



BEECHEN CLIFF

Thursday 19th September

### Message from the Headmaster

I must pass on my thanks to all the boys and Sixth Form Students who supported the Prospective Parents' Evening earlier this week. They are a credit to their school and to their families. We have received a great deal of wonderful feedback about the youngsters and the pride they exhibited in being a part of the community, despite, in many cases, having only been part of it for three weeks.

Mr A Davies

Headmaster

### Calendar

#### Monday 23rd – 25th September

7M to Tir y Cwm

#### Tuesday 24th September

Super Curricular Lecture Series – 3pm in Main Hall

#### Wednesday 25th – 27th September

7P to Tir y Cwm

Catalonia Meeting in Main Hall 5pm -6.30pm

#### Wednesday 25th September – 2nd October

Montpellier Exchange

#### Thursday 26th September

Prospective Parents Open Morning 9am –1pm

Year 7 Parents Information Evening 7pm-8pm

#### Monday 30th – 2 October

7H to Tir y Cwm

#### Tuesday 1 October

Super Curricular Lecture Series - 3pm in Main Hall

### Menu for week commencing 23rd September:

#### EUROPEAN WEEK

**Monday: Spain:** Chicken with a tomato and Chorizo sauce (G), Spicy Beef and Pepper Stew, Roasted Vegetable and Potato Tortilla (D)

**Tuesday: France:** Creamy Chicken with Smoked Bacon and Peas (D), Braised Beef with a Red Wine and Mushroom Sauce, Caramelised Onion and Goats Cheese Tart (G,D)

**Wednesday: Poland:** BBQ Pork Steak (G), Beef Casserole (Bigos), Mushroom Pesto and Mozzarella Toast (Zapiekanka) (G,D)

**Thursday: Germany:** Bratwurst Hot Dog (G), Garlic and Rosemary Chicken, Veggie Hot Dog (G)

**Friday: Italy:** Chicken Spinach Pea and Parmesan Risotto (D), Pasta with a Tomato Olive Caper and Chilli Sauce (G)

(G) = Contains Gluten

(D) = Contains Dairy

Mr D Keal

Chef

### Attendance

#### Reporting Pupil Absences



Please can parents take note of the contact details below when reporting any absences from School, including late arrivals and medical appointments.

**Lower School Pupils** to report a Lower School absence please call the Attendance Office direct on **01225 485222**, or you can email [attendance@beechencliff.org.uk](mailto:attendance@beechencliff.org.uk)

#### Sixth Form Students

For Sixth Form students please contact Mrs Jones on **01225 485221**.

## PTA 50:50 Club Update

Congratulations to the latest Beechen Cliff PTA 50:50 Club winners for May, June, July and August!

The winning numbers were drawn at the PTA meetings on 1<sup>st</sup> July and 16<sup>th</sup> September 2019 and are listed below:

### May 2019

1 <sup>st</sup> Prize	£113.75	– number 293
2 <sup>nd</sup> Prize	£75.83	– number 115
3 <sup>rd</sup> Prize	£37.92	– number 141

### June 2019

1 <sup>st</sup> Prize	£113.75	– number 329
2 <sup>nd</sup> Prize	£75.83	– number 328
3 <sup>rd</sup> Prize	£37.92	– number 449

### July 2019

1 <sup>st</sup> Prize	£111.50	– number 415
2 <sup>nd</sup> Prize	£74.33	– number 433
3 <sup>rd</sup> Prize	£37.17	– number 283

### August 2019

1 <sup>st</sup> Prize	£111.75	– number 90
2 <sup>nd</sup> Prize	£74.50	– number 373
3 <sup>rd</sup> Prize	£37.25	– number 78

Winners are contacted via the details supplied when signing up so do keep me up to date of any changes via the email below. Please also feel free to contact me if you just want to check what your numbers are! (All of the above winners have been contacted.)

### *How to sign up*

The 50:50 club operates like a lottery, with members signing up to a small standing order each month (most people donate between £1 and £5) which buys numbers in the draw. We use a random number generator to select the numbers at our PTA meetings. The prize fund is 50% of the donations and is divided into first, second and third prizes. The other 50% goes to the PTA to help fund activities, equipment and opportunities for the students. Each year, the 50:50 club raises over £2000 for the school. You can cancel your membership at any time, simply by cancelling your standing order.

As you can see, the monthly first prize is now over £100! If you would like to join in, **new members are welcome anytime and it is very simple to set up**. Please just contact me letting me know how many numbers you would like (£1 each) and I will give you details of how to set up the standing order.

Sarah Mitchard (parent and 50:50 co-ordinator)  
[beecheen5050@gmail.com](mailto:beecheen5050@gmail.com) /Tel: 07909962272

## Theme of the Week

The theme of the week this week is focusing on being Sugar Smart.

We Britons really do eat too much sugar: 700g of the sweet stuff a week. That is an average of 140 teaspoons per person.

Added sugars, such as table sugar, honey and syrups, shouldn't make up more than 5% of the energy you get from food and drink each day. That is about 30g a day for anyone aged 11 and older.

<https://www.jamieoliver.com/features/the-answers-to-your-questions-about-sugar/>

Too much sugar is bad for children's health as it can lead to the build up of harmful fat on the inside that we can't see. This fat can cause weight gain and serious disease like type 2 diabetes, which people are getting younger than ever before, heart disease and some cancers. It can also lead to painful tooth decay and ever 10 minutes, a child in England has a tooth removed in hospital.

