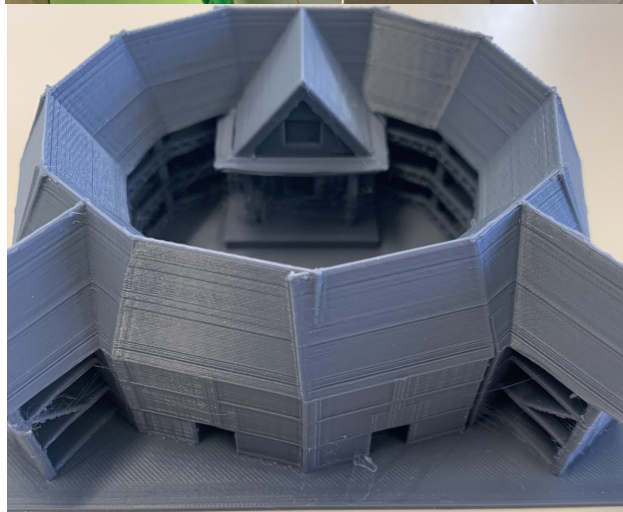
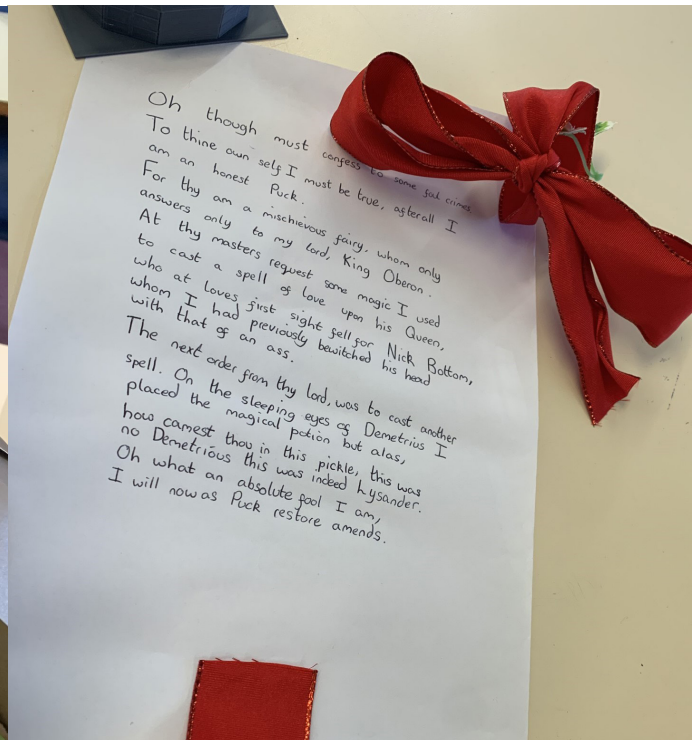
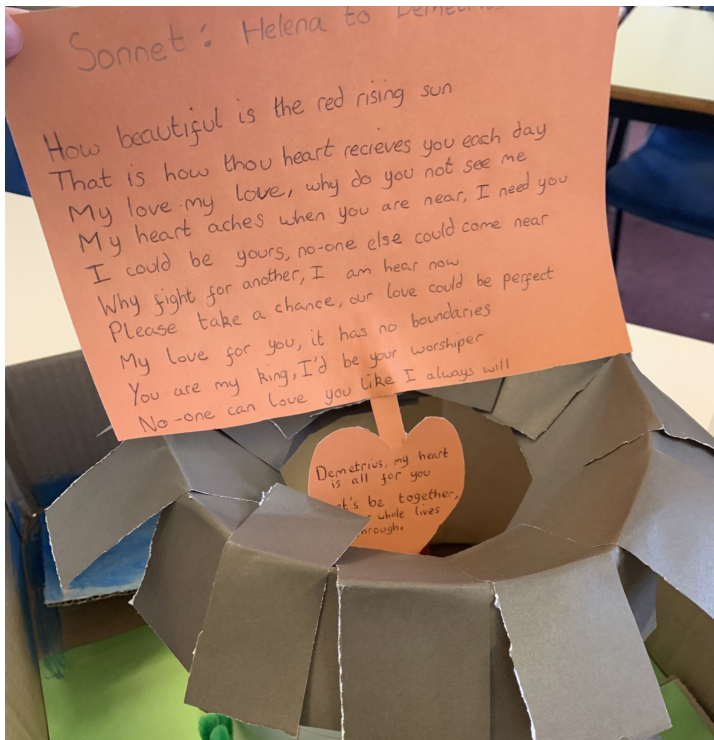
A big congratulations to our 3 highest fundraisers: Millie D, Michelle H-J and Ava G raising a total of **£479** between them. Thank you so much to everyone that took part - we look forward to next year! [Miss Davies](#)





Outstanding English Homeworks

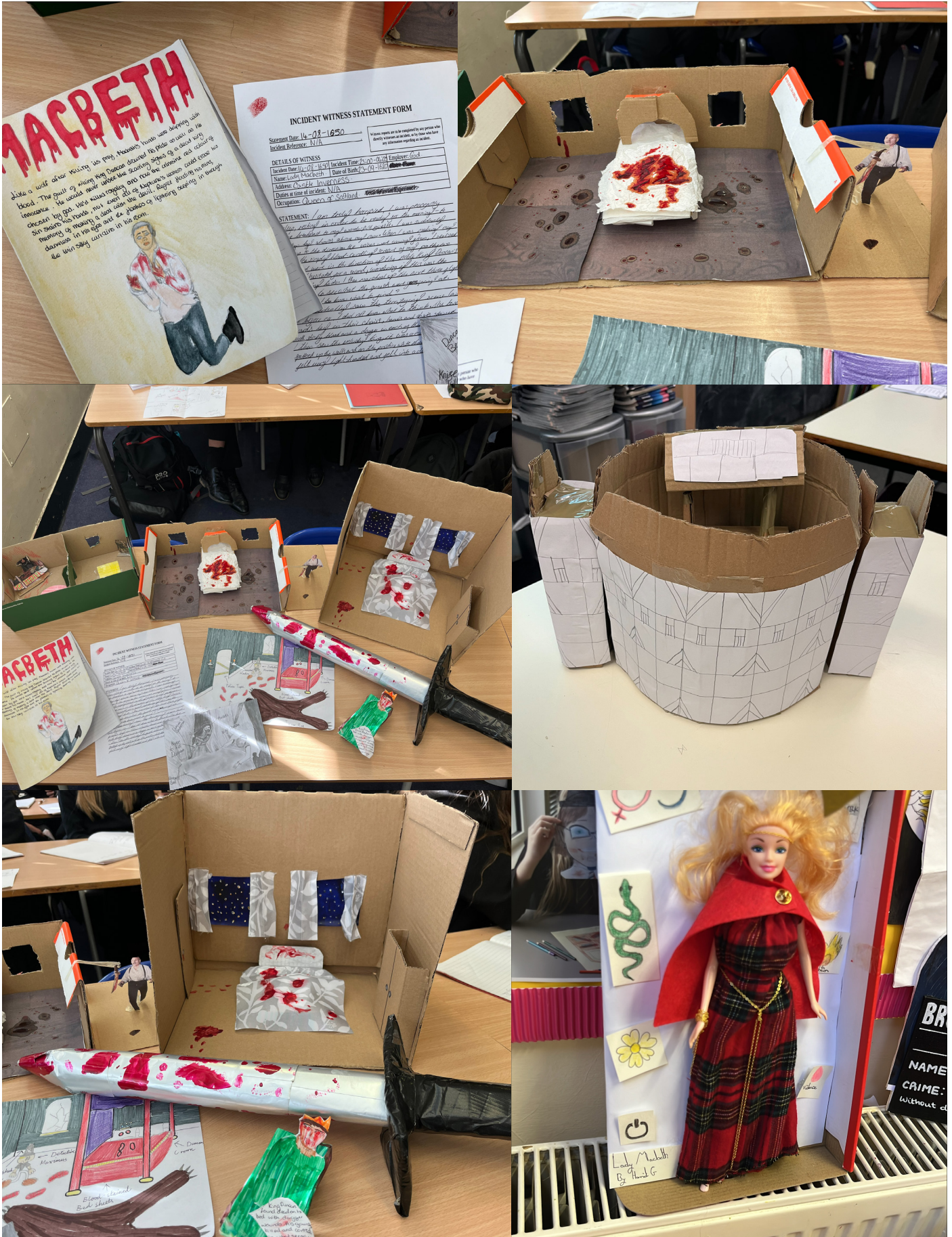
Amazing homework received from students in 7AEn1 who have created some fabulous models of the Globe Theatre, including a 3D printed one that even has the tiers for seats! Wonderful to see such enthusiasm for learning Shakespeare's A Midsummer Night's Dream. [Mrs Beaney](#)



