



BEECH HILL NEWS



Friday 20th January 2023

Open Minds Parent Workshop - Managing Emotions

We will be holding a series of parent workshops over the next few months. The workshops will be run by Open Minds and our first workshop, *Managing Emotions*, is on **Monday 30th January at 10am**.

This workshop will look at the difference between feelings and emotions and how children may communicate their emotions through their behaviour. It will also look at anger and how this can be supported, as well as some practical strategies and resources that can be used to help your child manage their emotions. This workshop is suitable for parents/carers of primary-aged children (5-11 years).

Learning objectives:

- To know the difference between feelings and emotions.
- To understand that children may communicate their emotions and difficulties through their behaviour.
- To understand anger and how to support this.
- To know some practical strategies that can be used to support children to manage their emotions.

Booking information for the first workshop will be sent out via Seesaw.

Further information about the remaining workshops will be sent out nearer the time:

Thursday 23rd February - Understanding and Supporting Anxiety



Reindeer Run

After the poor weather in the last week of term in December meant we had to postpone our Reindeer Run, we managed to complete it on Friday 6th January. We were raising money for Overgate hospice which is an independent and local charity with a mission to ensure that their patients, and those close to them, live with the best possible quality of life. This year we have raised a wonderful **£663!**



Thank you for your continued support!



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INVESTORS IN PUPILS



Healthy School

TT Rockstars Weekly Winners



Year 2 - Alonz Shilu (Canada)

Year 3 - Mohammed Kafeel (Mexico)

Year 4 - Sai Podapati (France)

Year 5 - William Obhielo (China)

Year 6 - Noor Iman (Tanzania)

Overall Winner - Mohammed Kafeel (Mexico)

House Points

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

Callum Greenwood
Zayan Ahmed
Arslaan Butt
Alishba Usman
Manahil Munir
Mazeeda Giwa
Faryal Sultan
Eesa Hussain
Aila Altaf
Muneebah Khan
Khadijah Rahman
Noor Iman
Laukya Chaurasia

Mubashra Rani
Eisa Butt
Taanvi Chandra
Viviene Sugar
Isha Noor
Vanshika Thatikonda
Alexander Greenwood
Hassan Hussain
Alisha Ahmed
Sohan Kodidasu
Muhammad Rayyan
Rachel Vozenilkova
Pamela Horvathova
Sulaiman Sultan

Well done. Keep up the good work!

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

Zarina Akhter
Ozaan Ahmadi
Aila Ahmed
Safiyah Zaboora
Alina Hussain

Well done. Keep up the good work!



The following children have received a **Cool Earth** award for walking to school 50 times. Well done!

Taanvi Chandra
Hassan Hussain
Sara Noor
Ruhaan Hussain
Jibril Ahmed

NHS - Better Health

Please follow the link below from NHS - Better Health. You can sign up and you will be emailed 2 recipes per week for 4 weeks, you will also receive cooking and shopping tips.

It will be a good way to teach your children about following a healthy, balanced diet and for them to get their hands on in the kitchen learning how to cook.

<https://cooktogether.betterhealth-healthierfamilies.co.uk/>



"A little progress each day adds up to big results."

Y1 Trip to Eureka

This week, some children in year 1 visited Eureka as part of our topic 'Marvellous Me'.

They got to explore all the different areas at Eureka such as The Living and Working Together Gallery, All About Me Gallery and Sound Space Gallery. We even went to a senses show!

The children were fantastic ambassadors for Beech Hill School and we are extremely proud of them for their behaviour, attitude and effort throughout the day.



Halifax Junior Park Run

For more information, follow the link: <https://www.parkrun.org.uk/peoplesparkhalifax-juniors/>

junior parkrun

Dinner Menu w/c Monday 23rd January

		School Meals Menu - Week 3				
		Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal Option		Fish Fingers 2, 5	Roast Chicken Dinner with Yorkshire Puddings (5, 10, 12) Gravy	Homemade Spicy Kebabs 12	Homemade Chicken Tikka Paninis (5, 12) Chicken Goujons (1, 3, 5, 8, 10)	Assorted Pizzas 5, 8, 10
		Cheesy Omelettes 10, 12	Quorn Bangers (5) Homemade Mash (10)	Vege Nuggets 5	Homemade Vegetarian Meatball Curry 8	Homemade Vegetable Pasta 5, 10
Vegetabiz		Potato Cubes 5 Beans Sweetcorn	Roasties Broccoli Mixed Veg	Criss-Cuts (5) Peas Carrots	Chips Spaghetti (5, 8) Sweetcorn	Ziggy Fries Beans
Served Daily	Jacket Potatoes with various fillings (Chicken Tikka, Bolognese, Chilli, Tuna, Cheese, Beans) Salad Bar Selection of Sandwiches/Subs/Wraps Allergies for the daily items available on request					
Dessert		Strawberry Swirls 10	Ginger Sponge (5, 10, 12) Custard (8, 10)	Cupcakes 5, 10, 12	Chocolate Sponge 5, 10, 12 Chocolate Custard 5, 10	Assorted Fresh Baking 5, 10, 12
		Parkin 5, 12	Crispy Buns 10	Assorted Biscuits 5, 10, 12	Jelly	Vanilla Ice Cream 10

If you require an allergy list please email kitchen@beechhillschool.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 of many apps 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

TWITTER

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

Twitter is a social media network which allows users to post short messages (tweets) of up to 280 characters. Tweets can consist of text, photos, videos, audio, links, polls and GIFs – often linked by hashtags if they share a common theme or message. Hashtags receiving high levels of interest are said to be 'trending'. Twitter users can engage with other people's posts by liking, retweeting (sharing) or 'tweeting back' (commenting on). Since the entrepreneur Elon Musk acquired Twitter in October 2022 for \$44 billion, he has implemented several major changes to the platform.

