



BEECH HILL NEWS



Friday 6th September

Welcome Back!

It has been a great first week back after the summer holidays. The children have been working very hard and we are looking forward to watching them flourish over the next academic year.

- Please ensure that your child has eaten breakfast at home, as this is not provided by school - children learn better when they are not hungry.
- School starts at **8:35am** every day, so please ensure you are dropping your child off on time. Being late on a regular basis or having poor attendance has a negative impact on your child's learning.
- Follow the steps in this 'morning routine' picture board to help your child have a positive start to their school day.



Thank you for your continued support!

MacMillan Coffee Morning

On Friday 27th September from 8.50am until 10am, we will be hosting a coffee morning in support of MacMillan Cancer Support.

If you would like to come and have a drink as well as enjoy biscuit decorating with your children and some crafts, whilst supporting MacMillan Cancer Support, please book a place via Parent Pay for £1.

All the money raised will go directly to MacMillan Cancer Support.

There is a Just Giving Page that has been set up should families wish to donate additional support - just click on the link to donate.

[Beech Hill MacMillan Coffee Morning Just Giving Page](#)

Thank you for your continued support!

WORLD'S BIGGEST COFFEE MORNING

MACMILLAN
CANCER SUPPORT

Beech Hill School
 Mount Pleasant Avenue
 Halifax
 HX1 5TN
 Tel: 01422 345004
 Website: www.beechhillschool.co.uk
 Email: admin@beechhillschool.co.uk



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**

This half term's value is:
Honesty



NPQ Achievement

Congratulations to Miss Costello who has successfully completed the National Professional Qualification in Early Years Leadership.

Well done on this achievement!



Quote of
the week

Listen with curiosity. Speak with honesty.
Act with integrity



Quote of
the week

Mount Pleasant Avenue

Please note that Mount Pleasant Avenue is a Pedestrian and Cycle Zone only.

Monday - Friday

**8:20-9:05am
12:45-3:25pm**

Please help keep our school community safe by respecting these signs and finding an alternative place to park.



Thank you for your continued support.

Secondary School Admissions

If your child is due to start secondary school in September 2025, it is now time to apply for their secondary school place.

The closing date for applications is Thursday
31st October 2024.

To apply, please follow the below link:
[Calderdale Admissions](#)



Dinner Menu w/c Monday 9th September

2	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal Option	Southern Fried Chicken Goujons 1, 5	Homemade Beef Curry Naan Bread 5	Battered Fish 2, 5	Roast Chicken Dinner Yorkshire Puddings 5, 10, 12	Pizza 5, 10
	Tomato Pasta 5, 10	Homemade Onion Bhaji Samosas 5 Savoury Rice	Homemade Cheese & Onion Pie 5, 10, 12	Quorn Sausages 5	Homemade Macaroni Cheese 5, 10 Garlic Bread 5, 10, 14
Vegetables	Potato Puffs Beans Peas	Potato Wedges Broccoli Sweetcorn	Chips Mushy Peas	Roast Potatoes Broccoli Carrots	Potato Cubes 5 Beans Sweetcorn
Served Daily	Jacket Potatoes with various fillings Salad Bar Selection of Sandwiches Allergies for the daily items available on request				
Dessert	Assorted Biscuits 5, 10, 12	Iced Cake 5, 10, 12	Cupcakes 5, 10, 12	Jam Sponge 5, 10, 12 Custard 10	Assorted Fresh Baking 5, 10, 12
	Strawberry Swirls 10	Jelly	Cornflake Buns 4, 5, 10	Angel Delight 10	Chocolate Ice Cream 10

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



Beech Hill School - Allergens



1 cel = Celery	5 W.glut = Wheat and Wheat Gluten (also includes all types of gluten)	9 crus = Crustaceans e.g. prawns	12 egg = Eggs
2 fish = Fish	6 lup = Lupin	10 milk = Milk	13 mol = Molluscs
3 must = Mustard	7 nut = Nuts	11 pnut = Peanuts	14 ses = Sesame Seeds
4 soya = Soya	8 sdx = Sulphur Dioxide (sulphites)		

The items on this list are the legal notifiable allergens that are highlighted on your menus. As there can be a great number of food products that people have an individual reaction to, there may be other allergens you need to make us aware of so we can advise you on an individual basis. Although we strive to keep ingredients for different dishes separate, all dishes are cooked in the same kitchen environment.

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.

What Parents & Educators Need to Know about **WORRY AND ANXIETY**

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

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