

ISSUE 7

APRIL 2025

Becky

H I G H L I G H T S



Welcome to Becky Highlights Spring Term 2024-2025



Welcome to another exciting edition of Becky Highlights!

This month, we're bringing you a mix of adventures, inspiration, and support. From exciting trips and engaging EDI events to celebrating World Book Week, there's something for everyone. We're also shining a spotlight on some of the incredible moments from our recent activities and events. Plus, we've got some helpful tips to manage exam stress and keep you feeling balanced.



Whether it's exploring new destinations, celebrating diversity and inclusion, or diving into the world of books, there's plenty of positivity to take away.

Let's make the most of it together!

Picture on the front: Our fantastic Mock Trial team
Pictures on the left: Rishita who won 'Best Delegate' at Model UN (top); One of our Poetry by Heart finalists (bottom)

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.



Ayana, 8BLK - for passing her Grade 1 piano exam with Distinction
Maryanne, 6E - for passing her Grade 5 singing exam with Merit
Oreoluwa, 10BLK - for passing her Grade 5 singing exam
Siyona, 8BLK - for passing her Grade 3 singing exam and passing her Grade 1 piano with Merit
Deeyan, 10BHU - for passing her Grade 5 flute exam
Martha, 8BHU - for passing her Grade 2 piano exam
Avneet, 9BHU - for passing her Grade 2 violin exam
Sravya, 6I - for passing her Grade 1 piano exam with Merit
Rhea, 8HOL - for passing her Grade 2 clarinet exam with Merit
Lyla, 7HOL - for passing her Grade 1 singing exam with Merit
Skye, 9RAM - for passing her Grade 3 clarinet exam
Jasmine, 9HML - for passing her PT piano exam
Naureen, 6A - for passing her Grade 6 alto saxophone exam with Merit
Isha, 9RAM - for passing her Grade 2 piano exam with Merit
Sienna, 7HML - for passing her Grade 2 piano exam with Merit
Jiya, 8HML - for passing her Grade 1 piano exam with Merit
Sophie, 11BHU - for passing her Grade 5 singing exam
Scarlett, 8BHU - for passing her Grade 3 singing exam with Merit
Aya, 8PAR - for passing her Grade 1 flute exam with Merit
Alicia, 7HOL - for passing her Grade 4 singing exam
Chloe, 7RAM - for passing her Grade 4 singing exam
Lizzie, 11BLK - for passing her Grade 2 violin exam with Merit
Elisa, 7HOL - for passing her Grade 3 singing exam
Ariadne, 7PAR - for passing her Grade 2 violin exam with Merit
Isabella, 8HML - for passing her Grade 3 clarinet exam
Lexi, 10HML - for passing her Grade 5 alto saxophone exam
Emilia, 7HOL - for passing her Grade 3 violin exam with Merit
Nandini, 8HML - for passing her Grade 2 violin exam

Congratulations to **Ellie, 7HOL**, for competing in the Buckinghamshire Young Musician of the Year competition. She went on to win the Junior category. Well done Ellie!



Congratulations



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Avneet, 9BHU - for receiving two further successful entries for the Young Writers competition

Cristina, 8BLK - for passing her Grade 3 piano exam

Avleen, 7BHU - for achieving distinction in her recent ISTD Grade 3 Tap exam

Florence, 7HML - for passing her last skill required to attain Silver Figure Skate certificate

Apiraamy, 9HML - for achieving her Bronze Award in swimming

Nirvee, 8PAR - for passing her Grade 4 of Bharatnatyam dance with first division

Isabelle, 8HML - for passing her Grade 3 trombone exam with Distinction

Siri, 7RAM - for achieving distinction in her Grade 3 in Piano

Anmol, 9HOL - for winning Gold in the Scotting Air Rifle Championship Junior and Open Championships, including a new personal best score

Tanvi, 8PAR - who achieved distinction in her Grade 7 LCM keyboard exam

Megan, 9BLK - passed her Grade 7 Cornet exam with distinction

Sophie, 7BHU - passed her Grade 4 Violin with merit



Ela, 7BHU was selected to represent Bucks in the National Year 7 Cross-country championships. Ela came 62nd out of 135, and 6th out of 10 for Bucks.



