



# BEECH HILL NEWS



Friday 5th May

## We are a Rights Respecting School!

This week we received the amazing news that we have been awarded the **Silver Award** and we are now an official Rights Respecting School.

It has been a long journey to get to where we are now but we are so proud of our achievement.

We received lots of fantastic feedback from the assessors and they were blown away with what the children told them about what they do at Beech Hill regarding the many rights of a child. The award recognises achievements in putting the UN Convention on the Right of the Child (UNCRC) at the heart of the school's practice to improve well-being and to help children realise their potential. We will continue our journey to ensure all pupils feel valued, have a voice and participate in whole school improvement.

**A big thank you to all staff, children and parents who have contributed to this award.**



# Congratulations

## Year 6 SATs Week

Year 6 have worked incredibly hard this week and are absolutely ready to take their tests next week. Remember to get plenty of rest over the weekend and do things that you enjoy.

We are very proud of your current attitude to learning. We believe in you all and would like to wish each and every one of you the very best of luck!



## Quote of the week



"Good friends are like stars. You don't always see them, but you know they are always there."

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## TT Rockstars Most Improved Accuracy

Year 2 - Fajr-Noor Wajid (Morocco)

Year 3 - Sher Khan Rafiq (Mexico)

Year 4 - Cristian Horvat (South Africa)

Year 5 - Isa Najib (China)

Class with the highest % of active players

France

## House Points

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

Areeba Butt

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

Mohammed Ali Abbas  
Samanya Nagumalla  
Yusuf Rahman  
Ayaz Adam  
Aizah Usman

Aneesa Shahnawaz  
Ibrahim Rizwan  
Zainab Noor  
Ayaan Ali  
Alisha Ahmed

Well done everyone. Keep up the hard work!

## **!!** Let's talk car seats - Locala Health Visiting Calderdale **!!**

Children must remain rear-facing for at least 15 months, but we recommend you keep your child rear-facing until at least 4 years of age, preferably longer.

Rear-facing is up to 5 times safer. 

Don't worry about where they will put their legs, they can cross them, put them to the side or up in front of them. It's actually far more comfortable than having them unsupported and dangling down when in a forward-facing seat.

The most dangerous car accidents are frontal collisions. 

When a child is forward-facing and a frontal collision occurs the child is flung forward in the seat, being caught in the harness. This puts stress on the neck, the spine and the internal organs.

Rearward facing seats counteract this forward movement - the child would be thrown back into the car seat. This distributes the force more evenly across their backs and causes far less stress on 'bendy' parts of the body.

For more information, please check out the RoSPA website: 

<https://www.childcarseats.org.uk/media/1022/extended-rearward-facing-child-car-seats.pdf>



**HALF TERM FUN**

This is your chance to take part in **free, fun** activities during the half term holidays! Scan the QR code to find out what activities are available to book.

Whether it's abseiling or caving, drama or dance there is something for everyone.

Calderdale Council are providing free activities for young people eligible for free school meals aged 5-16.

Calderdale's Healthy Holidays Half Terms provides enriching activities, delicious nutritious meals, and a chance for young people to meet new friends in a safe & fun environment, during the school holidays.

Find out what's on and book your place at...[www.calderdale.gov.uk/healthyholidays](http://www.calderdale.gov.uk/healthyholidays)

Calling all 5-16s on Free School Meals - Book your place now!

### Dinner Menu w/c Monday 8th May

1	Monday	Tuesday	Wednesday	Thursday	Friday	
Hot Meal Option	<b>Bank Holiday</b>	Fish Fingers 2, 5	Homemade Chicken Curry 3, 8 Naan Bread 5	Homemade Paninis Chicken Tikka 5, 12 Tuna Melt 2, 5, 10, 12	Pizza 5, 8, 10	
		Quorn Dippers 5	Samosas 5 Homemade Onion Bhajis 10, 12 Savoury Rice	Homemade Cheese and Onion Quiche 5, 10, 12	Vegetable Ravioli 3, 4, 5	
Criss-Cuts 5 Beans Veg Sticks		Wedges 8 Broccoli Cauliflower	Potato Puffs Peas Carrots	Potato Cubes 5 Beans Peas		
Served Daily		Jacket Potatoes with various fillings (Homemade Chicken Tikka, Bolognaise and Chilli. Tuna, Cheese, Beans) Salad Bar Selection of Sandwiches/Subs/Wraps				
Dessert		Choc-Chip Sponge 5, 10, 12 Custard 5, 10	Cheesecake 4, 5, 8, 10	Bakewell Sponge 5, 10, 12 Custard 5, 10	Assorted Fresh Baking 5, 10, 12	
		Assorted Biscuits 5, 10, 12	Jelly	Angel Delight 8, 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 devices 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 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

### AVOID CHEAP OPTIONS

A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: It tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

### CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

### BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

### ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

### MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.

### BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.

### TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hurling panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

### THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to resist if muggers demand their watch. If you manage to track a stolen device, pass that information to the police; location data isn't always accurate, so you could end up wrongly accusing someone.

### STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'hard fall' detection, which sends a text message to selected contacts along with a map showing the wearer's location.

### USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

### Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Wired*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *BBC Newsnight*, *Radio 5 Live* and the *ITV News* at Ten. He has two children and writes regularly about internet safety issues.



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