



BEECH HILL NEWS



Friday 11th November 2022

Odd Socks Day

Odd Socks Day is an opportunity to have fun, be yourself and show what makes us all unique.

We can't wait to rock our odd socks with you all on **Monday 14th November** to raise awareness for Anti-Bullying Week.

Mrs Lee



ANTI-BULLYING ALLIANCE

This ANTI-BULLYING WEEK we are holding

ODD SOCKS DAY on MONDAY 14th NOVEMBER 2022

Odd Socks Day Come to school wearing your odd socks to celebrate what makes us all unique!

If you're worried about bullying you can speak to ...

#OddSocksDay
#AntiBullyingWeek
#ReachOut

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ANTI-BULLYING ALLIANCE ORGANISER

REACH OUT PARTNER

Parent Survey

Parental voice is extremely important to us. Each year we carry out a parent survey.

Please follow the link below and complete the survey to help us continue to improve our school.

<https://www.surveymonkey.co.uk/r/JQZ9YD5>



Starting School September 2023

How to apply for a school place

Children born between 1 September 2018 and 31 August 2019 are due to start primary school in September 2023.

To apply for a school place you must **apply online by 15 January 2023** at www.calderdale.gov.uk/admissions.

For advice and guidance regarding the application process please contact 01422 392617, option 1, and a Customer First Advisor will be able to assist you.

If you would like a leaflet about applying for a primary school place please contact your preferred school and register your child's name. The leaflet will then be distributed by the primary school at the end of November 2022.

Information relating to Admission to Primary School 2023, including oversubscription criteria, is available at www.calderdale.gov.uk/admissions.

The application process opens on 18 November 2022 and the close date is 15 January 2023

Offers of school places will be made on 17 April 2023.



This Anti-Bullying Week, let's come together and **reach out** to stop bullying.

REACH OUT

Monday 14th to Friday 18th November
#AntiBullyingWeek
#ReachOut

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



TT Rockstars Weekly Winners

Year 2 - Nitika Kodali (Canada)

Year 3 - Harris Ur-Rehman (Jordan)

Year 4 - Nirvigna Kodali (South Africa)

Year 5 - Hassan Hussain (Denmark)

Year 6 - Noor Iman (Tanzania)

Overall Winner - Hassan Hussain (Denmark)



Diwali Morning in Reception

Last week, Reception had a Diwali morning.

We learnt about why Diwali is celebrated and what happens on the day of Diwali. We had several different activities set up such as making rangoli patterns, tasting Indian food, making Diwali cards and making Diya lamps.

The children loved it!



Eco Club

On Tuesday, the Eco Club and the Cool Earth Award Team went tree planting with Forus Tree.

They planted a mixture of holly, blackthorn and hawthorn trees to create a hedge in Wainstalls. They found out how to plant trees correctly and how to protect them from animals that may eat them.

The children were amazing and really enjoyed the experience, despite the rain!



"Respect people's feelings. Even if it doesn't mean anything to you. It could mean something to them."

Year 2 Residential - Nell Bank

On Thursday 3rd November, 29 brave year 2 children embarked on their first ever residential.

The children packed their bags and sleeping bags and set off from Beech Hill School to Nell Bank in Ilkley where they met 18 more children from Dean Field School. They quickly made new friends and made each other a friendship bracelet.

After lunch they explored the woodland area and took part in a scavenger hunt and a habitat trail with their new friends. Before they knew it, it was bed time and they were so excited about trying out their new beds. The next morning they learned all about their new English text 'Owl Babies' and went on a hunt for owls and made them a nest. They found lots of creepy crawlies in microhabitats and took part in an animal orchestra too! The children enjoyed the experience and have said, "I loved the moonlight walk because I could see the moon and I liked using my torch." "I loved sleeping with my friends and going on the top bunk!"

There were seven children who won special awards for their bravery, friendliness, good manners and getting stuck in. These children were:

Osman Omar
Ruqaiyah Sabeeh
Abubabkr Naveed
Zainab Noor
Inaayah Wali
Ismaeel Hussain
Aarav Dwivedi





What's on your mind?

Information and support for children and young people

Mental health is all the things which go on within your mind such as your thoughts and feelings. Everybody has mental health.

You can have both good and bad mental health which can change day to day and at different times in your life. Sometimes though, you might decide that you need some help. This guide has been created to help you to know where you can go and who you can speak to.

Parents, carers, families and friends can also use this guide to look out for children and young people close to them and help them get the right support and advice.

- **Self care** – things you can do to help look after your own mental health, emotions and wellbeing
- **Talk to someone** – there's lots of people who you can talk to
- **Family help and support** – information and help for all the family
- **Doctor or nurse** – your GP practice can put you in touch with mental health services or talk to you about medication
- **Child and adolescent mental health services (CAMHS)** – CAMHS help with specialist mental health concerns
- **Crisis or emergencies** – it's important you know what to do in an emergency or crisis situation.



@alofusinmind #ChooseWellForMentalHealth



Choose Well For Mental Health - Children and Young People

The NHS South West Yorkshire Partnership have launched a guide to help children and young people (aged 18 and under) in Barnsley, Calderdale, Kirklees and Wakefield to 'choose well' when looking after their mental health and wellbeing.

For more information and to read the guide please follow the link below.

<https://www.southwestyorkshire.nhs.uk/service-users-and-carers/choose-well-for-mental-health-children-and-young-people/>

Dinner Menu w/c Monday 14th November

School Meals Menu - Week 1					
1	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal Option	Chicken Nuggets 4, 5	Homemade Keema Curry	Fishcakes (2, 5) Parsley Sauce (5, 10)	Battered Chicken Steaks 1, 3, 4, 5, 10	Pizza 5, 8, 10
	Quorn Big Mac and Cheese 4, 5, 10, 12	Samosas (5) Homemade Onion Bhajis (10, 12) Savoury Rice	Homemade Macaroni Cheese (5, 10) Garlic Bread (4, 5, 10)	Homemade Cheese and Onion Quiche 5, 10, 12	Homemade Kidney Bean Curry Naan Bread (5)
Vegetables	Fries Beans Veg Sticks	Wedges (8) Broccoli Carrots	Potato Cubes (5) Peas Sweetcorn	Curly Fries (5) Spaghetti Carrots	Ziggy Fries Beans
Served Daily	Jacket Potatoes with various fillings (Homemade Chicken Tikka, Bolognese and Chilli. Tuna, Cheese, Beans) Salad Bar Sandwiches/Subs/Wraps Allergies for the daily items available on request				
Dessert	Pancakes and Syrup 5, 10, 12	Marble Sponge (5, 10, 12) Custard (8, 10)	Iced Cake 5, 10, 12	Choc-Chip Sponge 5, 10, 12 Chocolate Custard 5, 10	Assorted Fresh Baking 5, 10, 12
	Chocolate Ice Cream 10	Assorted Biscuits 5, 10, 12	Cornflake Buns 5, 10	Jelly	Vanilla Ice Cream 10

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

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about **HOW TO COMBAT ONLINE BULLYING**

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, lumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing Internet use and sexting behaviour of young people in the UK, USA and Australia.



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