



## BEECHEN CLIFF

Thursday 23rd May 2019

### Message from the Headmaster

Last Friday we said goodbye to our Upper Sixth students; many of them leaving after seven years at Beechen Cliff. It was a very emotional day, for the students themselves and for many of the staff, particularly those who had seen these very mature, rounded and delightful young people when they were fresh faced eleven year olds in over- large blazers and laden down like pack mules as they carried every possible piece of equipment into School.

We have received a number of emails from parents but a line from one in particular is worthy of reproducing here as it sums up what Beechen Cliff aims to do.

“For George it has always been somewhere which has high academic standards but not at the expense of sending our well rounded, resilient young people into the world”

We wish them all well and thank parents for the timeless contribution to developing young people of whom we are very proud.

Mr A Davies  
Headmaster

### Calendar

#### 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

Year 9 Exams week commences

#### Wednesday 5th June

Year 10 Geography Trip to Quantocks

### Fundraising for CLIC Sargent

On their 17<sup>th</sup> birthday one of our students was diagnosed



with lymphoma cancer. Now as they battles the disease and the effects of their chemotherapy they are receiving support from CLIC Sargent.

This weekend (Sunday 26<sup>th</sup> May) I am running the Edinburgh Marathon. On 10<sup>th</sup> November I am running the Athens Marathon. As well as the personal challenge (can I break 3 hours 50?) I am trying to raise money to support them CLIC Sargent in their work.

If any of you would like to sponsor me then please follow this link to my Just Giving page:

<https://www.justgiving.com/fundraising/edward-gill5>

Many thanks for your support.

Mr E R Gill  
Head of Maths  
Edward.Gill@beechencliff.org.uk



### Calling all budding Artists!!

The Holburne Museum in Bath are holding Art Masterclasses for 11-18 year olds. They are offering workshops suitable for GCSE, A Level Art Students and young art lovers. All classes are taught by expert artists, where you will learn specialist techniques in a small friendly group environment.



Please see **attached to this newsletter** more information from the Holburne Museum about the exciting workshops available, which include Painting Self Portraits and Abstract Sculpture in Clay . For more information call 01225 388 568, book online at [www.holbourne.org](http://www.holbourne.org) , or email [learning@holbourne.org](mailto:learning@holbourne.org).

### PTA News

All parents and carers are invited to an end of school year night out at Bonghy-Bo in Barton Street, Bath on Friday 5th July



DJ, drinks and dancing! Price of ticket £7.50 per person with any profits going to the PTA - Tickets out on ParentPay soon.

Annie and Kate

## Theme of the Week

Theme of the week this week is talking about the importance of Mindfulness. Linking on from Mental Health awareness week last week, and relating to all the exams at the moment.

The most simple way to explain Mindfulness is to stop that feeling of your mind being "full".

Oxford University's Professor Willem Kuyken is the director of the Oxford Mindfulness Centre. He describes mindfulness as "a natural capacity we all have and can all develop".

"It's about greater awareness and having the greater ability to be in the present moment, without judgement, but with curiosity, kindness and care," he tells the BBC.

A lot is known about how best to keep our bodies fit, but Prof Kuyken says it's just as important to keep the mind healthy, adding: "We've made enormous progress in the past 50 years in terms of physical health, and people now live well for longer. But the next question is how people can live longer and be mentally well."

"Mindfulness is done through a whole range of meditative practices, all helping us become more aware and pay more attention," he explains. "It's about being responsive rather than just being on auto-pilot."

The six minute video below explains the importance and science of Mindfulness.

<https://www.youtube.com/watch?v=VTA0j8FfCvs>

NHS Information on Mindfulness.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

Tom Daley also spoke very openly and honestly about how Mindfulness is helping him, which is a really good read.

<https://www.bbc.co.uk/sport/diving/48272132>

Mrs A Wilmot  
Head of PSHE

## Literacy



### Reader of the Week

Angelo (7ML8) is a dedicated reader, having taken a total of 24 Accelerated Reader book quizzes and is literally a stone's throw away from becoming a word millionaire! Keep reading in the half term Angelo – we look forward to welcoming you onto the millionaires board next term!