Congratulations to these KS3 students who have achieved their half colours, presented in assembly.

To find out more about our School colours, [click here](#).

BHS Cheer Team

Legacy Alpha and Omega - Cheerleading Competition

On Saturday 15th March 2025, Beaconsfield High School competed in a National cheerleading competition. All of the girls (from Year 7 - Year 10) have been working on their routine since September and were very excited to compete and show how hard they have been working. This year we have 23 in the team and over half the squad are new to the team so have not competed before.

The girls had to compete a 2.5 minutes routine which consists of tumbling, stunts, dance and jumps.

The competition was held in the Resorts World Arena in Birmingham. The girls looked fantastic in their competition uniforms which they have fundraised hard for. The girls met at 3pm to go to warm up and compete their routine. The girls were close to hitting 0 with one fall but they did score a huge 91.72 scoring full marks for stunt and tumble difficulty and full marks for toss execution.

The girls placed a fantastic 1st in their division (Senior Schools). At the end of the awards they awarded the GRAND CHAMPION award which is the highest scoring schools out of all the tiny, mini, youth, junior and senior divisions and all levels. The girls were over the moon to receive this award showing they were the highest scoring school of the day! This is a huge achievement and we are so proud of them and their performance.

Beaconsfield High School have been competing in Cheerleading for the last three years and the girls currently remain undefeated having won every competition they have attended.

We are very excited to increase the difficulty of the routine as we continue to train hard for our next competition in Nottingham in July.



Trips

Model UN

Congratulations to our Year 12 students who attended the Model United Nations Conference at Dr Challoners High earlier in March.



Buckinghamshire Classical Reading Competition

Congratulations to the students who participated in both the Oxford and London rounds of the competition.

We won two second prizes, one in Junior Latin Dialogue and the other in Senior Greek verse.

Art, Graphics and Drama students visited Harry Potter Studios



Year 10, 12 and 13 Art, Drama and Graphics students visited Harry Potter Studios.

They enjoyed a session learning about the creative side of film making, exploring set design, graphics, effects and costume.



Trips

Swanage

Our A Level Geography students visited Swanage for their fieldwork towards their A level.



“On Monday 10th March, we went to parliament to gain insight into the world of politics as all of us are looking forward to taking Politics A level. We toured the palace of Westminster, learning the interesting history of the architecture and the symbolic meaning behind it – such as the large mosaics depicting the patron saints of the four constituent countries of the UK.

We learnt what a ‘typical’ day looks like for an MP – many late nights and lots of rushing around. We witnessed the powerful debating action in the Commons over topical issues such as education and conflict in Syria. The trip enriched our understanding of the political system in our country.

For us, the most interesting thing that we saw was the debating, it really opened our eyes to the argumentative yet orderly nature of the discussions that dictate our lives.”

Bella, Charlotte, Macy Grace, Amber, Eve – Year 11

Trips

Mock Trial

On Saturday 8th March, 18 Year 9 students competed in the local heats of the citizenship Foundation's Magistrates Mock trial competition at High Wycombe Magistrates Court. There were 6 schools competing. First up were our prosecution team against Chesham Grammar in round one and in round 2 we were pitting our significant wits against Waddesden C of E school.

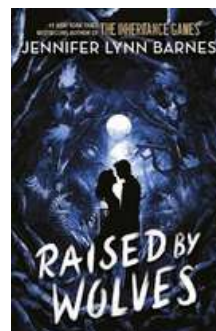
All the students were absolutely outstanding and a credit to the school. We won both our cases demonstrating impressive critical thinking skills, collaborative working and a hugely impressive ability to listen and think on their feet. It was an extremely slick and professional performance, and whilst we did not win the overall competition, the students thoroughly enjoyed this experience in a real courtroom. In reality they were all winners because the transferable skills they have developed throughout this process will be a huge addition to their skill set for future careers (so it was appropriate that the competition took place during National careers week!).

We certainly feel the future of the law is in safe hands!

It was mentioned at the event that anyone can volunteer to be a Magistrate from the age of 18, and the Magistracy are looking for more diverse representation in terms of culture and age and were encouraging applications from our students in the future as well as from parents who came along to support the team. So, if you have some time to spare, or think your employer would support you in volunteering to be a magistrate, why not give it a go!



