



# BEECH HILL NEWS



Friday 29th January 2021

As we now come to the end of the fourth week of lockdown, I just wanted to thank you for all your support with ensuring the pupils are learning at home. We now seem to be in a routine with the home learning and work packs. Please do not feel disheartened if your child does not manage to complete all the work. We appreciate that some of you will also be working from home and, as a working parent, I do know it can be quite challenging to manage your own as well as your child's work. Please encourage the children to log on to the zoom lessons where the teachers will give them input and support. The live zoom lessons are a maximum of half an hour. This is to ensure we are able to keep children engaged and learning. Recommendations from Ofsted are that lesson input should be short to keep children engaged and cover previous learning as well as build in some new learning. Please do not hesitate to contact us if you need any help with your child's learning, using Seesaw or are having any problems with the work. If you haven't received a work pack and would like one, then please let us know.

Earlier this week we sent out a parent survey on Seesaw. Thank you to all of you who have completed it. Following the results, we have decided to make some changes to further improve our provision. Please refer to your child's timetable to see what lessons they have each day.

Nursery will be doing an interactive story-time session for small groups of pupils.

Teachers will remain on Zoom for a further 5-10mins following the lesson to support pupils if they have any questions or need help. Following this, if your child is still struggling to understand, then please contact the class teacher via Seesaw.

There is a reasonable gap between lessons so that children have time to complete the work but if this is not practical for you, then the work can be completed at a later time in the day.

We also received some really positive comments which I have shared with staff. I appreciate you taking time to send these comments; it has been a real boost for our staff to have their hard work and commitment recognised.

I will finish with sharing some of your comments around what you feel the school has done well during the school closure period:

"The teachers have done well preparing for online classes."

"Keeping up with learning everyday on a timetable has given routine to my children which they needed - thank you."

"School support is very good and managing the activities very well."

"Kept parents informed of what's happening. Been organised in terms of work packs and zoom lessons."

"The things they have done in this short period is really remarkable and appreciated."

"Well organised - good consideration of both staff and students. Thoughtful communication to parents."

"Good regular contact from teachers and teaching assistants via telephone / Seesaw inbox."

"Teachers and staff were very quick in picking up things to set up a learning atmosphere, work packs distribution and run the learning without interruption."

"Keeping parents informed and updated and had work ready and accessible. Great work."

"I think the school has done a wonderful job in keeping the children engaged with their learning in this difficult time."

Mrs Hussain

## Mental Health Week — 1<sup>st</sup> February to 5<sup>th</sup> February

Next week is Children's Mental Health Week and we will be celebrating both in school and at home.

There will be an assembly on Monday to introduce the week and on Wednesday it will be 'Wellbeing Wednesday'. Keep your eyes peeled for more information. Next Friday, we are having 'Dress to Express' where children in school and at home can dress in something that expresses themselves.



Beech Hill School  
Mount Pleasant Avenue  
Halifax  
HX1 5TN  
Tel: 01422 345004

Website: [www.beechhillschool.co.uk](http://www.beechhillschool.co.uk)  
Email: [admin@beechhillschool.co.uk](mailto:admin@beechhillschool.co.uk)



INVESTORS IN PUPILS



Healthy School

## Reception

This week we have been learning all about number 7. We have made rainbows with 7 colours and practised writing the number 7. We have also been finding objects that represent 7.



In Literacy we have been thinking about the setting in our story 'Handa's Surprise'. We have learnt that Handa lives in Kenya and that we live in Halifax. We have noticed lots of differences between Halifax and Kenya.

Our home learners this week have continued to learn about the story 'Handa's Surprise'. Children have been looking at the local area and comparing it to Kenya where Handa lives. Lots of children went out and about for their 1 hour of daily exercise to see what they could spot in the local area.



## Year 1

Another fantastic week in year 1. The children have continued to access lots of home learning and lots of children have begun to use Epic to read many exciting stories.

It has been great to see so many children at home and in school complete a story retell for 'Funnybones'.

This week the children in school have been working with Mr Bullock - he is the school's artist in residence. Take a look at some of the amazing pieces of art the children have created in the style of Andy Warhol.



