



# BEECH HILL NEWS

Friday 20th December



The autumn term is always a busy one and this year has been no exception!

There have been many wonderful opportunities for the children and we are extremely proud of our sporting achievements: teams have represented Beech Hill for football, orienteering and cross country - a huge number of children qualified for the Calderdale finals with some making it through to the West Yorkshire finals which will be held next March. Our annual Y2 and Y6 residential have been a great success. We have been really pleased to offer class trips to the Halifax Central Library for Y3 and Y4 with reception starting regular visits from January. We were delighted to take part in the Little Amal Parade as part of Yorkshire Integration Day and have continued to develop community links with visits to Memory Lane, Eden Court and Halifax Community Fridge. Our links with Music For The Many remain strong and the performance at Dean Clough last week was a highlight of the festive period.

There have also been many special events in school, including an online meeting for Y5 with author Saviour Pirotta. The merit treat for children was very well attended with behaviour remaining very positive throughout school. This year, staff members entertained children by performing 'Jack and the Beanstalk' (oh yes they did!). Thank you to everyone who donated to our Reindeer Run last week to raise much needed funds for Overgate Hospice - our grand total was over £850! We have really enjoyed welcoming parents into school for events such as lunch with pupils, reception grandparents' day, family learning workshops and coffee mornings for Macmillan, Diwali and Christmas. We look forward to seeing you for more events in the new year.

There will be a few staffing changes next term: Miss Hardaker will start maternity leave at the beginning of next term and we wish her all the best at this exciting time; Miss Williams is returning from maternity leave. Mrs Akhtar, who has worked in our nursery for many years, is leaving us and we thank her very much for all her hard work and support. Mrs Quddus is still very much in our thoughts after she passed away in November - a heartfelt thank you to every member of the Beech Hill community for supporting each other so well during this incredibly sad and difficult time.

A big well done to all the children who have maintained 99 or 100% attendance this term. This is a fantastic achievement and they will all be receiving a reward for this from Mrs Farhat, our attendance officer. As a result of parents' hard work and commitment towards ensuring children attend every day, we have managed to get our attendance above the national average at 95%.

**School closes at 1.10pm on Friday 20<sup>th</sup> December and we will reopen on Monday 6<sup>th</sup> January 2025.** The children will all receive holiday homework and we would really appreciate your support in ensuring that they continue to engage in learning during the break. Please also encourage children in Year 2 upwards to practise their times tables by playing TTRockstars. Family challenges have also been shared on Seesaw - we look forward to seeing what you do over the next fortnight.

**Please do not message the class teachers on Seesaw in the holiday as we would like them to be able to switch off completely over the Christmas break.**

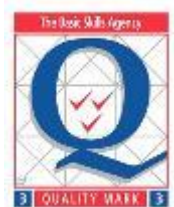
We would like to thank you for your continued support and wish you a happy holiday; enjoy Christmas to those who are celebrating and have a lovely time with family and friends over the break.

We look forward to seeing everyone again in 2025!

Mrs Bowling and Mrs Cockroft

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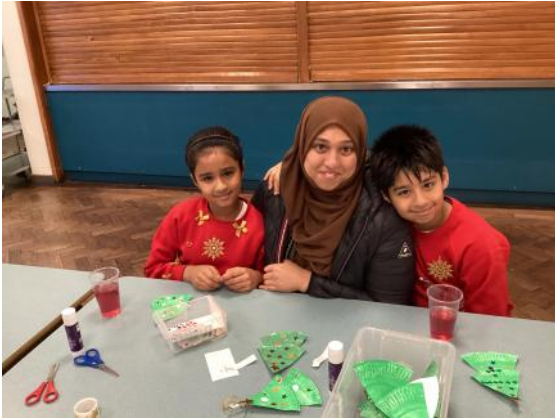
Website: [www.beechhillschool.co.uk](http://www.beechhillschool.co.uk)  
Email: [admin@beechhillschool.co.uk](mailto:admin@beechhillschool.co.uk)



## Festive Coffee Morning

Thank you to all our families that joined us at our Festive Coffee Morning.

It was a lovely morning filled with biscuit decorating, making Christmas tree decorations, festive colouring and paperchain creations.



## TT Rockstars Most Correct Answers



Year 2 - Abdussamad S (Canada)

Year 3 - Vivaan M (Jordan)

Year 4 - Alina H (South Africa)

Year 5 - Musa D (Denmark)

Year 6 - Faryal H (Tanzania)

**Class with the highest accuracy**

Australia (96.32%)

## Attendance Update

(09.12.2024 - 13.12.2024)

Group	% Attend
Halifax 1	96.9
Halifax 2	95.7
Halifax 3	91.2
Northern Ireland	98.3
Wales	88.7
Scotland	94.7
Switzerland	97.7
Jordan	98.2
Canada	97.0
Mexico	94.1
Morocco	96.4
South Africa	95.9
Australia	95.3
France	95.2
Singapore	89.7
Denmark	94.8
Tanzania	96.3
Egypt	94.5
Totals	95.1

Well done to class Northern Ireland for achieving the highest attendance last week.



"Respect is a two-way street. If you want to receive it, you've got to give it."

## Reindeer Run and Christmas Jumper Day

Last Friday, we took part in the Reindeer Run and Christmas Jumper day for Overgate Hospice.

