



## BEECHEN CLIFF

13th December 2019

### Message from the Headmaster

A brief glance through the newsletter this week will give you an indication of the events taking place in the final week. I very much hope that you will be able to support the Christmas Jumper Day and the PTA Christmas Market, particularly as they will be providing support for local charities. Many of you will be joining us at the Anthology launch on Wednesday evening and then at the Carol Service on Thursday at Bath Abbey, if you were able to book tickets. Finally, I cannot sign off without mentioning the achievements of our AASE rugby squad, reaching the national final for a second year. Although they did not come back with the trophy, they certainly gave us another excellent season. Well done to all those associated with the squad.

Mr A Davies  
Headmaster

### Calendar

#### Tuesday 17th December

Upper Sixth Parents Evening

#### Wednesday 18th December

Christmas Lunch and Charity Day

PTA Christmas Market for Year 7 and Year 8

Super Curricular Lecture 15.30–16.30 Main Hall

Anthology Launch 2019 in the Library 17.00–19.30

#### Thursday 19th December

Carol Service at Bath Abbey

#### Friday 20th December

End of Christmas Term—Term finishes at 12.45pm

#### Monday 6th January

Start of Winter Term—8.25am

#### Tuesday 7th January

Super Curricular Lecture 15.30–16.30 in the Main Hall

#### Thursday 9th January

Year 9 GCSE Options Parents Information Evening

### 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** or you can email [sixthattendance@beechencliff.org.uk](mailto:sixthattendance@beechencliff.org.uk).

**BEECHEN CLIFF**

## Christmas Jumper Day

**Wednesday 18<sup>th</sup> December 2019**

**£1 minimum**

Proceeds to be split between the Sixth Form Romania project with Belief in Action and the local charity Genesis

### End of Term arrangements—Friday 20<sup>th</sup> December 2019

Please note that pupils will be dismissed after the end of term assembly at 12.45pm. There will be hot food served at break time only. Winter Term starts on Monday 6th January 2020 at 8.25am.

Mr K Mann  
Assistant Headmaster

## Mental Health

### What you can do to help your child with their mental health

As a parent you can have a crucial role - the more you can understand about mental health the more confident you will be in supporting them. Getting professional help can be important if appropriate, but there is a great deal you can do as a parent too. The following advice about how to help your child if they are struggling with mental health (or to promote positive mental health) has been taken from the Charlie Waller Memorial Trust website - the full version can be viewed here: <https://www.cwmt.org.uk/parents-leaflet>. If you have any concerns about your child, please get in touch with the school. Every case is different, but these are general tips which may be useful:

**Encourage them to talk** Try 'open-ended' questions like, "How are things for you?" "What's happening with you?" "What do you think or feel about...?" or "What's on your mind?", rather than questions that have "yes/no" answers. When discussing their problem, don't try to 'fix' it. For the most part, young people simply need to know you are there to support them.

**Listen and be understanding** Listen calmly - let them know you are happy to listen while they chat about anything and everything, whenever they want to. Never underestimate the importance of being an attentive, non-judgmental listener. Remember, you don't need to know all the answers, listening without responding is often enough.

**Give your child reliable self-help information from trusted sources, based on sound evidence** They can read and use this at their own pace, allowing them some privacy, but at the same time you are showing you are there to help and they are not alone. Peer-to-peer support can be really useful.

**Tell them, and show them how much you care and how important they are in the family** It is not easy when stress levels are high, but a peaceful, loving home life can really help. Keep family routines as normal as possible and do simple things together - maybe watching a film, or having a meal, going for a walk or playing a game. Just doing simple everyday things together (like shopping or cooking) can provide a really helpful distraction. This can bring everyone in the family closer.

**Understand the problems** As with physical health, there are many different ways of experiencing mental health issues. Try to read up on your child's specific problems. This will help you understand their experiences and what helps recovery, building their confidence for the future.

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**Encourage social contact with friends and family** Encourage your child to go out (if only for short periods) and to keep in touch with friends.

**Know that recovery will not happen overnight** As a parent or carer, you want to make your child feel better immediately but, like physical health problems, mental health problems can sometimes take time to improve and some, such as eating disorders, may be complex and seem illogical. There will often be ups and downs in recovery.

**Don't be afraid to seek further advice from mental health professionals** Many of them have a great deal of experience and are generally an excellent source of guidance and support close to where you live, though it is worth being aware that you may have to wait longer in some areas than others.

**Don't blame yourself** Parents or carers often feel guilty, thinking they have caused the problems, perhaps through genetics or the home life they have created. Usually, this is not the case.

