



BEECH HILL NEWS



FRIDAY 31ST MARCH

Attendance Update

Last week our overall attendance was 96.6% (above the national average). **Wow!** What a fantastic week.

12 classes achieved over 96% with Northern Ireland and Egypt both achieving over 99%. Well done everyone. Can we do the same again this week? The winning classes will be awarded house points.

I would like to remind all parents/carers that you have a legal obligation to ensure that your children attend school.

Please support your children with their learning by ensuring they attend school regularly.

Thank you for your continued support!

Mrs Farhat Hussain
Attendance Officer

Group	% Attend
USA 3	96.7
USA 4	91.1
USA 5	90.0
Wales	98.3
Scotland	94.5
Northern Ireland	99.1
Switzerland	95.6
Canada	96.9
Morocco	98.4
Jordan	98.4
Mexico	96.3
South Africa	97.6
Australia	97.7
France	95.4
China	95.2
Denmark	97.1
Tanzania	97.2
Egypt	100
Totals	96.6

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

Easter Holidays

School closes on Tues 4th April at 1:10pm and re-opens on Mon 17th April.

We hope that all of our families have a wonderful half term break!



"The way to develop the best that is in a person is by appreciation and encouragement."



Coming Soon.....

The Beech Hill School end of spring term merit treat.



Poster designed by Adam Ramzan.

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Beech Hill School makes huge effort for Turkey and Syria Earthquake Appeal

Beech Hill School has raised more than £2,000 for the Turkey and Syria Earthquake Appeal.

The Beech Hill School community was devastated to learn about the recent earthquakes that have hit Turkey and Syria, which have affected a massive number of people, leaving them without shelter, food and water.

Pupils enjoyed wearing non-uniform in exchange for a voluntary £1 donation. The school was pleasantly surprised that many of the families donated generously and a total of £2060 was raised.

The monies were collected in school and representatives from the worldwide charity Islamic Relief attended Beech Hill and delivered an assembly to the children about their relief efforts in Turkey and Syria.

Headteacher Shameem Hussain said: “As a school community, we were incredibly saddened by the devastating and tragic events in Turkey and Syria. We were compelled to make a positive difference to people caught up in the disaster.”

She added: “We are extremely proud of how the school community has come together to raise such a huge amount. We hope that the donation will help survivors, aided by Islamic Relief, who are doing a fantastic job coordinating the operation of providing families with urgent supplies of food, medicine and shelter.”

Adil Ali from Islamic Relief commented: “It gives me real pleasure to see our youngest community members have made such a difference. We at Islamic Relief UK are proud that Beech Hill School have trusted us to deliver the vital aid needed in the earthquake affected areas of Turkey and Syria.”



Jana Dababsa and Hassan Hussain with Adil Ali from Islamic Relief.



Adil Ali delivering an assembly to the children.



TT Rockstars Most Improved Accuracy

Year 2 - Abdul Munsaf (Canada)

Year 3 - Nameerah Shahid (Mexico)

Year 4 - Berfin Darioglu (Australia)

Year 5 - Matias Granados (Denmark)

Year 6 - Zenib Laqman (Egypt)

Class with the most Active Players

France (100% - well done!)

House Points

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

Eesa Hussain
Maleeha Wasim
Abubakr Naveed
Mehak Ali
Zurara Mullah

Khadijah Rahman
Fatima Az Zahra
Habiba Khan
Djibril Sanna
Dima Mohamedey

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

Musa Butt
Maryam Ali
Keyan Al-Hameed
Eesa Ahmed

Rayan Imran
Khadijah Rahman
Laukya Chaurasia
Noor Iman

Well done everyone. Keep up the hard work!

Right of the Week

This week's article is article 2 - No discrimination.

All children have all these rights, no matter who they are, where they live, what language they speak, what their religion is, what they think, what they look like, if they are a boy or girl, if they have a disability, if they are rich or poor, and no matter who their parents or families are or what their parents or families believe or do.

No child should be treated unfairly for any reason. At Beech Hill, we value equality and we would not discriminate against a child, a parent/carer or a member of staff. We always provide equal opportunities for our pupils and families. We understand the importance of equality in society which is why we place a big emphasis on this in our curriculum. We educate pupils about differences through our PSHE lessons, theme days/weeks and whole school assemblies.



Yorkshire Attractions

Easter Discount Vouchers



For more information about the fun things on offer from Yorkshire Attractions, please follow the link below where the voucher booklet can be downloaded.

<https://yorkshireattractions.org/wp-content/uploads/YAG-Spring-Voucher-Book-2023.pdf>



March 2023

Beech Hill School recognised for its commitment to helping pupils stay safe online

*Beech Hill School is now a
National Online Safety Certified School*

Beech Hill School has successfully completed a comprehensive online safety training programme demonstrating its commitment to keeping children and young people safe online.

The school has received a National Online Safety Certified School Accreditation for its whole school community approach to protecting children in the online world.

National Online Safety is a multi-award winning digital training provider with extensive resources in online safety, developed in line with the Department of Education's statutory requirements.

Its CPD accredited courses and educational resources support UK schools in educating the whole school community in online safety— including all senior leaders, teachers, all school staff and parents – on how to make the internet a safer place for children.

James Southworth, co-founder of National Online Safety, said: "Congratulations to everyone at Beech Hill on becoming a National Online Safety Certified School. By completing our training programme, the school has shown its strong commitment to implementing an effective whole school approach to online safety."

"It can be increasingly difficult for schools and parents to stay ahead of online threats and ensure both children and staff are safeguarded from potentially harmful and inappropriate online material. We arm schools with the knowledge they need to understand online dangers and react in the best way possible to any problems."

Dinner Menu Monday 3rd & Tuesday 4th April

Monday 3rd April

Battered Fish 2, 5

Mac 'n' Cheese Croquettes 5, 10

Potato Cubes 5

Broccoli

Carrots

Chocolate Sponge 5, 10, 12

Custard 5, 10

Chocolate Doughnuts

4, 5, 10, 12, 14

Tuesday 4th April

Southern Fried Chicken Strips 1, 5

Creamy Broccoli Pasta 5, 10

Chips

Peas

Sweetcorn

Jelly

Ice Cream 10

If you require an allergy list please email 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 for further guides, hints and tips for adults.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory; creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same; you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Camie Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



NOS
National
Online
Safety®
#WakeUpWednesday

Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-answers/>

<https://www.bmj.com/content/361/bmj.n2192>



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