



BEECHEN CLIFF

Wednesday 11th October 2017

Parent Governor Elections

A letter has been sent home today via ParentPay providing résumés of Parent Governor candidates and instructions for voting.

Please use the Survey Monkey link below to cast your vote.

<https://www.surveymonkey.co.uk/r/7928QFX>

School Office

Literacy

Well done to all Year 7s and 8s who have now taken a book quiz as part of Accelerated Reader – at time of going to print, 60 of you, totalling 3,488,997 words!

This means our weekly House competition has now begun:

1st Shakespeare 2nd Chaucer 3rd Byron
4th Milton 5th Kipling

(based on no. words read over the past week)

It is particularly pleasing to see AR Quizzes peaking on a Monday, meaning plenty of boys are finishing their books over the weekend and prioritising coming into the Library to accumulate AR Points on a Monday morning. Keep it up!

This week's **Reader of the Week** is **Tommy Criddle**, Year 8, who has already quizzed on 11 (!) books, totalling 880,544 words and gaining him 125 AR Points; an incredible effort at this stage in the year!

For those of you wanting to get a head start on the Christmas shopping, do have a look at www.arbookfinder.co.uk, inputting your son's ZPD reading range, selecting Middle Years (9-13) and narrowing the search down by topic/genre – this software will generate a 'shopping list' of books which he will enjoy and which will be represent the appropriate level of challenge.

Mrs L Leonardi
Literacy Coordinator

Sixth Form Open Morning

The prospective Sixth Form Open morning is taking place on Saturday, 14th October 2017.

There is no need to book in advance to attend the Open Morning. Additional information about this event can be found on the Beechen Cliff website.

Parking is available in Greenway Lane. The event will finish by 1.00pm.

Sixth Form Office

CALENDAR

Saturday 7th – Saturday 14th October

San Remo Italian Exchange

Wednesday 11th – Wednesday 18th October

Year 11 Spanish Exchange

Friday 13th – Sunday 15th October

Year 9 Surf Trip

Saturday 14th October

Sixth Form Open Morning

Tuesday 17th October

Iceland Information Evening–7pm Main Hall

Wednesday 18th October

Annual Piano concert at St Lukes Church

Thursday 19th October

DofE Bronze sign-up evening–6.30pm Main Hall

Thursday 19th – 28th October

Upper Sixth Romania Expedition

Friday 20th October

Year 10 Art Trip to Oxford

Sixth Form Trip to Thorpe Park

Friday 20th – Monday 30th October

China Trip

Friday 20th October

Term 1 finishes

Thursday 2nd November

Term 2 starts

Winter Adjusted School hours commence

Word of the Week - Explanation

Noun:

= a statement or account that makes something clear

= a reason or justification given for an action or belief

- ✓ Do you **know** it?
- ✓ Can you **spell** it?
- ✓ Can you **use** it correctly in your work this week?

Use it:

"I think you owe me an explanation," he frowned.

We never did get an explanation for that odd light in the sky last summer.

"That's your explanation for everything!"

Spell it:

Notice that we **lose the i:**

We say: I explain

But offer: an **explanation**

Mrs L Leonardi
Literacy co-ordinator

Online Safety Guidance for Parents

Online spaces, games and media form a large part of life for young people growing up today. It offers a platform to connect with others and to learn. To help us re-enforce the message of online safety, please go through the guidance below with your child. Recent research does show that not being online for 2 or 3 evening shows a huge improvement in children becoming more engaging in conversation at home and experiencing improved sleep. Give it a go!

Risks

Of course there are risks associated with being online, as there are with all aspects of life. These include:

- Exposure to inappropriate content
- Sharing too much personal information
- Connecting with harmful people and
- Spending unhealthy amounts of time online

Have a conversation

One of the best ways to help your child stay safe online is to talk to them about what they do.

If you understand the situations they encounter you'll be better placed to offer them advice on how to deal with them.

UK safer Internet Centre offers advice for parents and carers:

Saferinternet.org.uk/advice-centre/parents-and-carers

South West Grid for Learning: - swgfl.org.uk/magazine

Vodafone Digital Parenting: - vodafonedigitalparenting.co.uk

London School of Economics: Parenting for a Digital Future: blogs.lse.ac.uk/parenting4digitalfuture

Internet Matters: - Internetmatters.org

Gaming

Gaming is fun but be aware that it can be all consuming. Some things to consider:

- Use the gaming consoles' safety setting
- Agree with your child how much time they can spend playing on line
- Pay attention to the PEG (age) ratings and what they mean
- Remember that some online games have inbuilt chat functions
- Be aware that your child might use servers or 3rd party applications to access interactive online communities

UK Safer Internet Centre guides: -

Saferinternet.org.uk/gaming

PEGI - www.pegi.info/en/index

Common Sense Media: -

www.common sense media.org/reviews

Ask About Games:- www.askaboutgames.com

Bullying

Remember, it is not the technology that is the problem, it is the bullies' behaviour. Support them by:

- Talking about bullying issues
- Making sure young people know that they can turn to you for support
- Reporting any incidents - it will help your child and others too