Angelo has most recently read:

**The Penultimate Peril (A Series of Unfortunate Events) by Lemony Snicket**

There is nothing to be found in Lemony Snicket's 'A Series of Unfortunate Events' but misery and despair. You still have time to choose another international best-selling series to read. But if you insist on discovering the unpleasant adventures of the Baudelaire orphans, then proceed with caution...



Violet, Klaus, and Sunny Baudelaire are intelligent children. They are charming, and resourceful, and have pleasant facial features. Unfortunately, they are exceptionally unlucky.

In The Penultimate Peril, the siblings face a harpoon gun, a rooftop sunbathing salon, two mysterious initials, three unidentified triplets, a notorious villain, and an unsavoury curry...

### Term 4 Accelerated Reader House Totals

Great reading this term boys! **208 AR quizzes** were taken, totalling a fantastic 4,952,220 words. The winners therefore this term are Byron. Well done!!



1st Byron	1,267,000 words
2nd Milton	1,148,700 words
3rd Chaucer	1,087,130 words
4th Kipling	828,790 words
5th Shakespeare	620,600 words

And finally, do not forget to pop into the library and choose a book to read over the half term break. We have plenty to choose from, and a librarian is always on hand to help you if you need a recommendation!



## Word of the Week



### ROOT WORD OF THE WEEK

20<sup>th</sup> May 2019

**Monarchy** – a government run by a king or queen

# arch

**Hierarchy** – organising people by their different ranks or levels of importance

**Anarchist** – someone who behaves in a way that ignores rules and laws

(rule)  
LATIN

**Matriarchy** – a system of government in which woman (or the mother of a family) hold power

**Patriarchy** – a system of government in which men (or the father of a family) hold power and benefit from it

**Oligarchy** – a government that is run by a small group of powerful people

Mrs A Ivic  
Literacy Coordinator

Mrs H Dunn  
Accelerated Reader Coordinator

## BEECHEN CLIFF YOUNG MUSICIAN OF THE YEAR

FIRST round auditions to take place after half term  
Entries should be made to the Music Department with  
**YOUR NAME, TUTOR GROUP,  
INSTRUMENT AND NAME/COMPOSER  
OF PIECE YOU ARE PERFORMING.**

Or you can apply by email to  
[music@beechencliff.org.uk](mailto:music@beechencliff.org.uk)

**Closing date is FRIDAY 7<sup>th</sup> June**

**Get practising and good luck!**

## 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. These minute spider like insects are parasitic and take blood from their host.

Ticks 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.



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

### 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

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/>

Mr D Brewer  
Head of Humanities

## The Beechen Cliff Water Bottle

The Beechen Cliff Water bottle is now available to purchase. Priced at just £3.00 .

Available for purchase each day during the Breakfast session in the Refectory. Please use ParentPay account funds as cash cannot be accepted.

Any monies raised from the sales will go to The Centurion Challenge and those charities it supports.

The bottles are translucent with a Blue Cap. They hold 750 cm<sup>3</sup>. The bottle use Jet flow Valve Cap technology so the caps have one-way valves that are superior to the industry standard push-pull mechanism. They are made of the highest food grade Polyethylene and are completely BPA free. The bottles are dishwasher safe.



Mr R Stewart  
Centurion Challenge Co-ordinator

## Menu week commencing 3<sup>rd</sup> June

**Monday:** Chicken with a Tomato and Olive Sauce, Beef Chilli, Mixed Bean Chilli

**Tuesday:** Pepparoni Pasta (G), Steak Kidney and Potato Pie, Red Onion Goats Cheese and Spinach Pasta (G)

**Wednesday:** Roast Pork with Apple Sauce, Lemon and Herb Chicken, Tomato Red Onion and Basil Tart (G)

**Thursday:** Spicy Pork with Peppers, Thai Marinated Turkey Steak, Homity Pie (G)

**Friday:** Pasta Putanesca (G), Creamy Chicken Mushroom and Potato Bake, Broccoli and Stilton Quiche (G)

## Beechen Cliff Ski Team Succeeds at National and Regional Events

Last month Beechen Cliff Ski Team visited Hemel Hempstead Snowdome to compete in the National ISA Indoor Schools Championships. All three teams achieved great results and have all improved greatly since the team's first race a year ago. Team A achieved bronze medals in the Senior Schools competition and have been invited to be members of the British Independent Schools Ski Squad. Declan M and Callum H now have the opportunity to be members of the squad into their University life. The



