# Open Minds Parent Workshop Understanding and Supporting Anxiety

Following the success of our first Open Minds Parent Workshop - Managing Emotions, we will be running our second workshop - Understanding and Supporting Anxiety. The workshop will be held on Thursday 23rd February @ 2pm.

This workshop will cover what anxiety is and how it may affect children and young people. It will cover warning signs of anxiety, as well as practical strategies and resources that can be used to support your child and young person with any worry or anxiety. This workshop is suitable for parents/carers of primary-aged children (5-11 years).

Learning objectives:

- To be able to identify what anxiety is and key features of anxiety in children and young people.
- To identify how anxiety can affect the body, thoughts and behaviours.
- To know some practical strategies that can be used to support children and young people with anxiety.

You can book your place on Parent Pay.

Further information about the remaining workshop will be sent out nearer the time.



# Attendance Update

Well done to Australia and France, our highest achievers this week! Can you achieve 100% next week?

It is important that children attend school regularly in order to achieve the best that they can. Missing days unnecessarily has a negative impact on your child's learning and reduces their chance of success. Please support your child by ensuring they attend school regularly.

If you have any concerns or questions regarding your child's attendance, then please do not hesitate to come and speak to me. You can contact me on 01422 345004 or come into the school office to make an appointment.

Many thanks for your continued support.

Mrs Farhat Hussain Attendance Officer

Poor attendance, I am very concerned.
Below expectations, I am worried.
Best chance of success, well done.

USA4	94.4
USA5	94.4
Wales	96.4
Scotland	96.4
Northern Ireland	93.0
Switzerland	93.3
Canada	94.6
Morocco	93.8
Jordan	96.0
Mexico	92.3
South Africa	96.8
Australia	98.3
France	97.7
China	94.4
Denmark	94.8
Tanzania	95.3
Egypt	91.3

Group

% Attend

94.3

**Beech Hill School Mount Pleasant Avenue Halifax** HX1 5TN

Tel: 01422 345004

Website: www.beechhillschool.co.uk admin@beechhillschool.co.uk Email:







Totals



### TTRS Battle



This week, we had a TTRS class battle across school and across the Trust.

#### Top 3 classes at Beech Hill

Denmark (year 5) Egypt (year 6) Tanzania (year 6)

#### Year 2

1st Canada (Beech Hill)
2nd Morocco (Beech Hill)
3rd Switzerland (Beech Hill)
4th Australia (Dean Field)

#### Year 3

1st Poland (Dean Field) 2nd Jordan (Beech Hill) 3rd Mexico (Beech Hill)



#### Year 6

1st Ireland (Dean Field) 2nd Egypt (Beech Hill) 3rd Tanzania (Beech Hill)

#### Year 5

1st Brazil (Dean Field)
2nd Denmark (Beech Hill)
3rd China (Beech Hill)



#### Year 4

1st Kenya (Dean Field)
2nd France (Beech Hill)
3rd South Africa (Beech
Hill)
4th Australia (Dean Field)



### House Points

These children have all been awarded a bronze certificate for receiving 50 House Points.

Maseerah Malik Asila Najib

Well done. Keep up the hard work!

These children have all been awarded a silver certificate for receiving 100 House Points.

Humaira Khan Habiba Rahman Fatima Anayat

Well done. Keep up the hard work!

# Earthquake Appeal

You will have seen the news this week showing the devastating impact that the earthquake in Turkiye and Syria has had on many people's lives.

After half term, we will be raising funds to contribute to helping improve the lives of those

After half term, we will be raising funds to contribute to helping improve the lives of those people that have been affected. On **Friday 24th February**, we will be having a non-uniform day. Children will need to bring in a donation of at least £1 (if you would like to donate more, please feel free to do so).

We will be sending our donations to the charity Islamic Relief, who already have teams working on the ground in Syria and Turkiye.

### Young Voices

Last Thursday (2<sup>nd</sup> February), our wonderful upper school choir attended the Young Voices concert at Sheffield Arena. Young Voices is an annual event that joins schools from all over the country to form one huge choir. Together, the children perform a range of songs that they have been practising in schools since September. There were over 5000 children in the YV choir alongside us on our day as we joined as one to sing folk songs, original music for Young Voices, Disney classics, the theme tunes from Trolls and a Nile Rodgers medley; to name a few

As well as the choirs singing in unison, there were also street dance performances by Urban Strides, beatboxing from The Beatbox Collective, musical accompaniment from world famous violinist Anna Phoebe, and special guest star singer Heather Small who performed her classic 'Proud' with the YV choir as backing singers! It was a very long and tiring day for all involved, but an absolutely amazing time was had by everyone too and, as always, our children did us 'proud'!













"Never give up!

You never know how close you may be to achieving your dreams."

# Junior Bake Off

Love Productions have recently opened the application process for **Junior Bake Off**.

