



# BEECH HILL NEWS



Friday 19th January

## Year 5 River and Canal Trip

On Thursday 11<sup>th</sup> January and Friday 12<sup>th</sup> January, the year 5 children visited the local river and canal. This was to support the children with their current topic of 'Rivers'.

### Thursday 11<sup>th</sup> January

Today was the year 5 river and canal trip. We travelled on the school minibuses down to Copley where the canal and river are both visible. The river is called the River Calder and the canal is called the Calder and Hebble Navigation. We were able to identify that the River Calder is a physical feature and that it can be fast flowing in parts and quite noisy, whereas the canal is a human feature and seems much calmer. There were even ducks swimming on the canal.

By looking at the two bodies of water, we started to think about what was similar and what was different. We looked at the features of the river such as how the shape can change - sometimes it is wide and sometimes it is narrower. The canal is consistently narrow and there is a tow path at the side which was previously used by horses pulling the barges.

To see the canal and the river from different angles, we stood on a bridge that was near a flood lagoon. A train went past as we waited there. We spent time looking at the landscape around the canal and the river where we could see trees, hills creating a valley and Wainhouse Tower in the distance; it was really tall.

The trip was a great experience! We learnt a lot and arrived back at school safely ready to learn some more.

**Written by Danya Mohamedey and Javeria Hussain (Denmark)**



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## House Points

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

Ilana A  
Aairah-Noor A  
Sarim A  
Abu Zar A  
Muhammad C  
Karamnisha D  
Kaif H  
Tusuf H  
Ahmed R  
Ismaeel K

Shrayan K  
Hareem M  
Navaeh-Rose  
Sara P  
Samiha S  
Amina W  
Uzair Z  
Alishba U  
Asra M

The following children have received their **silver** award for achieving **100** house points:

Arwaa H  
Aizah R  
Amelia A  
Mareme A  
Ayesha N  
Innayah J  
Nitika K  
Alina H

## TT Rockstars Most Improved Accuracy

Year 2 - Aima O (Switzerland)

Year 3 - Sahil F (Mexico)

Year 4 - Vanessa R (Australia)

Year 5 - Sarah Shazad (France)



**Class with the highest average correct answers per person**  
Egypt

## QUOTE OF THE WEEK

"The dictionary is the only place where success comes before work."

## Year 1 Phonics Picnic

It was wonderful to welcome so many parents into school for our Phonics Picnic this week. We had such a great turnout, despite the snow.

Children had a great time showcasing to parents what they can do.

Thank you all the parents who came and made it such a success.



phonics



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## Dropping Off/Picking Up

When dropping off or picking up your child, can you please refrain from using the car park.

We have cars leaving and entering the car park all the time so it can be dangerous - especially if you have children with you and you are not supervising them properly.

If you are using this route for picking up and dropping off, please use the school path where it is safe for pedestrians.

Thank you for your support.



## Dinner Menu w/c Monday 22nd January

3	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal Option	Southern Fried Chicken Strips 1, 5	Sausages 5 Gravy	Battered Fish 2, 5	Homemade Spicy Kebabs 12 Chicken Tikka Wraps 5, 12	Pizza 5, 10
	Tomato Pasta 5, 10	Homemade Vegetable Biryani 3	Homemade Cheese and Onion Quiche 5, 10, 12	Vegetable Burgers 5	Homemade Macaroni Cheese 5, 10 Garlic Bread 5, 10, 14
Vegetables	Ziggy Fries Beans Veg Sticks	Potato Puffs Broccoli Carrots	Chips Mushy Peas Sweetcorn	Herbies 5 Mixed Veg Peas	Wedges Beans Sweetcorn
Served Daily	Jacket Potatoes with various fillings Salad Bar Selection of Sandwiches/Subs/Wraps Allergies for the daily items available on request				
Dessert	Sweet Waffles 4, 5, 10, 12	Chocolate Sponge 5, 10, 12 Custard 10	Parkin 5, 10, 12	Marble Sponge 5, 10, 12 Custard 10	Assorted Fresh Baking 5, 10, 12
	Strawberry Swirls 10	Angel Delight 10	Jelly	Assorted Biscuits 5, 10, 12	Strawberry 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 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 [nationalcollege.com](http://nationalcollege.com) for further guides, hints and tips for adults.

## SMARTPHONE SAFETY TIPS for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

### NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

### RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

### TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

### STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

### DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

### IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

### ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

### REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

### THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

### SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

### 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.



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