



BEECHEN CLIFF

22nd May 2020

Message from Headmaster

Dear Parents and Carers

The Half Term break looms and with it, I hope for all our families, an opportunity to have a break from the routines of homeschooling, laptop sharing 'combat' and the need to carefully arrange adults and children around the confines of homes. The weather, at least, has played its part in giving everyone the opportunity to access gardens and public spaces, although the game of 'avoid the jogger' might well have lost its novelty value by now.

I would like to thank all of our parents for the positive and strong leadership of their childrens' learning. I know that there have been many difficulties to overcome and to try and learn remotely for an extended period of time will have proved exceptionally challenging. The large number of emails we get at school about the interactions your children are having is proof not only of the teacher commitment to making this period as worthwhile as possible, but also to the way you have been so supportive and continually involved in maintaining aspiration.

The changes over the last week have meant that many more youngsters appear to be interacting remotely or at appropriate distances from friends and it is to be encouraged. The interactions which we take for granted are now recognised as very special and everyone is now conscious of the impact of isolation on mental health and wellbeing. This week's newsletter, as it often does, reflects the need to maintain a focus on the is and Mr Oldham has included a piece you might find helpful.

I wish each and every one of you a good break, even if that means getting back to the normality of your workplaces.

Mr A Davies
Headmaster

Coping during Covid-19 - This week - The Great Outdoors!

As half term approaches you are due a well earned break from Google Classroom. With the weather being so good and the government guidelines allowing you to extend your time outdoors and to meet one other person from outside your household (maintaining social distancing), why not meet up with a friend and explore some of the best walks in walk below?

<https://www.wanderlust.co.uk/content/best-walks-in-bath/>

These include:

1. A stroll through our historic city
2. 57 acres of Royal Victoria Park
3. The waterway pathways of the Kennet and Avon Trail
4. The spectacular Bath Skyline Walk
5. The National Trust secret gardens of Prior Park

Don't forget last week's list of "21 things to do" if you fancy a challenge.

Stay safe, always let an adult know who you are meeting and where you are going.

Enjoy the half term!

Mr K Mann
Assistant Headmaster
Head of Pastoral Care

Year 9 GCSE options

All Year 9 pupils will be contacted after the half term holiday with information regarding their GCSE options for next academic year.

Mr T D Markall
Deputy Head (Curriculum)

Genesis Trust

The Genesis Trust are looking for new ways to engage the Bath community, schools and organisations in fundraising and awareness raising activities. In the absence of physical community and fundraising events they are asking people to try innovative ideas at home activities to help them support homeless, hungry and vulnerable people in Bath. On their website they have developed an **A to Z** of virtual fundraising ideas:

<http://genesistrust.org.uk/support-us/fundraising/virtual-fundraising/>

This coming weekend they are holding the first **Great Genesis Bake Share**. The details of this initiative are here –

<http://genesistrust.org.uk/news/the-great-genesis-bake-share/>.

Details from the Genesis Trust:

We are asking people to bake something and share with family, friends, neighbours (as the social distancing rules allow) and share their bake either via social media or their WhatsApp groups for example and make a small donation. This could be pupils sharing their bakes on **#BakeShareDonate**. We are hoping that lots of people will get involved and encourage their family, friends and colleagues to get baking too.

It is also Mental health Awareness week and as cake and baking together is definitely good for one's mental health resulting in a fun activity that has a nurturing side as well.

Mr K Mann
Assistant Headmaster
Head of Pastoral Care

Using Seneca Learning

We have been using the online learning platform Seneca Learning in IT and Computer Science lessons and they have just released a free parent monitoring platform. This lets you see how long your child has spent on their different subjects, their average score and number of questions answered.

Here are some instructions for getting started:

1. [Click here to create a parent account](#) (if you arrive at a login page, make sure to click on the 'Sign up' option)
2. Click 'invite child'
3. Share your code with your child(ren) and ask them to click on the link
4. Login to review their progress.

