



BEECHEN CLIFF

18th June 2020

Message from Headmaster

Dear Parents and Carers

It was very good to see the Year 10 boys back with us this week to meet with tutors. I know that the experience was appreciated and that the key benefit was the opportunity to meet with their peers and to talk about the experience of the last few weeks. I hope that the sessions over the next few weeks will be as fruitful and assist with the preparation of minds for the important year ahead.

We are currently working on a Year 11 Yearbook to try and make sure we do not allow our GCSE cohort finish the year without some formal recognition of their work and contribution to school life over the years. You might find that there will be some communication with Year 11 parents over the next few days to ask the boys to give us some thoughts of their own that they would like included in a publication. I am sure there will be more to come...

It is clear that summer has arrived at the same time as the resumption of football and the opening of shops across the country. The most obvious manifestation is the in the heavy rain which can be viewed from our windows. Hopefully we are returning to something we recognise. Do have a good week.

Mr A Davies
Headmaster

Scholars Bath - Now Open

Monday to Saturday 9.00am-5.30pm and Sunday
10.00am-2.00pm

From Monday 15th June Scholars will be providing a counter service only as the fitting rooms will be closed.

However, our staff will be on hand to assist with sizing and any garment purchased can of course be exchanged or returned for a refund. To ensure Social Distancing is maintained as far as possible, only TWO customers will be permitted in the shop at a time. This can be a family group, but where possible please keep this to a minimum number, ideally one adult with one child requiring uniform.

Beechen Cliff Uniform is now also available online at:
www.scholars-uk.com

We will be reviewing our shop operation after two weeks and making any necessary changes. Please be assured that we have flexibility in increasing our opening times to whatever is required.

Scholars Bath
4 Terrace Walk
Bath
BA1 1LN
Tel: 01225 462206



The Great Beechen Bake Off

BAKING COMPETITION!
FOR STUDENTS AND STAFF

THE GREAT BEECHEN BAKE OFF

LOCKDOWN
YOUR FAVOURITE SUBJECT
COMING BACK TO SCHOOL

TO ENTER, EMAIL A PHOTO OF YOU HOLDING YOUR BAKED CREATION TO
CMOORHEAD@BEECHENCLIFF.ORG.UK
BY MONDAY 6TH JULY 2020

SPECIAL GUEST JUDGES!

CAN YOU IMPRESS US WITH YOUR BAKING SKILLS?
DESIGN AND DECORATE YOUR OWN CAKE, BREAD OR PASTRY TO ONE OF THE FOLLOWING THEMES...

Theme of the Week

Theme of the week this week is focusing on Men's Health.

Men's Health Week raises awareness of the health issues that affect men disproportionately and focuses on getting men/boys to become more aware of health problems they may have or could develop and gain the courage to do something about it.

The main aims for Men's Health week are to:

1. Heighten awareness of preventable health problems for males of all ages.
2. Support men and boys to engage in healthier lifestyle choices / activities.
3. Encourage the early detection and treatment of health difficulties in males.

https://www.youtube.com/watch?v=VqiG3_0O2XA&feature=emb_logo

The Coronavirus / COVID-19 pandemic is having a major impact upon men. While there is a broadly similar incidence and prevalence to women, men: are faster at developing serious illness; recover slower from the virus; have a higher death rate.

<https://www.menshealthforum.org.uk/news/five-surprising-and-shocking-facts-about-mens-health>

There is also a broad range of mental health and social impacts upon men and the wider community which are a cause for concern.

Boys in Mind has a huge range of videos that talk directly about boys mental health. You may well have seen some of these videos before, new videos are uploaded every week.

<https://boysinmind.co.uk/getting-through-this-together/>

The theme this year is "Be part of the solution" and hopefully this will encourage men and boys to do realistic and practical things, no matter how small, to help restore some balance and help other males in their lives. This links nicely to the run up to Fathers Day. Can you think of anything you could do for your Dad or with your Dad to encourage being healthy and active this week?



Preview YouTube video Men's Health Week 2020 - Animation

Mrs A Wilmot
Head of PSHE

Solution Focused Questions - Theme of the week - Community

Many of us have experienced a very different but welcome change in relationships within our communities during lockdown; this could be within your home community and neighbourhood, your work community or even with your friends.