New books this term



The Martha Mills Young Writers' Prize 2025

The London Review Bookshop is proud to announce the third year of the Martha Mills Young Writers' Prize. Inspired by the curiosity and imagination of Martha Mills, the prize seeks to give young people a chance to explore new themes in their writing and to get their work published.

The prize is open to anyone between the ages of 11 and 14 living in the UK.

The three winning writers will each receive £200 as well as a selection of books and a special souvenir. They will be invited to the London Review bookshop where the prizes will be awarded. A selection of entries, including the three winners, will be included in a pamphlet, available at the bookshop.

<https://www.londonreviewbookshop.co.uk/blog/2025/march/the-martha-mills-young-writers-prize-2025>

POETRY BY HEART

Mrs Melvin has been recording the school round winners of Poetry by Heart 2025 in the Main Drama Studio! Our entries have now been submitted for the national competition, and we are hoping for an invitation to Shakespeare's Globe in July to perform! Watch this space....



Chiltern Arts Poetry Competition

We're delighted to announce that two of the entries from BHS have been selected in the shortlisted and runner up categories of the Chiltern Arts Poetry Competition 2025.

- Maya 6A - Runner Up
- Siri 7RAM - Shortlisted

Congratulations!

Year 7 500 words competition – Winner Announcement

Thank you to everyone who participated in the Year 7 BHS 500 Words Competition. We received over 50 entries and the standard was very high. The Year 12 Subject Ambassadors enjoyed reading the stories very much and decided on the following as their top 3 selection.

- Mute but not silent by Ellie (7HOL)
- Nina (7HOL)
- The Last Light of Eldrith by Zaynab-Noor (7HOL)

✨Extreme Reading Competition – Winner announcement✨

Thank you to everyone who participated in the Extreme Reading Competition. The Year 12 Subject Ambassadors selected the top 3 winning entries.

- Edie (7HML)
- Tove (7BLK)
- Nina (7RAM)



KS3 Reading Challenge 2025

KS3 have been 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.

Top 5 Borrowers!

Eshal (7BHU) Vainavi (7PAR) 20 Loans
Mariam (8RAM) 14 Loans
Emily (8RAM) 12 Loans
Evie (10HOL) 11 Loans
Sahna (7BHU) 8 Loans

In the Library

World Book Week



**BHS WORLD
BOOK WEEK**
10 - 14 MARCH 2025

BHS World Book Week was filled with exciting book-themed events, including two author visits, the Bucks Book Awards trip to AGS, Book Lucky Dip, a bake sale, a book sale, and a book-themed non-uniform day. The whole week is summed up in these wonderful pictures and montage...[click here](#).



World Book Week



EDI

Women of Influence Awards 2025

January 15th marked the beginning of our BHS Women of Influence month. We invited students to nominate women that they thought worthy of the coveted BHS Women of Influence Award 2025. With over 75 nominations, our esteemed judges, Saffron King, film producer, Hope Dieobi, High Wycombe magistrates court, and Beny Doman, Associate Assistant Headteacher and SENDCo Wycombe High School, had the difficult task of selecting our six award winners.

Winners

Keerit, 10HML - Mrs Morrison
Faith, 11BHU - Harriet Tubman
Sisa, 8HML- Micheala Mabinty Deprince
Nathali, 8HML- Angelina Jolie's
Maskeen Kaur Heer, 6G - Mai Bhago



Creative Work during the Holi assembly

On the 14th March, the celebration of Holi took place across the world. During our assemblies, a burst of colour and joy filled our school as we celebrated Holi! A huge thank you to Prisha, 8BHU, Jiya, 8HML, and Swetha, 8BHU for the beautiful Rangoli designs and for sharing message of Holi with us during assembly.

Thanks to Hajar, 9BHU, and Laiba, 6E, for sharing the message of Ramadan and a beautifully read recital.



EDI

EDI conference

A powerful and impactful evening at BHS's recent EDI conference, "EDI in Action: Urgent Need for Inclusion and Your Vital Role in Making it Happen". The energy and commitment to creating a truly inclusive environment were palpable!

