



# BEECH HILL NEWS

Friday 3rd March 2023



## Important Dates

Tue 7th & Thu 9th Mar - Y4 Parents' Lunch

Wed 8th & Tue 14th Mar - Parents' Evening (no after school clubs on Tue 14th March)

Wed 8th, Thu 9th & Fri 10th Mar - Y2 trip to Manor Heath

w/c Mon 13th Mar - Y6 Verd De Gris Workshops

Fri 17th Mar - School Photos

Tue 21st Mar - Y6 performance at the Viaduct Theatre

Wed 22nd Mar - Y2 SATS Parents' Meeting

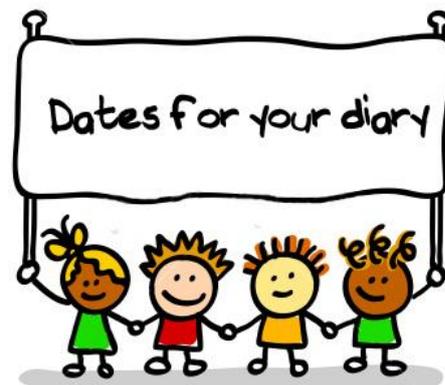
Thu 23rd Mar - Y4 Stone Age Day

Tue 28th Mar - Y6 SATS Parents' Meeting

Tue 28th Mar - Rights Respecting Parents' Workshop

Thu 30th Mar - Reception trip to Swithens Farm

Mon 3rd & Tue 4th Apr - Merit Treat



School closes for the Easter holidays on Tuesday 4th April at 1.10pm

## Earthquake Appeal

Last Friday, we held a non-uniform day in school. The purpose of this was to raise funds to help support the families affected by the earthquakes in Turkiye and Syria.

We are extremely proud to announce that we raised an **AMAZING £1967.58!** We are absolutely overwhelmed by the kindness and generosity of the Beech Hill Community and we want to thank you all for your generous donations.

All of the money raised will be sent to the charity Islamic Relief, who currently have support teams on the ground in Turkiye and Syria.

Thank you again for your amazing support!



"Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary."

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## TT Rockstars - Most Accurate



**Year 2** - Inaaya Wali (Canada)

**Year 3** - Rand Aziz (Mexico)

**Year 4** - Zand Aziz (Australia)

**Year 5** - Jibril Ahmed (Denmark)

**Most Accurate Class - Denmark**

## House Points

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

Navin Karthik  
Aizah Ahmed  
Aizah Javid  
Aliza Maria  
Hadi Saleem  
Inaya Amin

Magdi Altaib  
Umair Amir  
Uzair Zulfiqar  
Adam Shakeel  
Moeen Shahnawaz

Well done. Keep up the hard work!

## Right of the Week



This week we are looking at article 31. Article 31 gives children the right to play and rest.



At Beech Hill School we ensure that children have many opportunities to play, have fun and rest when needed. There is a plethora of research to support that children learn through play and at Beech Hill we understand the importance of learning through play, especially in the early years.

Each year group have playtimes and go outside after their lunch. In the playground there are boxes of play equipment to engage pupils in a range of games and sports. Adults lead social and physical activity groups to ensure children are playing and developing their play skills. At school, there are a wide range of after school clubs and enrichment activities on a Friday. These include sports, arts & crafts, dance, Lego, computing, board games and many more. Recently, children have taken part in a pupil voice survey asking them what enrichment activities they would like. This will help to give children what they want and, as a school, we can ensure there is a wide range of different activities for all pupils.



## Attendance Update

Well done to Morocco, USA 4, Jordan, Mexico and South Africa - our highest achievers this week!

If your child is late, please ensure they go to the main office where they will be asked to sign in. If they are a few minutes late, they will receive a late mark. If they are very late, this will be marked as an absence for the morning session.

Punctuality is good because it will help your child:

- Get the day off to a good start
- Establish patterns for the future
- Help your child's development
- Help your child make and keep friends

If you would like to discuss your child's attendance please do not hesitate to contact me on 01422 345004.

Many thanks for your continued support.