They are looking for young, budding bakers between 9-12 years old.

Interested bakers can apply online at:

https://shortaudition.com/ Junior-Bake-Off



# World Book Day

We are very excited to be celebrating World Book Day after half term and would like to let you know how we plan to do so!

On the actual day (Thursday 2<sup>nd</sup> March) children will be invited to dress up as their favourite character from a book of their choice. We are encouraging children to be creative and inventive and would love to see home-made costumes of characters from books they have studied this year or one from the same author. If you are unsure of the texts your child has been learning, please take a look at their repeated text library on our website.

WORLD BOOK DAY 2 MARCH 2023

We are also very excited to have a local author in school. She will be working with reception, year 1, 2 and

3 throughout the day. Her book will be available to purchase on the day and your child will bring home an order form nearer the time.

Throughout the week, we are inviting parents and carers to stay and read with their child at various times. You will be able to sign up to this on Parent Pay during the first week back after half term.

We are very much looking forward to expressing our love of reading throughout this week and making it a memorable occasion for the children which will propel their reading forward for the rest of the year.

We hope you will get involved as much as you can. Thank you for your continued support.



# **Snapchat**

#### What are the risks and dangers of Snapchat?

- Inappropriate or harmful content.
- Location sharing. Snapchat Map shares your location with other users on the app.
- Unwanted contact.
- Pressure to share or chat.

### Why is using Snapchat a red flag?

Respondents said those who use the app too much can come off as self-absorbed, which is a sign of low confidence. Additionally, 80% said that someone being too into Snapchat is a red flag. Not only might it signal that the person is self-absorbed, but it also creates more opportunities to gain unwanted attention.

#### Social media harms to children

It can distract them, disrupt their sleep and expose them to bullying, rumour spreading, unrealistic views of other people's lives and peer pressure.

Please note: Age 13 is the minimum age to sign up for Snapchat.









#### February Holiday Play Schemes 2023

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MON 13 <sup>TH</sup> FEB	TUES 14TH FEB	WED 15 <sup>™</sup> FEB	THURS 16TH FEB	FRI 17 <sup>TH</sup> FEB		
Beech Hill School 12-4pm Mount Pleasant Avenue Halifax, HX1 5TN	Mixenden Activity Centre 2-6pm Clough Lane Mixenden, HX2 8SH		Beech Hill School 12-4pm Mount Pleasant Avenue Halifax, HX1 5TN	Field Lane Space 12:00 - 4:00pm Burnsall Road Rastrick HD6 3JT		
		We do ask Children and young people with a disability/special need to book on so we can meet your child's particular need. We operate on a first come first served basis, in our busy periods it is advised to arrive early to avoid disappointment as places are limited and are filled quickly.				

The Play Development Service provides free open access play sessions for children and young people aged between 5-14 years old. The sessions are open access and are offered at various centres, parks and open spaces across Calderdale. We provide a range of activities that are chosen by children and young people; these can sometimes get messy, so please come in clothes that are appropriate for the activities and the weather. We aim for all our activities to be inclusive to all children and young people.

For further information please call the Play Development Service on 01422 380995

You can also visit our website www.calderdale.gov.uk



### Dinner Menu w/c Monday 20th February



# School Meals Menu - Week 1



1	Monday	Tuesday	Wednesday	Thursday	Friday		
Hot Meal Option	Fish Fingers 2, 5	Sausages 5 Gravy	Homemade Chicken Curry 3, 8 Naan Bread 5	Homemade Lasagne 5, 10 or Battered Fish 2, 5	Pizza 5, 8, 10		
	Quorn Dippers 5	Homemade Macaroni Cheese 5, 10 Garlic Bread 4, 5, 10	Samosas 5 Homemade Onion Bhajis 10, 12 Savoury Rice	Loaded Potato Skins	Vegetable Ravioli 3, 4, 5		
Vegetables	Criss-Cuts 5 Beans Veg Sticks	Ziggy Fries Broccoli Sweetcorn	Wedges 8 Broccoli Cauliflower	Chips Mushy Peas Mixed Veg	Potato Cubes 5 Beans Peas		
Served Daily	Jacket Potatoes with various fillings (Homemade Chicken Tikka, Bolognaise and Chilli. Tuna, Cheese, Beans) Salad Bar Selection of Sandwiches/Subs/Wraps Allergies for the daily items available on request						
Dessert	Chocolate Doughnuts 4, 5, 10, 12, 14	Choc-Chip Sponge 5, 10, 12 Custard 5, 10	Cheesecake 4, 5, 8, 10	Bakewell Sponge 5, 10, 12 Custard 5, 10	Assorted Fresh Baking 5, 10, 12		
	Strawberry Swirls 10	Assorted Biscuits 5, 10, 12	Jelly	Angel Delight 8, 10	Vanilla Ice Cream 10		

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