Get Started as a Parent
Monitor your child's progress in all their subjects for FREE!

Sign up

1. Click 'Invite child'
2. Share the invite code
This code can be sent to multiple children
3. Edit the filters
You can customise whose stats you see and the time range
4. Sort by a new column
You can sort by any of the columns by clicking on the column header

Monitor your child's progress for free

Mrs L Jarvis
IT and Computer Science

14 Acts of Kindness Online #WakeUpWednesday



The current coronavirus pandemic has created so much uncertainty and stress for many people and it can be all too easy to become consumed by what's going on in the world. Sometimes, it can be the little things that help. Displaying an act of kindness online not only benefits others, but it can be good for our own wellbeing too.

The Compassionate Communities Hub

The Compassionate Communities Hub – a one-stop helpline for anyone in need – public or professional – during this Covid-19 crisis.

Need support? Call Helpline **0300 247 0050**

9am-5pm, 7 days a week



Mental Health Strategy Letter

Dear Parents,

I am writing to tell you about our plans to support pupils' and students' mental health next term and beyond. You may well have read in the media about concerns over young people's mental health during lockdown and the potential for a 'crisis' on their return to school. For example, see:

<https://www.bbc.co.uk/news/education-52721132>
<https://about.kooth.com/covid19-data/>

We pride ourselves on our mental health work and have been preparing extensively for our part in preventing and coping with the fallout from Covid-19. Our mental health strategy will be underpinned by two approaches we have been using for some time: firstly, Trauma Informed Practice (TiP) and secondly 'Solution Focussed Practice' (SF). TiP helps us recognise difficult experiences faced by young people and their adaptations to these; it promotes the power of relationships for healing and growth and is both a reactive and proactive approach to caring for mental health. SF is a compassionate, empowering, hopeful and effective approach to support people to identify their own solutions to issues in their lives, whilst building on their existing strengths and resources. An overview of SF can be found following this letter.

These approaches have already informed and contributed to our safeguarding, pastoral care and mental health work in school, described as 'remarkable' by Ofsted in March. SF is endorsed by Boys in Mind (Girls mind too), the local alliance of which Beechen Cliff is a lead school and whose work we have shared with you previously. We currently employ an SF counsellor for two days a week and individual pupils and students have benefited enormously from this. Finally, some 40 staff and 12 Sixth Form mental health ambassadors are already trained in the SF approach, with more due to be trained next term. We are confident that the strategies offered by SF can make a positive difference to pupils and students, and may also be useful for families as well.

Beechen Cliff Mental Health Strategy

Under the current circumstances, we are limited in the direct work that staff can do with pupils and students using TiP and SF. If, and when, they return to school next term or after the summer, there will be a programme through the PSHE and tutors for pupils and students to actively use them. In the meantime, we will be providing some weekly suggestions and resources that you may wish to use at home with your son/daughter. These will be issued through the bulletin and will include some videos / blogs.

As ever, your modelling as parents is very powerful and we would encourage you to share your own thoughts and feelings at this time, perhaps using the approaches we suggest. You can see an example of how one Beechen Cliff family is coping during lockdown here:

<https://vimeo.com/malthousefilms/bim-vlog-charlie-and-co>

Acute help

Whilst the school will do all it can to support young people's mental health, we recognise there are limits to our expertise. For some mental health issues, medical advice is required and we would urge you to contact your GP or, if you are very worried, the Child and Adolescent Mental Health Service (CAMHS: <https://www.oxfordhealth.nhs.uk/camhs/>) for support for your son/daughter. There are a range of other organisations which can also provide support and advice online, links for which can be found on the Boys in Mind website: <https://boysinmind.co.uk/useful-resources/>

As national mental health week draws to a close, I hope this information gives you reassurance that the school is aware of the mental health needs of your children and that we have plans to support them. Our aim is to create a culture of openness about mental health, encourage young people to talk about their feelings and promote everyone's ability to bring about change for the better; part of this will be to encourage them to reflect on some of the positives arising from the Covid-19 pandemic. We thank you for your partnership in this.