More Outstanding English Homeworks



This term Year 8 students have been producing amazing creative homeworks for their study of Macbeth, including King Duncan's bloody crime scene; the murderous weapon; police report and newspaper reports. Year 8's have shown their passion for Macbeth and their excellent creativity skills. Well done Year 8 for fantastic homeworks! [Miss Blucher](#)





The SEND Page



**INFORMATION
ADVICE
GUIDANCE**



Essex County Council
Special Educational Needs
and Disabilities

Essex Local Offer Roadshows

Are you a parent/carer of a young person with special educational needs and disabilities (SEND) and want to know what support is available in your area? Come along to one of our Essex Local Offer Roadshows.

Meet representatives from across education, health and social care as well as local support groups.

No need to book, just drop in!

Parent/carer workshops will also be running. More information to follow soon.

Join us...

- Monday 4 March 2024
The Holiday Inn, Basildon
- Thursday 7 March 2024
Hamptons Sports and Leisure, Chelmsford
- Wednesday 13 March 2024
JobServe Community Stadium, Colchester
- Tuesday 19 March 2024
The Harlow Hotel, Harlow

Scan the QR code to find out more information



or go to
[The Essex Local Offer Website](https://www.essex.gov.uk/essex-local-offer)

In Partnership with



**Firstly,
a Happy New Year
to you all!**

This half term has been a whirlwind and New Year does seem about 6 months ago!

I wanted to take the opportunity in this newsletter to use our space as a signposting tool for you.

Below you will find information about lots of places, agencies and events which may help support you and your child.

Autism Post Diagnosis: Drop-in Support (Great Oaks Clinic)

The NHS are running drop-in sessions for parents of children living in the Thurrock, Basildon, Billericay and Brentwood areas. These are for parents and carers whose children have received a diagnosis of Autism and who would like advice and support following diagnosis.

The sessions are run by members of the multi professional team including nurses and therapists. The team can offer advice and signposting.

The next sessions will take place on 27 February and 20 March at 9.30 am at Great Oaks Clinic. Sessions will last 1 hour.



SNAP

is an Essex charity for families with children and young people who have any additional need or disability.

From its Brentwood base, SNAP offers a helping hand to thousands of families who need support in a variety of ways.

No formal diagnosis or professional referral is necessary to access SNAP services, available to families with children and young people aged 0 to 25 who live under Essex County Council, Thurrock and Southend. Facilities at the centre include a training room, a multi-purpose activity hall, multi-sensory room and specialist IT suite.

SNAP's aims are to inform, encourage and support parents so that they can grow in strength and knowledge and become better equipped to give the best possible help to their children.



The SNAP Centre
Pastoral Way
Warley
Brentwood
Essex CM14 5WF

The SNAP Centre

For family support from SNAP please contact:

Telephone: 01277 211300

Helpline: familyteam@snapcharity.org

General Enquiries: info@snapcharity.org



MyOTAS was originally set up by a group of parents of autistic children, as a way to provide support to others seeking a kind, non-judgemental space, to discuss their problems and gain help with all the red tape restricting their child's access to the services they need. Our trustees now include a children's Occupational Therapist, a Primary School Teacher, a FA registered Football Coach, a variety of other professionals and parents of SEN children.

<https://myotas.org/>



SEND News extra!

Essex Dance Theatre

www.essexdancetheatre.co.uk

Essex Dance Theatre is a self-financing, non-profit making Youth Arts Dance project working under cost neutral auspices of Essex County Council

"Where the art is in the teaching." Daily Telegraph

Dance Inclusion - A fully inclusive & open group developing a creative language to improve personal development & learning. To entertain, develop & challenge misconceptions of who can perform and who can choreograph. "Dance Inclusion" is for young adult dancers with learning disabilities, an exciting and inspiring approach to integrated dance.



Held at : Essex Dance Theatre, Dorset Avenue, Great Baddow CM2 9UB

On the same site as Larkrise Primary School, parking, foyer for waiting cars. Easy bus route.

On: Friday 5-6pm

Just come along and see if we are what you are looking for ~

01245 476335

We offer free, confidential and impartial information, advice and support service on issues related to Special Educational Needs and Disability (SEND). This includes information and processes related to health and social care. We offer information, advice and support to:

Children and young people (up to 25 years) with SEND Parents and carers of children with SEND

Practitioners (who might support children, young people or parents to access our service)

We are free, easy to access and confidential. We can help children, parents and young people take part in decisions that affect their lives.

We have a Steering Group which includes parents and representatives from local voluntary groups/parent led groups, schools, education, social care and health.

Call our Helpline on: 01245 204338.

<https://www.essexsendiass.co.uk/>



Travel Training

Travel training is to help people with SEND feel more confident when travelling on their own.

How it can help

Travel training can help overcome barriers to:

- employment
- social inclusion
- independent journeys to school/college

The training covers:

- confidence in using buses or trains
- personal safety
- how to use timetables and buy tickets
- road safety, including how to cope with traffic on major roads
- what to do when things go wrong (e.g. the bus is late)

Eligibility

Travel Training is free for students and adults of all ages who live in Essex, Ealing or Suffolk and receive the following from one of those councils:

How to access

Parent/carers, professional referral (e.g. social worker) or school referral

Cost – free

Contact

travel.training@essex.gov.uk

0345 603 2200

<http://www.travel-training.co.uk/>





Southend, Essex and Thurrock Child and Adolescent Mental Health Service (SET CAMHS)

Southend, Essex and Thurrock Child and Adolescent Mental Health Service (SET CAMHS)

The Southend, Essex and Thurrock Child and Adolescents Mental Health Service (SET CAMHS) provides advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties.