With the weekly clapping for the NHS and the solidarity and sense of unity we have witnessed this month with the 'Black Lives Matter' movement, we invite you to notice what strengths and resources you and your community have used to help you get through lockdown.

We also ask you to think about what your best hopes are for your community during these unprecedented times and as we look to slowly come out of lockdown. If your community was at its best what would it look like? What does community mean to you? What have we learnt lately that would be useful to support our community to be at its best?

Using the same 3 SF questions as before, we invite you to use the same scale of 1-10, to consider what number on the scale you would put yourself in terms of belonging to your community.

1. On a scale of 0 to 10, with 10 being you at your best and 0 being the opposite of that, where are you on the scale in terms of your *sense of belonging to your community*
2. What have you noticed about yourself that has pleased you and makes you that number and not lower?
3. Now you have looked where you are on the scale in relation to being at your best, describe what being at your best would look like *for you and your community moving forward*, and what small sign would tell you that you were moving a small step towards being at your best?

In relation to our school community response to the 'Black Lives Matter' campaign, please do take time to look at this virtual assembly being shared with all staff, students and our parent body. We invite you to watch the videos together with your families and to consider accessing some of the great resources listed.

https://docs.google.com/presentation/d/1zgQQ8lBldP-C_XSyX-E1fbc17NTJP-X6vj2f1n-X43c/edit?usp=gmail

Mental Health Team



Dear Parents, Carers and Students,

DUKE OF EDINBURGH AWARDS UPDATE COVID -19 JUNE 2020

This Duke of Edinburgh update is the second to be issued whilst the School is affected by the Coronavirus / COVID-19 restrictions. It provides updates, gives advice, guidance and encouragement on how to continue with Duke of Edinburgh activity.

The award is still running but with restrictions in place on expeditions meaning they cannot take place for some time. Meanwhile, there are opportunities to continue with the award and DofE and I offer some ideas and advice below.

To start with, try to use the usual DofE meeting times for each award to enter and update your edofe account:

- For Bronze set aside time on a Tuesday afternoon from 3.30pm
- For Silver an hour on Wednesdays from 3.30pm
- For Year 12 Gold an hour from 12.15pm on Thursdays.

Your edofe record still needs to be updated with evidence that the volunteering, physical and skills sections are being completed. There is now more flexibility now on changing an activity. Whilst any change still needs to be agreed with the DofE team we can understand that changes have had to be made.

Volunteering. If your regular activity has been changed or cancelled due to the Coronavirus it may be beneficial to do the volunteering in one day for 4 to 6 hours per month. Community support for groups or for those self-isolating can now be used as well as home volunteering such as Missing Maps, social projects for Leonard Cheshire Homes or fundraising for the British Heart Foundation.

Skills. If you are using Music as a skill even if face to face lessons have ceased, you can continue to keep a record of practice sessions via zoom or recording sessions. There are also opportunities for wargaming and to learn Sign Language.

Physical. Whilst many clubs have had to close there can be changes to use online exercises, the Couch to 5K programme, cycling, fitness challenges or even Wii Fit. Set your goals and remember to record evidence of progress with screen shots or photos.

For more information look at <https://www.dofe.org/dofewithadifference>.

Advice about changing your activity within a section are at <https://www.dofe.org/wp-content/uploads/2020/03/Doing-your-DofE-during-the-coronavirus-outbreak.pdf>.

For this current situation only, DofE have introduced a Certificate of Achievement to recognise the progress made by students who joined the award last year but have had it interrupted by the Corvid 19 outbreak. It only applies to 2019 entrants. The school will be awarding this Certificate of Achievement to those students who have completed their volunteering, skills and physical sections up to the end of this year.

For those students enrolled on the Gold award the age limit for completion can now be extended passed their 25th birthday if they have been unable to complete the programme because of COVID-19.

The DofE team can be contacted through either pcarroll@beechencliff.org.uk or clesslie@beechencliff.org.uk if you need our help to change activity.

Meanwhile, keep persevering with and recording all your DofE activity. Good luck.

Mr P CARROLL
DofE Manager

Beechen Cliff Design and Technology **food Newsletter June Issue 6**

Published alongside this week's newsletter is Issue 6 of our popular Design and Technology Food Newsletter.

As well as some interesting food news, in this edition we share how to make your own fresh pasta and a recipe for fabulous chocolate brownies!



Food Technology Team



After the storm
comes a rainbow