



BEECH HILL NEWS



Friday 13th January 2023

Drop-off and Pick-up

When dropping off and picking up your children, please do not walk through the car park. Please use the school path to keep yourself and your children safe.

Thank you for your co-operation.

Y6 - Residential

Last week, 30 children from year 6 completed the 3 day, 2 night residential to Robinwood in Todmorden.



They took part in lots of outdoor and adventurous activities such as canoeing, zip line, giant swing, caving, rock climbing and archery! The children were exceptional in their behaviour and attitudes and were outstanding ambassadors for Beech Hill. They all tried their best and lots of them overcame their fears.

We were so proud of the wonderful things that the Robinwood staff had to say about the children. Well done everyone!



Roktagon

This week, some of our Teaching Assistants took part in training so that we can use the Roktagon during playtimes again.

The Roktagon is great fun and supports children to build their confidence through climbing. It encourages creativity, teamwork and problem solving as well as it being a wonderful way to promote exercise. Children in years 1 to 6 can access the Roktagon, however parental permission is required.



Your child should have come home with a permission slip this week, please ensure that this is signed and returned to your child's class teacher as soon as possible to ensure that they can take part in the fun!

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



INVESTORS IN PUPILS



Healthy School

TT Rockstars Weekly Winners



Year 2 - Alonz Shilu (Canada)

Year 3 - Mohammed Kafeel (Mexico)

Year 4 - Muhammad Ur-Rehman (Australia)

Year 5 - William Obhielo (China)

Year 6 - Noor Iman Zahid (Tanzania)

Overall Winner - Mohammed Kafeel (Mexico)

House Points

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

Danya Mohamedy
Rayyan Bilal
Jasmina Vozenilkova
Haider Hussain
Abubaker Arsad
Charlie Sadler
Arwaaa Hashmi
Ismail Ali
Zainab Khanum

Hassan Kafeel
Aizah Ramzan
Nameera Shahid
Mohammed Usman Bilal
Muskaan Parvez
Ibrahim Chowdhury
Haleema Usman
Safa Ali
Ayaan Subhani

Well done. Keep up the good work!

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

Kaya Goddard
Arwaa Hashmi
Hashim Asad

Well done. Keep up the good work!

Family Challenge

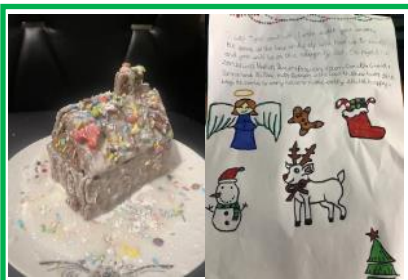
It was so lovely to see everyone getting up to festive fun over the Christmas holiday. It was so hard to choose the winners this half term!

Gold: Aairah-Noor Ali

Silver: Nafisa Akhtar

Bronze: Jana and Sarah Dababsa

A huge well done to everybody that took part!



"Perseverance is not a long race; it is many short races one after the other."

Healthier lunchbox recipes - Egg Mayo Sandwich

School meals are a great choice, but if you do make a packed lunch for your child then we've got you covered with some inspiring quick, easy, healthier lunchbox ideas and tips.

These will be posted weekly on a rotation and are designed to meet our school's healthy packed lunch guidelines and nut-free policy.

Ingredients

- 1 egg
- 1 level tablespoon reduced-calorie mayonnaise
- large pinch of black pepper
- 1 large wholemeal bap
- small wedge of lettuce, to give 2 tablespoons when shredded

Complete your lunchbox with:

- 5 cherry tomatoes
- fruit snack pot (tinned fruit in juice)
- 200ml semi-skimmed milk

Method

1. Place the egg in a small saucepan covered with water, bring to the boil and cook for 10 minutes. Plunge in cold water and leave to cool.

Cook the egg the night before to save time in the morning rush.

2. Remove shell and mash the egg with the mayonnaise and pepper.

3. Use to fill the bap, topping with the lettuce.

Try cress or baby spinach instead of the lettuce. Pat it dry before adding to the bap, to avoid soggy bread.



Blown Away Beginner Band



Calderdale Music

Group tuition and group playing on brass and woodwind instruments with skilled and experienced teachers!

For 7 - 11 year olds. No experience necessary.

Saturdays 11am - 12pm at Calderdale Music, Blackwall, Halifax, HX1 2DL.

First 3 for free! Next 3 £1 each. Then £5 per session.

admin@calderdalemusic.co.uk

Dinner Menu w/c Monday 16th January

		School Meals Menu - Week 2				
2	Monday	Tuesday	Wednesday	Thursday	Friday	
Hot Meal Option	Southern Fried Chicken Strips (1, 5) Fresh Coleslaw (12)	Homemade Spagetti Bolognaise 5, 10	Battered Fish 2, 5	Homemade Chicken Curry (3, 8) Naan Bread (5)	Assorted Pizzas 5, 8, 10	
	Quorn Dippers 5	Mac 'n' Cheese Croquettes 5, 10	Homemade Cheese and Onion Pie 5, 10, 12	Samosas (5) Homemade Onion Bhajis (10, 12) Savoury Rice	Homemade Cheese and Broccoli Pasta 5, 10, 12	
Vegetables	Skin-on Fries Beans Sweetcorn	Roast Potatoes Mixed Veg Peas	Chips Mushy Peas Sweetcorn	Wedges (8) Broccoli Peas	Ziggy Fries Beans	
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	Chocolate Sponge 5, 10, 12 Custard 5, 10	Cupcakes 5, 10, 12	Bakewell Tart (5, 10, 12) Custard (8, 10)	Assorted Fresh Baking 5, 10, 12	
	Cornflake Buns 2, 5	Strawberry Swirls 10	Assorted Biscuits 5, 10, 12	Jelly	Chocolate Ice Cream 10	