Any young person, concerned parent, care giver or a responsible adult of a young person can access the SET CAMHS by either making an appointment to see their young person's GP with them, or accessing our services for information.

We provide a range of support for young people, so to ensure that we direct your referral accordingly please complete our online referral form with as much detail as possible.

Crisis?

Do you feel that there is a current crisis?

Call SET CAMHS - Freephone **0800 953 0222** (Monday - Friday Between 0900-1700)

Or

Call NELFT Mental Health Direct: **0800 995 1000** (Out of Hours / Weekend or Bank Holidays)

In an emergency if urgent help is required please contact 999.

A quick reminder this is the link to the Essex SEND local offer;

Services and support for special educational needs and disability

Information about support services and local opportunities for children and young people with SEND

– find what you need all in one place

<http://www.essexlocaloffer.org.uk/>

I do hope you have found this special edition useful. Have a lovely February half term and we look forward to seeing you all after the break.

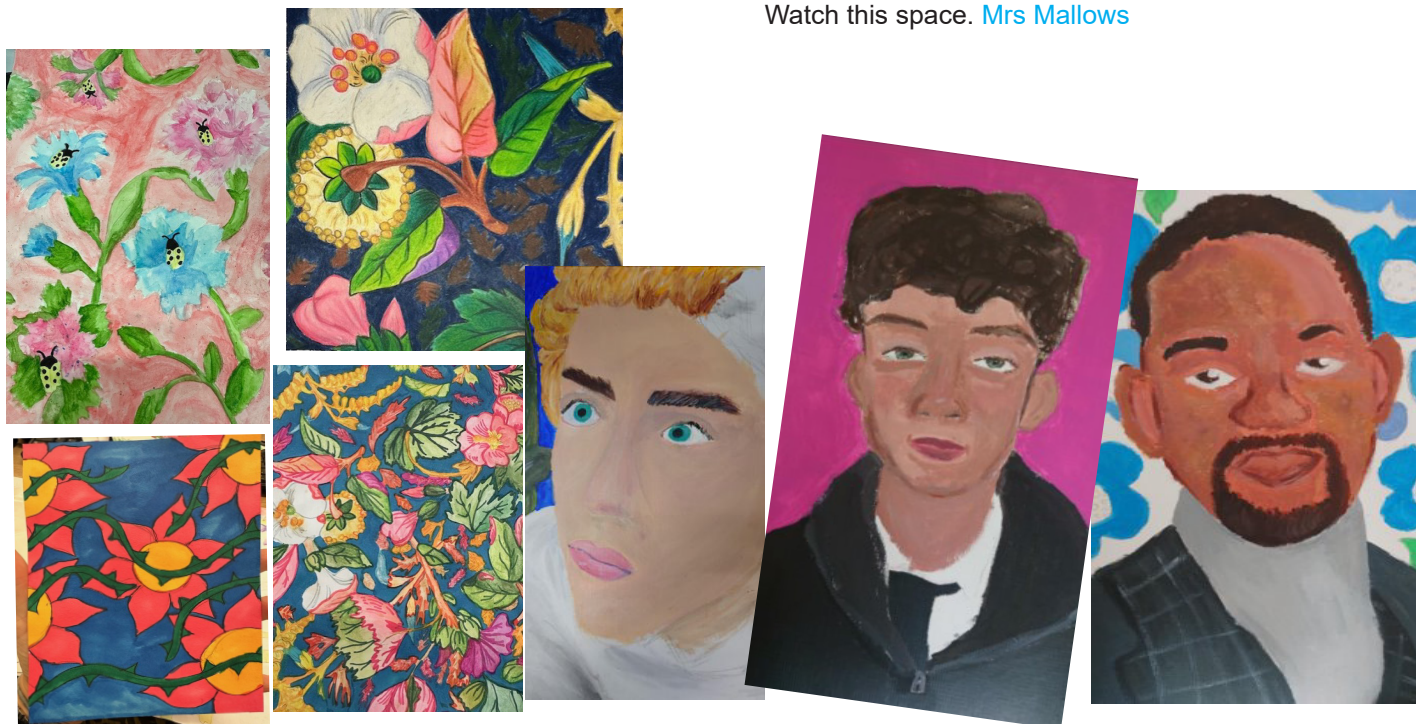
Miss Clarkson and The Learning Support Department



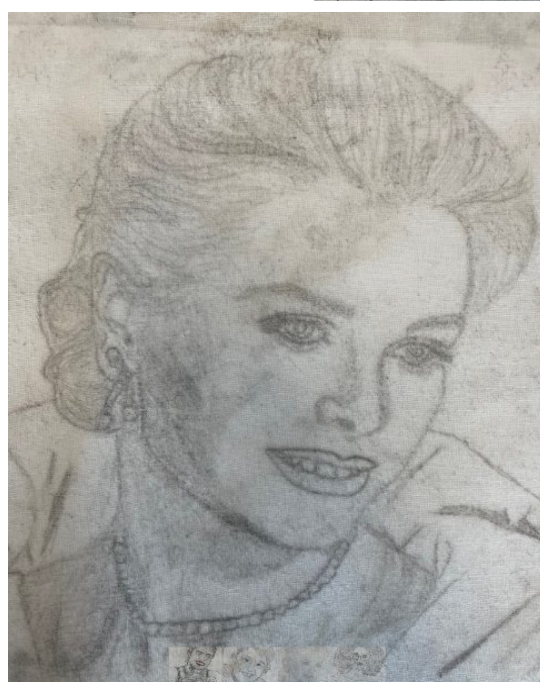


year 9 art

Year 9 Art students have enjoyed researching David Hockney's portrait series and Kehinde Wiley's contemporary portrait paintings. Combining both artists' styles and painting a friend, family member or inspirational figure on canvas. The final outcomes are still underway but early signs are very promising. Watch this space. [Mrs Mallows](#)



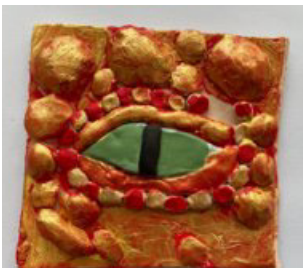
Connecting International Women's day to their practical skills. Here is a selection of inspirational women created in monoprint by Year 9 Textiles. All students have worked hard to master this skill and refine their learning from Year 8, transferring prior skills from paper to fabric. Students are now finalising their outcomes in class by applying embroidery. Well done Year 9 - some great outcomes. [Miss Moore](#)



Year 8 Art

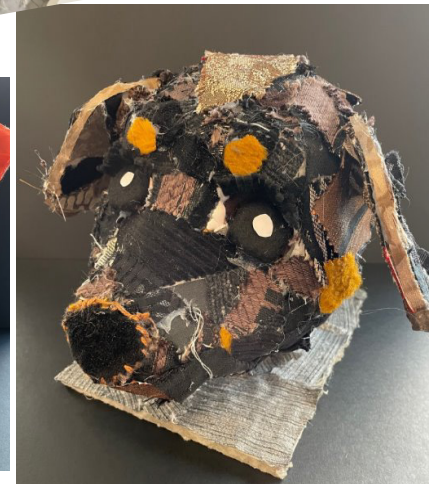


Year 8 completed their 3D animal sculptures at the start of term and as you can see there were some amazing results! Students really did impress with how hard they worked taking a 2D image and creating an original and unique 3D form. The variety of skills they mastered was great to see and their teamwork to complete this project in pairs was excellent also. We now have a whole zoo decorating our classrooms! [Mrs Mallows](#)



This half term Year 8 have continued their 3D work and have experimented in the medium of clay. Students have formed their own dragon's eye using traditional techniques and then learnt how to blend and paint in acrylic to bring their creations to life. Some fantastic work has been produced and we are very proud of all our classes.

