

**BEECH HILL NEWS** 



# **Friday 8th November**

## <u> Anti-Bullying Week</u>

Anti-Bullying week 2024 takes place from Monday 11th - Friday 15th November with the theme 'Choose Respect '.

This Anti-Bullying week we will urge adults and children alike to come together to have discussions about what respect means and how to disagree respectfully.

Imagine a world where respect and kindness thrive - it's not just a dream; it is the choices we make.

'Choose Respect '





## **Beech Hill Values**

This year at Beech Hill, we will be focusing on 8 core values.

These values are something that we feel our pupils need to learn and demonstrate throughout all aspects of life.

Each half term, we will have a focus value and we will be rewarding children for demonstrating excellence in each value. We encourage you to help your children to demonstrate these values at home and in the wider community. Please see below each half term's focus value.

Autumn 1 - Honesty Autumn 2 - Tolerance and Respect Spring 1 - Determination and Perseverance Spring 2 - Appreciation Summer 1- Friendship Summer 2 - Kindness This ANTI-BULLYING WEEK we are holding

This year Odd Socks Day is taking place on Tuesday 12th November.

It is a chance for us to celebrate Anti-Bullying week in a positive way with an opportunity to encourage children to express their individuality and everything that makes us unique.





This half term's value is: Tolerance and Respect

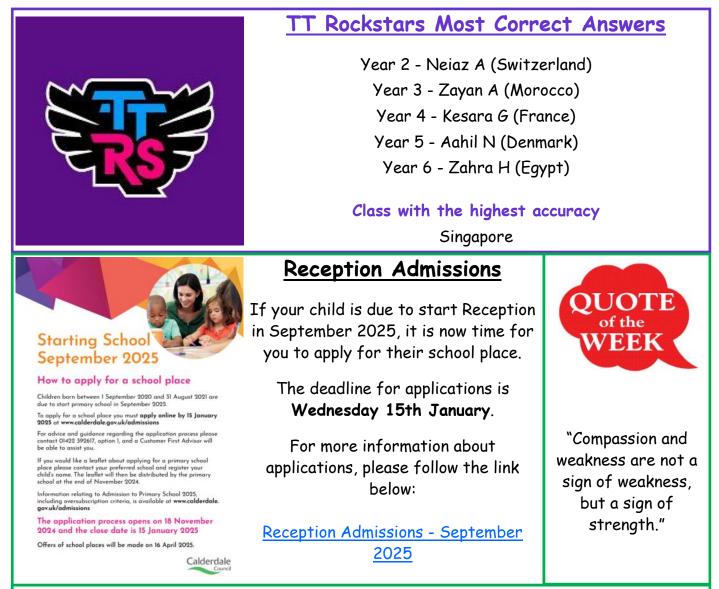
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### **Cross Country Event**

This week, a variety of children from KS2 took part in the Central Halifax Cluster Cross Country event at Ling Bob School. The children participated in races against other schools in our local area and were hugely competitive and successful!

In the year 3 boys' race, Dawoud Ahmed finished 2nd and Sarmad Majeed finished 3rd. Annayah Yasir finished 3rd in the year 4 girls' race whilst Musa Najib finished 3rd, Mohammed Alanazi finished 4th and Abubaker Naveed finished 1st in the year 4 boys' race. In upper school, Mareme Aidara finished 1st in the year 5 girls' race and in the year 5 boys' race Musa Iqbal finished 1st and Raqeeb Hussain 2nd! Finally, in the year 6 girls' race, Faryal Hussain finished 4th place.

The children behaved wonderfully at the event and represented their school excellently and maturely. Thank you again to all the parents who came to support at the event, the children really appreciated you being able to come and cheer them on!





## <u>Diwali Coffee Morning</u>

Thank you to everyone who attended our Diwali Coffee Morning.

We enjoyed lots of different activities, such as Rangoli pattern making, Diwali cards and even biscuit decorating!

It was lovely to see so many families come together to celebrate and there was a lovely atmosphere throughout the morning.

Thank you to Miss Rakha's dance group for performing they were amazing!



### First Aid Course

Congratulations to the following staff members who successfully completed their Level 3 Paediatric First Aid Course this week:



Mrs King, Mrs Kaye, Mrs Craven, Mrs Connolly, Mrs Kausar, Mrs Ghazala, Mr Hussain, Mrs Lee, Mrs Croker and Mrs Mead.