## Year 2

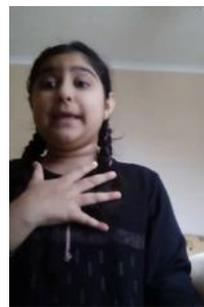
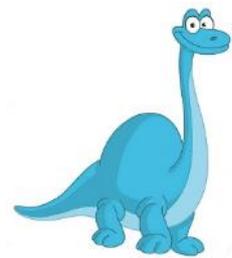
# Colour Mixing

This week in year 2 we have been doing some work with colour mixing and created a portrait of a cow. Take a look at our fantastic pieces below!



## Year 3

Year 3 have enjoyed performance poetry on dinosaurs this week. They used actions and intonation to really bring the poems to life!



## Year 4

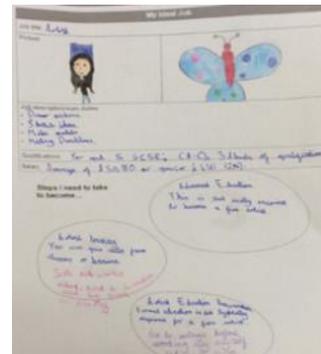
Year 4 have continued working super hard in school and at home this week!

Miss Walker has been really impressed with the standards of work being submitted on Seesaw and Miss Gledhill has enjoyed working with our children in school.

We have continued our focus on Antarctica and have been learning about contour lines on maps in Geography to see the elevation levels of the ice there.



## Year 5

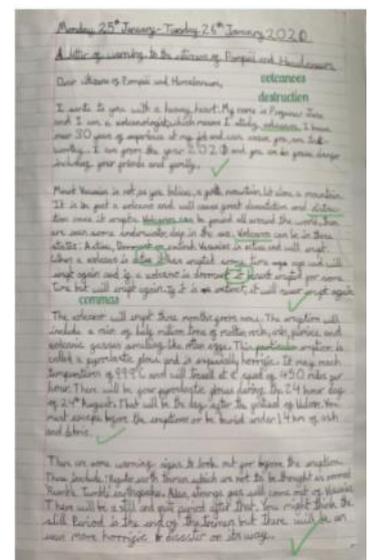


In year 5 this week, we had an amazing Jigsaw lesson. We thought about our dream job. We researched the job description, main duties, salary and qualifications needed. We made plans and thought carefully about the steps we need to take to become successful! Have a look on Seesaw.



## Year 6

This week we have seen some fantastic work yet again from the children who are at home and the children who are in school. We have seen a record number of children attending the Zoom lessons and really engaging in the work sent on Seesaw too- our current record is 43 children in a Zoom lesson! We have been writing a warning letter in English, learning about area and perimeter in maths, looking at our own birth weight and comparing it against other children in year 6 and nationally in science and we located the 'seven summits' and lots of mountain ranges in geography. Well done to everyone who has completed some super work this week! Keep it up Year 6!!



## Chick Experience - Update

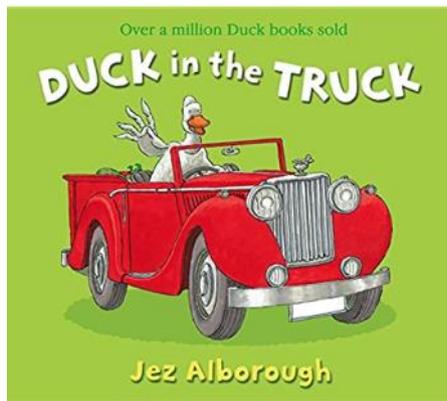
We've had a very 'eggciting' week with the arrival of the chicks!

10 eggs arrived on Monday and were kept in the incubator until they were ready to hatch.

On Tuesday evening at around 5pm we had our first little hatchling! From then we had a further 7 more on Wednesday and the full total of 10 by Thursday - 4 females and 6 males - and they have been cheeping away in class Jordan ever since! We will keep you posted on Seesaw with daily updates as they will be spending the weekend with Mrs Bowling and her family.



## Nursery



This week in nursery we have been reading the story 'Duck in the Truck'.

The children have enjoyed accessing the playdough area where they explored the different texture of the playdough and were able to use animals to act out the story.



## 2 Year Olds

This week we have been learning how to follow tracks, using the key words zig zag, wavy and straight. The children used lots of different ideas to make and follow them. We used ourselves, vehicles, natural objects and farm animals.



We have also looked at books and objects big and small and enjoyed a painting activity using big wellies and small feet.



