



## BEECHEN CLIFF

Thursday 25th April 2019

### A Message from Public Health England



Public Health  
England

Dear Parent or Guardian,

There have been several cases of suspected mumps in the Bath community over the last few weeks. We have taken advice from Public Health England, who have provided the following information:

#### What is Mumps?

Mumps is a viral infection. Symptoms include fever, headache and swelling of the cheek and jaw. In adolescent and adult males mumps can occasionally cause inflammation of the testicles (orchitis), but, contrary to popular belief it is not a frequent cause of infertility. Serious complications are rare from mumps. Further information on the complications of mumps is available at <https://www.nhs.uk/conditions/mumps/complications>

Children are infectious for 3 days before to 5 days after the cheek swelling appears. Symptoms can develop from 14 to 25 days after exposure.

#### Preventing mumps

It is recommended that all children have 2 doses of MMR (measles, mumps and rubella) vaccine, one at 12 months and a second at 3-4 years. If your child has already received both doses of MMR the chances of him/her developing mumps is extremely low. If, however, your child has not been fully vaccinated then it is possible for them to get mumps.

#### What should I do now?

If your child is fully vaccinated there is no need for concern. If your child has not received 2 doses of MMR then you can arrange for a vaccination from your GP Surgery. The vaccine may not protect them if they have been exposed but it will protect them from future exposures.

#### What should I do if I think my child has mumps?

If your child develops swelling of the cheeks and jawline contact your GP. They will be able to tell you if it looks like mumps and will advise you what to do. There is no specific treatment for mumps.

#### If my child gets mumps can he/she stay in school?

To prevent the spread of mumps to others, your child must stay at home for 5 days after the symptoms develop.

#### How can I stop mumps spreading in the family?

Anyone who has not had mumps previously and anyone who has not had the MMR vaccine should go to their family doctor to discuss vaccination.

Further information about mumps and the MMR vaccine is available at: <https://www.nhs.uk/conditions/mumps/#preventing-mumps>

### Calendar

#### Friday 26th April

Ten Tors Training on Dartmoor 16:00 (April 26th-28th)

#### Monday 29th April

Year 9 PSHE

Year 8 Summer Exams Assembly 8:25-8:45

#### Tuesday 30th April

Junior Maths Challenge

#### Wednesday 1st May

Year 8 Coasts Trip (June 1st-2nd)

#### Thursday 2nd May

L6th Summer Exams (May 2nd-10th)

#### Tuesday 7th May

Year 9 Summer Exams Assembly

#### Wednesday 8th May

GCSE Exam Briefing Assembly (8:25-8:45)

#### Thursday 9th May

Ten Tors set up (9th May – 12th)

#### Friday 10th May

SMT Strategy Day

### Quiz and Curry Night – This Friday 26<sup>th</sup> April 2019

Tickets are still available on Parent Pay. . .

The school is organising another Quiz and Curry Night on Friday 26th April in the Refectory – it will include a selection of curries, a quiz and a raffle. Details to follow. Come along with family/friends in teams of 4-6.

All proceeds from the event will go to support the Sixth Form charity project work in Transylvania with People Against Poverty.

## Theme of the Week

Theme of the week this week is about the 5 ways to wellbeing.

Due to the start of a new term and the exams all approaching quickly please take time to go through the five ways to wellbeing with your son/daughter.

### 5 steps to mental wellbeing

**Evidence suggests there are 5 steps we can all take to improve our mental wellbeing.**

If you give them a try, you may feel happier, more positive and able to get the most from life.

- **Connect** – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.
  - **Be active** – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.
  - **Keep learning** – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?
  - **Give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.
- Be mindful** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenge.

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

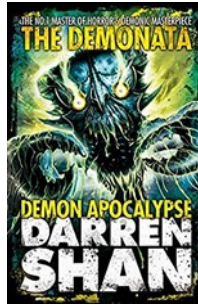
Thank you,  
Mrs A Wilmot  
PSHE Co-ordinator

## Literacy

### Reader of the Week

Fin (7CH3) has taken a whopping 33 book quizzes – passing with an average of 87% and earning an amazing 295 points for Chaucer. Fin is reading some considerably chunky books, with a great range of different authors too. Fin quizzed most recently on:

#### Demon Apocalypse by Darren Shan



Hell is revealed in the sixth nail-biting, hair-rendering, creepy cool episode of the Demonata.

Fire! It's all around me, fierce, intense, out of control. I feel the hair on my arms singe and know I have only seconds before I burst into flames. Total panic. There's a horrible shrieking sound, piercing and destructive. My eardrums and eyeballs should burst. "It's hell!" I moan.

One boy's life ripped to shreds before his eyes...One wrathful demon master hellbent on revenge...An army of grisly Demonata on the rampage...It's the end of the world as we know it.

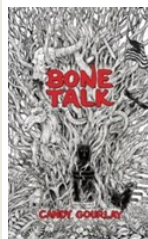
### Millionaires

Just before the Easter break, Jude (7BY3) was our 'Reader of the Week' for being so close to reading a million words – and just as the newsletter was hot off the press, Jude managed to reach over a million words and therefore joins our other reading millionaires in the library! Great job!



