



# BEECH HILL NEWS

Friday 1st October 2021

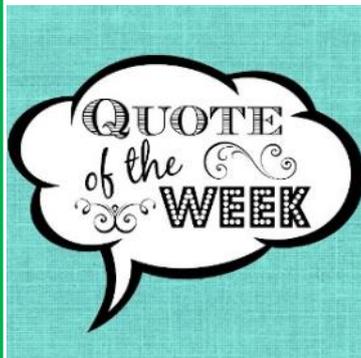


## Hello Yellow Day Friday 8<sup>th</sup> October



Next Friday the 8<sup>th</sup> of October we are celebrating World Mental Health Day at Beech Hill School. To celebrate #HelloYellow day, your child is invited to come to school dressed in yellow.

If you want to donate any money to a fantastic charity, we will send a link to pay online, or you can bring in a donation. The money will go towards supporting children and young people with their mental health and wellbeing. We will complete some activities to promote positive mental health. It is a great day to spread joy and happiness. Thank you for your support.



"Honesty is the fastest way to prevent a mistake from turning into a failure."

~James Altucher

### Harvest Festival



## Harvest Festival

This week at Beech Hill School, we are celebrating Harvest Festival. This is a celebration of food that is grown on the land.

If you can, please can you donate items such as, tinned meat, beans, soup, cereal, toothpaste, shampoo and washing powder by Friday 8<sup>th</sup> October 2021.

We will be donating all donations to the New Ebenezer Food Bank.

Thank you



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INVESTORS IN PUPILS **Healthy School**

## Seatbelts



### The facts

- ◆ In a crash, you're twice as likely to die if you don't wear a seat belt.
- ◆ Drivers and passengers aged 17-34 have the lowest seat belt-wearing rates, combined with the highest accident rate.
- ◆ People are less likely to use seat belts on short or familiar journeys - putting them at serious risk of injury in a crash.

### The law

- ◆ Drivers and passengers who fail to wear seat belts in the front and back of vehicles are breaking the law.
- ◆ Drivers caught without a seat belt face on-the-spot fines of £100. If prosecuted, the maximum fine is £500.

For more information on the fitting and wearing of seat belts, child car seats and information on the fitting and wearing of child restraints, please download the leaflet [https://www.think.gov.uk/wp-content/uploads/2020/07/DfT\\_SeatBeltBooklet.pdf](https://www.think.gov.uk/wp-content/uploads/2020/07/DfT_SeatBeltBooklet.pdf)



PLEASE KEEP YOURSELF AND YOUR CHILDREN SAFE BY FOLLOWING THE CORRECT SAFETY MEASURES.

## Fun Outdoor Activity Ideas

The Learning Mentors have come up with some fun outdoor activities for you and your children to try. Keep an eye on the newsletter every week for a new set of activities.

- Put up a tent in your garden.
- Explore on a bike or scooter.
- Do some leaf or bark rubbings with wax crayons.
- Draw a picture of a tree or plant.
- Make a simple rain gauge to see how much rain falls in a week.
- Make a stick man or woman, using actual sticks.
- Listen carefully for one minute. Make a record of what sounds you can hear.

