



25th June 2020

Message from the Headmaster

Dear Parents and Carers

As we pass the halfway point of the Summer Term we have been reflecting on the work being done to support the home learning environment and to begin to roll out additional elements to the work being presented. The tutor sessions for the Year 10 boys have been exceptionally well received and it is likely that small 'tutor group' experiences for Year 7, 8 and 9 boys will take place in the next fortnight, supplementing the direct contact and, of course, the set work and feedback provided by Google Classroom. Having spoken to many of the teaching staff over the last few weeks as they come in to look after the key worker provision, I am aware how much time they put into thinking about the best means of developing content and ensuring that all members of their classes can progress. Given the length of the lockdown period, I am pleased that we made the decision to continue delivering our planned curriculum so that our students can continue to make academic progress even while school is closed to the majority of them. The increase in pre-recorded video lessons and the direction to professionally produced teaching aids has certainly been well received and it is good to see that the levels of engagement remain incredibly high. Obviously, as always, we are happy to try and help if you have queries about any work set or need direct contact from a member of staff.

I would commend the piece at the end of this week's newsletter, looking at the 'Solution Focused' piece. It has been something tried out within a number of households across our staff body and it does have a really positive impact in terms of the conversations created and the way in which individuals can think and respond to the issues around them and how they can approach them. I will leave you to read and find out more, as well as to watch the videos produced by some creative young men from Boys in Mind.

Mr A Davies
Headmaster

Theme of the Week



Theme of the week this week is focusing on Summer Safety.

With the return of lovely summer weather we wanted to share a few summer safety tips and advice with you.

<https://www.rospa.com/Resources/Hubs/Summer>

Sunshine, below sunburn level, can be good for us, helping the body to create vitamin D and giving many of us a feeling of general wellbeing as we enjoy outdoor summer activities.

However, all too often we over-do our sun exposure which can lead to a range of skin problems, the most serious of which include skin cancer. Other summer-time skin problems include sunburn, photosensitive rashes and prickly heat.

More than 100,000 new cases of skin cancer are diagnosed each year in the UK. The vast majority of these cases are caused by extensive sun exposure.

Tips to keep safe in the sun:

- Keep in mind the sun is strongest between 10 am and 4 pm
- Wear clothing that's dark and tightly woven
- Wear a hat and sunglasses
- Remember that UV rays bounce off sand, snow, concrete, and water
- Sun cream needs to be applied liberally and evenly over all exposed areas
- Apply a sun cream with a SPF of 15 or higher whenever you're outdoors
- For children, the SSA recommends sun-cream with an SPF 30 or higher
- Apply sun cream before going outdoors and reapply often
- Reapply sun cream after perspiring from playing sports
- Provide complete sun cream coverage for your skin (including neck, ears and lips!)

Over 700 people drown in the UK and Ireland every year and many more suffer injury, some life-changing, through non-fatal experiences. More people die from drowning in the UK and Ireland than from domestic fires or cycling accidents. One of the most popular places to swim locally in the summer is Warleigh Weir, this had been fenced off in recent weeks due to the vast number of visitors.

Dangers of open water:

- The height of the fall or jump
- The depth of the water – this changes and is unpredictable.
- Submerged objects may not be visible
- Obstacles or other people in the water
- Lack of safety equipment and increased difficulty for rescue
- The shock of cold water can make swimming difficult
- Strong current can rapidly sweep people away
- Uneven banks and river beds
- Water quality

<https://rnli.org/safety>

Mrs A Wilmot
Head of PSHE



- I understand that when using Google Classroom and other applications provided by the school that my use can be monitored and logged and can be made available to my teachers.
- I will continue to follow the rules regarding my use of technology as outlined in the school's acceptable user agreement which can be found on the school website.
- I understand that these rules are designed to help keep me safe and that if they are not followed, school sanctions will be applied and my parent may be contacted. When participating on Google Classroom remember that this is an extension of the classroom and you should conduct yourself as you would when on your best behaviour in a classroom.

General Rules and Guidelines

1. Please complete tasks as they are set for each lesson.
2. As soon as you have completed each task, please indicate this to your teacher on Google Classroom. Please submit all pieces of work on time.
3. If you are struggling to complete some work, please let your teacher know.

Mr K Mann
Assistant Headmaster

Student Expectations/Code of Conduct for Remote Learning

Rules regarding technology:

- I will only use school technology for school purposes as directed by my teacher.
- I will not reveal my passwords to anyone.
- I will be responsible for my behaviour and actions when using technology (Google Classroom), this includes the resources I access and the language I use.
- I will make sure that all my communication with students, teachers or others using technology is responsible and sensible.
- I will not deliberately browse, download, upload or forward material that could be considered offensive or illegal. If I accidentally come across any such material I will report it immediately to my teacher or my parent.
- I will not share resources or videos created by my teachers with anyone who is not a pupil or member of staff at Beechen Cliff School
- I will not share any school content on social media platforms

Personal safety

As the lockdown eases, it is great that many of you are seeing friends outdoors in small groups. Whilst this is an excellent way of resuming some form of normality, please urge your son/daughter to stay safe while outdoors. We are aware that there has been an increased presence of police in the Royal Crescent and Victoria Park area following incidents of anti social behaviour last week.

