



## BEECHEN CLIFF

1st May 2020

### Message from Headmaster

Dear Parents and Carers

As we approach the end of the second week of using google classroom to deliver work to pupils it is probably the right time to consider how 'online learning' is working for your family and to see how we can work to improve/adjust the service being provided by the school. To help us gather views of parents a questionnaire has been created and made available ( see Ms Sullivan's section later in the newsletter) via a link. Your responses will help us in our planning for the weeks ahead and hopefully give us a sense of the challenges you are facing in supporting your son or daughter with learning at home.

Early next week we will begin to contact parents of pupils who appear to be struggling to engage with the work being provided by teachers. If you have already been in contact with us to outline issues which have caused access issues we will already be aware and should not be contacting you a second time. The aim for all of us, of course, is to try and provide some meaningful learning for all of our pupils, regardless of the contexts in which they find themselves.

Hopefully the time together as families is allowing you to strengthen bonds and not feel the need to escape from each other.... Whilst we are not able to be together for the purposes of reinforcing messages, I would certainly recommend watching the Archbishop of Canterbury's 'assembly' on the Oak National Academy site. His message of hope is particularly powerful and which, in the midst of such uncertainty, is one which we would want to pass on to our pupils and parents at Beechen Cliff. Have as good a week as you can.

Mr A Davies  
Headmaster

In various forms, escapism has been important throughout History, and provides light relief and a different outlook on everyday life.

Check out this clip from the 1952 film 'Singin' in the Rain' and watch Gene Kelly and Donald O'Connor performing what would have been today a viral sensation of a dance!  
<https://www.youtube.com/watch?v=tcIT9bmCMq8>

On Instagram, there is also a 'Hollywood at Home' Challenge, where people are recreating their favourite shots from films, using all manner of props and costume - why don't you have a look for some inspiration and try and make your own!



For those of you who want more of a theatre fix whilst at home - National Theatre Live are streaming some of their best and most loved plays, musicals, ballets and operas weekly on

YouTube. From Thursday 30<sup>th</sup> April, it will be Danny Boyle's production of Frankenstein with Benedict Cumberbatch and/or Johnny Lee Miller in the lead role. Although it may not be suitable for the faint hearted and is recommended for viewers aged 12 and up!  
<https://www.nationaltheatre.org.uk/shows/nt-at-home-frankenstein>



Finally, Bath Theatre School - who collaborate every year with Beechen Cliff to produce our fantastic musicals - are offering virtual sessions every Friday from 3.30-5.30pm. You do not have to have attended Theatre Club or performed in any of the musicals to be involved as we will be working on completely new content! This would be a great opportunity for any students who would like to develop a full array of performing and key life skills associated with musical theatre... whilst also having a bit of fun, exercise and hopefully offering some normality, in what is a very unusual time for us all.

Please email Ms Smith on [gsmith@beechencliff.org.uk](mailto:gsmith@beechencliff.org.uk) for any further information and for your name to be passed on to BTS for the Zoom video call link.

Stay safe,

Annabel and Georgia.  
Mrs A Wilmot—Head of PSHE  
Miss G Smith Teacher of History and Performing Arts

### Theme of the Week



This week the Theme of the Week is all about performing arts, expressing yourselves and having fun! A huge thank you to Georgia for putting all the information together.

You will all, undoubtedly, be appreciating 'The Arts' over this lockdown period - whether it be by enjoying films and TV series on Netflix, watching and making TikTok videos and dances or listening to music.

## Coping during Covid-19!

This week - Coping with anxiety

There is no doubt that we are all trying to adapt to a changed new world during the Coronavirus outbreak. No school, no hanging out with friends, worries about family health and money, scary news on social media and uncertainty of what to expect.

The problem is that change is stressful, whether good or bad, and uncertainty makes us feel anxious. If you already have an anxiety disorder, then this stress and anxiety can make things feel really bad.

There are lots of things that you can do to manage anxiety. For example, you might feel on edge, your hands clammy or your heart might be racing. Why not try some breathing, relaxing or being mindful? Or you might be worrying a lot, which might be making you even more anxious or even affecting your sleep. There are ways to challenge this type of thinking so that you can get on with what you really want to do. You may have also noticed changes in your behaviour – for example, avoiding doing certain things or an increase of behaviours and this might be holding you back. Setting some goals to change this type of behaviour can get you back on track.

Clear Fear is a useful mobile phone app developed by Dr Nihara Krause, a Consultant Clinical Psychologist for teenage mental health charity stem4, with input from young people. Give the app a go and try to 'clear your fear' and learn to calm difficult emotions by expressing yourself, by learning to calm or just having a laugh. Or you can manage those difficult thoughts with the help of the Worry Warriors or feel good by getting help changing those overdoing or avoiding behaviours by reacting differently to your worries. You can also set some helpful sleep and eating goals if these have all been affected.

