



## BEECHEN CLIFF

Thursday 16th May 2019

### Message from the Headmaster

The assembly theme this week has been around the development of character. It seemed more than relevant to ask the boys to consider how they use the opportunities presented to them to develop themselves. The role models over the weekend were provided by the Ten Tor participants and the exceptional support teams of staff who provided the training programme and the logistical input to the event itself.

Asking the boys to consider how various activities have helped develop their own character and how they help to shape their thinking is very much at the core of our work. Having attended a conference last week which was predominately for independent boarding schools it is interesting to note that the areas of their own provision which they felt made the most impact on their pupils, seem very much aligned to our own aspirations and provision. The one point that all the schools made was that those pupils who participated in a broad and balanced range of activities were those who thrived in life beyond school. I suggest that this does not need a university research programme to provide proof.

Mr A Davies  
Headmaster

### Calendar

#### Friday 17th May

Bronze DoE Training (17th – 18th May)

#### Monday 20th May

A Level Exams Begin

U6th Study Leave Starts

#### Tuesday 21st May

Year 7 Energy Trip (21st/22nd May)

#### Thursday 23rd May

Year 7 Trip to @Bristol

Year 8 Trip to Big Pit

#### Friday 24th May

End of Spring Term

#### Monday 3rd June

Summer Term Starts

### Next Week's Refectory Menu (w/c 20th May)

**Monday:** Mac and Cheese (G), Spicy Beef Tomato and Vegetable Casserole,

**Tuesday:** Chicken Tagine, Cottage Pie, Butternut Squash and Spinach Curry

**Wednesday:** Roast Turkey, Roast Ham, Cheddar Leek and Potato Pie (G)

**Thursday:** Jambalaya, Braised Beef with Red Wine Gravy, Goats Cheese and Red Onion Pizza (G)

**Friday:** TBC

## Theme of the Week

Theme of the Week this week is about **Mental Health Awareness Week**, which takes place between 13<sup>th</sup>-19<sup>th</sup> May this year, and is run by the Mental Health Foundation. One of their priorities is early intervention, as **50%** of mental health problems are established before the age of 14, and **75%** by the age of 24. Mental health problems can affect anyone, at any time. They believe that mental health is everyone's business, so for one week each May, there is a campaign around a specific theme for **Mental Health Awareness Week**. This year's theme is body image - last year the Foundation found that **30%** of all adults have felt so stressed by body image and appearance that they felt overwhelmed or unable to cope - that is almost 1 in every 3 people.

In young people, a positive body image supports physical and mental health. It can boost confidence and help people develop a healthy image of themselves. A negative body image or body dissatisfaction can lead to low self-esteem, anxiety, depression and poor self-perception. It can also affect learning, participation and school achievement, lead to unhealthy eating practices and increase the risk of developing eating disorders in later life. The issue is just as important for boys as it is for girls – in 2017 the number of men being admitted to hospital with an eating disorder rose by **70%** over six years, which is the same rate of increase as among women.

The powerpoint presentation attached to this weeks newsletter focuses on body image and how this can affect mental health and includes some video links which should also prompt discussion. We plan to sell green ribbon badges (when they arrive!) to support Mental Health Awareness, the aim is that staff will be wearing them on their lanyards!

Mrs A Wilmot  
Head of PSHE



## Be Tick Aware

At this stage of the year through various outdoor activities many pupil and students will be in areas where they could pick up ticks. Due to the mild winter these minute spider like insects are in great abundance this year. They are parasitic and take blood from their host. They are normally easy to remove with tweezers and are quite common. However they can carry Lyme disease, which if untreated is extremely debilitating. The incidence of this disease is on the rise so here is some advice on what to look out for. Further details are available by following the links from the Outdoor Education section of the school website or directly from <http://www.lymediseaseaction.org.uk/about-ticks/>



*The rash is very distinctive and looks like a target/dart board. Please consult your doctor if you see this.*

### LYME DISEASE SYMPTOMS

If bit by a tick carrying lyme bacteria you may get some/all of the following symptoms:

- ◆ Fatigue
- ◆ Weakness
- ◆ Headache
- ◆ Back Pain
- ◆ Joint Muscle Pain
- ◆ Stiff Sore Neck
- ◆ Nausea/Diarrhoea
- ◆ Sore Throat
- ◆ Swollen Glands
- ◆ A Rash
- ◆ Dizziness
- ◆ Confusion
- ◆ Buzzing in Nerves
- ◆ Paralysis
- ◆ Trouble with: Speaking Thinking
- ◆ Talking Walking Concentrating
- ◆ Trouble Breathing
- ◆ Mood Swings Crying Spells

Mr D Brewer  
Head of Humanities

## 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**

## Summer Holiday Adventures

Have you got a teenager at home with a flair for organising people, teaching, chatting, crafting? Swainswick Explorers is a play project, running holiday experiences for 4-14 year olds, based in Upper Swainswick village on the north east side of Bath. We absolutely love having young people on ALL our events and offer work experience for those aged 14+.

If your son or daughter like the outdoors or being with children or learning new crafts and teaching them, this could be an enjoyable work placement or volunteering opportunity for them. We tend to recruit our young staff from this pool of volunteers, so it can lead onto paid work for those aged 16+.



