



# BEECH HILL NEWS

Friday 17th September 2021



## P.E Kit

As a school we have decided that P.E kits must once again be brought at the start of every half term and be kept in lockers provided by school. On the day of their timetabled P.E. slot, children will be once again getting changed into their P.E kits at school.

As always, please make sure that long hair is tied back and no jewellery is worn (only stud earrings). We ask that your child wears a:

- Plain white t-shirt
- Black trousers, shorts or leggings
- Black pumps or plain black trainers



We would like to thank you for your continued support in this matter and should you have any queries please do not hesitate to contact us.

Yours sincerely,  
Mr Batley

## IMPORTANT NOTICES

Please can we remind all parents and carers that they are encouraged to contact teachers on Seesaw or via the school office if they need to pass on a message.

Please try to avoid lengthy conversations in the playground - if you require a more in-depth discussion, please arrange an appointment to speak to the class teacher.

Please note that the one-way system, when dropping off and collecting your children, is still in place.

Please enter school using the school path (do not walk through the car park), and exit the premises through the playground.

The gates further down on Mount Pleasant Avenue are exits so please do not try to come into school through them.



"Honesty is the best policy. If I lose mine honour, I lose myself."

~William Shakespeare

## Dates for your Diary

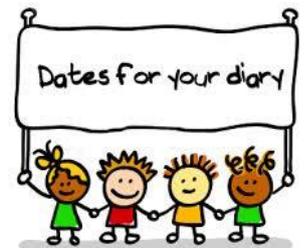
As normality resumes after a long 18 months, we are pleased that we can start taking the children on fun trips and doing new activities with them at school. Please see below some of the upcoming and exciting things we have got planned.

**20th/21st Sep** - Y2 Local Walks

**22nd Sep** - Y4 Samba Drumming Workshop

**28th/29th/30th** - Reception classes trip to North Dean Woods

**4th October** - Y6 trip to Eden Camp



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## Handy Information from the Learning Mentors

# Calming Down

A guide for Parents



Calderdale  
Council

Recognise the signs that anger is building.

Know what to do about it.

Learn what helps us to calm down before it is too late.

### Can't think straight? Some interesting facts.

When we are really angry our brains work differently.

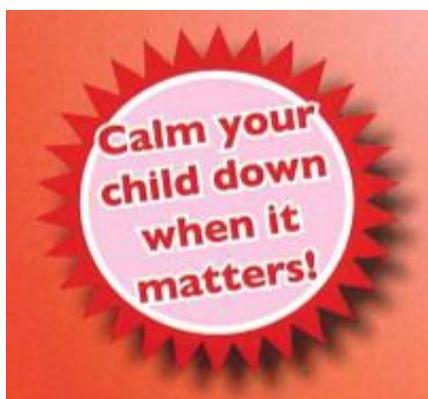
It takes a long time for our bodies to calm down and return to normal.

For some people, this might be minutes, for others it can be several hours.

Our fuse burns more quickly if we are tired or stressed.

### Remember the anger rules:

- It's ok to feel angry.
- It is not ok to hurt ourselves, hurt others or destroy property.
- It's always better to talk to someone about how you're feeling.



### Top Tips for calming down to share with your child:

- Count to ten.
- Breathe deeply five times.
- Distract yourself - do something completely different.
- Do some vigorous exercise.
- Take some time out and do some relaxing.
- Say 'I feel really cross, I need a minute to calm down.'
- Leave the room.

## 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.

- Bounce on a spacehopper or trampoline.
- Grow some vegetables or herbs.
- Paint a mud picture.
- Feed some ducks or swans.
- Race sticks under a bridge.



## Healthy Eating



As we start a new academic year, it's important we eat as healthy as possible to ensure we are feeling our best. This means eating a variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

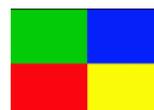
### Here are some tips to help you achieve a balanced diet:

- Try and eat 5 portions 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 to 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 water a day.
- If you're 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.



# New House System at Beech Hill!

The Tree Groups that we have had over the last few years have now been replaced with 'houses'. The four houses have been chosen carefully to represent our local area. They are...



**Bankfield - red**

**Wainhouse - blue**

**Piece Hall - yellow**

**Shibden - green**



Children will be working hard to earn 'house points'. See Seesaw for more detailed information about the changes.

Mrs Creighton

## Congratulations!



We are delighted to announce that Beech Hill School have been awarded the Carnegie Centre of Excellence for Mental Health in Schools 'School Mental Health Award' - Bronze Status!

Thank you to Mrs Lawless, HR Director, Mr Hoyle, Assistant Head and all the staff members on the mental health team for your hard work and dedication to the children and staff at Beech Hill.



## Dinner Menu w/c Monday 20th September

1 Halal	 USA Day	Tuesday	Wednesday	Thursday	Friday
Hot Meal Option	Burger in a Bun Ketchup	Shepherd's Pie 10	Battered Fish	Dawn M's Chicken Pie	Pizza
	Burger 4, 8 Bun 5, 14 Ketchup 8		2, 5	5, 10, 12	5, 8, 10
Vegetables	Quorn Hotdogs Ketchup	Vegan Rolls	Creamy Broccoli Pasta 5, 10	Vegan Meatballs in Tomato Sauce	Cheesy Omelettes
	Sausage 5, 10, 12 Roll 5, 8, 14 Ketchup 8	4, 5, 8		4, 5	10, 12
Served Every day	Skinny Fries	Roast Potatoes Broccoli Cauliflower	Chips	Sautéed Potatoes Carrots Peas	Chips
	Beans		Mushy Peas		Beans
Dessert	Jacket Potatoes				
	Sandwiches				
Dessert	Ring Doughnuts 4, 5, 8, 10, 12	Chocolate Sponge and Custard 5, 8, 10, 12	Parkin 5, 12	Treacle Sponge and Custard 5, 8, 10, 12	Ice Cream 10
	American Pancakes and Toffee Sauce Pancakes 5, 10, 12 Sauce 10	Jelly	Cookies 5, 10, 12	Swirled Strawberry and Vanilla Mousse 10	Cornflake Bun 5, 10

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