



BEECH HILL NEWS



Friday 23rd April 2021

Ramadan Mubarak!

As you may be aware the month of Ramadan began on 14th April. We would like to wish all our Muslim families a blessed Ramadan.

If you are wanting your child to fast during the month of Ramadan, could you please inform your child's class teacher via Seesaw or the school office so we are able to make arrangements for them during the lunch hours.

Thank you for support.



Comic Relief 2021

A BIG thank you to all at Beech Hill School who raised **£111.78** for Comic Relief this Red Nose Day.

The money donated will help people living incredibly tough lives in the UK and around the world.



Beech Hill School
Mount Pleasant Avenue
Halifax
HX1 5TN
Tel: 01422 345004
Website: www.beechhillschool.co.uk
Email: admin@beechhillschool.co.uk



Healthy School



COMPETITION!

Design and create a friendship recipe to show what attributes and characteristics are important to you in a friendship.

Adventurous vocabulary and instruction writing features are expected as well as an artistic design to showcase your ingredients and method!



Bring to class Jordan by 30th April 2021

Be Smart About Fat

Healthy fats are an important part of our diet. They help us get and stay full. They also benefit our brains, improving memory and lifting mood. The key is to make sure your kids are eating the right fats.

Healthy fats are unsaturated fats. These can include:

- ◆ Monounsaturated—olive oil, avocados, nuts such as almonds and seeds (pumpkin or sesame).
- ◆ Polyunsaturated—flaxseed, walnuts, or omega-3 fatty acids found in fish such as salmon or sardines.



Unhealthy fats are trans fats. These can be found in:

- ◆ Margarine
- ◆ Fried Foods
- ◆ Baked Goods
- ◆ Processed foods made with "partially hydrogenated" vegetable oils.
- ◆ Packaged foods such as crackers, cookies or snack foods.



Make the right choice!

Dinner Menu w/c Monday 26th April

2 BH	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal Option	Chicken Nuggets 1, 4, 5, 10, 12	Fish Fingers 2, 5	Sausages 5, 8 and Gravy	Keema Potato Curry Rice 3 **Contains Cinnamon	Battered Fish 2, 3, 5, 10
	Ravioli and Cheese 5, 10	Tomato Pasta 5, 10	Quorn Cottage Pie 10, 12	Ratatouille 5, 10	Pizza 5, 10
vegetables	Spaghetti 5, 8 Wedges	Mixed Veg Peas Herby's 5	Carrots Cauliflower Potato Puffs	Peas Sweetcorn Roast Potato 5	Mushy Peas Beans Chips
Served Every day	Jacket Potatoes Sandwiches				
Dessert	Choc Chip Sponge Custard 5, 10, 12	Parkin 5, 12	Treacle Sponge Custard 5, 10, 12	Rice Pudding 10	Cheesecake 4, 5, 8, 10
	Strawberry Mousse 10	Jelly	Ice Cream 10	Crispy Buns 10	Chocolate Muffins 5, 10, 12

If you require an allergy list please email admin@beechhillschool.co.uk

Strengthening Families, Strengthening Communities Research Project

Check out the new courses below starting soon; there are some great tips/advice for positive family relationships and help to manage stress and anger. There are **£40** worth of vouchers to be given to parents for their help with the questionnaires.

About the programme

Strengthening Families Strengthening Communities (SFSC) is a free inclusive course to help parents and carers raise happy confident children, from ages 3-18 years.

This is a popular programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to build on their parenting skills and build positive relationships with their children.

SFSC runs for 3 hours a week for 13 weeks. Some groups provide free childcare and refreshments

All groups end with a celebration and you will receive a certificate and a parent manual.



strengthening families
strengthening communities



The course aims to help you

- Build positive family relationships
- Manage anger and stress
- Implement effective discipline strategies
- Gain confidence and communication skills
- Understand your child's development
- Recognise and value your family and cultural traditions
- Meet others and share ideas

"Children don't come with a manual, this is the next best thing"

"Take part in the study and make a difference to future families."



"This research is long overdue! No matter how good a parent you think you are, you certainly can be a better one after the programme."

"I found it very supportive being part of a group and sharing ideas with other parents"

Programme details



Location: Ash Green Children's Centre, 1 Sunny Bank Road, Mixenden, Halifax, HX2 8RX

Start date: Every Thursday starting 22nd April 2021
9.30am to 12.30pm
(for 13 weeks)

Facilities: Refreshments will be available and participants are also welcome to bring their own. Social distancing will be maintained throughout. Every parent will receive individual packs with paperwork, pens etc on arrival to reduce sharing and ensure everyone's safety during the session. Unfortunately we are not able to provide a crèche for this course. Further details will be provided once your place is confirmed.

Contact: Julia Brierley: 07852174007
Beverley Thompson: 07741671792

Are you a parent with children aged 3-18?

Do you want to help shape services for the future?

Come and be part of a study to promote family wellbeing!



We are asking parents to complete four questionnaires over the course of a year and you will get £40 of vouchers if you complete them all.

You will take part in a free 13 week programme for parents, which is designed to help parents build positive relationships with their children.



strengthening families
strengthening communities