**Look after yourself** In order to support your child, you need to stay strong and well yourself. Often it helps to talk to someone, so don't be scared about doing this, with friends, family or a parent helpline like the one provided by Young Minds <https://youngminds.org.uk/find-help/for-parents/> 0800 802 5544

Miss P Netto  
Mental Health Lead

### Christmas Lunch

A reminder that it is Christmas Lunch on Wednesday 18th December, priced at £2.75. Please could I ask everyone to make sure their ParentPay lunch accounts are topped up and in credit so we are able to keep up with the demand for lunch on that day.

Thank you and a Merry Christmas.

Mr D Keal  
Chef

## Theme of the Week

For Theme of the Week this week, we will be discussing the general election being held on Thursday, 12<sup>th</sup> December.

The UK is a **democracy**—democracy is a system of government in which people choose their rulers by voting for them in elections. Democracy is a British Value – what do you think we mean by this?

A general election is an opportunity for people in every part of the UK to choose their MP - the person who will represent their local area (**constituency**) in the **House of Commons** for up to five years. By law, a general election must be called at least once every five years, but the government can call one sooner if they wish.

Polling booths are open on Thursday between 7am and 10pm - counting of votes begin when the polls close. To win an election, a party must secure 326 MPs (half plus one – this is called '**winning an overall majority**'). When there is no party with a majority, there is a **hung parliament**. There are two options in this case – bigger parties can join with another party to make up a majority and rule as a **coalition government**, or the party who won the most MPs can try to rule as a minority government (although they risk getting defeated in the House of Commons if they don't get the support of other MPs).

Please look at the following information to understand how elections work in the UK.

<https://www.bbc.co.uk/newsround/32206370>

Party broadcasts: <https://www.bbc.co.uk/programmes/p07vf8hj>. Watch a selection of the broadcasts and discuss who you would vote for.

You can have a look at the Bath constituency break down here: <https://www.bbc.co.uk/news/politics/constituencies/E14000547>

In the UK, you have to be 18 to vote, although there has been a lot of discussion about lowering the voting age to 16. What do you think about this?

Miss P Netto  
PSHE Teacher



## Christian Union

We have recently started a Christian Union in the School. This is to provide a space for Christians in the school to gather together, share their faith and support each other in Christ. It has been very encouraging to have students and teachers together, sharing their experience in respective churches and especially on how they can express and live out their faith in the school community.

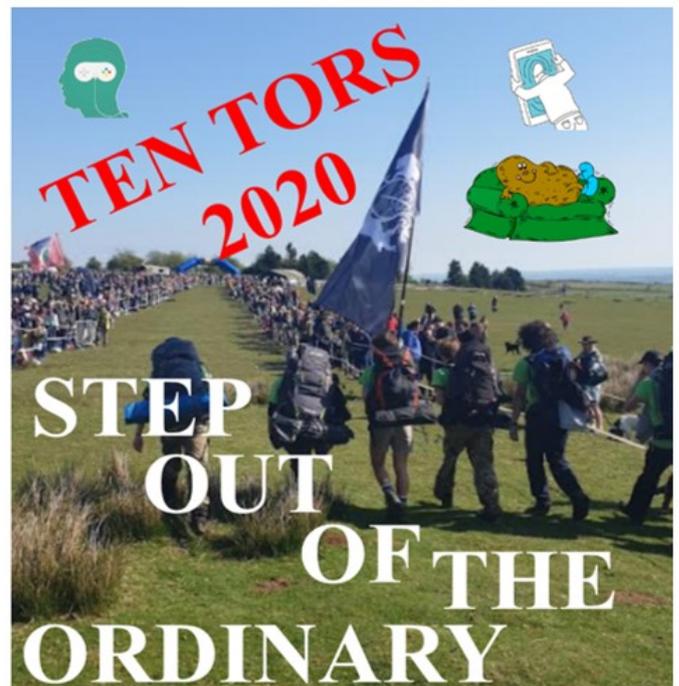
Our main activities include a mini-Bible study, discussions, praying and sharing, and occasionally games. At the moment, our head girl has been leading a Bible study series on the book of Daniel, with a focus on how to stay true to God and live out our faith in our current society and culture.

This group is not exclusive to Christians only – it is open to anyone who wishes to know more about Jesus and what our faith is about.

We meet every Tuesday after school, 3:30pm in the Pavilion P4. Everyone and anyone is welcomed to join us!

Miss R Wong  
BCS Christian Union

## Ten Tors 2020—Meeting



YEARS 10-13 ARE YOU INTERESTED? – MEET IN Y2

12.20PM LUNCHTIME

TUESDAY 7<sup>TH</sup> JANUARY

### Reader of the week

Well done to Carlos (7SH8) who has now taken a whopping 17 Accelerated book quizzes, passing with 92%. Very well deserved Carlos!