Mr J Oldham
Deputy Headmaster

Solution Focussed Approach - an overview

SF was developed in the 1980's in Milwaukee in America. The approach was developed as a model of therapy; however, it is now widely applied across, health, social care, educational settings. It can be applied in any setting, whether it be in an organisation, a community, groups, families, parenting, as well as for individuals.

The SF approach places people as experts in their own lives; with the strengths and resources to reach their own solutions. The approach works with people to enable them to have a clear vision of how they want their life to be, how they would like things to be different; what their best hopes are for the future.

More Information can be found at www.solutionrevolution.co.uk and www.ukasfp.org

Teaching and Learning Update

Dear Parents, Carers and Students,

Well done for making it to the end of a five week term of home-schooling. I know that this has posed many challenges, but challenges that we have broadly overcome through continued communication, the hard work of our staff and students, and the continued support of our parent community. We are mindful of all of the time and support you have given to support your child's education, and are confident that with this team work, our students have continued to progress in their learning as best as possible during this period.

You may have noticed that, over the course of this week, your email address has been linked to your child's Google Classroom. This will allow you to receive email summaries of the work that is being posted and any work your child has outstanding. You can opt to receive these summaries daily or weekly; please follow this link for instructions on how to alter these settings: <https://support.google.com/edu/classroom/answer/6388136?hl=en>

If you have not yet been linked to your child's Google Classroom, this should happen before Monday 1st June. Please get in contact if you have not been linked by this date and you would like to be.

You may be pleased to hear that our pilot of video lessons for Lower Sixth students has gone very well this week and I am happy to be able to give our Sixth Form teachers the option of using Google Meets to deliver some of their lessons after the break. Myself and Mr Oldham will be writing to the parents of Lower Sixth parents with further information about this. We will continue to monitor the use of this resource and our policy on it.

Finally, I thought it would be helpful to outline next term's schedule for feedback and assessment, as most of our students will sit an online form of their end of year assessment after the break. Ordinarily, students would have sat an end of year exam across all of their subjects. While we do not wish to try and replicate formal end of year exams given the current circumstances, we do feel that end of year assessments in some form are important for a number of reasons:

- It is important for students to review their learning from this year
- Students should have the opportunity to demonstrate their learning to their teachers
- Teachers need to gauge the learning of their students. Assessment is an important tool for identifying what has taken root and what, perhaps, needs further attention. Assessments also allow us as teachers to give students individual feedback on how to improve

- Doing end of year assessments will be provide students with a sense of completion for this academic year

With all of this in mind, here is the schedule for assessments after the break:

- Year 7: One assessed piece of work on current learning (assessment already done)
- Year 8: One assessed piece of work (end of year assessment) W/C 1st June
- Year 9: One assessed piece of work (end of year assessment) W/C 8th June
- Year 10: One assessed piece of work next term (end of year assessment) W/C 15th June
- Lower Sixth: Two assessed pieces of work next term on current learning (One from each teacher/side of the course. End of year assessment already done)

Thank you once again for all of your support this term. I hope that your son or daughter has an enjoyable and restful half term break.

Ms S Sullivan

Assistant Headteacher - Teaching and Learning

Beechen Cliff Design and Technology Food Newsletter May 2020

Over the past few months many of us have realised just how important food is to us all. What's on the menu is something we look forward to every day or is that just me? We have even become a nation of bakers, leading to shortages of flour and yeast in the supermarkets. We hope that you are enjoying reading the Food Newsletters and that some of the recipes are proving useful.

This week we are incredibly lucky as Noya Pawlyn owner of Noya's Kitchen in Bath has kindly shared one of her recipes for you to try. The recipe is for



Chilli and Ginger Aubergine stir fry.

Chilli and Ginger Aubergine stir fry. This is one of the recipes Noya uses in her Cookery School classes. Have a browse through this week's newsletter (which is published alongside this week's newsletter) and give it a go, I know Josh our amazing Technician and I can't wait!

