



BEECH HILL NEWS



Friday 24th April 2020

Dear Parents/Carers,

As you many of you may be aware, the Islamic holy month of Ramadan will start this week meaning many Muslims will be fasting (refraining from food and water) between dawn and sunset. We would like to wish all our Muslim families a happy Ramadan and have listed some tips for keeping healthy during Ramadan. Light exercise can maintain muscle mass, release endorphins to improve mood and maintain good levels of cardio-respiratory fitness. Examples include; chair-based exercise, stretching, gentle body weight exercises. Reduce the amount of fizzy pop consumed to avoid insulin spikes in the body, prevent teeth enamel erosion and avoid excess calories being stored in the body during this spiritual cleanse.



Grilling and baking are healthier methods of cooking which require less/little oil to be used. This reduces the amount of fat being stored in the body. Consume water/yogurt lassi with most Iftar meals. This is to prevent the body becoming dehydrated during Ramadan. Consuming a rainbow of fruit and vegetables can provide your body with sufficient amounts of vitamins and minerals, vital for the body's systems to work efficiently. Examples include: Persimmon, Kiwi, Dates, Blueberries, Mango, and Pineapple.

Long periods of sitting can induce the body to relax mentally. Quick bursts of light activity can re-engage you in your activities, spark your energy and improve focus.

Try planning and freezing meals in advance to ensure you consume healthy balanced meal without any other preservatives or additives included.

PLEASE STAY AT HOME AND HAVE A SAFE RAMADAN

Work on Seesaw

If you have regularly been checking Seesaw with your child, you will be aware that a variety of tasks are being posted in order to encourage your child to complete as many different types of activities as possible. The work pack will be posted on Seesaw every Monday morning and provides instructions for English, maths and other subject areas. In addition to this, teachers may post other activities on Seesaw on a daily basis. This week, some year groups have also included links to the new Oak National Academy website and the BBC Bitesize website which both provide specific daily learning for children. Teachers are monitoring how children respond to all activities and will continue to share those that are most effective and beneficial. If your child has particularly enjoyed something, please pass this on to the class teacher.

Information for parents:

<https://www.gov.uk/guidance/supporting-your-childrens-education-during-coronavirus-covid-19>

Mrs Hussain

In nursery, the children took part in the Usborne Ready Steady Listen competition and we received over £160 in sponsorship money and the Two Year Old Unit gained almost £50. We have had this delivery from Usborne with the books we have chosen. What fantastic new books for our children to read when we get back to school! Well done to all of the children and parents in Nursery and Two Year Olds!



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SCHOOL CLOSURE UPDATE

School will continue to remain closed to the majority of pupils and will only re open upon instruction from the government when scientists deem it is safe to do so. Please continue to follow the current guidelines and stay at home as much as possible.

Staff Training

All of Beech Hill's staff members are currently working hard on their Continued Professional Development. They have been given 5 essential courses to complete, which equal in them achieving a certificate, and a section of reading on Special Educational Needs.

Parent/Carer Training Courses

If you are interested in taking part in some free courses then there are lots of sites out there you can access. Here is one we found which may be useful to you. There are lots of others on the site too.

<https://www.open.edu/openlearn/>

Jigsaw Online Resources

Jigsaw is a scheme that we have recently introduced to assist with teaching PSHE at school. They have provided some activities that can be accessed free of charge at home. There are two stories to listen to and two Calm Me times (children are familiar with this type of activity as they are used in class for quiet reflection time). These stories align with the Jigsaw PSHE Dreams and Goals and Healthy Me Puzzles and are suitable for children aged 5+. Please use the following link: <https://families.jigsawpshe.com/stuck-at-home/>

Password: Home



HEALTHY
START



We have been provided with the following information about Healthy Start Free food vouchers vitamin coupons that some parents may find useful:

Families on certain benefits can get free milk, fruit and vegetables with Healthy Start vouchers and free vitamins. You qualify for Healthy Start if you're at least 10 weeks pregnant or have a child under four years old and you or your family get certain benefits. You also qualify if you are aged under 18 and pregnant, even if you don't get any of the certain benefits. Find out how to apply for the Healthy Start vouchers and vitamin coupons by visiting

<https://www.healthystart.nhs.uk/>

or call the Healthy Start helpline on 0345 607 6823 and request an application form by post.

Since the 6th April, you no longer need a health professional to sign the application form, so part B can be left blank.



Leaderboard for the last 7 days

These are the 5 children with the most correct answers on Numbots

in the last week! Well done!

1. Sai Podapati- Portugal
2. Usman Ali- Fiji
3. Haashim Shahnawaz - Switzerland
4. Muhammad Ur-Rehman- Portugal
5. Mridu Chandra Mouli- New Zealand



Leaderboard for the last 7 days

These are the 5 children with the most correct answers on TTRockstars in the last week! Well done!

1. Umaima Khan- Australia
2. Aayan Khan- Egypt
3. Chakrika Valluru- Mexico
4. Noor Iman Zahid- Switzerland
5. Samee Hussain- Tanzania



The competition between the teachers has been fierce this week!