What could we do to reduce our sugar intake? Do we use the labels on food?



<https://www.nhs.uk/change4life/food-facts/sugar#LIBHHuWW9Ifmgm2p.97>

<https://www.youtube.com/watch?v=JCOW2ewOA0c>

<https://www.youtube.com/watch?v=Iy6zxn9Evxo>



Children under the age of 18 years should be having a maximum of six teaspoons of sugar a day. There are 7 teaspoons a single can of Coke.

Mrs A Wilmot  
Head of PSHE

## THE NEW LIBRARY IS OFFICIALLY OPEN!!



The library is once again open after its refurbishment over the Summer and it has been a hive of activity over the last few weeks. The shelves are brimming with fantastic reads and there is a plethora of comfy seating; from leather armchairs and plush velvet stools

to a rather luxurious sofa and cushioned window seats (you could even sit with your book on the bench of Platform 9¾!) So, come on in, choose your book, choose your seat and get reading!



### The Beechen Cliff Anthology Competition: Rise and Fall

The Anthology competition is open to all students and staff, and is an opportunity to write a short story or poem on the theme of 'Rise and Fall'. The closing date for the competition is the **23<sup>rd</sup> September** and will be judged by author Alex Campbell. So, get your creative juices flowing and get writing! £250 in prize money; First prize £100! Good Luck!

### Book Donations

Parents and carers – the school library needs you! We are currently on the hunt for any old books that might be floating around at home, that are no longer being read. We are missing some significant books to some of our popular series and would therefore really appreciate it if you would be kind enough to donate any popular books to the library for our pupils to enjoy. Examples of authors include:

Anthony Horowitz, Chris Ryan, Eoin Coifer, Robert Muchamore, Darren Shan, Will Hill, David Walliams, Rick Riordan, Mark Walden, Simon Mayo, JK Rowling, Garth Nix, Michael Grant, Philip Reeves, Philip Pullman, Derek Landy, Charlie Higson, Suzanne Collins, Patrick Ness, James Dashner, Alex Scarrow etc.....

Many thanks!

## Library Book Recommendation for the Week

### The Recruit AR Book Level 4.5

by Robert Muchamore

A terrorist doesn't let strangers in her flat because they might be undercover police or intelligence agents, but her children bring their mates home and they run all over the place. The terrorist doesn't know that one of them has indeed bugged every room in her house, made copies of all her computer files and stolen her address book. The kid works for CHERUB.



CHERUB agents are aged between ten and seventeen. They live in the real world, slipping under adult radar and getting information that sends criminals and terrorists to jail.

For official purposes, these children do not exist. Also in the series: *Class A, Divine Madness, The Recruit, The Killing, Maximum Security, Man Vs Best, The Fall, Mad Dogs, The Sleepwalker, The General, Brigands M.C, Guardian Angel, Black Friday, Shadow Wave, People's Republic.*

Mrs Dunn

Accelerated Reader Coordinator

### Forthcoming Annual Piano Concert



Our annual Piano Concert is on Thursday 24th October at 7pm at St Lukes Church.

Further details regarding the concert will appear in the next few weeks. If you would like your son/daughter to perform in the concert (on a very nice grandpiano!) Please email [music@beechencliff.org.uk](mailto:music@beechencliff.org.uk)

Mr P E Calvert  
Head of Music

### Government Guidelines for Common Infections

Please find attached to this weeks newsletter Government guidelines on common infections, accepted exclusion periods and some guidance.


This information is also available at;

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/789369/Exclusion\\_table.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/789369/Exclusion_table.pdf)

## Word of the Week

# Responsibility

(noun)



**Definition:** Acting independently

- the state or fact of having a duty to deal with something or of having control over someone
- the state or fact of being accountable or to blame for something

- The teacher told me to take responsibility for my own behaviour
- It is my responsibility to do my work properly
- I am responsible for my own success

**Synonym:** duty, task, accountable, to blame

## Fixtures for Week Commencing Monday 23rd September 2019

Day	Kick-off/ Start time	Fixture	Meeting Time	Transport	Finish/ Return
<b>Mon 23<sup>rd</sup></b>					
<b>Tues 24<sup>th</sup></b>	15.30	U15a Football vs Hardenhuish (a)	14.00	MB	18.00
	15.30	1st XI Football vs Wellsway (a)	14.00	MB	18.00
<b>Weds 25<sup>th</sup></b>	14.00	1st XV Rugby vs City of Oxford College (a)	09.45	Coach @ 10.00	20.00
	14.45	U14a Football vs Devises School (a)	13.00	MB	19.00
	12.00	Team Swimming Championships (Millfield)	09.00	MB	18.00
<b>Thurs 26<sup>th</sup></b>	14.30	2nd/3rd XV Rugby vs Prior Park (a)	12.45	MB X 2 (shuttle)	18.00
	18.30	U16a Rugby vs Colstons @ Dings RFU	17.00	MB	21.00
	14.00	Shooting @ Dauntsey's	12.45	MB	18.00
<b>Fri 27<sup>th</sup></b>					
<b>Sat 28<sup>th</sup></b>	12.30	U15a Rugby vs Kingswood (a)	11.15	N/A	14.30
	12.30	U14a Rugby vs Kingswood (h)	11.15	N/A	14.30
<b>Sun 30<sup>th</sup></b>					

## Sports Results for Week Commencing Monday 9th September 2019

*Please see Beechen Cliff Sports Website for more details*

Mr Walker Jones

Fixtures Co-ordinator