



# BEECH HILL NEWS



Thursday 9th January 2020

## Happy New Year!

We would like to wish everyone a Happy New Year and hope you all had a great start to the new year 2020.



## Sports Camp

A huge thank you to Mr Hussain and Mrs Farhat for organising the 2 day sports camp within the Christmas holidays!

The sports camp was a huge success and involved activities such as bench ball and dodgeball and Cricket skills to help us prepare for future competitions.



## WINTER FAMILY CHALLENGE

We hope you enjoyed keeping busy with our Winter Challenge. We would love to see and hear all about what you have been doing so please email :

[challenge@beechhillschool.co.uk](mailto:challenge@beechhillschool.co.uk)

Don't forget the deadline is:  
Friday 10<sup>th</sup> January.

## Winston in Year 4

Year 4 have Mr Winston this half term. We started with word wheel poems with key words all about Antarctica. We got to use white chalk pens and write them collaboratively on the windows!



## Dates for your diary

Monday 6th January - Year 6 Residential

Tuesday 7th January - Winston in Year 4

Wednesday 8th January - Clement Court Visit

Wednesday 8th January - Together We Are project

Monday 13th January - Parents' Week for Lower school

Tuesday 14th January - Wonder Dome Year 5

Wednesday 15th January - Calderdale KS2 Cross Country Finals at Savile Park 12.30 - 3.15

Wednesday 15th January - Reception maths workshop in the main hall

Wednesday 15th January - Reading Workshop Fiji parents in Brazil classroom

Friday 17th January - Coffee Morning



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Monday	Tuesday	Wednesday	Thursday	Friday
Cod Bites 2, 5, 10	Chicken Biryani 3, 10	Cheese Rolls 5, 10, 12	Spicy Sausages 4, 5, 10, 12	Pizza 4, 5, 10, 12
Quorn Hot Dogs 5, 10, 12	Quorn Cottage Pie 10, 12	Vegetarian Meatballs 4, 5	Chickpea Curry Naan Bread 3, 5, 8, 10	Ravioli and Cheese 5,10
Spaghetti 5 Chips	Broccoli and Cauliflower  Herby's 5	Beans and Peas  Wedges	Carrots and Sweetcorn  Roast Potatoes 5	Beans Herby's 5
Tuna Sub 2, 4, 5, 10, 12	Tuna Sub 2, 4, 5, 10, 12	Chicken Tikka Wrap 3, 5, 10, 12	Tuna Sub 2, 4, 5, 10, 12	Tuna Sub 2, 4, 5, 10, 12
Jacket Potatoes Sandwiches				
Spotted Dick Custard 5, 10, 12	Carrot Cake 4, 5, 10	Jam Shortcake Custard 5, 10, 12	Chocolate Sponge Custard 5, 10, 12	Muffins 10, 12
Cheese and Crackers 5, 10	Cornflake Bun 10	Chocolate Mousse 4, 5, 10, 12	Jelly	Ice Cream 10

## A healthy packed lunch

Having a health balanced diet is very important as you are still growing and your bodies will need all the foods that help us grow.

A healthy packed lunch can include:

- A sandwich with a filling
- Pieces of fruit
- Cheese string
- Yoghurt
- Box of nuts
- Crackers with cheese
- Vegetables cut into smaller pieces



Packed lunches full of crisps and fizzy drinks and chocolate will not be good for your body.

Can we please ask that any packed lunches are healthy and contain pieces of fruit and water.

Thank you .

## Entering the school car park

When you approach the school barrier , please make sure you press the buzzer and inform the office staff of the purpose of your visit.

## Hand writer of the week

Eesa Bashir - Jordan

Amina Noor - Italy

## Robinwood Residential

35 Year 6 children, along with 21 children from Dean Field, attended a 3 day residential at Robinwood in Todmorden this week. The children all behaved exceptionally and made new friends. Lots of the children overcame fears and accomplished different goals over the few days.

They showed bravery and resilience throughout the 3 days and were fantastic ambassadors for our trust!

Below are comments from some of the children who attended the trip:

"The zip line was amazing and the giant swing was nerve wracking but I did it all!"- Joseph

"I enjoyed the giant swing because it gave me the feeling of flying! I really liked the crate challenge even though I wobbled a lot!"- Weronika

"The trapeze and canoeing were both very fun activities. The trapeze was challenging and the canoeing was quite relaxing!"- Everest



## Mental Health and Well Being

### What is stress?



Stress is the body's reaction to feeling threatened or under pressure. It's very common and can be motivating to help us achieve things in our daily life, and can help us meet the demands of home, work and family life.

But too much stress can affect our mood, our body and our relationships - especially when it feels out of our control. It can make us feel anxious and irritable, and affect our self-esteem.

## Coffee Morning

Coffee Mornings are a way of voicing any opinions or questions you may regarding the school. We have a variety of fruits and snacks to enjoy while we discuss the school.

The following dates are when our Coffee Morning will take place:

10th January

24th January

7th February

We look forward to seeing you there.