UK Safer Internet Centre tips: -

Saferinternet.org.uk/cyberbullying-tips

Anti-Bullying Alliance: - www.anti-bullyingalliance.org.uk

Enable Anti-bullying Programme: - <http://bit.ly/23SHU3Q>

Cybersmile: - www.cybersmile.org/advice-help/category/advice-parents

Live Streaming

Broadcasting online brings an instant thrill that can be addictive. Encourage them to think about:

- Body image - talk to them about how they want to be perceived online and who their audience might be
- Privacy - how do they protect it? You can not edit something that is going out 'live'
- Age appropriate - is the site they're using appropriate for them? Most social media sites are aimed at 13 year olds and upwards. If not, is there a way to make it safer for them (eg. YouTube Kids).

SWGfL body image blog: swgfl.org.uk/magazine/bodyimage

Internet Matters: www.internetmatters.org/parental-controls/entertainment

YouTube Kids Parental Guide:

support.google.com/youtubekids

APPS

Apps can be a positive place for your child to socialise with peers. Many enable instant messaging, social networking and image sharing.

Some, like YouTube, can also be a great creative outlet. But consider:

- Privacy settings and age relevance
- Talking to them about the content they share
- Discussing the consequences of sharing messages and images

UKSIC: - saferinternet.org.uk/advice-centre/social-media-guides

SWGfL: - swgfl.org.uk/online-safety-resources

Internet Matters:- www.internetmatters.org/advice/apps-guide

Instant Messaging

Instant Messaging is a great way to socialise and keep up to date with what is going on right now. But just as you would not let them go off and talk to complete strangers on the street, if your child is using messenger services you should:

- Look at the privacy settings
- Ensure they understand that they may be talking to people they do not know and the risks this brings
- Talk to them about what is and is not appropriate to send

SWGfL: - swgfl.org.uk/magazine/new-apps

Connect Safely: - <http://connectsafely.org/guides-3/>

Mr K Mann

Assistant Head Pastoral

Annual Piano Concert

The School will be holding its annual Piano Concert on Wednesday, 18th October 2017, 7.00pm at St Luke's Church, Hatfield Road, Bath (opposite the Devonshire Arms).



All parents, pupils, students and friends of the School are most warmly invited. The Concert will feature pupils and students from Year 7 through to the Sixth Form.

We hope you can join us for what promises to be an enjoyable event.

Mr P E Calvert

Head of Music

Winter-Adjusted School Day to start after October Half Term

After consulting with stakeholders last year, we will introduce an adjusted school day during the winter to reduce the length of lunchtime. This will start after the October half term. Period 4 will become an hour and a half long to include a half hour lunch break. Different year groups will take the half hour lunch break at different times. The table below shows how this would work. This is a fairly common arrangement in other schools.

The end of the school day would therefore be brought forward by 20 minutes and finish at 3:05pm. The additional benefit of the earlier finish would allow for increased opportunity for after school sports training using natural light. **There is no change to the start of the school day.**

Our intention is to switch to the winter school day between the October half term and the February half term and then revert back to our existing day. Towards the end of the winter we will evaluate the effectiveness of this new arrangement.

School Day for Terms 1, 4, 5 and 6		Adjusted Winter School Day for Terms 2 and 3	
08:25	AM Registration	08:25	AM Registration
08:45	Period 1	08:45	Period 1
09:45	Break 1	09:45	Break 1
10:00	Period 2	10:00	Period 2
11:00	Break 2	11:00	Break 2
11:15	Period 3	11:15	Period 3
12:15	Transition	12:15	Transition
		12:20	Period 4a (Lunch for Sixth Form & Year 7)
12:20	Period 4a (Lunch for Sixth Form & Year 7)	12:50	Period 4b (Lunch for Years 8 & 11)
13:15	Period 4b (Lunch for Years 8-11)	13:20	Period 4c (Lunch for Years 9 & 10)
		13:50	Transition
14:15	Period 5	13:55	Period 5
15:15	PM Registration	14:55	PM Registration
15:25	Finish School Day	15:05	Finish School Day

Mr P Watts
Deputy Headmaster

Theme of the Week

Theme of the week this week is about World Mental Health Day. *Mental health in the workplace* is the theme of World Mental Health Day 2017. World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues and mobilizing efforts in support of better mental health. Our focus this week is mental health awareness in school.



One in four people will experience a mental health problem in their lifetime. One in ten young people will experience a mental health problem or disorder which they need specialist help for - research shows that if people get help early the symptoms can improve and future difficulties can be avoided.

There is often a lot of confusion about what we mean when we talk about mental health. Many people immediately start thinking about mental health problems or mental illness - but this is only one part of the picture. Everyone has 'mental health' and this can be thought of in terms of:

- How we feel about ourselves and the people around us.
- Our ability to make and keep friends and relationships.
- Our ability to learn from others and to develop emotionally.

Being mentally healthy is also about having the strength to overcome the difficulties and challenges we can all face at times in our lives - to have confidence and self-esteem, to be able to take decisions and to believe in ourselves.

