



BEECHEN CLIFF

24th April 2020

## Message from Headmaster

Dear Parents and Carers

This is the first of the post-Easter newsletters and it could not be further removed from that which normally opens the Summer Term. No references to cricket fixtures, wishing pupils well in forthcoming examinations or going through the details of the many school visits which are normally scheduled at this time.

I think I speak for all the staff at Beechen Cliff when I say that we are missing being part of the energetic and lively community that is our school and, although we have no idea of a time for our return at present, is something we want to return to as soon as possible.

We are all very conscious of the demands which have been put on families at this time and to juggle home working, school work and the impact of this rather unusual form of 'incarceration' will have brought many challenges. We hope that the way work is being provided and the support given, albeit remotely, is achieving its aims. It is never possible to replicate the real benefits derived from the usual classroom interactions and I know that the loss of social time with friends will have had an impact in terms of maintaining focus and enthusiasm for normal working practice. I would want to remind you that we are at the end of an email if you do need help or support at any time.

I should remind you that the school is open to support the children of essential workers and the boys who have been in have enjoyed the opportunity to focus on work and to have interactions with the staff attending to them. Even the Joe Wicks fitness session, a form of purgatory to me, seems to be incredibly popular. If you do want to take advantage of this offer for any day(s) of the week please book your child through the [keyworker@beechencliff.org.uk](mailto:keyworker@beechencliff.org.uk) email. We will acknowledge your request and confirm the arrangement.

We will produce a newsletter each week, published on a Friday, hopefully giving you a number of pieces of information, together with some 'fun' elements which can be shared within the family.

Obviously I wish you all well and ask you to keep safe through following the advice given. We will be back. One day.

Mr A Davies  
Headmaster

## Theme of the Week



People may well have noticed the rainbows that have been appearing in windows. These are to help spread happiness and positivity at this time. It also hopefully cheers people up when they see them on their daily walk and reminds them they are not alone.

There are many ways in which we can thank all the people that are still working, caring and supporting our community.

<http://www.bbc.com/culture/story/20200409-rainbows-as-signs-of-thank-you-hope-and-solidarity>

<https://www.google.com/amp/s/www.bbc.co.uk/news/amp/uk-england-52294824>

It would be lovely to see even more rainbows appearing in windows, notes of thanks to delivery drivers pinned on front doors, 'thank you's' stuck on your bins ready to be collected.

Try to be imaginative and think of a way to thank all those key people. It was one lady who thought of the idea to clap for our carers and now we do it as a whole country on a weekly basis.

<https://www.google.com/amp/s/www.mirror.co.uk/news/uk-news/moving-story-behind-nhs-clap-21761089.amp>

You can tag your creations to Beechen Cliff PSHE Instagram page where they will be displayed.

Mrs A Wilmot  
Head of PSHE



## Teaching and Learning Update

Dear Parents, Carers and students,

I hope that you and your families are keeping well and that your children are continuing to access and enjoy the remote learning provision being provided by their teachers.

I fully understand that the current situation is challenging for students, and it must be difficult to keep your children motivated when they cannot attend lessons as normal. As a school and community, we are doing all we can to support students' learning from a distance. Teachers are working hard to ensure that learning is as accessible and as engaging as possible, and our move to Google Classroom has ensured that teachers are now able to see and acknowledge the work students are completing. Please encourage your son or daughter to use the comment function on the Google Classroom to contact their teacher and ask for help when they need it.

I have had a few queries about virtual or live lessons. I am afraid that current guidance from the Midsomer Norton Schools Partnership is not to engage in this type of remote learning. This is predominantly to safeguard our students, but also due to other considerations such as fair access and the home situation of some of our students and teaching staff. Lots of families have limited or shared technology where all members of the household are now working from home, many of our teaching staff and parents are caring for young children and some families have members who are suffering from illness or sadly bereavement.

By setting the work on SMHW and Google Classroom for students to complete in their own time, it allows all students fair access and all families the flexibility to both work from home and home school as effectively as possible.