**Summer Holiday Adventures**  
4-14 yr olds

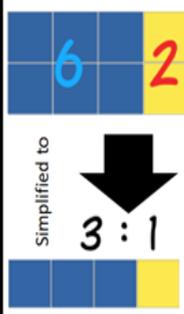
Where do you want to go today?

Monday 28th to Friday 31st May  
Monday 3rd June (an INSET day at some schools)  
A mix of Explorer, 'At Home' and Biking  
Details & online booking at:  
[www.swainswickexplorers.co.uk](http://www.swainswickexplorers.co.uk)

Application form on [www.swainswickexplorers.co.uk/what\\_we\\_do](http://www.swainswickexplorers.co.uk/what_we_do) or contact Rachel 07758 515092 to discuss.

## Word of the Week

# Ratio (noun) **WOW!**



**Definition:**  
The relationship between two amounts, showing the number of times one value contains or is contained within the other

There were 6 girls and 2 boys; this is a ratio of 3:1

Synonym: proportion, fraction, comparative number

Mrs A Ivic  
Literacy Coordinator

## Literacy

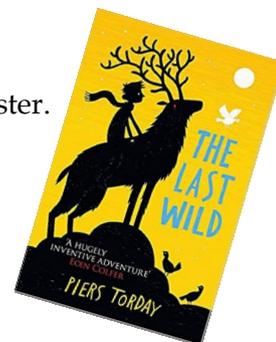
### Reader of the Week

Edward (Year 9ML2) has been awarded our Reader of the Week. Edward is not only a fantastic chap to have in the library, he is always reading a wide range of books and comes in with great enthusiasm and attitude towards reading. Well done Ed!

### Book Recommendation

The Last Wild by Piers Torday  
This is a story about a boy named Kester. He is extraordinary, but he doesn't know that yet. All he knows, at this very moment, is this:

1. There is a flock of excited pigeons in his bedroom.
2. They are talking to him.
3. His life will never be quite the same again...



A captivating animal adventure destined to be loved by readers of all ages.

### Millionaires

Oliver (Year 7 ML2) and Thomas (Year 7 CH5) are our new millionaires this week. Well done boys – a total of 2,108,315 between you!

Mrs H Dunn  
Accelerated Reader Coordinator

## Summer Examinations for pupils in Years 7-10

The dates of the examination weeks are below:

Year 7	13 <sup>th</sup> -17 <sup>th</sup> May	Year 9	3 <sup>rd</sup> - 7 <sup>th</sup> June
Year 8	16 <sup>th</sup> - 22 <sup>nd</sup> May	Year 10	10 <sup>th</sup> - 14 <sup>th</sup> June

The examination timetables and support and guidance documents are available for both parents and pupils on the School Website.

Pupils have been given the message to take these examinations seriously and to do their best but to try not to worry about them.

I wish all our pupils a positive examination season in the weeks ahead.

Mr T D Markall  
Assistant Headmaster

**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	Meet	Transport	Finish / Return
Mon 20 <sup>th</sup> May	3.30pm	U13a Cricket vs Winterbourne Academy (h)	3.10pm	n/a	6.30pm
	4.15pm	U12c Cricket vs KES (a)	3.20pm	MB	6.30pm
	3.20pm	Road to Wimbledon (h)	3.10pm	n/a	6.00pm
Tues 21 <sup>st</sup> May	2.30pm	U14a/U14b Cricket vs Kingswood (a)	1.15pm	Coach (leaves at 1.30pm)	6.00pm
	2.30pm	Shooting vs Dauntsey's (a)	1.00pm	MB	6.00pm
	1.30pm	GCSE Moderation Day @ Bath Uni	12.45pm	MB	4.30pm
Weds 22 <sup>nd</sup> May	4.15pm	U14a/U14b Cricket vs KES (a)	3.20pm	MB +9 seater	7.00pm
	4.00pm	U12a Cricket vs Norton Hill (h)	3.20pm	n/a	6.30pm
	3.45pm	U13a Cricket vs Norton Hill (a)	2.30pm	Coach	6.30pm
Thurs 23 <sup>rd</sup> May	4.15pm	U15a/U14a Tennis vs KES (a)	3.20pm	MB	6.30pm
	1.30pm	U15a Cricket vs Churchill (a)	12.15pm	MB	6.00pm
	2.30pm	1st XI Cricket vs Monkton (a)	1.15pm	MB	7.00pm

### Sporting Results for week commencing 7th May 2019

Date	Fixture	Type	Result	Score
7 <sup>th</sup> May	U15 Cricket vs Queen's College Taunton	County Cup Round 1	Won	By 1 wicket
	U14a Cricket vs Colston's	Bristol Schools Cup Round 1	Won	By 5 wickets
	U13a Cricket vs Wellsway School	Bristol Schools Cup Preliminary Round	Won	By 97 runs
	U18a Tennis vs Dean Close	National Cup Round 2	Won	8-4
9 <sup>th</sup> May	2 <sup>nd</sup> XI Cricket vs Kingswood	Friendly	Won	By 5 runs
	Shooting vs Dauntsey's	Friendly	Lost	See Match Report

Mr M Walker  
Fixtures Co-ordinator

### Lost Property

If your son has lost an item of uniform or sports kit, please encourage him to visit the school nurse during a break or lunch time to see if the item is there.

Please ensure that all items are clearly named.