INTERACTION WITH STRANGERS

Tweets are public by default, meaning that anyone can view and interact with posts, follow someone and send direct messages. The concern here is that young people may therefore connect and communicate with strangers. Some individuals may follow a young person's Twitter account simply because they have similar interests; however, others may turn out to have more sinister intentions.

FIXATION ON VIEW COUNT

Twitter has recently introduced a 'view count' feature – telling users how many people have seen their tweet (even if they haven't reacted to it). Previous research has found that unfavourable comparisons with other social media users can cause young people to experience feelings of insecurity, jealousy and low self-esteem – leading to an obsession with increasing their numbers.

TROLLS AND BULLYING

The anonymity offered by fake profiles encourages some users to send tweets designed to provoke a reaction; to disrupt conversations; to spark an argument; or to harass the recipient. Such trolling and bullying can impact the mental wellbeing of both the target and anyone who witnesses it. Encourage your child to come to you if they experience such behaviour on Twitter, or if they see it taking place.

PAID-FOR VERIFICATION

Previously, if a Twitter profile displayed a blue tick icon, it meant that the owner – usually a celebrity or a major organisation – had been verified as genuine. Now, however, anyone can pay for a Twitter Blue subscription to receive the tick, with the platform carrying out limited checks on the account's authenticity. This could easily lead to more fake accounts impersonating real people or companies.

CONTENT MODERATION CHANGES

In late 2022, Twitter stated that their 'policy enforcement will rely more heavily on de-amplification of violative content: freedom of speech, but not freedom of reach'. No policies have changed yet, but this wording suggests they may limit who can see posts rather than removing them. While supporting free speech, this could encourage an environment where some toxic content remains online.

HJACKED HASHTAGS

The hashtag (#) is one of Twitter's most recognisable facets, allowing users to find specific trends or topics. But the sheer volume of tweets each hour can rapidly distort a hashtag's meaning: an initially innocent search term can quickly end up returning inappropriate results. This is common with 'trending' hashtags, as people know that using them will get their tweet seen by a larger audience.

Advice for Parents & Carers

SET ACCOUNTS TO PRIVATE

To reduce some of the fear of your child's tweets being seen and shared by anyone, you can always make their account protected. This means that your child has to give approval for another user to view their posts. You can change Twitter's privacy settings so that your child can't be messaged directly by other people on the platform and their geographical location won't be shared.

FOSTER CRITICAL THINKING

It can be difficult for anyone to ascertain if something online is real or false, but particularly for young people. Encourage your child to check several reputable sources to determine if a story they've seen is true; remind them to watch out for scams and think about the message's possible motive. Emphasise that it's not a good idea to retweet something if they aren't sure it's correct.

ENGAGE SAFETY MODE

When Safety Mode is activated, Twitter checks for abusive or spammy behaviour such as hurtful language or repeated negative replies. The platform then flags these suspect accounts and blocks them from responding to your child's tweets. The autoblock function then prevents these accounts from interacting with your child's again for seven days.

EXPLORE THE NEW SETTINGS

Previously, any user could reply to anyone else's tweets. However, the new conversation settings let your child determine who can reply to their posts – either by selecting everyone (the default option), people they follow or only people they mention (using the @ symbol). This improvement has given users extra control, providing them with more protection from trolls and online abuse.

PAUSE BEFORE POSTING

It's important that young people think about what they're about to post and whether they might regret it later. Twitter has developed 'nudges' – little prompts which appear if someone is about to tweet using harmful or offensive language. These nudges promote more positive online behaviour by giving users an opportunity to pause and consider their words before they post something.

BLOCK, REPORT OR MUTE

If someone is upsetting your child on Twitter, you can block and report them. Blocking stops them from messaging or following your child, while reporting an account alerts Twitter to investigate possible misuse. The 'mute' feature, meanwhile, keeps tweets from a specific account (or which include certain words) out of your child's timeline. The other user won't know that they've been muted.

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.



NOS
National Online Safety®
#WakeUpWednesday

BE CAREFUL WHO TO FOLLOW

As accounts are no longer being as rigorously verified under the 'blue tick' system, it's essential that young Twitter users understand what this means, in terms of people not necessarily being who they claim. Anyone who your child only knows online is still a stranger, regardless of how long they've been communicating for. Remind your child never to disclose personal information on social media.

Source: <https://blog.twitter.com/common-thread/en/topics/stories/2022/how-twitter-is-nudging-users-healthier-conversations> | https://blog.twitter.com/en_us/topics/product/2022/twitter-blue-update | https://blog.twitter.com/en_us/topics/company/2022/twitter-2-0-our-continued-commitment-to-the-public-conversation | <https://scholarworks.lib.csusb.edu/cgi/viewcontent.cgi?article=2131&context=std>



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