



BEECH HILL NEWS



Thursday 18th July

Year 6—The Lion King

Since January, the Year 6 drama group have been working on 'The Lion King' with the help of Miss Hudson and Miss Hoodlass. On the day of the performance last week, everyone was nervous but we got through it.

At the end, everyone applauded and cheered. We got lots of compliments and everyone loved it. A big well done to the cast and thank you to Miss Hudson and Miss Hoodlass.

By Ayesha Hussain - Tanzania



Internet safety



1. Keep personal information limited
2. Keep your privacy settings on
3. Practice safe browsing
4. Make sure your internet connection is secure
5. Be careful what you download
6. Choose strong passwords
7. Make online purchases from secure sites
8. Be careful what you post
9. Be careful who you meet online

Top tips to stay safe online over the Summer Holidays.

Dates for your diary

Friday 19th July- Break up for Summer Holidays

Monday 2nd September- School Re-opens



Staying safe in the holidays

As we will be breaking up for the summer holidays it is VERY important to stay safe if you are playing out, especially near roads.

- ALWAYS look BOTH ways before crossing the road
- Only cross when it is safe to do so
- NEVER behave silly next to a road



Coffee Morning

We are holding another Coffee Morning here at 9.00am onwards and will be discussing Beech Hill and here to answer and questions you may have.

Fun ideas for the Summer Holidays

- ◇ Go to the beach
- ◇ Have an outdoor party with friends
- ◇ Have a dress up day
- ◇ Camp in tents with your friends
- ◇ Make your own games
- ◇ Go to the park with family
- ◇ Draw your favourite book character
- ◇ Go swimming

Fun indoor ideas

- ◇ Watch your favourite film
- ◇ Read an interesting book
- ◇ Draw the scene from your window
- ◇ Draw a self portrait



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Important message

As we are approaching the Summer Holidays some of our amazing staff will be sadly leaving us and will not be returning in September. We can only wish them the best of luck in their careers and can not thank them all enough for their hard work and dedication here at Beech Hill.

Beech Hill could not be where it is today without the amazing help of all of our members of staff who put 100% into helping our school.

Each member of staff leaving brought their all to working here and we will be very sad to see them leave. We wish them all the best in the future and a huge thank you for all their hard work.

Thank you and Good Luck!



Websites for Mental Health

Anxiety UK

Charity providing support if you have been diagnosed with an anxiety condition.

Website: www.anxietyuk.org.uk

Bipolar UK

Website: www.bipolaruk.org.uk

CALM

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

Men's Health Forum

www.menshealthforum.org.uk

No Panic

Website: www.nopanic.org.uk

Kitchen Menu:

1	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal Option	Hot Dogs 5.8	Chicken curry Rice 5.8.10	Lasagne and garlic bread 5.10	Chicken dinner and gravy	Pizza 4.5.10.12
	Quorn Hot dog sausage 5.10.12	Quorn cottage pie 10.12	Tomato pasta 5.10	Veggie broth and bread roll 5	Kidney bean curry and naan bread 5
Vegetables	Spaghetti Plain wedges 5	Carrots/ broccoli Herbys 5	Peas/ corn Spicy Wedges	Mixed veg and cauliflower Roast 5	Beans Chips
Sub/ Wrap	Tuna and cucumber sub 5.10	Chicken tikka wrap 5.10	Egg and cress sub 4.10.12	Cheese and tomato subs 5.10	Sub roll assortment 2.3.4.5.10.12
Served Every day	Jacket Potato Sandwiches				
Dessert	Chocolate sponge and custard 5.10.12	Cheesecake 5.10	Bakewell and custard 5.10.12	Marble sponge and custard 5.10.12	Ice cream 10
	Strawberry whip 4.5.10.12	Jelly	Crispy buns 10	Chocolate whip 4.5.10.12	Parkin 5.12
	Fruit Salad Yoghurt 10 Biscuits 4,5,10,12	Fruit Salad Yoghurt 10 Biscuits 4,5,10,12	Fruit Salad Yoghurt 10 Biscuits 4,5,10,12	Fruit Salad Yoghurt 10 Biscuits 4,5,10,12	Fruit Salad Yoghurt 10 Biscuits 4,5,10,12