Lisa Roberts and Josh Davis
Food Technology

Theme of the Week

Dear all,

This week is mental health awareness week so especially important at the moment - hopefully something for the whole family to think about, and some great videos from Boys In Mind about coping (including some made by our own students).

This week is Mental Health Awareness Week. This is particularly important right now, as being in lock down can have a huge impact on our mental health - this might include feelings of isolation, loneliness, anxiety and low mood. Many of us are worried about coronavirus, how it will affect us and those we love, as well as trying to get used to new routines. Mind (mental health charity) have started a campaign called **#speak your mind**, which encourages people to reach out to someone who needs a positive message, or share your own tips for coping. A recent survey carried out by Mind found that one of the most common ways of coping is reaching out to family and friends online - we can use our own experiences to help others through this difficult time. Here are some ideas that people have shared online about coping -

"Try to keep to a routine as much as you can – eat and sleep at normal times if possible."

"I have found that being creative has helped me so much."

"Try to remember, nothing lasts forever. You can get through this difficult time."

This week, try to reach out to as many people as you can - you could do this online, or by phone, or by using poster templates (on the Mind website) to put messages up in windows in your house for people to see. Try to spread a positive message, and help each other by sharing coping strategies. Together, we can get through this! You can also get involved through a tik tok challenge: <https://www.tiktok.com/@mindcharity/video/6825922399561731334>

Boys In Mind (Girls Mind Too) are also focusing on helping people to cope with their **#getting through this together** campaign. Young people are making videos to share their experiences and advice, including some of our BCS students:

[Enya Yr12](#)

[Tara talks to Yr 12 students](#)

[Sky and Oli's gym](#)

[Finn and Eva's five ways to wellbeing](#)

You can follow Boys in Mind (Girls Mind Too) on social media (type into search bar) to watch more videos of young people sharing their ideas for getting through.

If YOU need some support, check out youngminds.org.uk or mind.org.uk. If you want to make a video, or share a poster or idea to help others, please get in touch with Miss Netto or Mrs Wilmot and we can help you to #speak your mind.

Stay safe - look after yourself and others.

Best wishes,

Miss P Netto and Mrs A Wilmot
PSHE



Kooth

I hope you are staying safe and well as the current situation continues.

During Mental Awareness Week I believe it is timely to remind you that Kooth is available with business as usual, for young people aged 11 - 18 to access support and advice.

Please visit our website www.kooth.com

Kind regards

Rachel Potter

Integration & Participation Worker

B&NES, Bristol, South Gloucester and Swindon

M: 07432 375949 T: 020 398 49337

www.xenzone.com



Coronavirus - COVID 19:

Customer and service information



Following recent guidance from the Government I want to update you on what we're doing to keep our services running for essential travel and key workers. I also want to share the changes we're making to keep customers and colleagues safe whilst on board, and the steps you can take to help everyone travel safely.

Keeping Everyone Safe

First Bus has responded to government advice to enable social distancing on public transport and with immediate effect you'll start to notice additional steps being taken to ensure a safe journey for everyone.

Our buses will be operating at a reduced capacity with around 1 in 4 seats being available. The Government has advised that people only make essential journeys and where possible travel off peak to avoid busy times, but you still may see 'Bus Full' signs as some services reach their revised capacity more quickly.

Occasionally a bus may not stop, most likely as it has reached its reduced seating capacity. If the bus does stop, but is near capacity, the driver will only allow one person to board for every person that gets off, so you may need to allow extra time for your journey and be prepared to wait.

In addition, you will also see further measures in place to help enable you to comply with social distancing guidelines. These include:

- * New capacity signs by the entrance of each bus
- * Seat signs and stickers to clearly show where you should and shouldn't sit to maintain a safe distance
- * Reminders to be considerate of other passengers
- * No longer allowing standing

What can you do to stay safe?