We were privileged to hear from an incredible line up of speakers and our own student panel, who each brought unique perspectives and actionable insights:

- Pam Oparaocha
- Vaneeta Khurana
- Josh Preye Garry
- Polly Collingridge
- Sarah Casemore
- Goli Nil, for guiding the discussions with such expertise

Our amazing Student panel

- Rujuta, 6K
- Vee, 6M
- Sravya, 6I
- Faith, 11BHU

The theme resonated deeply throughout the evening. Our speakers' talks powerfully leaned into the urgent need for inclusion, and the vital role each of us plays in making it happen.

Our key message was to stop "minding our own business" when witnessing non-inclusive or inequitable situations. We were challenged to become active bystanders, to speak up, and to be agents of change.

Thank you to our event sponsors EY and EMC partners; Sincere appreciation to the dedicated Staff and Student EDI Champions and senior EDI prefects for their dedication and commitment.



EDI

Vaisakhi

On Tuesday the 1st April, we hosted our first Vaisakhi celebration; (Vaisakhi or Baisakhi falls on the 14th of April 2025). We celebrate the rich culture and heritage of the Sikh community our Main hall was transformed to a Gurdwara, student and staff took their seats on the floor a symbolic act meant to emphasise humility and the equality of people. We enjoyed delicious meals, snacks and sweets donated by parents and staff. In true keeping our Langar tables served over 250 guests.



What really stood out was the remarkable community spirit: The cultural and religious experience was shared and support by students and staff members of all faiths. Thanks to all who support this wonderful event and a special thankyou to Mrs Dhanjal who suggested we celebrate Vaisakhi at BHS.



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, as well as a lot of Exam support.

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.

Autism Awareness Month

April is Autism Awareness Month, at school Form Tutors have been sharing a set of resources and information with their tutees from the Autism Education Trust to help build understanding and awareness of Autism.

The 'Know Yourself' series with downloadable resources is particularly good: [Resources for autistic teenagers](#)

We have also shared a Self Advocacy Toolkit in the Student Bulletin.

This useful guide on Transitions is aimed at parents and carers and may be of interest in supporting your young person to manage transitions.

What you may notice, is that there are some helpful strategies regardless of whether a young person is autistic or not. This approach of making adjustments that are beneficial to all, not just to those with a diagnosed need, is part of our inclusive practice and how we follow ordinarily available provision as part of the Bucks local offer.

Exam Stress

Understanding Exam Stress: A Guide for Parents

As exam season approaches, it's natural for students to experience stress. Interestingly, not all stress is detrimental. 'Eustress,' or positive stress, can motivate students to focus and perform well. However, excessive stress can hinder performance and affect well-being. As parents, your support is crucial in helping your teenager navigate this period effectively.

Recognising Signs of Exam Stress

Be attentive to changes in your teen's behavior, such as irritability, withdrawal, sleep disturbances, or complaints of physical ailments like headaches or stomachaches. These may indicate heightened stress levels. [Click here](#) to find out more.

Strategies to Support Your Child:

1. Open Communication: Encourage your child to express their feelings about exams. Listening without judgment and validating their emotions can alleviate anxiety.
2. Promote Healthy Habits:
 - Balanced Diet: Ensure they consume nutritious meals to fuel their bodies and minds.
 - Regular Exercise: Physical activity can reduce stress and improve mood.
 - Adequate Sleep: Aim for 8-10 hours of sleep to enhance concentration and memory.
3. Teach Relaxation Techniques: Introduce methods such as deep breathing exercises, mindfulness, or progressive muscle relaxation to help manage anxiety.
4. Encourage Breaks and Leisure Activities: Short, regular breaks during study sessions and engaging in enjoyable activities can prevent burnout and maintain motivation.
5. Assist with Time Management: Help your teen create a realistic study schedule, breaking tasks into manageable chunks to avoid last-minute cramming.
6. Set Realistic Expectations: Emphasize the importance of effort over perfection. Reassure them that their value isn't solely determined by exam results.

Final Thoughts

Your understanding and support can significantly influence your teenager's ability to manage exam stress. By fostering open communication, promoting healthy habits, and providing reassurance, you can help them approach exams with confidence and resilience.