A special thanks to Mrs Hollywell for her hard work preparing the clay and ensuring our work was fired in the kiln for each class. Well done Year 8! [Mrs Mallows](#)

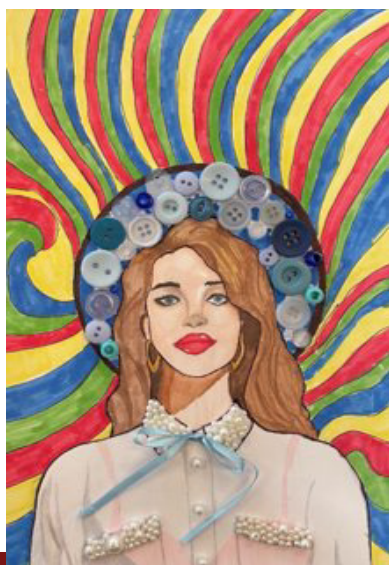
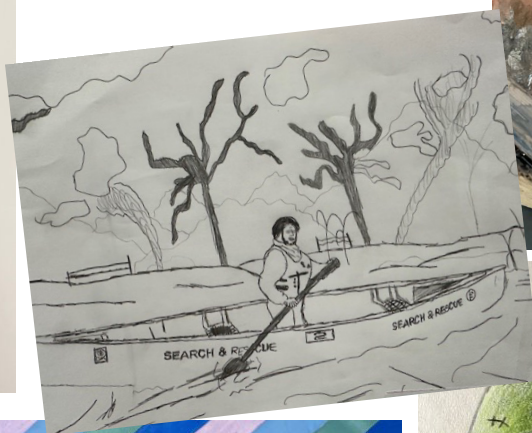




Home learning Stars

KS3

A selection of some of the best home learning this half term! Well done for all your hard work and effort that has gone into these creations. You should be very proud of your achievements!
[Miss Moore](#), [Mrs Birkumshaw](#) and [Mrs Mallows](#)



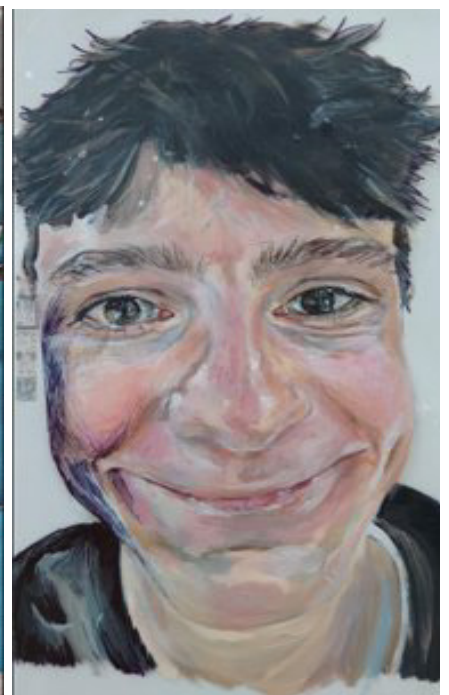
ART CLUB



"We encourage Art students to be creative individuals and to try new skills *without the fear of failure*"

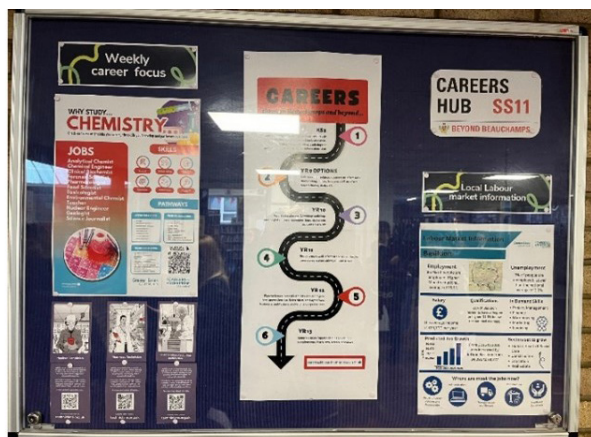


Sneak peak of what is to come... Our Year 12 Art and Textiles students have been experimenting with new designs this term. With lots on the horizon, we are looking forward to sharing some of their trial pieces and final designs with you. [Mrs Mallows](#)



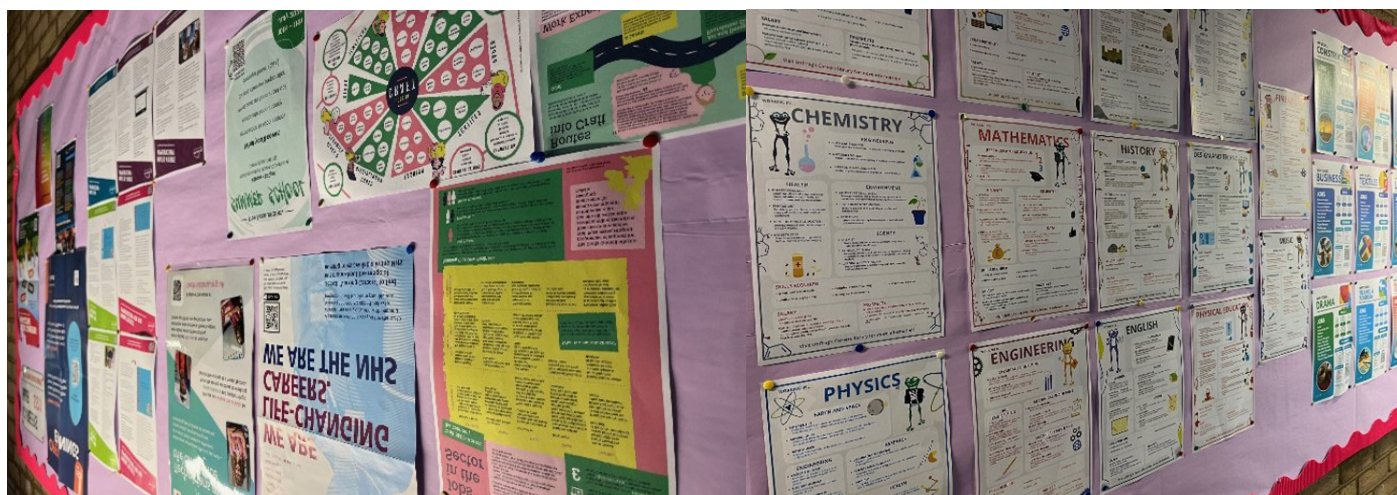


Careers Hub



This has been a very busy term for careers at Beauchamps.