Both of these areas are popular and pleasant meeting points for young people during the day. However, in the evenings there may be a different atmosphere and it is important that your son/daughter is aware of this and avoids these areas in the evenings where possible. Equally important is that you know as parents where and with whom your son/daughter is and how they will return home safely.

Mr K Mann
Assistant Headmaster



Teaching and Learning Update

Dear Parents, Carers and Students,

I hope that you and your families remain well and that your sons and daughters are continuing to access and enjoy the online lessons being provided. A few things have changed since I last wrote to you in the Newsletter, so I wanted to give you some updates:

- Our Lower Sixth students have been enthusiastically taking part in online lessons via Google Meets since we came back from the May Half Term break. Approximately 170 Google Meets sessions have taken place each week. This includes some staff training sessions, 1:1 support for some students who are preparing their coursework or are studying Maths, and larger group sessions. In the week commencing 8th June, 63 Google Meet lessons were held with four or more participants, and sessions were offered in one form or another for all of our A Level subjects. A big thank you to our teaching staff for running these sessions, the students for taking part, and our parents for ensuring that students had what they needed to take part (including, perhaps, getting out of bed earlier than usual!)
- Due to a recent change in Trust policy, this week we have been able to run some trial sessions for Year 10 GCSE classes. We will be reviewing how these have gone at the end of this week, and, if successful, we may be able to offer a wider programme of online lessons for Year 10, run by teachers whose home set-up would enable them to do so. Of course any such programme would have to work around the in-school provision which is currently taking place.
- The majority of our Year 10 students have been coming into school for tutor time sessions for the past two weeks now. It has been lovely to have a bit more life back on site and both students and tutors have reportedly enjoyed the sessions. Students are taking part in sessions focusing on mental well-being, academic mentoring to help them manage their home learning, careers, the Theme of the Week and are taking part in the weekly tutor time quiz. From next week, students who are not attending the sessions in school because they are shielding will be able to join the sessions virtually using Google Meet. If we know that your Year 10 son is shielding, you will be contacted directly about this provision.
- Year 7-10 have recently completed busy weeks of assessed pieces of work: well done to all of them for their hard work. Students will have received personalised feedback for these pieces of work. Please do ask your son to show you the feedback he has received in the Google Classroom or via his school email account. In most cases, the feedback will be as a comment on the assignment, or within the work itself in a comment box.
- These assessments have fed into formal reports which have now been written for years 7, 8, 9, 10 and Lower Sixth students. (Year 9 and 10 will be published in the coming weeks). We hope that you find these reports useful in gaining an oversight on how your son or daughter has progressed this year and, where applicable, how well they have been working during lockdown. While teachers are unable to feedback individually on every single piece of work that has been submitted during this period, we hope that the report process will give your son or daughter validation for the hard work they have put in, as well as advising them on how they can improve in each of their subjects.
- Further staff training has taken place on setting varied work for students. Many more staff have now been trained on how to create pre-recorded video lessons, so while we are still unable to offer live lessons for Years 7-9, we hope your son is enjoying the increased number of video or audio lessons created for him by his teachers.
- Finally, you may be pleased to hear that in lieu of end of term trips, sports days etc. starting from Monday 6th July students in year 7-9 will be set some more interactive, open-ended and less screen based tasks to complete for all of their subjects. This will tie in with the Tutor Google Meets sessions which are planned for the penultimate week of term. Our aim is to round off what has been a very strange year for us all with a bit of fun and some celebration of what the students have achieved.

With very best wishes,

Sophie Sullivan
Assistant Headteacher -Teaching and Learning

Solution Focused Questions - Theme of the week - Emotional and Physical Health

With the unprecedented restrictions on our lives as we knew it, the new 'normal' has challenged our ability to be physically and mentally active. In terms of physical health, many of us have had more time to increase our levels of physical activity and, for others, Lockdown has presented us with an opportunity to introduce exercise into our daily lives or try something new. Similarly, some of us may have found that Lockdown has suited our mental well-being and given us a chance to recharge and make changes to our work/life balance that we may hope to continue as Lockdown gradually eases. We must, however, remember that such positive experiences may not be true for all of us and, given how important our physical and emotional well-being is, this week we invite you to reflect upon this theme. We invite you to notice what strengths and resources you have used to help your physical and mental well-being during lockdown. We also ask you to think about what your best hopes are for your physical and mental health as we look to slowly come out of lockdown. If your physical and mental health was at its best what would it look like? What does being physically and mentally healthy mean to you? 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 your physical and mental health.

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 **physical and mental health**?
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 family's physical and mental health moving forward**, and what small sign would tell you that you were moving a small step towards being at your best?

As part of the 'Boys in Mind (Girls Mind Too)' "**Getting through this together**" film project during Covid-19, here are 2 excellent short films made by local young people to show how they are looking after their mental and physical health during Lockdown. We invite you to spend a few minutes watching them both. Whilst both films happen to be produced by young men, the message in both is highly relevant to hear for all of our girls.

Emotional Health: <https://boysinmind.co.uk/a-message-to-young-men/>

Physical Health: Sky and Oli's Homemade Gym: <https://vimeo.com/407043656>

Mental Health Team

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...