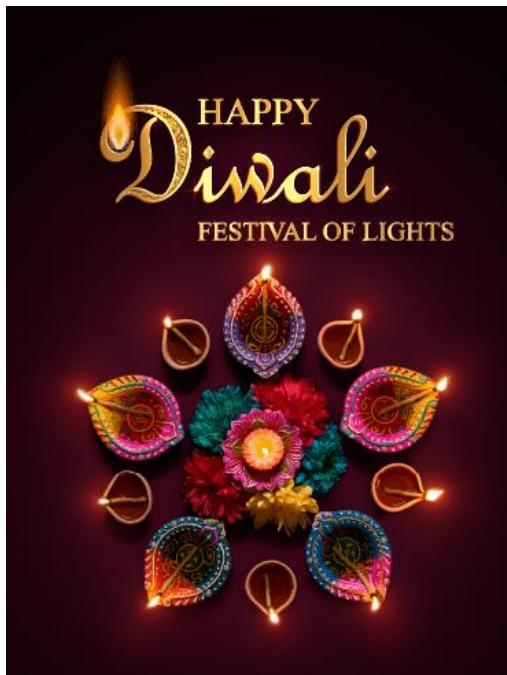




BEECH HILL NEWS



Friday 10th November



We would like to wish all of our families celebrating a very happy and safe Diwali.

We hope your Diwali brings health, wealth and happiness.

Odd Socks Day

Odd Socks Day marks the start of Anti-Bullying Week and it is designed to be fun.

It will take place on **Monday 13th November** and all you have to do to take part is wear odd socks to school.

It is an opportunity to encourage people to express themselves and celebrate their individuality and what makes us all unique.

We can't wait to see all your odd socks!



Fundraising

On Friday 20th October, we held a **YELLOW DAY** in support of the mental health of children and young people. Children were asked to come into school wearing something **yellow** and all proceeds raised were to be donated to the Young Minds Charity. We raised a whopping £217.25.

On Friday 27th October, we held a non-uniform day in support of the UNICEF Gaza Appeal. We raised an astounding £864.14 which will be donated to UNICEF.

We would like to say a **HUGE** thank you to our wonderful school community for their generosity!



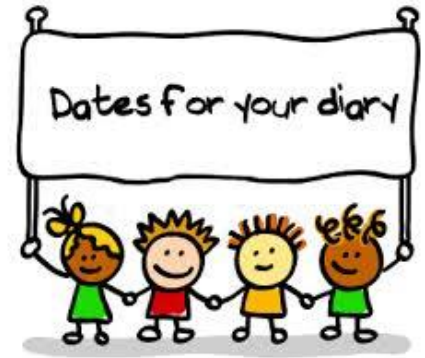
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Important Dates

Tue 14th & Wed 15th Nov - Reception Parent Lunches
Thu 16th & Fri 17th Nov - Year 2 Residential
Tue 21st Nov - LINGO Parent Workshop
Wed 22nd Nov - Y4 Family Learning (Egypt Craft)
Wed 29th & Thu 30th Nov - Year 2 Parent Lunches
Mon 4th Dec - Year 2 Owl Visit
Tue 5th Dec - Family Learning (Christmas Jumper Session)
Tue 5th Dec - Year 3 Roman Day
Fri 8th Nov - Reindeer Run and Christmas Jumper Day
Wed 13th Dec - Reception trip to Square Chapel for the Pantomime
Thu 14th Dec - Christmas Dinner Day
Thu 14th Dec - Reception Winter Concert
Fri 15th Dec - Festive Coffee Morning
Fri 15th Dec - Value Awards
Mon 18th to Wed 20th - Year 6 Residential
Mon 18th Dec - Nursery Winter Concerts (AM/PM)
Thu 21st Dec - Staff Panto
Fri 22nd Dec - School closes at 1:10pm for all children.



Sleep

[Do you know why getting a good night's sleep is so important?](#)

Getting enough sleep has been shown to help memory, learning, attention, mood, behaviour and physical health.

[How many hours does your child need?](#)

Age	Hours of Sleep
3-5 years	11-13
5-9 years	10-11
10-14 years	9-9.75
15-17 years	8.5-8.75
Adults	7-9

Is your child struggling to sleep at night?

Speak to Miss Moxon, School Counsellor for support.



Young Carers - Recipe Book

Verd De Gris Arts have kindly sent us over the link to a recipe book made by young carers.

The book contains over 20 favourite recipes from Young Carers across West Yorkshire and Harrogate to feed yourself, your friends and your family.

Follow the link below for some yummy recipes such as, Spinach & Pesto Chicken Pasta, Cheat's Banoffee Pie and Cola Cake!

https://issuu.com/wypartnership/docs/project2_copy





TTRS - Most Accurate

Year 2 - Aizah J (Switzerland)

Year 3 - Leonardo S (Jordan)

Year 4 - Eshaal F (Australia)

Year 5 - Usman A (Denmark)

Class with the most active players

South Africa (100%!)

House Points

The following children have received their **bronze** award for achieving 50 house points:



Mohammed Sabeeh
Innayah Javid



Whole School Cinema Trips

This week, years 1 to 6 have all been on a trip to the cinema for Into Film Festival Week.

Year 1 watched Paw Patrol The Movie, years 2 & 3 saw Puss in Boots, years 4 & 5 watched Trolls and year 6 watched The Railway Children Return.