The Careers Hub display boards have now relocated to the Careers Hub, next to the East Hall, showcasing a plethora of information on Post 16 and 18 options, including apprenticeships, T Levels, industry profiles, Basildon labour market information and a fortnightly profile on the career options for a specified subject, currently Chemistry! [Mrs Brittain](#)



w/c 5 February 2024 - National Apprenticeship Week

To celebrate National Apprenticeship Week, the NHS visited Years 9-13 to discuss the broad range of clinical and non-clinical apprenticeship options within the 350 job roles available in the NHS.

Students discussed general apprenticeship information, qualifications needed, potential pathways and earnings, and heard Kim's motivational career journey from GCSE to a Level 3 apprenticeship, becoming an assessor and a teaching apprenticeship. A truly inspirational apprenticeship journey. [Mrs Brittain](#)





Careers Hub

In addition to the NHS visit, First Intuition visited students in the Sixth Form to discuss apprenticeships in the finance sector.

Who are First Intuition?

- Ofsted Outstanding training provider
- We specialise in accountancy training
- Offering Level 2, 3, 4 and 7 apprenticeship programmes

The talk by Kelly O'Donovan, founder of First Intuition, focussed on the benefits of an apprenticeship, the vast array of apprenticeships available to students, what an apprenticeship entails and the all-important finance side of apprenticeships. Kelly also gave the students valuable insights and tips from her wealth of industry experience on how to find and secure apprenticeships.

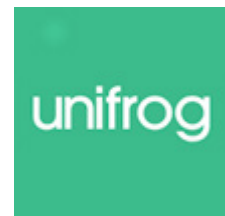
Mrs Brittain



Lastly, Unifrog has been launched this term to Years 10, 12 and 13. Students have been encouraged to be curious and research the diverse number of options available to them post 16/18.

Watch this space for more Unifrog news next term!

Mrs Brittain



If you would like to get involved in our exciting careers work with Beauchamps students, please do not hesitate to contact myself or Mrs Raymond. We actively encourage local firms to offer work experience or local business people / parents / carers to come in to school to talk about their career journey.

This information is invaluable to our students and their future career plans, so please get involved!

Mrs Brittain



Please feel free to contact myself
(rbrittain@beauchamps.essex.sch.uk)
or
Mrs Raymond
(rraymond@beauchamps.essex.sch.uk)
if you would like further information
on how you can support
our amazing students.

We look forward to hearing from you!

Mrs Brittain



PSHE

The PSHE theme for this half term has been Internet Safety, with a focus on celebrating Safer Internet Day on the 6th February. The focus for the year, chosen by the UK Safer Internet Centre is 'Inspiring change? Making a difference, managing influence and navigating change online'. Each year group has explored this theme through an assembly, which has reinforced work being done in Year 7 and 9 Social Studies lessons around how we behave when we are online and how influencers seek to influence us. Mrs Bell

Further guides and resources for parents can be found at

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>



Geography Year 12 Local Field Work

A part of their A level, Geography students need to complete 4 days of fieldwork to help them build their knowledge



of techniques before they plan and collect data for their own investigation. This kicked off at the start of February with several hours out to the local shops to complete a range of different techniques including environmental quality surveys, taking pollution readings and learning about transacts. Students also got a chance to show off their confidence by asking members of the public about their opinions of the environment around Tesco - with students getting a lot of varying answers.

[Miss N Bailey](#)



Year 9 Field Trip to Epping Forest

On a rather wet and windy day, Year 9's embarked on a day of fieldwork at Epping Forest. Students spent the morning putting hypotheses to the test and learning how to use a variety of fieldwork equipment along transacts. Students were incredible while trying to battle the windy conditions and using tape measures! In the afternoon, students raced around the forest learning how to use compasses and bearings to find the letters and piece together the word using different instructions. All 3 groups were successful in navigating themselves and making sure their teacher didn't get lost as they made their way around the forest! [Miss N Bailey](#)





Sienna's Flag reaches Antarctica



Sienna's D's Year 7, competition winning flag (as reported in the last Newsletter) has travelled to Antarctica with Nick Withey, a Traverse Vehicles Engineer with British Antarctic Survey.

This photograph was taken at Rothera, the largest UK station on Antarctica, by one of the many vistas in the area. [Miss N Bailey](#)



Geography Stars

Geography STARS

Year 7	Year 8	Year 9	Year 10	Year 11	Sixth form
<u>Nominated:</u> Chloe I Daisy H Ria S Sophie T Ralphie L Connor R Sophie W <u>Winner:</u> Harrison B	<u>Nominated:</u> Harry F Maisie D Isabelle P Eleanor P Vincent D Oliver M Emily K Katelyn J <u>Winner:</u> Max G	<u>Nominated:</u> Keeley B Scarlett-Rose M Jamie G George C Henry B Elijah W Sophie R Kyana S <u>Winner:</u> Neev V	<u>Nominated:</u> Lilia D Harry D Alexia K Patrick A <u>Winner:</u> Callie C	<u>Nominated:</u> Maisie S Jessica H Lenni MK <u>Winner:</u> Oliver N	<u>Nominated:</u> Phyllis I Jessica C <u>Winner:</u> Miller P

Well done to both the nominated and winners for each year group. Students were put forward as a Geography STAR by their teacher due to the effort and achievement displayed.

Winners received a Geography badge which they can wear.



Year 9 Social Studies Art Project

This term in Enhanced Social Studies the Year 9 students have been creating artwork from recyclable materials. Headteacher, Mr Harper had the tough job of choosing a winner but 1st prize went to Danny H and Tommy C, 2nd prize went to Sacha V and Harvey D. Congratulations to all of the students for their hard work and commitment to the project.

[Mrs Phillips](#)





English GCSE Revision Podcasts

It's proven that podcasts are a great way to revise exam content; they encourage deeper engagement and help to clarify information. So, Team English have started recording their own versions of Podcasts called "LitTalks."

Students can listen to recorded episodes on themes, characters, key quotes and critical theories repeatedly for study or revision and episodes can be reviewed at each learner's own pace.

Miss Cooper and Miss Blucher have already released episodes #1 and #2 for the Year 10 students to access via TEAMS. The beauty of this is that students can look back and revisit something they didn't understand when they first heard it.

COMING SOON: Lang Talks with Miss Cooper and Mr Harper - Podcasts for Year 11 English Language GCSE revision.

Mr T Harper



LIT TALKS!

Episode #1 and #2 of LitTalks is available NOW

Check the Year 10 Revision TEAM or on social media.

The graphic features two circular illustrations. The left circle shows a woman with headphones and a microphone, with a 'REC' button and 'ON AIR' indicator. The right circle shows a woman with headphones and a microphone, with a 'REC' button and 'ON AIR' indicator. Both circles have an open book in front of them.

Are you thinking about teaching as a career?

Beauchamps High School runs a high quality, successful ITT programme working alongside our SCITT providers Essex Schools Direct.

If you are interested and want further details on our ITT programme, please contact Mrs Conway at - aconway@beauchamps.essex.sch.uk

OR contact the providers directly using the contact details below. Please quote Beauchamps High School as point of referral.