## Dinner Menu w/c Monday 11th November

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	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

If you require an allergy list please email kitchen@beechhillschool.co.uk

### National Online Safety - Weekly Information

At The National College, our WakeUpWednosday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropris 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 them For further guides, hints and tips, please visit nationalcollege.com.

**10 Top Tips for Parents and Educators** 

ENCOURAGING CHILDREN TO CHOOSE RESPECT

that can persist into adulthood. While it's natural to disagree sometimes, teaching children the importance of respect is essential – especially in difficult situations. This guide provides strategies for encouraging considerate behaviour, even during a dispute, to foster a kinder, more inclusive environment for everyone.

#### LEAD BY EXAMPLE

As adults, we play a crucial role in modelling espectful behaviour for children: they observe and earn from our actions every day. Be mindful of the way you interact with others in front of children. Keep n mind that you should always approach others with an attitude of mutual respect, even if you disagree with them. Demonstrating this behaviour can influence young people and help them to handle their win conflicts in a healthy way.

# AGREE TO DISAGREE

Make sure children know that it's fine to have differing opinions – and that disagreeing with someone deen't mean you can't get along or respect each other's point of view. Help them understand that sometimes we can 'agree to disagree'. Using active listening skills when doing this can alos help to build empathy and understanding of others.

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Teach children about the importance of active listening: that is, making a genuine effort to listen to the other person's perspective without interrupting, before responding in a way that shows you understand their viewpoint, even (or perhaps especially) if you disagree with it. This makes people feel respected and allows for a better comprehension of their point of view, which in turn can make it easier for you to communicate your own aphilons to them

#### ENCOURAGE THE USE OF "I" STATEMENTS

If a child finds themselves in a disagreement with someone, it can be useful to encourage them to use "I" statements during the discussion. Framing their, thoughts and feelings using statements like "I feel..." or "I think..." can help them avoid an accusatory tone and encourages them to take responsibility for their own emotions.

#### 5 FOCUS ON BEHAVIOUR, NOT CHARACTER

When disagreements happen, encourage children to focus on critiquing and addressing the speelific actions or behaviours that caused this upset, rather than attacking the person's character. For example, "I didn't like how you interrupted me" is better than "You're sor rude". This can help children avoid hurting someone's feelings, which is likely to inflame the

#### Meet Our Expert

The Anti-Bullying Alliance (ABA) co-ordinate Anti-Bullying Week each year. ABA is a unique coalition of organisations and individuals, working together to achieve their vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They weicome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.

Source: See full reference list on guide page at

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ANTI-BULLYING

#### 6 STAY CALM AND TAKE BREAKS

It's perfectly normal to feel upset during a disagreement – especially if it's getting heated. Remind children that if they feel overwhelmed, they should try to take deep breaths or even go for a short break to help them stay composed. If a conversation becomes too intense, remind them it's OK to suggest continuing it later or in a different setting. This can prevent things getting out of hand, allowing cooler heads to prevail.

#### START CONVERSATIONS ABOUT RESPECT

Talk openly to children about what respect means – to you and to them. Discuss how they might show respect to each other, to friends, to strangers and even to people we might disagree with. You could use examples of considerate or inconsiderate behaviour in books, films or TV to open discussions about the importance of giving others due regard.

### 8 SEEK COMMON GROUND

When a disagreement has occurred between children, they may find it hard to move past it. You can support them in finding a more positive way forward by helping identify areas of agreement or common ground with the other party. This can help to build bridges between differing opinions and foster a more cooperative atmosphere, as well as preventing those involved from demonising occh another.



It's important that we make it clear to children they must avoid name-calling, swaring or derogatory remarks in a disagreement with others. Respectful language sets a positive tone and helps keep the conversation productive. Reminding children to stay calm and take breaks – as mentioned previously – can help them avoid getting too emotional and soying or doing something hurtful.

#### 10 REFLECT AND LEARN

After a child has had a disagreement, encourage them to reflect on the experience and think about what they can learn from it. What did they handle well? How might they improve their communication skills to handle conflicts more effectively in the future? You could use role play, writing and drawing pictures, or hypothetical examples to further develop their skills in showing respect during a disogreement.