## **Great news Beech Hill!**

**Epic** - a leading digital reading platform - is now available for all children during lockdown and it's completely free!

There is so much to find on there; a collection of more than 40,000 popular and high-quality books. Not only that but they're beautifully illustrated and the site is easy to navigate

Teachers will also be able to assign books to pupils as well as share book collections. Epic School is available on iPads, iPhones, Android devices and any laptop or computer.

**Your child's class teacher has put detailed instructions on Seesaw for you to access your child's account at home. If you need any support, please contact your child's class teacher via Seesaw.**

**epic!**

**Fuel learning**

FREE access to thousands of high-quality books, loved by millions of kids grade 6 and under.

### **FREE STUDENT ACCESS DURING SCHOOL.**

Whatever teaching looks like for you, Epic has your back! From now through June 2021, students can get the same free access for both in-class and remote learning with Epic School. 7 am-4 pm Monday through Friday.

- Thousands of high-quality books & videos
- Grade-specific, high-interest topics across languages & genres
- Tools like Read-To-Me, Dictionary Lookup & more
- Easy to set up, assign books & track progress
- Great for read-alouds, literacy centers & research

### **AFTER-SCHOOL READING WITH EPIC FREE.**

Support daily reading habits outside of class, too with Epic Free! Any time after 4 pm during the week and on the weekend.

- Up to 2 hours of reading time each week
- Access to select Epic books
- Available from almost any device
- No credit card required!

# Lockdown Tips with the Learning Mentors!



## Healthy Eating



As we continue to live throughout another lockdown, it is essential that we eat as healthily as possible.

Here are some tips to help you achieve a balanced diet:

Eat 5 portions of a variety of fruit and vegetables every day.

Base your meals on potatoes, bread, rice, pasta or other starchy carbohydrates - choose wholegrain or higher fibre where possible.

Have some dairy or dairy alternatives, such as soya drinks and yoghurts - try and choose lower-fat and lower-sugar options.

Eat beans, pulses, fish, eggs, meat and other proteins like chicken.

Choose unsaturated oils and spreads and eat them in small amounts.

Drink plenty of fluids - the recommendation is 6 to 8 glasses a day.

If you are having foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts.

Try to choose a variety of different foods from the 4 main food groups.

**Mr Hussain**



## Sleep



**Routines help children feel safe**, so where possible try and maintain a normal routine.

Develop a daily timetable to keep some family structure around the same mealtimes, school work, exercise and sleeping.

**Mrs Lee**

### Sleep Tips for Families During Lockdown

- Keep normal wake and sleep times. Avoid long naps especially in the afternoon as this can make it difficult to get to sleep at night.
- Limit lie-ins to the weekend, and make sure that everyone wakes up no more than one hour later than you would on a normal/school day.
- There may understandably be an increase in screen time during the day at the moment, however it is still recommend that screens are switched off for one hour before bedtime if you can.
- Unwind for an hour before your intended bedtime. Do something you feel relaxes you, dim the lights and switch off from technology as blue light from devices has been proven to disrupt sleep.
- Keep your bedroom gadget free and ensure it is quiet, cool and dark.
- Getting enough natural daylight and physical activity are important for better sleep at night, though avoid exercise close to bedtime. Current government advice allows you to go outside to exercise once a day. However if this is not possible then try to use the spaces in your home or garden.
- If you are self-isolating and need to stay indoors, open up all the curtains first thing in the morning. Opening windows for 20 minutes in the morning will help you to get a blast of fresh air.

### Bedtime Routine

Create a calming and relaxed environment for your children. Bedtime routine should begin one hour before intended bedtime.

- Relaxing activity e.g. puzzles, colouring, building blocks (no screens).
- Light supper e.g. small glass of warm milk, cereal or toast.
- Relaxing bath, pyjamas, brush teeth then toilet.
- Read a bedtime story, or sing a lullaby to your child when they are in bed.
- Conversation with your child at bedtime can be really beneficial so they \_\_\_\_ feel listened to, understood and connected to you. It can also help with 'closure' on their day and their concerns.
- Goodnight kiss and cuddle.
- Leave the room to encourage your child to settle and fall asleep in their own bed. Let your child know that you are just downstairs or in the next room.
- Make sure that your child's room is quiet, cool and dark. Toys should be out of sight.
- Provide a night light emitting orange light if needed.