The children had a fantastic time and they were wonderful ambassadors for Beech Hill School.



Dinner Menu w/c Monday 13th November

1	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal Option	Battered Chicken Steaks 1, 3, 4, 5, 10 Fish Fingers 2, 5	Homemade Keema Curry 3 Rice	Homemade Lasagne 5, 10 or Shredded Chicken 5	Homemade Chicken Pie 5, 10, 12 or Roast Chicken Dinner	Pizza 5, 10
	Mac 'n' Cheese Croquettes 5, 10	Vegetable Pasta Bake 5, 10	Vegan Pizza Rolls 5, 8	Vegan Strips 1, 4, 5	Homemade Kidney Bean Curry 3 Rice
Vegetables	Criss-Cuts 5 Beans Veg Sticks	Wedges Broccoli Peas	Herbies 5 Sweetcorn Mixed Veg	Potato Puffs Peas Carrots	Chips Beans Broccoli
Served Daily	Jacket Potatoes with various fillings Salad Bar Selection of Sandwiches/Subs/Wraps Allergies for the daily items available on request				
Dessert	Doughnuts 4, 5, 10, 12, 14	Choc-Chip Sponge 5, 10, 12 Custard 10	Cheesecake 4, 5, 10	Marble Sponge 5, 10, 12 Custard 10	Assorted Fresh Baking 5, 10, 12
	Angel Delight 10	Cornflake Buns 5, 10	Jelly	Assorted Biscuits 5, 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. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SHARING PHOTOS ONLINE

School is often a time chock-full of milestones for your child, and you may well be eager to share their accomplishments with the world. In today's digital age, sharing images of such precious moments on social media is commonplace, and – while that's a lovely thing to do – it does come with some risks attached. Our guide can help parents and carers to consider the potential dangers and make informed choices about safely sharing photos of their children online.

WHAT ARE THE RISKS?

INVASIONS OF PRIVACY

Even with the right settings in place, absolutely nothing online is 100% private. Anyone who can view your photos could take screenshots and potentially share them elsewhere. Privacy settings are still important, though, so it's always wise to ensure your social media accounts have them set up; just bear in mind that you can't completely control what happens to anything once it's gone online.

REVEALING PERSONAL DETAILS

Small details in photos can often reveal personal information. Backgrounds can give clues to where you live, for example, while school logos on uniforms, sports kits, or bags could help someone identify which school your child attends. With interactive maps and reverse image searches commonplace online, information like this could easily be misused by an individual with malicious intentions.

MISUSE OF IMAGES

Once something's been shared online, it's almost impossible to get it deleted. Photos can show up in search engine results and be downloaded, manipulated, and shared without consent. There's the potential for someone's images to be used for advertising purposes (which in many cases, isn't illegal) or even more inappropriate reasons, such as cyber-bullying or serious forms of exploitation.

ONLINE GROOMING

Pictures that convey details about your child's interests, activities, or daily routines could arm an online predator with the kind of information they can deploy to gain a child's trust. They might use this knowledge to pretend to be the same age as the child or to have a shared hobby. Essentially, the more a predator knows about a young person, the easier it is for them to invent some 'common ground'.

PRESSURE TO PLEASE

When their parents or carers share notable moments and accomplishments in a child's life on social media, some children may begin to feel an expectation to always meet certain standards, to achieve things, or to behave in ways that are "worth sharing". Knowing that other people (even friends and family) can see these posts on social media might also add to the pressure they're feeling internally.

IMPACT ON DIGITAL FOOTPRINT

Every photo of a child posted online contributes to their digital footprint. Young people's lives have never been so closely and publicly documented as they are now, and this permanent online presence could affect a child's future opportunities or the choices they make as they grow up – in addition to influencing how they see themselves and, consequently, their emotional wellbeing.

Advice for Parents & Carers

REVIEW SETTINGS REGULARLY

Make sure your social media's secure in terms of who can view your content or see your location (only family and trusted friends, for example). Privacy settings aren't totally foolproof, but they do make it tougher for strangers to access your pics. Reviewing your settings regularly is also a good starting point for conversations with your child about managing their own social accounts when they're older.

CONSIDER OTHER CHILDREN

When taking a group photo, make sure you get parents' or carers' permission to share it on social media. There may be an important safeguarding reason for them not wanting their child's photo posted publicly online, or it might simply not tally with their personal beliefs or cultural background. A quick conversation in advance, just to make sure, is usually hugely appreciated.

CHECK YOUR PHOTOS

Photos of your child shouldn't provide any clues to where they live or go to school: even a house number, street name, or car number plate could be a giveaway. Cover up or blur out school logos, too. If you really want to share a particular pic, you could post a watermarked or low-res version, which can help to discourage misuse as those images are less appealing to download or reproduce.

THINK AHEAD

Try to consider the longer-term implications of what you post. Would you be happy with that photo being online in 10 years' time? Would your child still be OK with the image when they're older? Once your child is mature enough, you could ask for their consent before posting: it respects their privacy, fosters trust and understanding, and helps them to start thinking about their own online life.

Meet Our Expert

Gabriella Russo is a safeguarding consultant with more than 30 years' experience working with children, families, and adults in education, local authority, and mental health settings, both in the UK and internationally. She has developed online safety training for local authorities and foster care agencies across Britain and is the online safety expert for FosterWk.



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