There are different types of mental health problems, and they can affect anyone. 1 in 4 people experience a mental health problem. Half of them say that the associated isolation and shame is worse than the condition itself. The stigma attached to mental health problems is something we are working to change nationally, in every home, school and workplace.

These are some tips for staying mentally healthy. Try the breathing activity, which can help you to feel calmer and increase your sense of wellbeing.

<https://www.mind.org.uk/get-involved/world-mental-health-day/>

As well as being aware of your own mental health, it is important that you support your friends and family with theirs. If you notice your friend acting differently, it may be because they are struggling with something they want to talk about. You don't have to be an expert to help. Here are three simple ways you can do it:

1. **Reach out** - a conversation, text or call goes a long way
2. **Listen, don't judge**
3. **Do something together**

Be in your mate's corner -

<https://www.youtube.com/watch?v=e7Ha8dNwrVw>

Someone you know will have a mental health problem right now - a family member, your friend, your workmate. He or she just might not know how to tell you.

Being open to mental health can break down any stigma surrounding it. You don't have to be an expert to talk and to listen, and often it's the little things that make a big difference. Watch these three clips to see how these conversations could be started:

<https://www.time-to-change.org.uk/talk-about-mental-health/telling-someone-about-your-mental-health-problem>

It is important that you know where to go for help and support - either for yourself or a family member or friend. Attached is a list of websites you can try, but there are lots more out there! In school, you can speak to a member of staff or the school nurse, or we can arrange an Off the Record session.

Please encourage your son to check out the noticeboard opposite the nurse's office for more information.

Miss P Netto
PSHE Co-ordinator

Bronze Duke of Edinburgh

We are once again very excited to offer any student in Year 9 the opportunity to complete the Bronze DofE award. DofE is a UK wide award that millions of young people across the UK have completed. The course is designed to push young people out of their comfort zone to acquire key transferable skills that are beneficial for life beyond Beechen Cliff. As well as developing key skills such as resilience, independence and team work, the award can go a long way to enhancing a young persons CV or University application.



We had our largest group ever last year who benefited tremendously from completing this award. Therefore, if this is something you would be interested in, here is your open invitation to our launch evening on Thursday, 19th October. This will take place in the Main Hall and begin at 18:30. The only entry requirements are that you are in Year 9 and have lots of enthusiasm!

If you required any further information, please contact me.

Mr M Walker

Sports

Sports Fixtures

The details below are correct at the time of publication. Please check the BCS Sports website for updated information.

Days	Fixture	Meeting time	Kick off/ Start time	Transport	Finish/ Return
Thur 12 th Oct	Rugby Union 2 nd XV, U18D v Kingswood School (H)	1.45pm	2.30pm	n/a	4.00pm
Fri 13 th Oct	Rugby Union 1 st XV v Kingswood School (H)	5.00pm	7.00pm	MB	9.00pm
Sat 14 th Oct	Rugby Union U15A, U15B, U13A, U13B, U12A, U12B v Kingswood (A)	9.00 am	10.00am	n/a	11.30am
	Rugby Union U14A U14B v Kingswood School (H)	9.00am	10.00am	n/a	11.30am
Mon 16 th Oct	Football 1 st XI v St Katherine's School (A)	12.30pm	2.30pm	MB	5.00pm
	Rugby Union U15A, U15B v Kingswood School (A)	1.30pm	2.30pm	Coach 1.45pm	4.30pm
	Football U15A v The Kings of Wessex Academy (A)	1.15pm	3.00pm	MB	5.30pm
	Football U13 v Sheldon (H)	3.15pm	3.45pm	MB	5.00pm
Tues 17 th Oct	Rugby Union U13B v Ralph Allen School (A)	3.15pm	3.45pm	MB	5.15pm
	Rugby Union U14B v Ralph Allen School (H)	3.15pm	3.45pm	n/a	5.00pm
Weds 18 th Oct	Rugby Union U18 AASE XV v South Gloucs and Stroud College (A)	11.15pm	2.00pm	Coach 11.30am	5.30pm

Sports Results for Week Commencing 2nd October

Date	Fixture	Type	Result	Score
Tues 3 rd Oct	U15b Rugby v Sexeys	Friendly	Won	49-0
	Rifles v Dauntseys	Friendly	Drew	8-8
Weds 4 th Oct	AASE v Henley	League	Won	22-12
	U13a Rugby v Colstons	Friendly	Won	25-10
	U13b Rugby v Colstons	Friendly	Won	20-10
	U12a Rugby v Colstons	Friendly	Won	25-5
	U12b Rugby v Colstons	Friendly	Won	30-10
	1st XV Rugby v Sheldon	Friendly	Won	42-5
Thurs 5 th Oct	U15 Football v Oldfield	ESFA	Won	7-0
	3 rd XV Rugby v KES	Friendly	Won	32-0
	U16 Rugby v KES	Friendly	Won	22-5
	1 st XI girls Hockey v Prior Park	Friendly	Lost	1-2
Fri 6 th Oct	U13 Football v Selwood	ESFA	Won	13-0

Mr P Macdonald
Director of Sport