Exam Stress



10 top tips for coping with exam stress

1. Plan your revision

2. Practice mindfulness

3. Take time away from revising

4. Stay active

5. Eat well and stay hydrated



6. Get plenty of sleep

7. Reach out for support

8. Practice self-compassion

9. Keep things in perspective

10. Try to have fun

We all use unhelpful coping strategies sometimes, but as with any skill we can learn new, helpful coping strategies. Here's some **self-care tips** to help protect against stress:

#ADDRESS YOUR STRESS

Try

Get moving! Physical and mental health are connected – so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule.



Setting aside time to have fun or indulge yourself – positive emotions can help build a buffer against stress.

Learning a new skill – whether painting, playing guitar or a new language.



Sharing how you're feeling – it's OK to ask for help and support.

Switching off from distractions – make time for yourself as a regular part of your routine. Schedule a reminder if you need to.



Avoid

Overdoing it on sugar, caffeine or alcohol – they're a quick fix which can increase stress in the long term.



Overworking and checking your emails out of hours – we all need time to unwind.



Spending too much of your free time in front of a screen – phone included. Don't feel pressured to always be 'doing' something.

Chasing perfection – it can create unrealistic expectations. Accept that mistakes will happen.



Bottling up your feelings and assuming they will go away – this can make things worse in the long run.



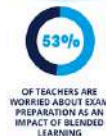
There are simple steps you can take to **#AddressYourStress**. Check out our resources at mhfaengland.org



TEACHER GCSE EXAM STRESS?

It's a thing... and we can help

With exam season upon us, it can feel as though all the focus is on the students, but at GCSE exams we highly consider the teachers involved – and it's vital to safeguard your own mental health and to know in mind that you may actually be better able to support your students if you can reduce your own levels of stress.



THE TOP CONCERNS OF TEACHERS

In a recent survey by Teachit, teachers reported the following as their top concerns for this year's exams:



HERE ARE FIVE TIPS FOR COPING IN EXAM SEASON

They are based on an article by the Mental Health Foundation and this article is to advise from Education Support and the Teachit Teacher Support.

TIP #1 SET YOUR BOUNDARIES
This is obviously easier said than done, especially when you want to be able to support each of your students to their best and get through their exams, but it is important to keep in mind what is in your best interests, and this might include saying no to requests on your time. The article gives some support ideas about how to do this.

TIP #2 PAUSE AND REFLECT
Often, there is simply not enough time in the day to complete all the marking tasks ahead of you, yet it is important for your mental health and wellbeing to make opportunities to pause and reflect. And one of the most important things to do is to take a break and not work on the day.

TIP #3 RINGFENCE 'YOU' TIME
A part of coping boundaries is making time to do something for you and yourself. Take time to do something that brings you joy and happiness. This may be just taking a short break to go for a walk or a run, or it may be taking a break to go to the gym or a spa. It's important to make time for yourself, and this might include saying no to requests on your time.

TIP #4 INCLUDE TIME FOR EXERCISE AND MINDFULNESS
Exercise is a great way to reduce stress and improve your mental health and wellbeing. It can help you to feel more energized and to have a better mood. Mindfulness is a great way to reduce stress and improve your mental health and wellbeing. It can help you to be more present and to focus on the present moment.

TIP #5 KNOW THAT YOU'RE NOT ALONE
Your colleagues will be able to help you with your workload and to support you with your mental health and wellbeing. They can help you to feel more supported and to have a better mood. They can also help you to reduce your stress and improve your mental health and wellbeing. They can help you to be more present and to focus on the present moment.

MEET OUR GCSE EXAM SUPPORT PAGE TEAM

- The full version of the self-wellbeing article
- Advice on exam wellbeing for teachers
- Downloadable resources about changes to GCSE in 2022
- Revision and exam preparation resources

76% OF TEACHERS WERE MOST CONCERNED ABOUT MISSED WORK AND LESSONS

teachit | SOURCE: TEACHER SURVEY | TEACHIT HAS JOINED IN THE EXAM SUPPORT PAGE TEAM | [WWW.TEACHIT.CO.UK](https://www.teachit.co.uk)



Dare to be remarkable