We are a high-quality school centred initial teacher training provider with many years of experience training teachers in Essex.

Passionate about training, we know every trainee is an individual and we aim to meet your needs through an inspiring training experience that will provide a strong foundation for your future career. Our friendly and highly qualified team offers a rigorous, practical and personalised programme so our trainees progress rapidly to become good and outstanding teachers.

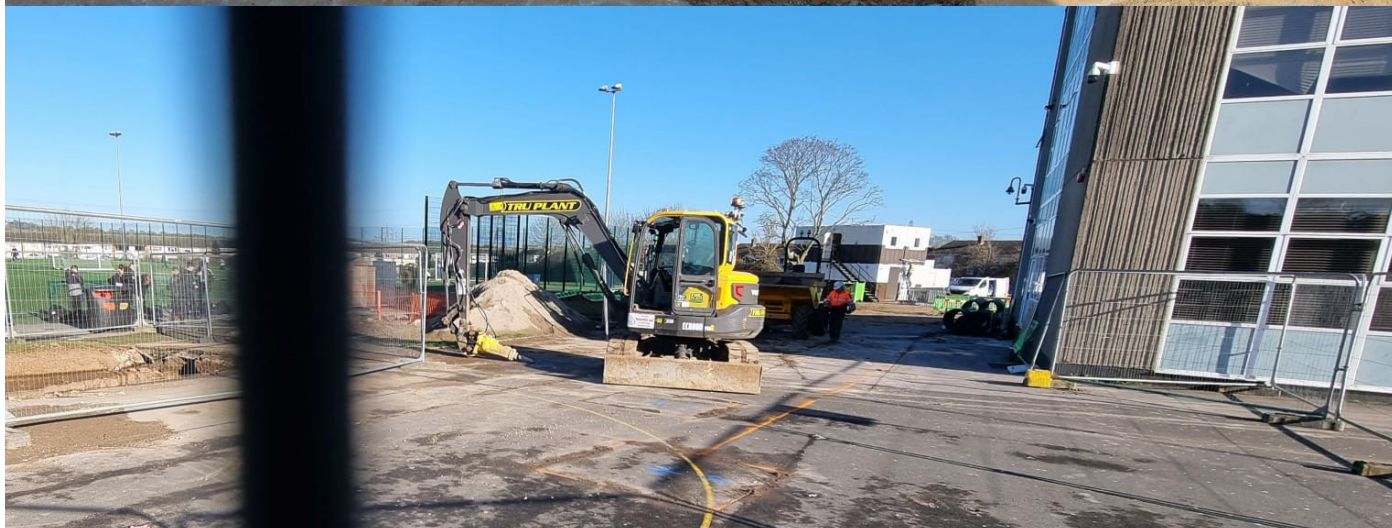
Our trainees tell us that training with us is a 'first class experience' that gives them 'all the skills they need to be a successful teacher'. All our trainees get jobs when they reach the end of the course, with the vast majority choosing to take up positions in local schools as they take their first steps in this exceptionally rewarding career. [Mrs Conway](#)



**Norfolk Essex Suffolk
Teacher Training**
nurture • empower • teach



New Building Works Commence



Work has now started on a new ground floor and first floor extension to provide additional classrooms, including two new Science labs. Meanwhile below, we hope to have the Sports Hall with its new roof fitted by Easter. [Mrs Frost](#)





Sixth Form



Students began the Christmas celebrations by attending the annual Sixth Form breakfast where they listened to festive music and got a chance to sit together and talk. They were joined by their wonderful form tutors.

Mrs Gargrupe



Sixth Form Christmas Jumper Day supporting the Save The Children Charity. Raising **£60** just before Christmas.

Mrs Gargrupe





Charity Project Final

On the 1st February, we held our final of the charity project carried out by Year 9 classes in ERP and Social Studies. During the project, groups of students identified a social issue and related charity of their choice and then planned and carried out a social action to raise money and/or awareness for their charity. The best presentations as voted for by their own classes were put forward for the final. Five fantastic groups took part, each supporting a charity of their choice. They presented their work to a panel of judges, including our headteacher Mr Harper, Head of Year 9 Mrs Watler, Chair of Governors Mr Wayne Harris and Reverend Johnathan Evens, who all had the incredibly difficult task of choosing a winning group, whose charity will also receive half the proceeds from our next non-uniform day.

Our judges were so impressed by all five groups, that it was decided that all the charities being supported at the final would receive some money from our next non-uniform day!

Winning group: Harry C, Mathew R and Danny B (St Luke's Hospice)

Runners up: Antzela O and Isabelle C (Macmillan), Marta S, Joseph V, Emily H, Megan L (Young Minds), George G, Cody B, Toby P, Harry H (Alzheimer's Society), Charlie T, Kier H, Jamie King (Make a Wish)



A massive well done and thank you to all the finalists for taking part and a huge thank you to our judging panel for giving up their time to attend. [Mrs Bell \(Social Studies\)](#) and [Mrs R Smith \(ERP\)](#)





Respect Project



I had the privilege of attending and celebrating the achievements of the above Year 9 students following their completion of The Respect Project run by The Essex Boys and Girls Club. A huge congratulations to Aidan P, Sienna M, Wilson H, Toby P, Chloe M, Grace K, Anabelle C and Emiliya N (not pictured).

A group of Year 9 students were given the opportunity to take part in an outdoor adventurous activity day at Layer Marney Tower. All got stuck in and completed various activities and challenges.

Following this, a small group were chosen to take part in an 8 week after school Life Skills Project designed to develop confidence, teamwork, communication and a range of other skills. All the students fully engaged themselves in the activities and felt these sessions were really valuable.

The final element of the project involved a residential trip to Wales. Despite the cold and wet conditions, the students fully immersed themselves in the activities including climbing mountains and gorge walking. The students could see the importance of having a positive mindset and many overcame challenges they did not originally think they could.

'It was a real struggle at times because of how cold it was but I really enjoyed myself. We also had to do an overnight expedition which was really uncomfortable because we had to share the tents but I've now learned what I need to take with me if I ever do that again. I've also learned how to put up a tent.' (Toby P)

'My favourite part of the trip was Wednesday which was the water day and was really fun. This is because I got to go under two waterfalls and there was a swimming pool area and a water slide!' (Aidan P)

'The young people on The Respect Project week away in Wales were a credit to themselves, their family and school and should be extremely proud of their achievements. Despite the challenging weather, they all completed every challenge set and were a pleasure to work with.' (Keith Cranmer)

A huge thank you to Keith and his team from the Essex Boys and Girls Club for giving our students a brilliant opportunity. I know they all thoroughly enjoyed their experience. We hope to work with you again in the future. [Miss S Bailey](#)

Music Samba Carnival Project



Three of the fantastic models for our Samba carnival floats project in Year 8 Music. Here are just a few of the many amazing models received so far. [Mrs Hindle](#)



LRC - The benefits of Reading

Reading and wellbeing

To celebrate another of our regular Wellbeing Weeks, I thought I would examine how reading for pleasure can affect how we feel. The ways in which regular reading can improve academic performance are well-known. However, it is an often-overlooked fact that reading can be good for your social and emotional health.

