



BEECH HILL NEWS

Friday 17th March 2023

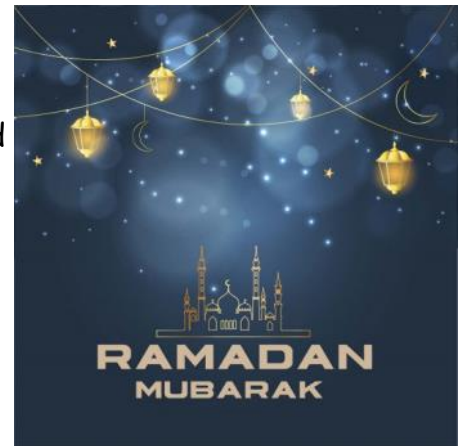


Ramadan Mubarak!

The month of Ramadan will begin next week on Thursday/Friday. We would like to wish all our Muslim families a blessed Ramadan.

If you are wanting your child to fast during the month of Ramadan, could you please inform your child's class teacher via Seesaw or the school office so we are able to make arrangements for them during the lunch hours.

Thank you for support.



"We must find time to stop and thank the people who make a difference in our lives."



Attendance Update

Well done to USA 4, Canada and Mexico - 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.

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.

Group	% Attend
USA3	95.8
USA4	98.6
USA5	95.1
Wales	87.5
Scotland	95.5
Northern Ireland	96.7
Switzerland	92.6
Canada	98.1
Morocco	97.1
Jordan	97.0
Mexico	98.1
South Africa	96.0
Australia	97.5
France	93.1
China	93.9
Denmark	96.2
Tanzania	92.4
Egypt	94.2
Totals	95.2



Right of the Week

This week we are looking at article 15. Children have the right to choose their own friendship groups or set up groups, as long as it isn't harmful to others.



At Beech Hill friendship is one of our school values and we ensure children display these values throughout the school day. We teach children about kindness, forgiveness and being tolerant of others. All adults in school support children to resolve conflict in a peaceful way and learning mentors are there too for targeted groups of children.

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Halifax
HX1 5TN
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Website: www.beechhillschool.co.uk
Email: admin@beechhillschool.co.uk





TT Rockstars Most Improved Accuracy

Year 2 - Adwaith Reddy Chegunta (Switzerland)

Year 3 - Abdul Rashid (Jordan)

Year 4 - Thanh Trinh (South Africa)

Year 5 - William Obhielo (China)

Year 6 - Mustafa Khan (Egypt)

Most Accurate Class - Mexico

House Points

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

Mahamadoul Aidara
Hajra Khanum
Sabah Noor
Sahara Ismail
Reyah Tabir
Andrea Kalocaiova
Zarah Hussain
Amina Iqbal
Zoya Yasir
Eisa Hussain

Well done. Keep up the hard work!

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

Nameerah Shahid
Justin Obhielo
Ibrahim Chowdhury
Rehan Ali
Hasnain Muhammad
Jayden Shilu

Well done. Keep up the hard work!

These children have all been awarded a **gold** certificate for receiving **200** House Points.

Arwaa Hashmi
Amina Afzal

Well done. Keep up the hard work!

Calderdale Pokemon Futsal Festival

On Tuesday, a group of Year 6 boys took part in the Calderdale Pokémon Futsal Festival which was held at the Calderdale College.

Although football related, this particular event was focused more around skills and techniques needed to play the game. Mini games included fitness drills, agility drills, passing, shooting and defending drills. Each event was time limited with points being given for the number of times the drill was completed. The boys thoroughly enjoyed the afternoon, supporting one another and learning different things as the festival went on.

Competing for the most points against other schools, our boys did extremely well finishing in third place.

A big well done to those who took part.



Play Development Service



Easter Holiday Play Schemes Week 1 2023

MON 3 rd April	TUES 4 th April	WED 5 th April	THURS 6 th April	FRI 7 th April
Beech Hill School 3:15-6:15pm Mount Pleasant Avenue Halifax, HX1 5TN	Mixenden Activity Centre 2:00 – 6:00pm Clough Lane Mixenden HX2 8SH		Beech Hill School 12:00 - 4:00pm Mount Pleasant Avenue Halifax, HX1 5TN	Bank Holiday

Easter Holiday Play Schemes Week 2

MON 10 th April	TUE 11 th April	WED 12 th April	THURS 13 th April	FRI 14 th April
Bank Holiday	Mixenden Activity Centre 2:00 - 6:00pm Clough Lane Mixenden HX2 8SH		Beech Hill School 12:00 - 4:00pm Mount Pleasant Avenue Halifax, HX1 5TN	Field Lane Park session 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



Forza Football Easter Holiday Camp

For more information, follow the link:
<https://forza-football-academy.class4kids.co.uk/camp/12>



Dinner Menu w/c Monday 20th March

2	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal Option	Chicken Nuggets 4, 5	Homemade Paninis Chicken Tikka 5, 12 Tuna Melt 2, 5, 10, 12	Full English Breakfast Sausage 5 Or Quorn Sausage 5	Roast Chicken Dinner Gravy	Pizza 5, 8, 10
	Mac 'n' Cheese Croquettes 5, 10	Homemade Cheese and Onion Quiche 5, 10, 12	Omelette 10, 12 Hash Brown 5, 8, 10, 12	Spring Rolls 1, 4, 5, 8 Homemade Savoury Rice	Vege Burger 5
Vegetables	Criss-Cuts 5 Beans Veg Sticks	Potato Puffs Peas Carrots	Beans Tomatoes	Roast Potatoes Broccoli Mixed Veg	Potato Cubes 5 Beans
Served Daily	Jacket Potatoes with various fillings (Chicken Tikka, Bolognese, Chilli, Tuna, Cheese, Beans) Salad Bar Selection of Sandwiches/Subs/Wraps				
Dessert	Jam Doughnuts 4, 5, 10, 12, 14	Marble Sponge 5, 10, 12 Custard 8, 10	Pancakes 5, 10, 12 Syrup	Ginger Sponge 5, 10, 12 Custard 8, 10	Assorted Fresh Baking 5, 10, 12
	Chocolate Swirls 10	Assorted Biscuits 5, 10, 12	Jelly	Meringue with Fruit and Cream 4, 10, 12	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 issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Coyley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



National
Online
Safety®

#WakeUpWednesday

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