



# BEECH HILL NEWS



Friday 19th April



**Beech Hill School**  
"Learning Without Limits"

## SEND Newsletter Summer 1 2024

Hello everyone, I am Mrs Bowling and I am the Deputy Head for Inclusion and SENDCo at Beech Hill while Miss Walker is on maternity leave.



If you have any concerns regarding your child's educational needs please speak to the class teacher in the first instance or make an appointment to speak to them with myself at the school office or message me directly on Seesaw.



Did you know?

The Vue Cinema in Halifax hosts Autism Friendly screenings. These autism friendly film screenings are sensory friendly with the sound reduced, lighting dimmed and no adverts or trailers. It is okay for guests to move around and make noise in autism friendly cinema. Click on the link to find out more. <https://www.myvue.com/cinema/halifax/whats-on#accessibility>



**Speech and Language at Beech Hill**

Check out our top tips for parents to help with your child's attention and listening on our website.

<https://beechhillschool.co.uk/bhps/wp-content/uploads/2023/11/SALT-Top-Tips-for-Attention-and-Listening.pdf>



Unique Ways are a parent-carer led organisation supporting disabled children and their families, helping them to lead ordinary lives in Calderdale. Their goal is to make sure that the voices of parent carers and their families are heard. They provide a broad range of services for parent carers, from training courses and Independent Supporters to social events, focus groups and discounts on family days out! Check them out here. <https://www.uniqueways.org.uk/>

Please click on the link below to find out more about the amount of support available to children, young people and their families with special educational needs and/or disabilities in Calderdale.

<https://new.calderdale.gov.uk/schools-and-learning/local-offer-send>



## Eid Coffee Morning

Last Friday we welcomed parents and children to celebrate our Eid Family Coffee Morning. We had lots of amazing activities to enjoy and some special performances from the children.

Thank you to everyone who attended, it was lovely to see so many families come together to celebrate such a special time.



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## TT Rockstars Most Improved Accuracy



Year 2 - Mohammad I (Switzerland)

Year 3 - Nafisa A (Morocco)

Year 4 - Eshaal F (Australia)

**Class with the highest accuracy**  
Switzerland

### House Points

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

Peter P  
Zayan A  
Arslaan B  
Diamond A  
Zarah H

The following children have received their **gold** award for achieving **200** house points:

Aliza M  
Fatima H  
Rania A  
Ayesha N  
Aahil N  
Arwaa H



"Be a rainbow in someone else's cloud."



**CALDERDALE'S  
YEAR OF  
CULTURE 2024**

**Spring 2024**

A season of free activities and performances celebrating Calderdale's Year of Culture 2024

Calderdale  
Council



A taste of what the whole of Calderdale's Year of Culture has to offer, with iconic events, festivals, exhibitions, performances and initiatives for everyone to enjoy from April 2024 to April 2025.

Be inspired at  
[CultureDale.co.uk](http://CultureDale.co.uk)

**WELCOME TO  
CALDERDALE'S  
YEAR OF CULTURE**



The Year of Culture (CultureDale) is a 12-month celebration of Calderdale turning 50 on 1 April 2024 – a landmark moment in the borough's story – and marks the ultimate year for Vision 2024 for Calderdale.

The programme reflects Calderdale's rich history, amazing landscapes, incredible people, creativity, entrepreneurship, talent and diversity.

Events include a community festival at People's Park in Halifax, a children's and families' creative roadshow, a Youth Music Takeover, community-led performances – even on a canal boat – a creative writing festival, an arts and health festival, a film competition, and lots more to be announced.

The council has received support to fund Year of Culture from West Yorkshire Combined Authority, Arts Council England, National Lottery Heritage Fund and UKSPF.

Be inspired at [cuturedale.co.uk](http://cuturedale.co.uk)

To volunteer in a once-in-a-lifetime role supporting the Year of Culture, please visit [cuturedale.co.uk/volunteers](http://cuturedale.co.uk/volunteers)



For more information about CultureDale - scan the QR code

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Parents, delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## What Parents & Educators Need to Know about CLICKBAIT

Clickbait is a controversial online marketing strategy which uses sensationalist (and frequently misleading) headlines to encourage engagement with an article, image or video – often playing on users' emotions and curiosity, while much of the actual content is of questionable accuracy. Clickbait is also sometimes used to disguise scams, phishing sites and malware.