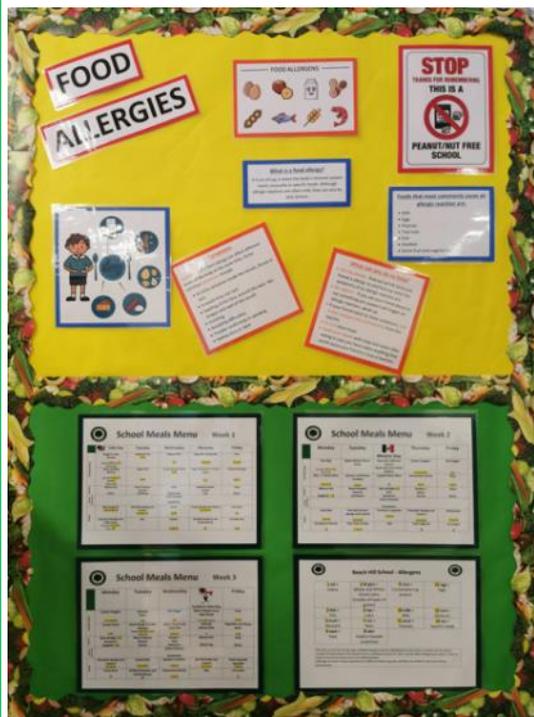


# Allergies

Today, a new law has come into force called Natasha's Law. Natasha's Law is centred around allergy labelling and ensuring that any food sold or served by a business or school has adequate ingredient and allergy labelling, informing the customer of what allergies are contained in the food item they are about to eat.

A new display has been created by the kitchen staff, next to the serving hatch with some helpful information for the children to understand a little more about allergies. Please encourage them to read the information while they are queuing for their lunch.

Please also see the Beech Hill Allergen sheet below. Each of the 14 food allergens have a corresponding number. If required, the corresponding number is then included on the school menu, where an allergy is present.



If you would like a copy of the Beech Hill Allergen sheet please email [kitchen@beechhillschool.co.uk](mailto:kitchen@beechhillschool.co.uk).



## Beech Hill School - Allergens



<b>1 cel</b> = Celery	<b>5 W.glut</b> = Wheat and Wheat Gluten (also includes all types of gluten)	<b>9 crus</b> = Crustaceans e.g. prawns	<b>12 egg</b> = Eggs
<b>2 fish</b> = Fish	<b>6 lup</b> = Lupin	<b>10 milk</b> = Milk	<b>13 mol</b> = Molluscs
<b>3 must</b> = Mustard	<b>7 nut</b> = Nuts	<b>11 pnut</b> = Peanuts	<b>14 ses</b> = Sesame Seeds
<b>4 soya</b> = Soya	<b>8 sdx</b> = Sulphur Dioxide (sulphites)		

The items on this list are the legal notifiable allergens that are highlighted on your menus. As there can be a great number of food products that people have an individual reaction to, there may be other allergens you need to make us aware of so we can advise you on an individual basis. Although we strive to keep ingredients for different dishes separate, all dishes are cooked in the same kitchen environment.

## Dinner Menu w/c Monday 4th October

3 Halal	Monday	Tuesday	Wednesday	 <b style="color: #008000;">Southern Asia Day</b>	Friday
Hot Meal Option	Chicken Nuggets <b>4, 5</b>	Sausages Gravy <b>5, 8</b>	Fish Fingers <b>2, 5</b>	Mick's Chicken Curry Naan Bread Curry <b>3, 8</b> Naan <b>5</b>	Pizza <b>5, 8, 10</b>
	Tomato Pasta <b>5, 10</b>	Quorn Burger in a Bun Ketchup Burger <b>5, 10, 12</b> Bun <b>4, 5</b> Ketchup <b>8</b>	Ange's Cheese and Onion Pie <b>5, 10, 12</b>	Samosas Savoury Rice <b>5</b>	Vegetable and Cheese Bakes <b>5, 10</b>
Vegetables	Spicy Wedges <b>5, 8</b> Sweetcorn Spaghetti <b>5, 8</b>	Roast Potatoes Broccoli Carrots	Herbies <b>5</b> Peas Sweetcorn	Skinny Fries  Mixed Veg	Chips  Beans
Served Every day	Jacket Potatoes				
Dessert	Sandwiches				
	Chocolate Sponge and Custard <b>5, 8, 10, 12</b> Crispy Buns <b>10</b>	Carrot Cake <b>4, 5, 10, 12</b> Swirled Chocolate and Vanilla Mousse <b>10</b>	Blueberry Muffins <b>5, 10, 12</b> Homemade Biscuits <b>5, 10, 12</b>	Jam Shortcake and Custard <b>5, 8, 10, 12</b> Jelly	Multi-coloured Cupcakes <b>5, 10, 12</b> Ice Cream <b>10</b>

If you require an allergy list please email [kitchen@beechhillschool.co.uk](mailto:kitchen@beechhillschool.co.uk)