You can help us by changing your behaviour in line with the reduced capacity. This might include:

- * Only travelling by bus if your journey is essential
- * Planning your travel in advance, avoiding peak periods
- * Wearing a face covering when on board
- * Sitting in a window seat, leaving an empty row of seats in front and behind
- * On our double deckers, consider sitting upstairs (if you are able)
- * Paying with contactless or purchasing your ticket in advance on our App
- * Using the correct change if you must pay by cash
- * No longer eating or drinking whilst on board

- * Leaving windows open to aid ventilation

Keeping you informed and updated

We are working hard to ensure that our website, social media feeds and colleagues are updated with the latest information, as quickly as possible.

Our telephone lines remain open if you do need to talk to us. Our operating hours are 9am-5pm Monday to Friday. Outside of these hours you can contact us via the contact form on our website. Our team will be monitoring Twitter at the weekends between 9am and 5pm and on weekdays between 7am and 7pm.

Thank you for your ongoing support.

Stay safe,

Giles Fearnley
Managing Director, First Bus

Update on the Club House



The Club House which was built over the February Half Term by Garden Affairs of Trowbridge. Is now being sealed and painted. It is well on the way to being protected and finished!

With social distancing being prime on the agenda we have only been able to be a team of two, Grahame Meharg and myself, Lesley. Thank you to all you volunteers whom offered their time to help before the Coronavirus Lock-down!



Out with the 'Old' and in with the 'New'!

The Club House should be a fabulous resource for the school for both sporting and social occasions and was built using funds raised from the school community's amazing support of the PTA's Auction of Promises last year.

Annie and Lesley



Under the canopy will be a good spot to sit and watch sport sheltering from any extreme weather!

Lockdown Book Lists

Dear Parents, carers and students,

I hope this newsletter finds you safe and well in these extraordinary times. It would seem that many of our students (and possibly carers and parents) are reading more than ever during the lockdown. While this is wonderful to hear and incredibly beneficial in so many ways, you may well find yourselves in need of some recommendations. With this in mind ~ whether you're looking for a gripping page-turner, an anthology of poetry, or a literary novel from an established writer or debut novelists ~ these selections should give you something to discuss over the dinner table! The titles have been chosen with the following stipulations in mind: engaging, original, compelling and well written - they should be the kind of books that you recommend to your friends. The majority of the titles are available as a free audiobook via a 30-day trial with Amazon. Additionally, if you haven't yet purchased the school Anthology, featuring a sparkling array of poems, short stories and artwork from the immensely talented Beechen Cliff pupils, please email me, and I will arrange for copies to be purchased via ParentPay and sent to your home address.

In the meantime, stay safe and keep reading.

Mrs A Ivic
English

KS3

Children of Virtue and Vengeance by Tomi Adeyemi
Boy 87 by Ele Fountain
Raven's Gate by Anthony Horowitz
The Wasp Factory by Iain Banks
Maladapted by Richards Kurti
The Colour of the Sun by David Almond
Last Lesson by James Goodhand
Shakespeare by Bill Bryson
The Outsiders by S.E. Hinton
The Loop by Ben Oliver
Feed by Mira Grant
The Three Musketeers by Alexandre Dumas
A Brief History of Nearly Everything by Bill Bryson
Nineteen eighty-four by George Orwell
Maus by Art Spiegelman
Dune by Frank Herbert
Murder Trending by Gretchen McNeil
My Shouting, Shattered, Whispering Voice by Patrice Vecchione

KS4

To Kill a Mockingbird by Harper Lee
The Time Machine by H.G. Wells
The Trial by Franz Kafka
The Fellowship of the Ring by JRR Tolkien
Game of Thrones by George R.R. Martin
The Doll Factory by Elizabeth Macneal
We Are All Made of Molecules by Susin Nielsen
Every Day by David Levithan
A Separate Peace by John Knowles
American Gods by Neil Gaiman
Do Androids Dream of Electric Sheep by Phillip Dick
The Westing Game by Ellen Raskin
Cosmos by Carl Sagan