Clear Fear also have some helpful tips in the 'Other ways to help' section of the app. So, check out the Grit Box for some inspirational people and statements, create your own Safety Net (avoiding calling 111 at the current time if you can) and listen to the helpful audio track under Immediate Help.

Hopefully by using Clear Fear Warriors you can work towards clearing your fear and learn new strategies to glide through this difficult time. Clear Fear is available free of charge from Google Play and the App Store. For more information on the Clear Fear visit [www.clearfear.co.uk](http://www.clearfear.co.uk).

Mr K Mann  
Assistant Head



### Dr Krause's Tips for Teens To Manage Anxiety Surrounding the Coronavirus Outbreak

stem4

 <p>Minimise what you watch and read on the news &amp; social media. Being on the receiving end of repeated news can be overwhelming.</p>	 <p>You can effectively reduce the risk of passing on an infection by washing your hands with soap and water.</p>	 <p>Aim for a balance in safety behaviours. Though it is not effective to ignore activities (like handwashing), over doing anything traps you in a negative spiral.</p>
 <p>Aim to get adequate rest. Sleep is important for maintaining positive mental health.</p>	 <p>Make a list of fun indoor plans, ensuring some of them include things you can do on your own - increase you need to self distance.</p>	 <p>Eat well and regularly. We use more energy when we are anxious.</p>
 <p>Remember, parents get anxious too but that doesn't mean the world is unsafe – it just means that they may need to read and apply some of these tips too!</p>	 <p>'Take Five' to manage the physical symptoms of anxiety. Stretch out your hand and trace your thumb with a finger from the other hand. Breathe in as you move upwards and out as you move downwards. Repeat for each finger.</p>	 <p>Focus on the facts rather than on any 'catastrophic' thoughts you may have. The health risk of Coronavirus is very low for most teens.</p>

### Useful Contacts

**Anxiety UK** provide support and help if you've been diagnosed with, or suspect you may have, an anxiety condition. Text Service: 07537 416 905 Infoline: 08444 775 774 (Mon-Fri, 9.30am-5.30pm) Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

**No Panic** Provide information for sufferers and carers of people with Panic, Anxiety, Phobias and Obsessive Compulsive Disorders (OCD). Helpline: 0844 967 4848 (Every day, 10am-10pm) Youthline: 0330 606 1174 (For 13 to 20 year-olds, Mon-Fri, 3pm-6pm; Thurs, 6pm-8pm; Sat, 6pm-8pm) Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

**OCD Action** Offer support and information to anybody affected by OCD. Helpline: 0845 390 6232 (Mon-Fri, 9.30am-5pm) Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

## Online Safety Advice for Parents during Lockdown

As we have all experienced over the past six weeks, more and more aspects of our daily lives are moving online. Internet usage is up 50% in some parts of the world following the spread of COVID-19 and all of our children's learning experiences are being reshaped by the sudden introduction of remote learning.

In addition, online games, social media and video chat programs are providing opportunities for us all to connect with and play with our friends, parents and relatives whilst in isolation, an important factor in trying to maintain our mental health during these uncertain times.

More than ever, it is vital that we understand how to keep our children safe online; only this week an interview with the NSPCC's Head of Child Safety Online Policy outlined the risks to our children:

*"We have heard the voices of lonely, vulnerable children and they told us how they are at greater risk of online abuse."*

*"What is particularly concerning now is that many more young people are likely to be understandably feeling isolated and anxious during this lockdown and, like everyone, are increasingly using social media to interact with friends and family."*

*The coronavirus pandemic has brewed the perfect storm for abusers to exploit existing platform weakness and groom children".*

Although we will all have experienced the feeling of isolation, some children may be feeling more isolated than others. This in turn may lead some of them to more daring online behaviour or more adventurous connections. Both younger children and teenagers can be prone to this during the confinement period, making them more vulnerable to being targeted and falling victim to grooming, cyberbullying, sextortion and other online risks.

Here are 5 tips to help keep your child safe online, particularly during this period of lockdown:

### 1. Keep them safe with open communication

Have an honest dialogue with your children about who they communicate with and how. Make sure they understand the value of kind and supportive interactions and that mean, discriminatory or inappropriate contact is never acceptable. If your children experiences any of these, encourage them to tell you or a trusted adult immediately. Be alert if your child appears to be upset or secretive with online activities or if they are experiencing cyberbullying. Work with your child to establish rules on how, when and where devices can be used.

### 2. Use technology to protect them

Check that your children's device(s) is running the latest software and antivirus programs, and that privacy settings are on. Keep webcams covered when not in use. For younger children, tools such as parental controls, including safe search, can help keep online experiences positive.