### 2019 Carnegie Shadowing Book Club

Don't forget that this term, Mrs.Ivic will be hosting the 2019 Carnegie Shadowing Book Club held bi-weekly in the library on Tuesdays (Week 1, from 12.20pm) Please register your interest with Mrs.Ivic beforehand in the English department. Everyone welcome – the more the merrier! Light refreshments will be provided. For more information on the Carnegie prize and the shortlisted books please go to <https://www.carnegiegreenaway.org.uk/downloads.php>



Mrs Dunn  
Accelerated Reader Coordinator



**EXAMS**

### Words of the Week

- ✓ What do they mean?
- ✓ What are they asking you to do in the exam?
- ✓ Where have you seen them before?

**Analyse** = Look closely at the detail; give reasons why or how something is done and the effects of doing it that way.

**Compare** = Look closely at two or more things which have something in common in order to show how they are the same and how they are different.

**Examine** = Look closely at something and discuss it in a balanced and detached way in order to come to a decision or conclusion.

Note: some of these words may have slightly different meanings in some subjects – always check with your teacher!

### Next Week's Refectory Menu

The planned menu for the coming week, commencing 29th April 2019 is:

**Monday:** Turkey Steak with a spicy Tomato and Kidney Bean Sauce, BBQ Pork Streak (G), Veggie Chilli

**Tuesday:** Jollof Rice, Moussaka (G), Mushroom and Spinach Lasagne (G)

**Wednesday:** Roast Pork with Apple Sauce, Rosemary and Garlic Chicken, Sundried Tomato and Parmesan Risotto

**Thursday:** Pasta Bolognese (G), Honey and Mustard Chicken, Veggie Pasta Bolognese (G)

**Friday:** Fish of the Day, Hot Dog with Onions (G), Veggie Bean Hot dag (G)

Please be advised that any of the above can be subject to change

Mr D Keal  
Head Chef



BEECHEN CLIFF

Upper Sixth

## SIXTH FORM PROM

**TUESDAY 25<sup>TH</sup> JUNE 2019**

**from 7pm-11pm**

**Bath Hilton Hotel**

**£40 on parentpay**

MOCKTAILS ON ARRIVAL

2 COURSE MEAL WITH WINE

AWARDS

BAR

DJ



### MESSAGES FROM THE PTA



PTA News Save the Dates!

- Tues 7th May: Riverford Cookery Evening 7pm. Now open to all parents and carers. Event information and tickets available on ParentPay
- Monday 13th May: PTA Meeting 7pm School Staff Room - All parents and carers very welcome
- Thurs 16th May: Joint Year 7 Summer Disco for pupils hosted by Hayesfield. Invitation letters going out this week.
- Friday 5th July: A disco for parents! A Dance night

### Attendance and Reporting Pupil Absences



All absence must be reported to school daily. Tell us about illness, appointments or late arrivals. A message can be left if you ring when school is closed.

For years 7–11 please call **01225 485222** or e-mail [attendance@beechencliff.org.uk](mailto:attendance@beechencliff.org.uk)

and for the Sixth Form please call **01225 485221**

**SPORTS Sporting Fixtures—The details below are correct at the time of publication. Please check the BCS Sports website for updated information.**

Day	Kick off /start	Fixture	Meeting Time	Transport	Finish / Return
Saturday 27th April	09:30	U13a/U13b/U12a Cricket VS KES (a)	09:00	n/a	12:00
	09:30	U12b Cricket vs KES (h)	09:00	n/a	12:00
Monday 29th April	13:00	BISS Ski Racing (Hemel Hempstead)	07:15	MB	22:00
	n/a	U16 Hockey Nationals @ Lee Valley	n/a	MB x2	20:00
	15:00	U16a Football vs Norton Hill (a)	13:30	MB	17:00
	14:15	U15a Cricket vs Kingswood (a)	13:00	Coach (1x16) leaves at 13:15	18:00
Tuesday 30th April	16:30	1st XI Cricket vs Kingswood (a)	15:00	MB	20:00
	13:30	U14a Football vs Bucklers Mead @ Bridgewater College	10:45	MB	18:00
	15:30	U13a Cricket vs Wellsway (a)	14:30	MB	18:00
Wednesday 1st May	14:30	U14a/b Cricket vs Dauntseys (a)	12:45	MB x 2	18:30
Thursday 2nd May	14:15	1st XI Cricket vs Prior (a)	12:45	MB	19:00
	13:30	U13/U15 Tennis vs Writhlington (a)	12:15	MB	17:00
	14:30	U13a Cricket vs Hugh Sexey (h)	13:30	MB	17:30
Saturday 4th May	11:00	U12a/U12b/U13a/U13b Cricket vs Kingswood (a)	10:15	n/a	14:00

Mr M Walker  
Fixtures Co-ordinator