



BEECH HILL NEWS



Friday 28th June



Our Opal Journey

On Tuesday 25th June, some of the children who have been chosen to represent our Rights Respecting School Council visited Bradshaw School, another school within our Trust, to learn more about OPAL (Outdoor Play and Learning).



As you will be aware, we have begun our own OPAL journey so wanted to give some of our children the opportunity to experience the programme at a more developed stage. By doing this, we hoped to inspire our children and give them some ideas around what they would like to see at Beech Hill as part of the OPAL programme. The children who visited were able to watch the children at Bradshaw taking part in a variety of outdoor activities and were encouraged to join in. As always, the children of Beech Hill School were great ambassadors and had a truly wonderful time. They asked some excellent questions. They were so excited about the different activities that they saw, and there was lots of discussion amongst them about the things that they would like to see at Beech Hill. It was wonderful to see our children trying new things with enthusiasm, determination and excitement!



At a later date, the children will feed back to the other children in school about what they saw as well as meeting as the Rights Respecting School Council to share what they think would work well at our school.

The children and staff from Bradshaw School were very welcoming and were fantastic guides, explaining what each play area was for and giving demonstrations where necessary.

A number of Beech Hill staff attended with the children and they too cannot wait to see the changes come into play.

As a school, we are very excited about the opportunities that OPAL will bring and we are sure that you are too!



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House Points

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

Muhammed F

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

Karamnisha D

These children have all been awarded a **gold** certificate for receiving **200** House Points.

Sabah N
Aizah A
Rehaan R
Marwah H

London Trip

On Wednesday 26th June at 7:15am, sixty year 5 children from Beech Hill and Dean Field set off on their journey to London. The children had a very early start as they had to be at Halifax Train Station for 6:50am. They were all very excited as they travelled by train to King's Cross Station in London.

The first stop when they arrived was the River Thames to go on a river cruise. The children's reactions to seeing famous landmarks was absolutely wonderful. It was lovely to see the children talking about their classroom learning as they looked out across our capital city, pointing out different places of interest and asking questions. The children had their lunch in Jubilee Gardens before heading on to the theatre to watch 'Wicked'. The performance was amazing!

Throughout the day, the children travelled by tube numerous times which can be a little bit daunting as it is quite busy. All of the adults were extremely proud of the children's behaviour and how they stayed together in groups safely travelling around. After the theatre, the children enjoyed tea at Pizza Express. Many members of the public commented on the excellent behaviour of our children.

It was an absolute pleasure taking the year 5 children to London and a great day was had by all! We are extremely grateful to the staff and governors/trustees who gave up their time to make this possible.



New Library

Look at our new library in school. We have lots of fiction and non-fiction titles for our children to enjoy. We have our 30-book challenge for pupils to complete as well as a range of curriculum books to enhance our pupils' learning.



Coffee Morning

Last Friday, we held a refugee coffee morning for our refugee families at Beech Hill School.

Our families had the opportunity to do some colouring activities with their children and have breakfast together. It was a lovely morning.

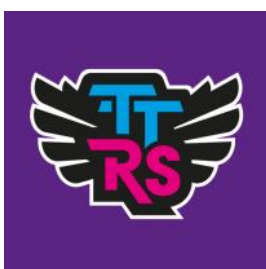
Watch out for more coffee mornings in the future.



TT Rockstars Most Improved Accuracy

- Year 2 - Anika J (Switzerland)
- Year 3 - Maryam A (Jordan)
- Year 4 - Hajra K (Australia)
- Year 5 - Eric P (Denmark)
- Year 6 - Sulaiman S (Egypt)

Class with the highest average of correct answers per person
Australia



Attendance Update

17.06.2024 - 21.06.2024

Attendance last week was very low with not one class achieving above the national average.

We have three weeks left of the academic year so let's have a huge push to get to 100% .

If you would like to discuss your child's attendance, please contact Mrs Farhat Hussain, Attendance Officer on 01422 345004.

Thank you for your continued support.

Group	% Attend
Halifax 3	83.3
Halifax 4	91.7
Halifax 5	88.1
Wales	92.9
Northern Ireland	91.4
Switzerland	94.0
Nigeria	92.2
Canada	92.3
Jordan	89.2
Mexico	92.2
Morocco	89.7
South Africa	86.1
Australia	93.1
Denmark	80.1
France	85.2
Tanzania	93.3
Egypt	85.9
Totals	89.3

	Poor attendance, I am very concerned.
	Below expectations, I am worried.
	Best chance of success, well done.



NHS Healthy Start



Medication

What is Healthy Start?

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

You can use your card to buy:

- Plain liquid cow's milk
- Fresh, frozen and tinned fruit and vegetables
- Fresh, dried and tinned pulses
- Infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins - these support you during pregnancy and breastfeeding
- Vitamin drops for babies and young children - these are suitable from birth to 4 years old

For more information about this scheme and to apply for a Healthy Start card, please follow the link [Healthy Start](#)

Please note if your child has been given medication, parents will need to come to the school office to complete the medical forms which then need to be agreed by a senior member of staff.

School staff will not be able to administer any new medication without the relevant paper work.

Medical forms will also need to be completed for inhalers, steroid creams or antihistamines.

Thank you for your support.



Dinner Menu w/c Monday 1st July

2	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal Option	Chicken Nuggets 5	Homemade Cottage Pie (sliced potato topping) 10 Or Fish Fingers 2, 5	Fishcakes 2, 5 Parsley Sauce 10	Homemade Lasagne 5, 10 Or Southern Fried Chicken Strips 1, 5	Pizza 5, 10
	Tomato Pasta 5, 10	Vegetable Burger 5	Homemade Sweet Potato & Chickpea Curry Rice	Samosas 5 Savoury Rice	Cheesy Omelettes 10, 12
Vegetables	Ziggy Fries Beans Mixed Veg	Potato Puffs Peas Carrots	Potato Cubes 5 Sweetcorn	Potato Wedges Mixed Veg	Chips Beans
Served Daily	Jacket Potatoes with various fillings Salad Bar Selection of Sandwiches Allergies for the daily items available on request				
Dessert	Doughnuts 4, 5, 10, 12	Chocolate Sponge 5, 10, 12 Custard 10	Iced Cake 5, 10, 12	Treacle Sponge 5, 10, 12 Custard 10	Assorted Fresh Baking 5, 10, 12
	Chocolate Swirls 10	Jelly	Assorted Biscuits 5, 10, 12	Angel Delight 10	Strawberry Ice Cream 10

If you require an allergy list please email 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.

10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College

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