Having said this, the provision currently being set by teachers is varied and involves a number of different approaches and media. Moving forward, we will be encouraging teachers to stick to this varied approach and have provided software which will enable them to record their explanations and share this with students, where it is possible for them to do so. We also acknowledge the difficulties with students not always being able to work from computers, and will therefore be asking staff to set work which can be completed by hand, too, when possible.

### Google Classroom

A reminder that your son or daughter should now have joined the Google Classrooms set up by their teachers and should be submitting their work there for their teachers to view. Teachers have been posting the codes needed to join the Google Classrooms on Show My Homework. There is a video tutorial here on how to join a Google Classroom:

<https://www.beechencliff.org.uk/google-classroom-tutorials/>

For the time being, teachers will continue to post the work on Show My Homework too so that parents are able to view the work being set, but if your son/daughter has joined all of the relevant Google Classrooms, there is no need for them to continue to sign onto Show My Homework.

### School logins

In order to access Google Classroom and their school email account, your son/daughter should use RM Unify to login, which will then sign them in automatically to the various programmes on the RM Unify homepage. The web address for our RM UNify sign in page is: <https://beechencliffschool.rmunify.com/> and your son/daughter's school email address has the following format:

Year 7 - [9surname.firstname@beechencliff.org.uk](mailto:9surname.firstname@beechencliff.org.uk)

Year 8 - [8surname.firstname@beechencliff.org.uk](mailto:8surname.firstname@beechencliff.org.uk)

Year 9 - [7surname.firstname@beechencliff.org.uk](mailto:7surname.firstname@beechencliff.org.uk)

Year 10 - [6surname.firstname@beechencliff.org.uk](mailto:6surname.firstname@beechencliff.org.uk)

Year 11 - [5surname.firstname@beechencliff.org.uk](mailto:5surname.firstname@beechencliff.org.uk)

Lower Sixth - [4surname.firstname@beechencliff.org.uk](mailto:4surname.firstname@beechencliff.org.uk)

Upper Sixth - [3surname.firstname@beechencliff.org.uk](mailto:3surname.firstname@beechencliff.org.uk)

Their password is whichever password they normally use to login to a school computer. If they cannot remember this password, then please contact: [techsupport@beechencliff.org.uk](mailto:techsupport@beechencliff.org.uk) to have it reset.

### Completing and submitting work on Google Classroom

We are asking that your son or daughter submit their work on Google Classroom so that their teachers are better able to support and encourage them during this time of remote learning. There is a video tutorial on how to submit work on the Google Classroom here: <https://www.beechencliff.org.uk/google-classroom-tutorials/>

Please note that if your son/daughter is unable to or does not want to complete all of their work electronically, then they can take pictures of their handwritten work and upload it to the Google Classroom by using the 'Add or create' button under the 'Your Work' heading on the Google Classroom assignment. Please encourage your son/daughter to submit work in this way rather than emailing it directly to their teacher, as this will enable their teacher to view their work much more easily.

With very best wishes to you and you families,

Ms S. Sullivan  
Assistant Head (Teaching and Learning)

## Coping during Covid-19!

You may be juggling home-schooling your kids while working from home, spending more time in the company of your partner than ever before, or feeling cooped up in a house full of impatient family members who are desperate for their own space or IT equipment!

Or perhaps you are living with extended family for the first time, or have moved back to the home you grew up in to care for older relatives or escape the city.

The lockdown due to Coronavirus has brought a host of new pressures and challenges to our everyday family life.

But there are things we can all do to help us get along with our families better, maintain strong relationships and to try to avoid clashes and frustrations during this unprecedented time in our lives

The Covid19 crisis means that during these extraordinary circumstances, many of us are experiencing high levels of anxiety, fear, uncertainty, anger and sadness.

Over the next few weeks we will offer some tips to try to maintain happy family relationships and well-being during lockdown. Please share them with your son.

### **Be patient and avoid criticism**

Avoid criticism and contempt and try to be patient and generous in your communication. If you feel overwhelmed let family/partners know that you need a few minutes space rather than just storming off. If tempers do get frayed, give everyone the benefit of the doubt and try to work it through later when everyone is calmer.