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

National Online Safety - Weekly Information

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 game of many 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

OF WORLD WARCRAFT

AGE RESTRICTION
12+

WHAT ARE THE RISKS?

World of Warcraft originally launched way back in 2004, and since then the game has blossomed into a major entertainment property. It's spawned spin-off novels, merchandise and even a Hollywood movie adaptation – but why are we still talking about it in 2023? World of Warcraft's most recent iteration, Dragonflight, launched last November and marks the game's ninth major expansion. This latest addition has attracted a whole host of lapsed players back to the game – as well as newcomers jumping into the realm of Azeroth for the first time.

ALWAYS ONLINE

World of Warcraft is an MMORPG, which stands for Massively Multiplayer Online Role-Playing Game. Players create a character and head off on mythical quests to earn rewards and become more powerful. The game's environment is absolutely vast, and it can only be played online on PC or Mac – so there's a high probability of young Warcraft fans wanting to monopolise the family computer.

REGULAR EXPANSIONS

As is common with many MMORPGs, World of Warcraft's developers, Blizzard, release regular expansions for the game (usually every 18 months to two years). So although there's still plenty of content for young players to experience right now, there will almost inevitably be a requirement to continue buying future expansion packs, which tend to cost around £50.

IN-GAME PURCHASES AND SUBSCRIPTIONS

Just like its genre contemporary Final Fantasy XIV, World of Warcraft requires a monthly subscription fee to play. It's currently £9.99 per month (although you can get it cheaper by signing up to a longer subscription). There are also many items which can be purchased from the in-game store that don't affect gameplay, but instead offer cosmetic alterations to a player's character.

VOICE AND TEXT CHAT

Because World of Warcraft is played exclusively on PCs and Macs, it's easy for users to type out text messages if they aren't comfortable using voice chat. If you'll forgive the pun, that's a double-edged sword because – although there's less chance of them being harassed verbally – it puts young players at increased risk of being trolled or receiving spam through the in-game messaging function.

SIMULATED VIOLENCE

The fact that World of Warcraft is almost 20 years old means that even its most violent battles look slightly cartoonish compared with the level of authenticity in many more modern games. The exception tends to be Warcraft's in-game cutscenes: animated sections which move the plot onto the next stage. These offer more realistic visuals, but they still aren't overly gory or scary.

POTENTIAL FOR ADDICTION

World of Warcraft can trigger a powerful "just one more quest" mentality in players (especially young ones) as they rush to secure the next dopamine hit from levelling their character up or earning a new item or weapon. It's also a game that doesn't have a definite "end" – because as soon as a player finishes levelling up one character, they can start afresh with another one.

Advice for Parents & Carers

MANAGE PLAYTIME

World of Warcraft can be an extremely enjoyable game to play with friends, but it's important that your child doesn't let their adventures crowd out school work, socialising or anything else they also enjoy. You could, for example, consider imposing playtime limits – such as a set number of hours to play Warcraft per week, or restricting it to particular days or just weekends.

MAKE IT A REWARD

If your child is excited about getting the next World of Warcraft expansion, you could consider using it as a reward for completing their weekly tasks (you could even call them "quests"!): like tidying their room or doing their homework. This will demonstrate that you're happy for them to play the game but will also help them to build good, productive habits, reinforcing that hard work earns rewards.

SIGN UP FOR THE FREE TRIAL

Warcraft's monthly subscription effectively "pays" for the regular new content, but there's also a sizeable free trial that lets new players explore the world of Azeroth without paying a penny. Players can play up until level 20 for free, which is easily several hours' worth of gameplay. If your child does take this option, we'd suggest minimising in-game spending by not linking a bank card to their account.

REMEMBER THE AGE RATING

Due to mild violence and the occasional use of offensive language, World of Warcraft has been rated as appropriate for players aged 12 and over by PEGI (the Pan-European Game Information system, which gives games their age certificate). It isn't really suitable for anyone below that age, so you may potentially have to explain this reasoning to your younger children if they want to play it.

ADVENTURE TOGETHER

Warcraft can certainly be addictive, but playing it together is also a great way to spend time with your child. The game's focus on cooperative questing and battling enemies can make it feel like you've accomplished something as a team, and you'll also be in a prime position to spot any early signs of addiction. Just remember to apply gaming time limits to yourself as well as your young ones!

Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website Deesta and has been working in the gaming media for three years. A long-time gaming enthusiast, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and TechRadar, among others.



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Source: <https://www.theguardian.com/technology/2011/aug/29/world-of-warcraft-video-game-addict> | <https://worldofwarcraft.com/en-us/start>



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