### 3. Spend time with them online

Create opportunities for your child to have safe and positive online interactions with friends, family and you. Connecting with others is more important than ever at the moment and this can be an excellent opportunity for you to model kindness and empathy in your "virtual interactions". Help your child recognize and avoid misinformation and age-inappropriate content that may increase anxiety about the COVID-19 virus.

### 4. Encourage healthy online habits

Promote, monitor and model good behaviour online and on video calls. Encourage your children to be kind and respectful to classmates, to be mindful of what clothes they wear and to avoid joining video calls from a bedroom.

### 5. Let them have fun and express themselves

Spending time at home can be a great opportunity for your children to use their voices online to share their views and support those in need during this crisis.

### Further Advice

There are an almost overwhelming number of places to look for advice, here are links provided by the government should you wish to find out more:

- [Thinkuknow](#) by National Crime Agency-CEOP (Child Exploitation and Online Protection) provides resources for parents and carers and children of all ages to help keep children safe online
- [Childnet](#) has developed [guidance for parents and carers](#) to begin a conversation about online safety, as well as [guidance on keeping under-fives safe online](#)
- [Parent Info](#) is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents and carers related to the digital world from leading experts and organisations
- NSPCC has [guidance for parents and carers](#) to help keep children safe online.
- [UK Safer Internet Centre](#) provides tips and advice for parents and carers to keep children safe online - you can also [report any harmful content found online through the UK Safer Internet Centre](#)
- The BBC's Own It app helps young people new to social media manage their well-being, whilst empowering children to make smart choices, and helping them to lead a positive life online. <https://www.bbc.com/ownit/take-control/own-it-app>

As a final point, remember to balance online recreation with offline activities, including time outside, if possible. Keep safe, both on and offline.

Mr C Hall

Safeguarding

## Teaching and Learning Update

Dear Parents, Carers and Students,

Well done for making it to the end of another week of home-schooling. We understand that it is tough for the students, having to complete all of their school work at home, perhaps by themselves, without being able to see their friends. We know that many of you will be working in difficult circumstances so wanted to say a big WELL DONE to all of our students for all of the school work they have managed to complete this week.

### Parent Survey

So that we are better able to gauge how students are getting on, I would like to invite you to complete a parent survey about the remote learning provision we have provided so far.

The survey can be found here: <https://forms.gle/5XHFLF3D1YDcR9pBdA>

You will need a Gmail or Google account to be able to access the form. If you do not already have one, you can register for one here: <https://tinyurl.com/y75ms8mr>  
Alternatively, all of our students' school email addresses are Google enabled, so you could use your son or daughter's account to complete and submit your form.

The survey will close at 3:20pm on Wednesday, 6th May.

### Some reminders

- Teachers are still being asked to post the work for their students on Show My Homework and Google Classroom, but this is only to ensure that parents are still able to view the work being set should they wish to. Your son or daughter should not need to login to both platforms; all of their work will be on Google Classroom
- All of the work for the week will be posted on Monday, to allow students to access the work when they are able to get online. If they are finding the amount of work difficult to navigate, they could work to their normal timetable and 'pause' tasks when they get to the end of a one hour slot
- Remember that students work at different rates. Your son or daughter might not be able to finish every single task set to them by all of their teachers, but this might have been the case even if they were at school in normal lessons. The important thing is that they are accessing work, keeping their brain active and trying their best.

Kind regards,

Ms S. Sullivan  
Assistant Head (Teaching and Learning)

## Job Opportunity at Holy Trinity Combe Down

Holy Trinity Combe Down with St Andrews are seeking a part-time Finance officer to cover maternity leave from 15<sup>th</sup> June 2020 until July 2021.

All the details are on the website <https://www.htcd.church/jobs>

Liz Hume  
Operations Manager



## Quiz Time – No 3



Dear Parents

Over the over the recent weeks Quiz-zing has become a popular pastime. On-line quizzing has become a good way to amuse and also keep in touch with friends.

I have again this week devised a set of questions that you might want to use as a mild diversion The quiz is published with this newsletter, and the answers to each round can be found from slide/page 8.

These quizzes are just for fun but if you would like to let me know how you did that would be very welcome.

Stay safe.

Mr Darrell Sayers  
Assistant Headmaster

## Future Bright



We at the Future Bright programme have been able to temporarily widen our eligibility criteria so we can work with those who have lost pay or work due to the COVID-19 crisis.

Future Bright can now work with and support people who have lost wages or work due to COVID-19.

If this is you we can offer:

- ◆ Over the phone/ Skype support for up to 3 months
- ◆ Support to help participants begin looking for new or additional employment.
- ◆ Access to short-term training to improve skills and enable participants to move quickly to secure work opportunities of either a temporary or permanent nature

To find out more about the programme and sign up contact us today.

Phone 01225 395555

Email [futurebright@bathnes.gov.uk](mailto:futurebright@bathnes.gov.uk)

Website <https://www.westofengland-ca.gov.uk/future-bright/referrals/>

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