



# BEECH HILL NEWS



Friday 10th April 2020

Dear Parents/Carers,

I hope this newsletter finds you all safe and well. Many families continue to engage with school through our Seesaw App. Please feel free to dip in and out of the activities throughout the Easter break. I would like to thank all the parents that have been busy cooking with their children; we had some amazing entries last week in our Ready, Steady Cook competition. I look forward to seeing the fantastic creations from the Spring/Easter activities. The next virtual Gold Book will be next Friday, 17th April.

Please take care of yourselves and I urge all parents to follow the government guidance and stay at home where possible, particularly as the weather improves and we are tempted to go outside over the bank holiday weekend.

## Free School Meals vouchers

As you know, we have been providing vouchers from Asda for our families who are eligible for benefits related free school meals. These vouchers will now be sent to you electronically and the office have been working on setting up with your up to date email address. The government has now announced you will now receive e-vouchers over the Easter holidays too. There seems to be a slight delay with the vouchers from the DFE portal due to the high demand across the country.

Once your vouchers have been issued, you will receive a text to confirm you should have received the vouchers with information on what to do if you haven't received them.

Mrs Shameem Hussain

As well as looking at the statistics for Numbots and TT Rockstars for the children, I have been looking at the adults' scores too! We decided that we needed to keep our maths brains working and step up to challenge the children!

I have challenged the staff to get the highest score they can over the next few weeks... watch out for the teacher leaderboard coming soon to Seesaw!

Please make sure that children are accessing TTRockstars and keeping up their practice where they can.

Miss Jordan



If your child has an EHCP, the annual reviews of these will still be taking place through a virtual meeting or over the phone for the time being.

The school's SENDCo, Miss Walker, will be in touch to arrange these with you as and when they are due.

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INVESTORS IN PUPILS



INVESTORS IN FAMILIES

## SAFEGUARDING

During this time, children may be using social networks to reach out to others and with that there will be an increased risk to fake news and online harms including: grooming, radicalisation, exploitation, and bullying. All of these issues could impact on their mental health and wellbeing.

The UK Safer internet Centre has identified the following online risk categories:

- Behaviour: sharing too much information
- Content: age-inappropriate or unreliable content or fake news
- Contact: strangers, bullies, groomers or radicalisers can contact children
- Commercialism and financial exploitation: hidden costs of advertising in apps, games and websites
- Extremism and radicalisation

We appreciate you continuing to safeguard your child whilst they access different medias at home. Here are some great resources to support you in doing this:

1. [NSPCC NetAware](#) provides a useful guide to social networks, apps and guides.
2. [National Online Safety](#) have produced a series of top tips guides to support remote learning for Parents, Children and Teachers.
3. [Thinkuknow](#) is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline for different age groups and parents.
4. [Childnet](#) has produced a Parent and Carer Toolkit which is a collection of three resources designed to help you talk to your child about their online life, manage boundaries around family internet use and point you in the direction of where to get further help and support.

**Whilst children are learning at home, remember we as a school are only a phone call away from any safeguarding concerns you may have. You can call, email or send a message on Seesaw to get in touch with us.**

## The Rainbow Children

The history books will talk of now,  
That time the world stood still.  
When every family stayed at home,  
Waved out from windowsills-  
At those they loved but could not hold,  
Because they loved them so.  
Yet, whilst they did they noticed all the flowers start to grow.

The sun came out, they can recall,  
And windows, rainbows filled.  
They kicked a football in their yards,  
Until the night drew in.  
They walked each day but not too close,  
That time the world stood still.  
When people walked straight down the roads,  
That once the cars did fill.

They saw that people became ill,  
They knew the world was scared.  
But whilst the world stood still they saw,  
How much the whole world cared.  
They clapped on Thursdays from their doors,  
They cheered for the brave.  
For people who would risk their lives,  
So others could be saved.  
The schools closed down, they missed their friends,  
They missed their teachers so.  
Their Mums and Dads helped with their work,  
They helped their minds to grow.  
The parents used to worry that,  
As schools were put on hold,  
Their children wouldn't have the tools,  
They'd need as they grew old.

But history books will talk of them,  
Now adults, fully grown.  
Those little boys and girls back then,  
The ones who stayed at home.  
They'll tell you that they fixed this world,  
Of all they would fulfil.  
The RAINBOW children building dreams,  
They'd dreamed whilst time stood still.

Author unknown

Artwork by  
children from  
Beech Hill and  
Dean Field



## Thank you to the NHS

We decided to spread some cheer and send a token of thanks to the staff working at Calderdale Royal Hospital. We wanted them to know how much they are appreciated so our wonderful kitchen staff made biscuits, cakes and buns for the NHS employees there. We have had lots of lovely messages of thanks from people who received one of our treats.

 **Jane Acklam** is 😊 feeling thankful. ...  
46 mins · 🌐

Aww we received cupcakes today from Beech Hill school... what a lovely surprise.. just what we needed... thank you all so much ❤️



 **Lorna Fay Gill** is at Calderdale Royal Hospital. ...  
1 hr · Halifax, West Yorkshire · 🌐

All of us in pathology at CRH are so so thankful to Beech Hill School for the cookies! 🍪🍪🍪  
@chftnhs #microbiology #bloodscience #histology #poct



Please can you pass on our thanks here at cardiology...what a lovely, thoughtful surprise gift, we are all so chuffed. X



Follow @Beechhillsch on Twitter to see more of our updates

<https://twitter.com/>



Stay at home, protect the NHS, save lives.



## Mental Health

It is important to make sure that we are all taking care of our mental health during this period of uncertainty. Making sure that our children feel safe and secure and being able to support them can be difficult. See the tips to help you with ways of supporting your child and other family members at this time.

# HOW FAMILIES CAN SUPPORT EACH OTHER'S MENTAL HEALTH DURING SELF ISOLATION



**01**

Check in with each other on a regular basis. How are you feeling today? Is there anything I can do to help?



**02**

Engage in some physical activity together. Doing this in a group can increase connectedness and is great for reducing stress



**03**

Get some really simple healthy rules in place that you can all follow (E.g. We will make sure to sit down and eat dinner with each other every night)



**04**

Set a challenge to learn a new coping skill each week. Spend 5-10 minutes each day to practise using it



**05**

Organise and plan your week together. Make sure everyone understands what work or school related activities are coming up over the next 7 days



**07**

Schedule in time during your week where you can all engage in some activities that provide you with a sense of pleasure and achievement



**08**

Work together as a team. Be a strong unit that supports, cares and encourages



**06**

Spend 5 minutes each morning when you wake up to engage in some breathing exercises as a family



**09**

Identify self care activities that you can do together and individually (E.g. cooking together)



**10**

Make sure you provide space for each other where you can find time to relax on your own

 @BELIEVEPHQ