According to the mental health charity, Mindspace, these are some of the reasons why.

Reading is pleasurable. A good book is hard to put down. As your enjoyment of the story grows, it captivates you, time passes and you become thoroughly absorbed. Sometimes you really don't want it to be over!

Reading can reduce stress. Reading for just 6 minutes a day can reduce your stress levels by 60%! It can reduce your heart rate, ease muscle tension and alter your state of mind. Losing yourself in a book is the ultimate relaxation!

Reading is mindful. You can become immersed in a fictional world and forget all your worries. Reading allows you to let go of distracting thoughts and be completely in the present moment.

Reading helps you develop empathy. It has been shown that people who read fiction show improved levels of empathy for other people and an ability to understand someone else's thoughts, feelings and beliefs.

Reading works your brain. Just like any other muscle, the brain needs exercise to keep it strong. Reading helps slow down memory loss and rates of mental decline are reduced if you read later in life.

Reading helps your mental health. Reading and reflecting on or discussing what you have read, can help improve the symptoms of depression. It can help increase levels of concentration and self-awareness, effects which last long after we put down the book.

Reading can expand your horizons. Reading books, especially non-fiction, can help you to gain a full range of new knowledge. Books can teach you about different subjects, diverse cultures, different time periods and people who have different experiences to our own.

Reading can help with your nighttime routine. If you read a book in bed every night, it can become part of your routine and help with your sleep. However, this only applies to print books, because if you read on a screen the light emitted by your device could keep you awake.

Reading strengthens resilience. When reading about a situation or experience, it taps into the same parts of our brain that are activated when we have the experience in real life. You can live through the characters in a book and learn about handling their situations if they should ever happen to you.

Reading combats loneliness. You can share your life with the characters in a book, and if they share your struggles, it can help you to feel less alone. And you can share your love of reading books with other people!

Adapted from <https://mindspacepk.com/reading-for-wellbeing/>

Competition:

Do you have a favourite book, one that always cheers you up, no matter how often you read it? Maybe it is a childhood favourite, or something you have only recently discovered.

Write a review and share it with the Library Team. Tell us why **EVERYBODY** should read your favourite. We will create a display of everyone's recommendations and there will be prizes for the best review in each year group. [Mrs Perkins](#)





Lexia



Through hard work and many hours of dedication, Mia S in Year 8 has completed the whole section of Core 5 on the Lexia programme. This is an incredible achievement - well done Mia! Keep going on Lexia PowerUp.

Callum L in Year 8 is another star of the Lexia programme. Callum has completed 100% on comprehension Lexia PowerUp due to his commitment and hard work. Well done!

Enjoy your rewards Mia and Callum. [Mrs Dawson, Mrs Stephens and Mrs T Butler. The Lexia Team](#)

The school are very proud of both Mia and Callum, along with all our Lexia Power Up students, for all their hard work and dedication to improve their reading.

Alongside this, the school would like to thank the literacy team for support they offer to a great number of our students: it is their dedication and drive that sees so many students catch up and go beyond expectations. [Mr. Fitzsimmons](#)

Science - F1 in schools



Earlier in the year in January, a group of students who joined the F1 in schools STEM Club after school in science, competed in the Formula One in Schools Regional Final. Our school had two teams: BHS Motorsport and Bellissimo Campo. The two teams had an amazing day, racing their cars, presenting a team PowerPoint and portfolio, and making friends. BHS Motorsport won the Future Stars Award and were nominated for Best Verbal Presentation. Bellissimo Campo went on to be nominated for Best Engineered Car.

It was a fantastic day for the students. Thank you to Mr Hawes and Mrs Bagshaw. We cannot wait to do it all again next year! [Olivia K, Year 10.](#)



ICT Business Event

ICT students have brought the business studies projects to life by creating an interface/website for them.

The Business Studies students have explained in full detail what their ideas for their businesses are and the ICT students have gone away and created logos, price structures, considered colours that work well, they have also built in accessibility needs so everyone can use the interfaces. These will be displayed at the Business and ICT Enterprise evening where the students will show off their work and display what they have created. [Mrs Stratford](#)





ICT Dyson Project

After receiving the Dyson Foundation Educational box our Year 12's are enjoying the challenge of taking the equipment apart as instructed to see how it works and working out how to put it back together again afterwards.

The hoover and accessories that they have been given permission to investigate is the Dyson Detect V12 Slim Animal, which is an engineering feat. The students are learning how it is put together and the reasons how and why it has been engineered like this. They are also looking at who made this technology possible and the career options that will be made available to them in the future. [Mrs Stratford](#)





Food and Nutrition



7ACFD MAKING PIZZA BASES WITH MISS EDWARDS



7CTFD MAKING PIZZA WITH MISS EDWARDS



7LMFD MAKING PIZZA WITH MISS EDWARDS





Food and Nutrition

Year 7 have made their own pizza dough, along with preparing the sauce, toppings and cooking the pizzas. They have worked extremely hard since September and have built skills and knowledge that they will hopefully take away with them. Students have learnt and embedded knife skills, weighing, measuring and use of the oven for boiling and blending. Keep up the hard work and the skills you have learned through the last few months as you go on to D&T.
Miss Edwards



In Year 9 theory lessons, they have been researching and producing a time-plan to create and make their own budget meal. Learning about budgets and the importance of them - especially after Christmas, made it very relevant for students to have an amount to spend on their ingredients to create their meal. All students produced amazing time-plans and creative dishes - keep up the hard work. I am looking forward to seeing the new and improved skills that you have throughout the year. Miss Edwards

Year 7 Competition

Each Year 7 form group was asked to create a recipe and method card of their choice, every student created a well presented and creative recipe - either something they have made before or a dish from BBC Good Food.

Students worked hard and well done to everyone, but there had to be one winner and a runner up - so well done both.

(Winner Eva W & Runner up Mitchell V, both 7BB). Miss Edwards





Sixth Form Revue...

At the start of December, a group of Sixth Formers took it upon their creative selves to write this year's traditional Christmas Revue! The theme: Barbie! What other way to sum up 2023 is there other than the film no-one could stop talking about?

Writing, directing and starring in the show from Year 12 were Erin O, Freddie S, Alfie T, Emily S and Max S who took the role of the 'board of directors' creating a new festive doll for the company – Kristmas Barbie! Originally the intended star was named Kristmas Ken but our star, **Mr Mower**, refused to take the part unless (somewhat surprisingly!) he was allowed to play Barbie – a role that was granted and taken on astoundingly well by the Senior Teacher with West-End Superstar ambitions!

The story followed the educationally themed Barbies and Kens learning the true meaning of Christmas through heart-warming and comical navigations of the human world. We received excessive laughs and copious applause from the Beauchamps' students given the chance to watch the show, traditionally performed on the final day of term before breaking up for the much-deserved Christmas and New Year holidays.

After wrapping up another brilliant year with another brilliant revue (that has been commended as the best yet!), we can look forward to many more. Thank you to all staff and Sixth Form that participated and to all that attended!

Max S Year 12



Editors Note: We sincerely hope that no-one seeing Mr Mower in his Kristmas Barbie outfit is too shocked or traumatised by these photographs!