### WHAT ARE THE RISKS?

- HARMFUL MISINFORMATION**  
Clickbait tends to play fast and loose with the truth, opting for eye-catching content over accuracy. This is particularly dangerous for younger internet users, who are generally more susceptible to that type of content. A click may be presented with false news, misleading articles or – in some cases – outright lies without fully understanding what they're clicking on and why it's harmful.
- INAPPROPRIATE CONTENT**  
Due to the increasing nature of many examples of clickbait, what may seem to be innocuous and child-friendly content can regularly contain age-inappropriate material such as extremist political views, hate speech, pornography or sexually explicit content. This is clearly a hazard for young children, who need to be protected from or influenced by exposure to such subject matter.
- HIDDEN MALWARE**  
While most clickbait is simply trying to generate engagement for an organisation, additional revenue streams of others restrict to malicious sites with the potential to infect devices with viruses or malware. This could put a child's sensitive data – such as their name, location and their date of birth – at risk of being accessed and exploited for malicious purposes.
- PRIVACY PROBLEMS**  
Some clickbait tends to allow which could send a child site information that personal data – using programs to look for their email address and phone number, for example. It sometimes goes as far as installing cookies or software to receive services, usually the for example information is then sold to third parties, who then offer it for targeted adverts and other sales purposes.
- A DRAINING DISTRACTION**  
Clickbait encourages spending consumption of online content, which could easily result in a young person spending too long online. This is particularly true if they are using a mobile device, as they are more likely to be distracted by clicking on something, rather than doing something productive or educational with their device.
- IMPACT ON BEHAVIOUR**  
Depending on the type of clickbait a child is viewing, they may be encouraged to engage in risky behaviour. Weight loss scams, for example, may encourage young people to take the pills to influence eating habits and lose weight. In the long term, this can regularly impact their mental health, education and health. Some clickbait can even be used to promote illegal or dangerous activities, such as drug use or gambling.

### Advice for Parents & Educators

- START A CONVERSATION**  
The sheer volume of clickbait can make protecting children against it quite challenging. It's best to have regular conversations with children about the types of content they encounter online, so that they understand the risks of engaging with it. It's also important to have a conversation with children about the risks of clicking on links or downloading files from unknown sources to ensure there's no harm being done by clickbait headlines.
- PROMOTE CRITICAL THINKING**  
Encouraging children to question the legitimacy of sensationalist headlines and to look for the real message with any program regularly about the types of content they encounter online, so that they understand the risks of engaging with it. It's also important to have a conversation with children about the risks of clicking on links or downloading files from unknown sources to ensure there's no harm being done by clickbait headlines.
- SPOT THE TELLTALE SIGNS**  
There are certain common elements in clickbait, including headlines and images that use shock and outrage to grab people's attention – as well as misspellings, typos, all caps and exclamation marks. Some clickbait headlines use phrases like "you won't believe what happens next" or "you won't believe what happens next" to lure people in. Encourage children to look for these signs and to be suspicious of anything that seems too good to be true.
- TAKE CONTROL**  
Many parents opt to limit their child's access to the internet, but this can be restrictive. Instead, you can help your child to understand the risks of clicking on links or downloading files from unknown sources. Encourage them to be suspicious of anything that seems too good to be true.

Meet Our Expert  
Cathy Pegg is an experienced technology writer with more than 10 years in the industry. Previously the editor of Tech's behind The require, she is now a freelance technology journalist, advice and content writer for various tech, technology and IT, among others.

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## What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

### WHAT ARE THE RISKS?

- HIGH CAFFEINE CONTENT**  
Most energy drinks contain high levels of caffeine, often more than a typical cup of coffee. This can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. An overdose of caffeine can lead to an irregular heartbeat, which could be an emergency situation.
- INCREASED RISK OF HEART PROBLEMS**  
The combination of high caffeine levels with the other stimulants found in energy drinks can put extra stress on the cardiovascular system. Regularly drinking energy drinks has been linked to an increased risk of heart attacks – especially in individuals who have pre-existing heart conditions.
- IMPACT ON MENTAL HEALTH**  
The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, depression and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that follows the initial energy boost can actually make mood problems worse, leading to feelings of depression and irritability.
- DISRUPTED SLEEP PATTERNS**  
Consuming energy drinks, especially during the afternoon or evening, may interfere with sleep patterns. The stimulant effects of caffeine can lead to a disrupted sleep cycle and waking up too late. This can lead to increased fatigue, impaired cognitive function, mood disturbances and decreased academic performance.
- LINKS TO SUBSTANCE ABUSE**  
Some research has suggested a correlation between energy drinks and the use of other substances, such as alcohol and drugs. The high caffeine content, along with the sugar and other ingredients, may lead to a false sense of energy and alertness, which could encourage the use of other substances to enhance the effects.
- POTENTIAL FOR DEPENDENCY**  
Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue to feel the desired effects. This can potentially lead to dependence and withdrawal symptoms, especially in young individuals who may be more vulnerable to addictive substances.