### **Ask what each other's fears and worries are**

Sit down with whoever you are cooped up with in your home and ask them what their specific fears and worries are. Take each other seriously and come up with plans to support each other on a practical and emotional level as much as possible. With younger children keep it light, but you can still explain things in simple terms and the ways in which you can all help each other.

### **Think about how others are feeling**

Remember that most people will be feeling overwhelmed and disappointed in some way. Even for young children, the novelty of being away from school will be wearing off and they will begin to miss their friends and aspects of school they loved. Teenagers will be facing uncertainty over academic outcomes as well as missing socialising and freedom. Students and young adults may be finding themselves once again living with families in a way they may find suffocating.

### **Find out each other's triggers**

Ask everyone in your household what their 'tipping point' trigger may be. For one person it might be that they feel people are not mucking in fairly with chores, for another that their privacy isn't being respected. Others may feel upset that someone else isn't being thoughtful enough about hygiene and health concerns. Make a point of taking these 'non-negotiables' seriously, whilst perhaps all agreeing to ease off on other things.

### **Maintain as much routine and normality as possible**

Try to keep a semblance of routine and normality in the household. Whether you're in isolation, social distancing or not working, doing school work, it's tempting for you or others to slip into not getting properly dressed, snacking unhealthily at odd times or letting the days and evenings merge into each other. This is especially true if you are feeling low or lonely. Have defined morning routines, meal times, a specific end point to the working day, a calming bedtime and try to delineate week-ends as different.

### **Keep work as separate as possible**

Do the best you can to have a set area in which to do work / school work that you walk away from at the end of the day. This could be a tiny fold up desk on a landing, the main thing is to try not to work on the sofa or bed where you would normally relax - keep work / school work as separate as possible. If two or more of you are working at home, discuss how you can share IT equipment if appropriate and build in "worthwhile" tasks when you are not using the computer. Take breaks during the day and take advantage of the time you would normally spend commuting or going to and from school to do something positive.

### **Be forgiving of yourself and others**

Be realistic about what to expect from yourself. The situation we find ourselves in is unprecedented. There is no right or wrong way to be. See the next few weeks as a time to work out the new normal. You cannot expect to be performing perfectly in your school work, at your job, parenting, home schooling or in your relationships. You are not a superhero - be forgiving of yourself and others.

Some familiar Beechen faces you may recognise in the following video, explain brilliantly how they are managing to create that structure and routine and the positives they are noticing from this experience. Please take the time to watch and maybe try some of their top tips to keeping yourselves mentally and physically well.

<https://vimeo.com/malthousefilms/bim-tara-and-friends>

If two or more of you are working at home, discuss how you can share IT equipment if appropriate and build in "worthwhile" tasks when you are not using the computer. Take breaks during the day and take advantage of the time you would normally spend commuting or going to and from school to do something positive.

### **More support and advice**

For more advice around supporting your family's wellbeing during isolation:

**Blog: Supporting your family's wellbeing during isolation**  
<https://youngminds.org.uk/blog/supporting-your-family-s-wellbeing-during-isolation>

**Blog: A parent's tips for managing family life in isolation**  
<https://youngminds.org.uk/blog/a-parents-tips-for-managing-family-life-in-isolation/>

**Activities and conversation starters during the coronavirus pandemic**  
<https://youngminds.org.uk/starting-a-conversation-with-your-child/activities-and-conversation-starters-during-the-coronavirus-pandemic/>

## Quiz Time



Dear parents

I hope you are all well and keeping safe. As quizzes appear to be in great demand recently and are an increasingly important way to amuse and keep in touch with friends I have devised some questions that you might use as a mild diversion. Two quizzes are published alongside this weeks newsletter .

Hope you enjoy them- it's 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

## Beechen Cliff Design and Technology Food Newsletter – April 2020

Please find attached to this newsletter the April edition of the BCS Design and Technology Food Newsletter, containing recipes, news and thoughts on food!

Mr P Simmons  
Design and Technology



## 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 can now 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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