Teachers' Leaderboard

Amount of correct answers

1. Mrs Hussain
2. Miss Waddington
3. Miss Whitton
4. Miss Jordan
5. Mr Hoyle

Well done Mrs Hussain!

Lots of the children are still much quicker than us! We need to practise more in order to speed up!

Teachers' Leaderboard

Quickest Answers

1. Miss Cutler
2. Miss Whitton
3. Miss Badley
4. Miss Jordan
5. Miss Walker

Well done to Speed Queen Miss Cutler!

Stay at Home Sports Stars

Miss Jagger organised a wonderful challenge for the children to take part in this week. Lots of children entered and have been doing some fantastic activities at home. Here are the list of winners:

2 Year Olds: Yaseen Fareed (Football)

Nursery: Subhaan Hussain (Football)

USA 3: Samara Tariq (Dance)

USA 4: Krishna Purohit (Yoga)

New Zealand: Farhaan Naveed (Star jumps on the trampoline)

Portugal: Ayden Dar (Dance)

Jordan: Sohan Kodidasu (Basketball) and Hassan Hussain (Boxing)

Nigeria: Stefan Balogh (Boxing)

Switzerland: Alisha Ahmed (Trampoline and Fitness)

Morocco: Imaan Gul (Gymnastics and Trampoline)

Mexico: Khizzar Khan (Obstacle Course)

China: Jannathe Mushtaq (Football x3)

Egypt: Aayan Khan (Cricket) and Accalia Scott-Thompson (Dance)

Tanzania: Sohana Podapati (Fitness)

France: Skye Goddard (Dance)

Denmark: Ryan Jessa (Fitness)

Singapore: Aafiyah Riaz (Ball Skills)

Peru: Amith Pagadala (Fitness)

South Africa: Safa Tariq (Gymnastics) and Amrutha Pagadala (Fitness)

Australia: Punyashlok Purohit (Yoga)

A big thank you goes to Miss Jagger for organising this and well done to all who took part! Remember to keep up your exercising at home.

Look out for your certificates on Seesaw!



Virtual Gold Book



Nursery

2 Year olds:

Momin Kessar For working hard with his number recognition. He can draw a zero and tell me its a zero.

Yaaseen Fareed For keeping busy with the many activities provided from school and at home with his family.

Nursery:

Umayah Sheraz For doing lots of fun home learning challenges and writing the letters in her name in the correct order

Reception

USA 3:

Mouhamadoul Aidara For his enthusiasm and dedication to home learning.

USA 4:

Amina Afzal She has been very creative at home and has done lots of work!

USA 5:

Arwaa Hashmi For fantastic effort with her home learning

Year 1

New Zealand:

Farhaan Naveed For trying really hard with all the activities and also posting extra work!

Asra Mahmood For trying hard with the home learning tasks and for posting lots of voice recordings answering questions

Portugal:

Ayden Dar He has completed lots of home learning tasks over the holidays and has been super creative making up his own dance with his family - Keep up the good work Ayden!

Fiji:

Khadeeja Faisal For making glittery slime and also making an amazing Easter park.

Ilyana Ilyas-Najib For making a lovely flower wreath for her front door and an NHS rainbow for her window.

Year 2

Nigeria:

Maseerah Malik For all her fantastic work and kindness towards others! She puts well done, draws a rainbow and puts the child's name when they've been star of the day to congratulate them!

Switzerland:

Inaayah Hussain For going above and beyond during Lockdown completing all activities and more. Keep it up!

Hasnain Afzal For a tremendous effort completing all tasks from his work pack and finding out all about his family.

Jordan:

Asila Najib For doing some lovely writing about her trip to the park and including lots of Year 2 writing features!

Maryam Mushtaq For embracing home learning and constantly learning new things and sharing this on Seesaw



Virtual Gold Book



Year 3

Mexico:	Aaradhya Dwivedi	For a variety of different tasks on Seesaw
	Fatima Anayat	For her imaginative rainbow hunt
Morocco:	Laukya Chaurasia	For a lovely spring collage.
	Hamza Jan	For working hard on his SPAG.
	Sharvesh Roxmillan	For working hard every day and producing some lovely work.

Year 4

Egypt:	Meem Sultana	She has been consistently completing activities to a high standard since school finished and has put a super amount of effort into her maths and English work this week!
China:	Patrik Cerny	For doing lots of Maths work on Seesaw this week. Well done & keep it up!
Tanzania:	Sohana Podapati	For completing lots of creative tasks over the Easter holidays and engaging with lots of learning on seesaw this week.
	Aarnav Barik	For completing his work to a high standard and responding to teacher feedback on Seesaw.

Year 5

Denmark:	Ryan Jessa	Excellent engagement in home learning activities!
Singapore:	Muhammad Rehan	For making excellent progress and achieving the Level C Award on Reading Plus!
France:	Zara Khan	For her fantastic home learning activities that are always produced to an exceptionally high standard

Year 6

Australia :	Joseph Chambers	For consistent high quality work on Seesaw and completing lots of activities
South Africa:	Raheema Qasim	For trying hard on Reading Plus and with the maths tasks set.
Peru:	Everest Pur	For his well-researched English work about pandas being an endangered species.