### Advice for Parents & Educators

- LIMIT CONSUMPTION**  
It's vital to educate young people about the potential risks related to energy drinks, emphasizing the consequences of excessive caffeine consumption. Encourage them to limit their intake to one or two cans per week, and to avoid drinking them before bedtime. Encourage them to opt for water or other healthy alternatives.
- PROMOTE HEALTHIER HABITS**  
Schools can help with this issue by including discussions about the positive aspects of energy drinks consumption in their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and to make informed choices about their health. Teachers can also provide resources and support for children to identify healthier alternatives.
- ADVOCATE FOR REGULATION**  
It's vital to continue to push for stronger regulations on energy drinks, particularly those aimed at children and young adults. This includes ensuring that products are clearly labeled with their caffeine content and other ingredients, and that there are strict limits on the amount of caffeine that can be added to these drinks.
- SET A POSITIVE EXAMPLE**  
Adults can model healthy behaviors by visibly choosing alternative beverages instead of energy drinks. Encourage open conversations with children and young adults about the reasons for limiting energy drink consumption – emphasizing the importance of mental health, adequate hydration and balanced diets for overall wellbeing and academic success.

Meet Our Expert  
Dr Jason O'Shea, Headteacher of Westhoughton Academy, champions food education and sustainability – and he's also been named the 2023 Association's Primary Food Champion. Jason has a passion about food education, and has been a regular speaker at various events. A member of the All-Party Parliamentary Group on School Food, he has founded Foodie, a primary food education charity.

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## Dinner Menu w/c Monday 22nd April

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal Option	Fish Fingers 2, 5	Homemade Chilli Con Carne & Rice Or Chicken Nuggets 5	Roast Chicken Dinner & Yorkshire Puddings 5, 10, 12	Homemade Chicken Curry Naan Bread 5	Pizza 5, 10
	Cheese & Onion Rolls 3, 4, 5, 10, 12	Homemade Cheese & Onion Quiche 5, 10, 12	Vege Nuggets 5	Samosas 5 Homemade Bhajis Savoury Rice	Homemade Macaroni Cheese 5, 10 Garlic Bread 5, 10, 14
Vegetables	Chips Beans	Potato Wedges Peas Carrots	Roast Potatoes Broccoli Mixed Veg	Ziggy Fries Cauliflower Mixed Veg	Curly Fries 5 Beans Sweetcorn
Served Daily	Jacket Potatoes with various fillings Salad Bar Selection of Sandwiches Allergies for the daily items available on request				
Dessert	Sweet Waffles 4, 5, 10, 12	Marble Sponge 5, 10, 12 Custard 10	Parkin 5, 10, 12	Bakewell 5, 10, 12 Custard 10	Assorted Fresh Baking 5, 10, 12
	Strawberry Swirls 10	Angel Delight 10	Assorted Biscuits 5, 10, 12	Jelly	Vanilla Ice Cream 10

If you require an allergy list please email [kitchen@beechhillschool.co.uk](mailto:kitchen@beechhillschool.co.uk)

# National Online Safety - Weekly Information

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## What Parents & Carers Need to Know about

# WHATSAPP

AGE RESTRICTION  
**13+**

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

### WHAT ARE THE RISKS?

#### EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

#### CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

#### FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly - whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original... and might not be entirely factual, either.

### ONLINE

#### 'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content - but a recently added WhatsApp feature now blocks this, citing increased privacy.

#### CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

#### VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location - potentially letting strangers identify a child's home address or journeys that they make regularly.

## Advice for Parents & Carers ...TYPING...

#### EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

#### ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need - and then turn it off.

#### THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy - and all too common - for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

#### CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



...HEY  
OSU #WakeUp  
Wednesday

The National College

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