



# BEECH HILL NEWS



Thursday 16th January 2020

## Wonder Dome Year 5

On Tuesday 14th of January, the Wonder Dome visited Beech Hill School. It was a fantastic experience for the year 5 pupils.

The Wonder Dome is an inflatable planetarium which enabled the pupils to see images of the stars and planets.



## Lower school Parents' Week



For Parents' Week Year 1 have had a reading and arts workshop. Parents were invited into school to take part in the workshops with their children.

During the reading workshop parents were given information regarding the phonics screening test in June and also strategies to further help their children with their reading at home. The children had a fantastic time and enjoyed learning with their parents.

The arts workshop took place on Tuesday afternoon with Mr Bullock who is the Artist in residence at Beech Hill School. It was a fantastic afternoon and both children and parents learnt new skills.

A big thank you to all the parents who attended workshops during Parents' Week.

## Swimming in Year 4

Year 4 had a great first swimming session this week and really enjoyed themselves. They will be going every Monday afternoon for the rest of the year.

Each week they need to remember:

- swimming costume
- towel
- goggle or swimming hat/cap

## Poetry with Mr Winston

Linked with our topic of Antarctica, we read the poem Snow Day By Billy Collins. We looked at all the different words and phrases that are used in the poem to help create an image for the reader.

Accalia said this about poetry with Mr Winston, "I enjoy poetry because it's fun and helps me learn that poems don't have to rhyme."

## Dates for your diary

Tuesday 21st January - Year 3 Dinostar.

Tuesday 21st January - Winston in Year 4.

Wednesday 22nd January - Year 4 Times Tables tea party.

Friday 24th January - RE Morning.

Monday 27th January - Year 2 Chick Experiment.

Tuesday 28th January - School Nurse in.

Wednesday 29th January - Clement Court.

Thursday 30th January - Young Voices.

Monday 3rd February - Upper School Parents' Week.

Wednesday 5th February - Sports Hall

Athletics at North Bridge Leisure Centre .

Beech Hill School  
Mount Pleasant Avenue  
Halifax  
HX1 5TN  
Tel: 01422 345004  
Website: [www.beechhillschool.co.uk](http://www.beechhillschool.co.uk)



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

## Robinwood - Year 6 residential

Last Monday to Wednesday, Year 6 children went on their residential to Robinwood in Todmorden. The children were impeccably behaved and everyone, including the teachers, had a great time taking part in a variety of activities and team games. Some of the highlights were zooming down the zipline, crawling through the caves, aiming for bullseye in archery and trying not to capsized during a very windy canoeing session.

What a great start to the new term for Year 6!



## Mental Health and Well Being



### Why is it important to look after your mental health?

Keeping active is important for your mental and physical health. It can help improve your sleep, reduce stress, help you relax and make you feel better overall. Exercise releases feel-good chemicals in our bodies to make us feel better and improve our moods.

Here are some tips on how to look after your mental health and have a strong mind:

1. Talk about your feelings
2. Keep active - regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better.
3. Eat well - your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.
4. Ask for help - we all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If things are getting too much for you and you feel you can't cope, ask for help.
5. Do something you're good at - what do you love doing? What activities can you lose yourself in? What did you love doing in the past?
6. Care for others - caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.

If you want more Mental Health information please visit : <https://www.mentalhealth.org.uk/publications/how-to-mental-health>

## Attendance

Group	% Attend
USA3	96.4
USA4	97.3
USA5	95.4
New Zealand	96.2
Fiji	94.9
Portugal	96.0
Switzerland	94.7
Nigeria	93.9
Jordan	96.9
Mexico	97.9
Morocco	96.9
China	94.9
Egypt	96.0
Tanzania	97.5
Denmark	97.5
France	97.1
Singapore	98.1
Australia	94.8
South Africa	97.1
Peru	97.5
Totals	96.4

Well done to class Singapore for achieving the highest attendance this week.

In May our year 6 and year 2 pupils will be taking SATS tests and are currently making final preparations. It is important that you support your child in securing a better future by sending them to school every day. This will ensure they achieve their full potential.

Many Thanks

Farhat Hussain

Office and Attendance Manager