



BEECH HILL NEWS



Friday 9th July 2021



Come on England



Following England's amazing achievement of reaching their first final of a major tournament since 1966, we will be celebrating in school by having a non-uniform day.

Children are invited to wear their sports kit, England tops or something red, white or blue.

Good luck to Gareth Southgate and the England Team who will play against Italy at Wembley on Sunday!



Button Batteries Deadly risk to young children

London's Great Ormond Street Hospital has reported an increase in injuries to oesophagus and windpipes from children swallowing these types of batteries.

The consequences of a child swallowing these types of batteries could be catastrophic so please be vigilant when your child is playing with toys that use these batteries.



100 Fun Outdoor Activity Ideas

Forest School have come up with 100 fun outdoor activities for you and your children to try. Keep an eye on the newsletter every week for a new set of activities.

11. Ask an adult to teach you how to cross the road safely and make a poster about it.
12. Fill a plastic container with petals, then top up with water. Put it in the freezer to make some ice art.
13. Spot a rainbow. Can you learn the colours in the correct order?
14. Find a variety of balls and test them to see which bounces the highest. You could experiment with different sizes and materials.
15. Navigate using a map.

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INVESTORS IN PUPILS



Healthy School

Caught Being Good

These children have received a bronze certificate this week for earning 50 'Caught Being Good' stickers.

Nigeria

Saman Noor

Jordan

Inayah Hussain

Tanzania

Shayaan Saghir

China

Ammarah Suleman

Chakrika Valluru

Pratham Patil

Srishti Damodhar

Aaradhya Dwivedi

Malaika Hussain

Mustafa Khan



Well done! Keep up the hard work.

Important Notice:

Packed Lunches

Can parents please ensure that when sending your child in to school with a packed lunch, that their food is only put in a plastic container or a lunch bag.

Pyrex dishes or anything made from glass is not allowed as it can smash and cause injury.

Thank you for your co-operation!



Managing Anger

A guide for Parents



If you are patient in one moment of anger you will escape a hundred days of sorrow.
Chinese Proverb

We all get angry sometimes.

It is natural.

It is important how we manage it.

What do I do if my child has reached crisis point?

Don't try to reason with them.

Make sure they are safe.

Useful tip:
Learn to manage your own angry feelings first.

Tips for helping your child deal with anger.

- Help them to recognise their own triggers and how to avoid them.
- Help them to recognise the first signs of anger before they lose control.
- Talk to them about how to calm down.
- Don't get drawn in.
- Keep your voice low and soft.
- Have a calming down space.





We have completed our cooking and nutrition learning this week and made a traditional Czech dessert called the bublanina, which can also be found in Slovakia.

We had lots of fun in the kitchen, made our own chef hats and completed learning on food safety and hygiene. We learnt some mixing, cutting and grating skills. If you would like to have a go at home, check out the recipe below!

Bublanina (part 1)

(Adapted from <https://www.tasteatlas.com/bublanina/recipe>)



Overview

Bublanina is a traditional Czech dessert, it is also found in Slovakia. It is similar to the French dessert called clafoutis. They are baked custard style cakes.

Note: This makes 9 muffin sized cakes
You can change the fruit for other tinned or fresh fruit such mixed summer fruits.

Ingredients

- 2 eggs
- 100g sugar
- 50ml corn oil
- 100g plain flour
- 250g tinned fruit
(about 1/3 - 1/2 tin of cherries in syrup)
- 1 teaspoon baking powder
- 1 teaspoon vanilla essence
- Icing sugar

Equipment

- Oven
- Measuring scales
- Measuring jug
- Mixing bowl
- Wooden spoon
- Small bowl and fork
- Hand mixer
- Tin opener
- Bun tins and cases
- Sieve and spoon

Method

1. Pre-heat the oven to 180°C
2. Measure out sugar using weighing scales.
3. Mix eggs with sugar until light and fluffy (either in bowl with spoon/spatula or adult using electric hand mixer)
4. In a measuring jug, measure out the corn oil. Gradually add the oil to the sugar & egg mixture. Stir carefully whilst mixing
5. Measure the flour, then add to the mixing bowl
6. Add in the baking powder and vanilla essence.
7. Mix until you have a smooth batter
8. Put paper bun cases into bun tins.
9. Carefully spoon the batter into the bun tin cases. Arrange fruit on the top (about 3 cherries on each)
10. Bake in oven for approximately 15-20 minutes until lightly golden. Test with a skewer or fork that it comes out clean.
11. Allow to cool slightly for a few minutes.
12. Dust with a thin layer of icing sugar before serving.

Dinner Menu w/c Monday 12th July

3 BH	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal Option	Battered Chicken Steak 1, 5, 10	Lamb Curry Naan Bread 3, 5	Fishcakes 2, 5 Parsley Sauce 10	Chicken Dinner and Gravy	Pizza 5, 10
	Tomato Pasta 5, 10	Vegetarian Burger 5	Cheese Tortellini 4, 5, 10, 12	Samosas and Savoury Rice 5	Cheese and Veg Bake 5, 10
Vegetables	Spaghetti 5 Chips	Broccoli Carrots Herby's 5	Peas Sweetcorn Wedges	Cauliflower Mixed Veg Roast Potatoes 5	Beans Herby's 5
Served Every day	Jacket Potatoes				
Dessert	Sandwiches				
	Iced Cake Custard 5, 10, 12	Blueberry Muffins 5, 10, 12	Chocolate Sponge Custard 5, 10, 12	Rice Pudding 10	Assorted Puddings 4, 5, 10, 12
	Cheese and Crackers 5, 10	Cornflake Bun 5, 10	Jelly	Chocolate Mousse 10	Ice Cream 10

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