...Mr Mower is Kristmas Barbie!



Many staff took part in Kristmas Barbie including Mr and Mrs Kidman, Mr and Mrs Beaumont, Mr Flower, Mr Bedwell, Mrs R Smith, Mr Harris, Mrs Beaney, others including the Drama staff with Mr Oakshott and Mrs Hindle supporting with their off-stage expertise.

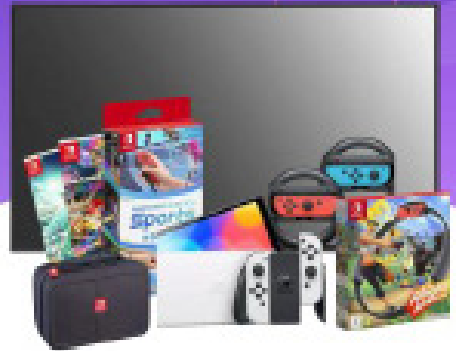


During the show, the performing staff had the opportunity (conveniently written into the script!) to come off the stage and cause organised chaos by spraying the student audience with harmless theatrical snow spray! Mrs Perkins pictured above, clearly enjoyed being out of the Library, revelling in this part and seemingly getting a great deal of pleasure from it!



School Lottery

Enter our **Super Draw** + **Nintendo Switch Bundle** OR £1,000 CASH PRIZE



- Tickets cost just £1 a week
- Chance to win up to £25,000
- Play weekly, or just play the Super Draw!
- Win an amazing gaming bundle!



**YOUR
SCHOOL
LOTTERY**

PLAY NOW:
Go to
www.yourschoollottery.co.uk
Search for: Beauchamps



Gamble**Aware**



See website for Terms & conditions. Enter by 24/02/24



Grilling the Teachers!



Mr Jessop

and

Miss Edwards



Where were you born?

Basildon Hospital.

I grew up in Billericay and lived there until I was 14.

What is your best memory from your childhood?

Entering a robot building competition and coming last – it was still a fun day working on a project with friends!

I loved performing, so going to drama and dance school every week was a privilege.

What type of music are you into and what is the best live music event you have been to?

Pop, Electronic and Indie. I haven't been to many, but I would want to see Tame Impala or Björk live.

Love dance, 80's, 90's and 00's. Beyonce at the O2 has by far the best vocals I have ever seen live.

What was your favourite holiday and why?

Going to Florida for Disney World and Universal Studios.

Dubai – just love the heat, sightseeing and the food too!

Do you like going to the cinema or do you prefer to watch films at home and what was the last film you saw?

I definitely enjoy watching films at home. The last film I watched was Glass Onion.

I must admit I do not like the cinema – I get bored too easily and can't sit still.

What is/are your favourite film(s) and why?

Up because the beginning makes me cry every time! Home Alone is also a great Christmas classic.

If I had to choose, the only film I watch on repeat every Christmas is 'The Holiday'.

What is your favourite book and why?

Definitely the Hunger Games – I love the world building.

At the moment I am reading Mindsight by Daniel Siegel – a very interesting read.

What would be your perfect day of food – what would you like to eat for breakfast, lunch and dinner?

Fresh pastries for breakfast, chicken salad in a Greek flat-bread for lunch and either enchiladas or a fry up for dinner.

Great question!

Breakfast – Avocado on toast, with tomatoes, halloumi and mushrooms

Lunch – BLT granary sandwich

Dinner – Medium rare ribeye, chimichurri sauce and roasted vegetables

What is your favourite thing about working for Beauchamps?

Being able to work with people who have many different life experiences.

Everyone is family – staff and students make my job fantastic and fun, I wouldn't change it.

How do you like to spend your evenings after a day at school?

Watching Eastenders, facetimeing my friends and turning my brain off!

I love swimming, go to the gym (need to try harder) and love cooking different dinners.

If you could do anything for a job, besides what you do now, what would you do?

I would be a software engineer or go into digital marketing.

This is super random, but have always been intrigued to work in the butchers!

Which celebrity would you most like to meet and spend a day with and why?

Miriam Margolyes – I bet she has a lot of interesting stories to share.

James Martin – I want him to teach me some new cooking skills, oh and cook me a dinner too!

Which famous person in history would you have liked to have met?

Alan Turing – he really is the backbone of Computer Science!
Princess Diana

Tell us something about yourself that would surprise us?

Some of the muscles in my right shoulder are paralysed.

When I was younger, I used to go to stage school and the London school of Music and Arts.

Where is your favourite place you regularly visit in Essex and why?

The Maldon Promenade, it's lovely to walk down during the summer!

When my Nan was here, I used to see her every week in Romford – I had very fond childhood memories there too.

What is your biggest pet peeve?

People who sneeze into their hands and don't sanitise or wash them afterwards!

When people talk with their mouth full!

What is the number one thing that you would like to do, but haven't done yet?

Go on the Traitors or Big Brother.

Would love to travel more and visit different countries throughout the whole summer holidays.

Do you have a favourite sport or sports person or team?

I'm not really into sports, but badminton or table tennis would be my favourite to play.

Favourite sport has to be swimming or dance.

What is the craziest thing that has ever happened to you?

Becoming a teacher!

Err... I actually can't think of anything – sorry!

What is the strangest thing a student has ever done in your lesson?

One student pretended to eat the gum underneath the desk – a very strange choice!

A class was cooking pasta, I had given each station a colander to drain their pasta, I saw a student lift their saucepan up and go to drain the pasta into the colander BUT on the desk ... luckily I got there in time before hot water went everywhere

If you could have a magical power, what would it be and what would you do with it?

Teleportation – I could save so much time and money not having to travel.

I'd love to be invisible – when people say the saying 'I'd love to be a fly on the wall'

What is the best advice you have ever been given and would like to pass on to others?

Stop worrying about what other people think and be your best self
Everything happens for a reason – it really does! You just do not realise until something happens to you.

Thank you!

Interviews by

Max S Year 12



Students do Good Deeds



Mr Harper was delighted to award Peaches G Year 10, with a school-inscribed pen. Peaches found a pretty, silver bracelet and handed it in to the Finance Office as she was not sure where to take it. Miss Case in the Finance Office, thought it was very kind of her to hand it in and that she was a lovely polite student. The necklace was taken to Student Reception and has since been returned to its owner. Thank you Peaches. [Miss S Bailey](#)

Online Donated Uniform Shop



In order to support parents/carers with the purchase of uniform, the school operates an on-line **Donated Uniform shop**.

Details of available items can be viewed and paid for via the SCOPay app and can be collected from the Main Reception between 8am and 4pm during term time.

If you have any unwanted clean, good condition uniform that you would like to donate, please drop these items off at the Main Reception.

[Mrs Frost](#)



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Twitter: @Beauchampssch

Facebook: Beauchamps High School Official



Students break up for Easter on Thursday 28th March, returning on Monday 15th April 2024.

Contact Information

Could parents/carers please ensure that the school is informed by letter of any change to contact phone numbers, home addresses or email details via Student Reception. Thank you.

We aim to respond to any queries and/or complaints within three working days and respond to telephone calls within five rings during the normal school day.