other member of Team A was Isaac C who achieved silver in the Under 16 age group and was only beaten on his second run by a British Alpine Squad Athlete. The other boys who competed successfully were Arthur P, Harry P, Fergal M, Giles A, Oscar P, Tom R and Eddie C.

Detailed results can be found on the GB Ski website at <https://gbski.com/competition.php?ID=540>

The U16 Team also achieved strong results at this month's Snowsport England South West Regional Schools Competition at Gloucester Dry Ski Slope. BCS had two boys on the podium for the Under 16 category. Isaac C achieved gold and Giles A achieved bronze. This is a fantastic result for Giles who has worked hard over the last year on his ski racing. This was the first outdoor race Giles participated in within just 12 months. Arthur P, Oscar P and Eddie C also achieved strong results and helped Beechen Cliff 's strong overall team performance.

If you can do a snow plough turn and are interested in trying ski racing, then come along to the English School Ski Association (ESSKIA) training



day on Sunday, 2<sup>nd</sup> June at Gloucester Dry Ski Slope. This is a great opportunity for both novices and advance skiers to get coaching by top national coaches.

Here is a copy of the form which needs to be submitted as quickly as possible. If you have any questions please contact Mr Walker (or Mr Neil Cutting on 07867 468 788)

ESSKIA STD General Invitation2019.doc

Parents will need to pay towards the cost of ski racing.

## Duke of Edinburgh Update

The expedition season is now well underway. Letters for the Bronze assessed expeditions are about to be released followed by the details for the Silver expedition.

Equipment for these event will be in high demand and with events on consecutive weekends it is paramount that equipment borrowed is returned promptly for the next group to use.

On that subject over the half term break please look for any of the following equipment at home which has not yet been returned from the last expedition . Future teams will rely on. The missing/not returned kit includes ; Silva compasses, Trangia cooksets, rucksacks and tents.

Please return any located equipment to the school after the half term break.

Mr P J Carroll  
DofE Manager  
Beechen Cliff School



**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 3 <sup>rd</sup> June	4pm	U15a Cricket vs Prior (a)	3.20pm	MB	7pm
	tbc	U18 Tennis vs Wycliffe (a)	tbc	MB	tbc
Weds 5 <sup>th</sup> June	2pm	U12a/U12b Cricket vs Monkton (a)	1.15pm	MB (x 2)	5.30pm
Thurs 6 <sup>th</sup> June	3.45pm	U12b Cricket vs Ralph Allen (h)	3.20pm	n/a	5.30pm
	3.15pm	U13b Cricket vs Ralph Allen (a)	3.10pm	9 seater	5.30pm
	1.30pm	U15a Cricket vs Churchill (a)	Midday	MB	6pm
Fri 7 <sup>th</sup> June	2.20pm	U12a Cricket vs Bristol Grammar (a)	1.15pm	MB	7pm

## Sporting Results for week commencing 13th May 2019

Date	Fixture	Type	Result	Score
13 <sup>th</sup> May	U14a Cricket vs Millfield	Somerset Cup Round 1	Won	By 24 Runs
	U13a Cricket vs Millfield Prep School	Somerset Cup Round 1	Lost	By 9 wickets
14 <sup>th</sup> May	U18 mixed Hockey vs Downside School	Friendly	Draw	2-2
15 <sup>th</sup> May	U13a Cricket vs Writhlington School	Friendly	Won	By 114 runs
	U12b Cricket vs Writhlington	Friendly	Won	By 74 runs
	U15b Tennis vs Ralph Allen	League	Lost	8-4
16 <sup>th</sup> May	U15a Cricket vs Downside School	Somerset Cup Round 2	Won	By 34 runs

Mr M Walker  
Fixtures Co-ordinator