Mrs Farhat Hussain  
Attendance Officer

Group	% Attend
USA3	87.8
USA4	97.6
USA5	92.5
Wales	94.8
Scotland	91.8
Northern Ireland	90.4
Switzerland	86.7
Canada	92.3
Morocco	98.5
Jordan	96.8
Mexico	96.3
South Africa	96.0
Australia	94.4
France	90.8
China	94.5
Denmark	94.9
Tanzania	94.5
Egypt	91.7
Totals	93.5

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

## Internet Matters - Parental Controls

Over the last few weeks, we have had a number of children accessing sites that are not suitable for them. It is important that we put parental controls on, to ensure as parents/ carers we are doing what we can to protect children from accessing inappropriate content, online grooming, cyberbullying and other online safety issues.

The link below offers a step by step guide to setting up parental controls.

The following is a great site that walks parents through controls for every device user system known. It also covers search engine controls, broadband and social media controls:

<https://www.internetmatters.org/parental-controls/>

If you need further help with this, please contact the school office and we will help support you with putting parental controls on devices that the children access.



## Nut-Free School

Every now and again, we feel it is important to remind all of our children and their parents that we are a nut free school.

We have a number of children with severe nut allergies so it is extremely important that we keep the environment safe and nut free.

Please be conscious when sending food into school with your child that it does not contain nuts. This includes Nutella sandwiches.

Thank you for your co-operation!



# verdegris

## Begin 2 Change - Creative Well-being and Empowerment

Join us at The Old Courthouse, Halifax every MONDAY from 17th APRIL 2023 (excluding holidays and bank holidays) 10.30 - 12.30PM

A FREE 14-WEEK WELLBEING COURSE FOR WOMEN with AWARD-WINNING VERD DE GRIS ARTS using creativity to build confidence, self esteem and meet other women

This course has been designed to be responsive to YOUR needs, YOUR situation. With group sessions and 1-2-1 support to help rebuild confidence and make important changes in your life.

“This project is everything to me. It has changed my life!” Sophia

“I’m not nervous anymore. I don’t have panic attacks. I’m like a new person. Now I’m saying YES to new opportunities” Shamin

This is open to women of any age or background in Calderdale  
NO CREATIVE EXPERIENCE NECESSARY  
NO PRESSURE - JUST GENTLE ENCOURAGEMENT

Come and join us and embark on an amazing uplifting journey! To book a place please contact SHARON:

Mobile: 07907 822323

Email: [sharon@verddegris.org](mailto:sharon@verddegris.org)

### Dinner Menu w/c Monday 6th March

3	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal Option	Southern Fried Chicken Strips 1, 5	Roast Chicken Dinner Yorkshire Puddings 5, 10, 12 Gravy	Shepherds Pie 10 or Flipper Dippers 2, 5	Hunters BBQ Chicken 10	Pizza 5, 8, 10
	Quorn Sausages 5	Homemade Cheese and Onion Pie 5, 10, 12	Homemade Creamy Broccoli Pasta 5, 10	Vege Nuggets 5	Homemade Kidney Bean Curry  Naan Bread 5
Vegetables	Curly Fries 5 Beans Veg Sticks	Roasties Broccoli Carrots	Ziggy Fries Peas Sweetcorn	Wedges 5 Broccoli Peas	Potato Cubes 5 Beans Mixed Veg
Served Daily	Jacket Potatoes with various fillings (Chicken Tikka, Bolognaise, Chilli, Tuna, Cheese, Beans) Salad Bar Selection of Sandwiches/Subs/Wraps Allergies for the daily items available on request				
Dessert	Cornflake Buns 5, 10	Chocolate Sponge 5, 10, 12 Custard 5, 10	Parkin 5, 10, 12	Treacle Sponge 5, 10, 12 Custard 5, 10	Assorted Fresh Baking 5, 10, 12
	Chocolate Ice Cream 10	Jelly	Assorted Biscuits 5, 10, 12	Choobs 10	Vanilla Ice Cream 10

If you require an allergy list please email [kitchen@beechhillschool.co.uk](mailto: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](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## 10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage –

### THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

### ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

### SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

### TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

### REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

### A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

### PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

### THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

### TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

### ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games. In Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

### Meet Our Expert

Daniel Upscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



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National Online Safety®  
#WakeUpWednesday

Source: <https://www.ofcom.gov.uk/consult/condocs/childrens-media-use-and-attitudes-report-2022.pdf>