### Reading Millionaire

Congratulations to both Jonty (7SH1) and Arthur (7KP8) this week. You are officially reading millionaires!

### Library Book Recommendation

*The Chronicles of Narnia (The Lion, The Witch and the Wardrobe)* by C.S.Lewis

AR Book Level 5.7 ●

Four adventurous siblings—Peter, Susan, Edmund, and Lucy Pevensie—step through a wardrobe door and into the land of Narnia, a land frozen in eternal winter and enslaved by the power of the White Witch. But when almost all hope is lost, the return of the Great Lion, Aslan, signals a great change . . . and a great sacrifice.

The Lion, the Witch and the Wardrobe is the second book in C. S. Lewis's classic fantasy series, which has been drawing readers of all ages into a magical land with unforgettable characters for over sixty years. This is a stand-alone read, but if you would like to explore more of the Narnian realm, pick up *The Horse and His Boy*, the third book in *The Chronicles of Narnia*.



Mrs H Dunn

Accelerated Reader Coordinator

### 'Give as you Live' supporting 'Literacy for Life' Campaign

Please see the letter from our Beechen Cliff PTA attached to this Newsletter which details how 'Give to Live' is supporting the 'Literacy for Life' Campaign

We are currently up to 71 supporters which is just great! We are still aiming for 100 supporters or more, so please do sign up today!!



THANK YOU!

Supporting our children with the 'Literacy for Life Campaign'

Sign up link below:

<http://www.giveasyoulive.com/join/beechencliffpta>

### PTA Christmas Market



**CHRISTMAS MARKET**  
for Years 7 & 8  
Wednesday 18th December, after lunch.

**Grown ups....** Ask your boys to bring in as many unwanted gifts/wrapping paper to school from 11th-13th Dec to 6th Form Silent Study Area (underneath the Refectory).

**Pupils....** Remember to bring £2 per gift on the day! Each gift will be wrapped too! (gifts are for close family only, up to 5 gifts per pupil). Includes a cake and drink too.

**Elf helpers....** Arrive at 10am to help set market up.

All proceeds split 50/50 between Bath Food Bank and Beechen Cliff School PTA.  
For more information see PTA website: [www.beechencliff.org.uk/parents/pta/](http://www.beechencliff.org.uk/parents/pta/)  
Contacts: PTA Co Chairs: Marina Beare: [marinaptabeechen@yahoo.com](mailto:marinaptabeechen@yahoo.com) or Lesley Leming: [jesterlb@btinternet.com](mailto:jesterlb@btinternet.com)

A full size poster is attached to this newsletter

### Tir Y Cwm - Outdoor Adventure Cottage

Tir y Cwm (TYC) - <https://www.tirycwm.co.uk/> - is our 'very own outdoor adventure cottage in the heart of the Brecon Beacons' and plays a key role in the induction and development of every pupil in their first few weeks at Beechen Cliff.

Please see the letter attached to this week newsletter which details our plans for Tir Y Cwm in 2020 and how you can be involved.



## Root of the Week



## ROOT WORD OF THE WEEK

# geo

(earth)  
GREEK

**Geography** – study of the earth's climate, continents and people

**Geometry** – measuring lines, angles and surfaces

**Geocentric** – having the earth at the centre of the solar system

**Geology** – the study and science of rocks

**Geopolitics** – focusing on both geographical and political factors

**Geode** – a rock cavity lined with crystal

## School Public Health Nurse

### DROP IN SESSIONS

Every Tuesday 11am – 2pm Pastoral Meeting Room

For appointments outside this time please see Mrs Rogers or Mrs Lothgren or you can text Debbie Chalke on 07899994593

Please be advised that both Parents and Pupils may contact Debbie direct.



## Bath Christmas Market Stall in aid of Mentoring Plus

For one day only - **Friday, 13th December** Mentoring Plus have affordable cookie jar mixes, sweetie jars and a kids lucky dip at their Bath Christmas market stall. There are a few stalls selling affordable items for children and young people.

Come along and buy some great affordable gifts for friends and family this Christmas with the added benefit of helping out young people in our community having a difficult time. We will be located on York Street opposite the Real Italian Pizza Company.

Thank you

Joanne Radway  
Mentoring Plus

## Sporting Fixtures for Week Commencing Monday 16th December 2019

*(Correct at the time of publication)*

| Day             | Fixture                        | Meet  | Transport | Start | Finish/Return |
|-----------------|--------------------------------|-------|-----------|-------|---------------|
| Monday 16th Dec | U15a Football vs Ivybridge (h) | 12:30 | MB        | 13:30 | 15:30         |

## Sports Results

*Please see online at Beechen Cliff Sport Website for details*

Mr M Walker-Jones  
Fixtures Co-ordinator