



Important Dates!

27th January 2020 - Week A	3rd February 2020 – Week B
27.1.2020 to 31.1.2020 – Whole school exam week	3.2.2020 to 7.2.2020 – Year 11 Exam week continues
	4.2.2020 – Year 7 Parents' Evening

Good luck to all our students who will be taking part in exam week next week! Study hard and make sure you have good rests in between.

The new term and holiday dates for schools 2020/2021 can be found at:

<https://www.bchs.essex.sch.uk/501/news/post/48/term-and-holiday-dates-for-20202021>

Term and holiday dates for schools 2020/2021

Year	Term 1	Term 2	Term 3	Term 4
2020-21	27.08.2020 - 20.12.2020	04.01.2021 - 20.05.2021	01.09.2021 - 20.12.2021	04.01.2022 - 20.05.2022
2021-22	27.08.2021 - 20.12.2021	04.01.2022 - 20.05.2022	01.09.2022 - 20.12.2022	04.01.2023 - 20.05.2023

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Pitch Perfect - Chelmsford Theatre Saturday 18th January 2020

The BCHS Accabellas made it through to the Regional Finals of the Jack Petchey Pitch Perfect competition, singing accapella versions of Stand By Me and I Will Follow him. The girls put in a huge amount of time and effort to compete and did themselves and the school proud on the night! Unfortunately, we didn't make it through to the Grand Final, but we're hoping to get more members and come back fighting for a place in next year's competition!



Congratulations to Kyan in Year 7 who competed in his first international basketball tournament in Spain for his team, Brentwood Fire, during the Christmas holidays.

Kyan and his team performed really well and his basketball coach commended him on both his basketball performance throughout the tournament and his attitude and behaviour during the whole of the tour.



The catering department will be launching a new menu from Monday 27th January.

This can be found on our website:

<https://www.bchs.essex.sch.uk/518/school-catering>

On Thursday 9th January, the Year 10 Drama GCSE students welcomed a group of Japanese students and teachers from the Cultural Homestay Exchange! After giving our Japanese visitors a tour of the school, the students had lunch together, communicating with our visitors to help them develop their English speaking skills (and also discovering a common interest in making Tick Tock videos!)

In the afternoon, all students took part in a comedy workshop, run by Mrs Tucker, which explored the universal appeal of Physical Comedy. It was great to see everyone involved in a variety of warm up games and activities that looked at clowning. The lead teacher from the Cultural Homestay programme said, "I thought the tour, lunch and drama lesson provided a really good opportunity for the Japanese students to interact with your students and get to know your school. It was great to see so many smiling faces and the enthusiastic participation."



Eyes on the Prize – Year 8 Trip

On January 22nd Year 8 were taken to Anglia Ruskin University in Chelmsford to take part in the Eyes on the Prize session. This gave our students an insight into future career paths and how they might achieve the ultimate prize of their dream careers. Students behaved extremely well on the trip and were a credit to the school. They particularly enjoyed the campus tour where they visited the medical labs and saw some of the mannequins used to practise on. One student explained how impressed she was and how much she had discovered about her future career. She has even decided to go back and visit for their open days.



Visitors from Hong Kong

On Tuesday 21st January BCHS hosted 44 delegates from a selection of schools in Hong Kong, this included students and staff members. Students from Years 7-10 were selected by their heads of year to show them around our school and have a question and answer session.

The feedback was fantastic from the delegates, saying our students were enthusiastic and knowledgeable. Miss Ryan, Head of School, said, "We are incredibly proud of our students and the way that they conducted themselves was amazing."

The organisers emailed in: "Thanks for hosting the visit today, the delegation commented that they found it very useful indeed."



FEARLESS HOW TO BE YOUR TRUE, CONFIDENT SELF
Liam Hackett, Illustrated by Mike Perry
16th January 2020
Paperback 9 78128028888 9 £9.99 8 Ages 10-16

FEARLESS
HOW TO BE YOUR TRUE, CONFIDENT SELF

FEARLESS! is a go-to guide for being your best self from the founder and CEO of anti-bullying charity Ditch the Label

In **FEARLESS!**, Liam Hackett aims to help young people be themselves, explaining how they can break free from labels and stereotypes to be their true and truly realise their full potential. Includes interviews with inspirational people such as body positive activists, disability campaigners and those who have defied society's gender stereotypes.

A NOTE FROM THE AUTHOR:
"The issue of young people and bullying, mental health and their identity has never been greater and this book is the perfect antidote to help young people towards their journey of being confident, resilient and fearless!"

Key facts from DITCH THE LABEL:

- Research consistently finds that bullying is one of the biggest issues facing young people, with up to 3-in-2 experiencing it.
- 50% of those who were bullied said it was because of attitudes towards how they look, 30% because of their interests/hobbies and 20% because of their personality. As a result, 50% felt depressed, 40% anxious, 20% self-harmed and 12% attempted suicide.

Liam Hackett is the founder and CEO of Ditch the Label, one of the largest anti-bullying charities in the world. In 2018, they reached 3 million young people globally. Working across a multitude of countries and languages, Liam regularly speaks, debates and contributes articles on a range of issues surrounding bullying, cyberbullying, equality, discrimination, gender, self-esteem, masculinity, digital technology and young people.

For interview requests please contact:
Harriet Lane (Harriet@schoolbooks.co.uk) or Harriet Dunlop (Harriet@schoolbooks.co.uk)
Schoolbooks, Eastern House, 24 Emerald Street, London NW1 1DB
Publicity Department: 020 7756 7790

Showing students how to be their best self

We are delighted to announce that the author of 'Fearless' and CEO of anti-bullying charity Ditch the Label will be visiting BCHS to talk to Year 7 students on 7th February.

Liam Hackett aims to help young people to be their best self. He will talk to students about the issues of bullying, mental health and their identity. He will also discuss his book 'Fearless', which is available for purchase via our school library at a price of £9. The book explores how stereotypes influence everything - from how you feel about your body, to your interests and career aspirations. Including interviews and quotes from inspirational people who defy stereotypes, it aims to get students thinking outside the box.