Throughout the day, all year groups participated in the event. Children and adults put on their antlers whilst running around the hall, the playground, the Muga or the all-weather pitch. Thank you to all those who took part including our very own Poet in Resident, Winston, who ran with various year groups outside.

Once again, your support and generosity have been amazing as we have raised a massive £853.52! Thank you!

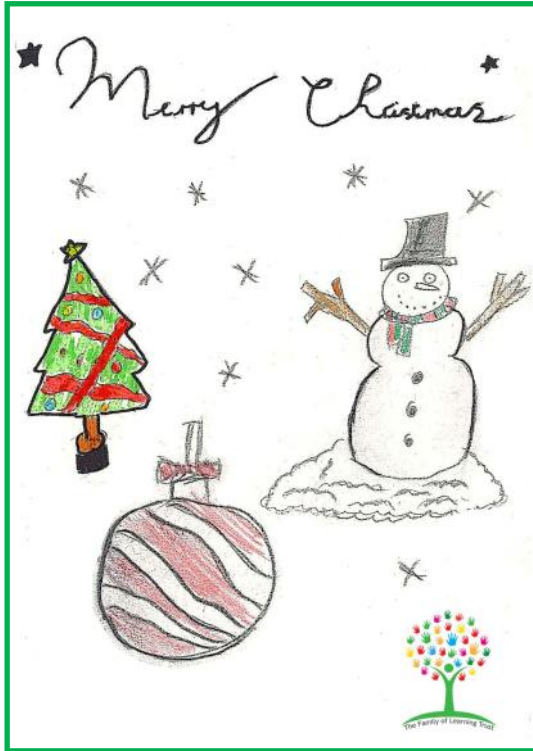


Overgate  
HOSPICE



## Christmas Card Designs

Talented artists from years 5 & 6 were tasked with designing some Christmas cards. Miss Hudson, art lead, chose the final designs which were made into some beautiful cards. The final designs and their creators are below:



Farhaan  
Egypt



Eisa  
Tanzania



Haleema  
Singapore



Eisa  
Tanzania

# JOIN THE FUN THIS WINTER AND ENJOY A HEALTHY HOLIDAY!

## HEALTHY HOLIDAYS CALDERDALE WINTER PROGRAMME

21st December 2024 - 3rd January 2025

This Winter, during the school holidays, children and young people across Calderdale aged 5-16 who are eligible for benefits-related free school meals are getting the chance to access free holiday club places through our Healthy Holidays Calderdale programme.

The scheme provides enriching activities, delicious nutritious meals, and a chance for young people to meet new friends in a safe and fun environment during the school holidays.

You can book your free place at a holiday club taking place near you this winter by visiting: [www.calderdale.gov.uk/healthyholidays](http://www.calderdale.gov.uk/healthyholidays)

Please book your place directly through the provider. There may also be sessions available for fee-paying children who are not eligible for free school meals.

For more information on the programme and support in booking a place on the winter programme please contact:

**Email:** [healthyholidays@calderdale.gov.uk](mailto:healthyholidays@calderdale.gov.uk)

**Facebook:** @HealthyHolidaysCalderdale

**Twitter:** @HAFCalderdale

No internet? Visit a local Calderdale Library and they will support you in registering your children onto available activities.



Book your place now to join the Healthy Holidays fun, taking place this winter across Calderdale.

BOOK HERE: [www.calderdale.gov.uk/healthyholidays](http://www.calderdale.gov.uk/healthyholidays)



## Dinner Menu w/c Monday 6th January

1	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal Option	Battered Chicken Steak 1, 3, 4, 5, 10	Homemade Chicken Pulao Rice 4	Cod & Parsley Fishcakes 2 Parsley Sauce 5, 10	Homemade Mexican Chicken Enchiladas 5, 10 Peri-Peri Shredded Chicken 4, 5	Pizza 5, 10
	Cheese & Onion Rolls 3, 5, 10, 12	Homemade Vegan Meatball Curry 4 Rice	Homemade Vegan Spaghetti Bolognaise 4, 5	Spicy Bean Burgers 5	Spinach & Ricotta Ravioli 3, 4, 5, 10, 12
Vegetables	Potato Wedges Spaghetti 5	Ziggy Fries Broccoli Sweetcorn	Chips Peas Carrots	Potato Smiles Sweetcorn Cauliflower	Potato Cubes 5 Beans Mixed Veg
Served Daily	Jacket Potatoes with various fillings Salad Bar Selection of Sandwiches Allergies for the daily items available on request				
Dessert	Jam Doughnuts 4, 5, 10, 12, 14	Treacle Sponge 5, 10, 12 Custard 10	Carrot Cake 5, 10, 12	Choc Chip Sponge 5, 10, 12 Custard 10	Assorted Fresh Baking 5, 10, 12
	Assorted Biscuits 5, 10, 12	Angel Delight 10	Crispy Buns 5, 10	Jelly	Strawberry Ice Cream 10

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

## 10 Top Tips for Parents and Educators

# SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

### 1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose. Instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

### 2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

### 3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

### 4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

### 5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

### 6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

### 7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

### 8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

### 9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

### 10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

## Meet Our Expert

John Inley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



# #WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>



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