



BEECH HILL NEWS



Friday 13th September

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

"Learning Without Limits"

SEND Newsletter Autumn 1 2024



Welcome back, we hope you have had a lovely summer break. I am Mrs Bowling one of the co-headteachers and oversee the Inclusion and SEND Team at Beech Hill.



Miss Walker

SENDCo for Years 3, 4, 5 and 6.

Miss Walker holds the SENDCo qualification along with myself. If you have any concerns regarding your child's educational needs please speak to the class teacher in the first instance or make an appointment to speak to them with the year group SENDCo.



Miss Waddington

SENDCo for EYFS, Years 1 and 2.

Speech and Language at Beech Hill



Colourful Semantics is a system for colour coding sentences according to the role of different words that we use in school. It helps children to break down sentences and understand the individual meaning of each word and it's role in the sentence. It can help children to better understand word order. Check out our top tips for parents to support with the use of Colourful Semantics at home.

<https://beechhillschool.co.uk/bhps/wp-content/uploads/2024/06/Colourful-Semantics-Parent-Information.pdf>



National Deaf Children's Society communicate.

The National Deaf Children's Society is there for every deaf child who needs them – no matter what their level or type of deafness or how they communicate. <https://www.ndcs.org.uk/about-us/>

Please click on the link below to find out more about the amount of support available to children, young people and their families with special educational needs and/or disabilities in Calderdale. <https://new.calderdale.gov.uk/schools-and-learning/local-offer-send>

Calderdale Council



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Yorkshire Three Peaks

Last weekend, some of our members of staff took on the challenge of walking the Yorkshire Three Peaks in under 12 hours to raise money for the RSPCA Wakefield and Leeds District Branch.

Mrs Bowling, Mr Bowling, Mrs Bi, Miss Afzal and Miss Rakha all took part and walked the 24.5 miles around the three peaks of Yorkshire which are arranged in a triangle, with the River Ribble running between them.

They started the Yorkshire Three Peaks at 7am from Horton-in-Ribblesdale and walked in the traditional counterclockwise direction to Pen-y-Ghent which was the first peak to be climbed. After that, they walked 7 miles to the Ribbleshead Viaduct, followed the railway and headed up the 4 and a half mile hike peak of Whernside where it was very windy. The final peak they tackled was Ingleborough which, when at the top, provided a panoramic view of the trail they had taken. It was finished with a 4 mile walk back to the starting point in Horton-in-Ribblesdale.

Well done to all involved - we are very proud of you!



Dinner Menu w/c Monday 16th September

3	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal Option	Chicken Nuggets 5	Homemade Lasagne 5, 10 Southern Fried Chicken Poppers 5, 8	Fish Fingers 2, 5	Homemade Chicken Pie 5, 10, 12 Chicken Sausages 5	Pizza 5, 10
	Vegetable Pasta Bake 5, 10	Quorn Nuggets 5	Homemade Sweet Potato & Chickpea Curry Rice	Vegan Rolls 4, 5	Homemade Creamy Broccoli Pasta 5, 10
Vegetables	Ziggy Fries Beans Sweetcorn	Potato Wedges Mixed Veg Peas	Potato Puffs Sweetcorn Broccoli	Roast Potatoes Carrots Cauliflower	Potato Cubes 5 Beans Peas
Served Daily	Jacket Potatoes with various fillings Salad Bar Selection of Sandwiches Allergies for the daily items available on request				
Dessert	Sweet Waffles 4, 5, 10, 12	Treacle Sponge 5, 10, 12 Custard 10	Parkin 5, 10, 12	Chocolate Sponge 5, 10, 12 Custard 10	Assorted Fresh Baking 5, 10, 12
	Chocolate Swirls 10	Assorted Biscuits 5, 10, 12	Cheesecake 5, 10	Jelly	Vanilla 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 CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screentime. This guide will help you to develop an age-appropriate family agreement to suit your household.

1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.

2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.

3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.

4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family; discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lend themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

9 AGREE ON CONSEQUENCES

As a family, discuss why the rules are important: to balance their screentime, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at 8CyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices

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