KS5

The God of Small Things by Arundhati Roy
Titus Andronicus by William Shakespeare
The Bell Jar by Sylvia Plath
Paradise Lost by John Milton
Dr Faustus by Christopher Marlowe
Heart of Darkness by Joseph Conrad
Catch-22 by Joseph Heller
Oranges are Not the Only Fruit by Jeanette Winterson
The Poetry Handbook by John Leonard
The Unbearable Lightness of Being by Milan Kundera
Machines Like Me by Ian McEwan
Normal People by Sally Rooney
In the Land of Men by Adrienne Miller
Girls and Sex by Peggy Orenstein
Boys and Sex (released on 1st July) by Peggy Orenstein
Exciting Times by Naoise Dolan
Memorial Drive by Natasha Tretheway
American Poison: How Racial Hostility Destroyed Our Promise by Eduardo Porter
Lurking by Joanne McNeil
Parents and Carers
The Silent Patient by Alex Michaelides
The Flatshare by Beth O'Leary
Where the Crawdads Sing by Delia Owens
An Anonymous Girl by Greer Hendricks & Sarah Pekkanen
Into the Wild by Jon Krakauer
Between the World and Me by Ta-Nehisi Coates
A Man Called Ove by Fredrick Backman
Less by Andrew Sean Greer
Pilgrim at Tinker Creek by Annie Dillard
The Shapeless Unease by Samantha Harvey

General resources

BBC Radio

(<https://www.bbc.co.uk/programmes/articles/51LPPGCICvFQZ41WVC9rxjm/english>)

This site offers a wealth of materials to support the teaching of texts across KS2, 3 & 4

iTunes U

- Free podcasts, video lectures, reading recommendation
- A whole range of resources from leading universities (Oxford, Cambridge, Birmingham, etc.)

YouTube

- Has its own educational channel - EDU
- Staircase 12 (www.staircase12.org)
- A website put together by University College, Oxford
- Contains interviews and book reviews from current students

Radio 4

- Excellent range of archive material
- Recommended - *Week in Westminster / Thinking Allowed / A History of the World / In Our Time*

TED

- Watch talks from experts from a variety of fields
- MOOCs - Massive Open Online Courses - these online courses provide videos, reading lists and activities - you often don't need to formally complete the course
- FutureLearn (www.futurelearn.com)

EdX - www.edx.org

Coursera - www.coursera.org

Websites of Professional organisations e.g.

www.rsc.org - Royal Society of Chemistry

www.history.org.uk - The Historical Association

Read newspapers! (online and in print)

Quiz Time



Dear Parents

On-line quizzing has become a good way to amuse and keep in touch with friends.

This week I have devised a set of questions around 'The Power of Love'. The quiz is published with this newsletter, and the answers to each round can be found from slide/page 23.

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

Virtual Sports Challenge

For term 6 (starting Monday 1st June), the Physical Education Department is launching a virtual sports House challenge. 100 activities have been arranged in a 10x10 grid and the pupils and students who wish to participate simply have to try and complete as many challenges as they can, and in doing so will obtain points for their House:

10 points for every row, column or diagonal line completed.
150 points for the completion of a 'Full House' - 100 challenges.

Obviously, the more pupils/students who take part to represent their House, the more points that can be gained.

Through the link below, there is a shared Google Folder with subfolders for each House and then each individual tutor group. To record the challenges that have been completed a photo, snapshot or short video must be saved into the tutor group folder with their initials and the number of the challenge performed e.g. GJH_17.MOV. Examples of photos/videos and how to record the challenges have been provided.

Each week shoutouts for the best performer(s) of the week will take place via Twitter and Instagram (@SportBeechen) and certificates/prizes will also be awarded.

The link:

<https://drive.google.com/drive/folders/1cvQT3cgUODU95o5q81gS5ILLEkyJx1d6?usp=sharing>

Mr G Hawkins

Head of Physical Education