



## BEECHEN CLIFF

12th November 2020

### Message from Headmaster

Dear Parents and Carers

In a week dominated by news of the potential vaccine for covid and the start of the second lockdown we have focused on the enduring theme of 'remembrance'. Mr Tobin took 'resilience' as his theme for the annual "Remembrance Assembly" drawing our attention to the suffering and compassion evidenced in the Great War and those which followed. The contribution of individuals from all parts of the world was recognised and we were all asked how resilience was demonstrated at the most difficult of times and in horrific circumstances. There is a little more on the history of remembrance events and the Royal British Legion a little later in the newsletter.

The latest decision by the government has seen our extra-curricular provision suspended for the present, although we are very much hoping that there may be a change in position which allows us to reinstate activities and begin to look forward to the time when our full provision is offered again. Let us hope!

Mr A Davies  
Headmaster

### Uniform

Thank you for your support in ensuring your son has the correct uniform this week. Standards have improved considerably.

We understand that some parents have experienced difficulties with purchasing the school tracksuit bottoms from Scholars and in the interim we will allow plain navy blue tracksuit bottoms on the day that your son has Games. We have taken delivery of some stock of school tracksuit bottoms in the sizes below. Should you wish to purchase a pair, please send your son to see me and please ensure that there are sufficient funds available on ParentPay as the price of the tracksuit bottoms will be deducted from there.

Sizes available: (waist)

10 26/28  
10 28/30  
10 30/32  
10 32/34  
10 34/36

We can order in other items of uniform for delivery to school should you require them. Please let us know.

Mr K Mann  
Assistant Headteacher  
Head of Pastoral Care

### Calendar

**Saturday 14th November**

Oxbridge and Medicine Mock Interview morning – remote

**Thursday 19th November**

Year 11 (virtual) Parents Evening

**Saturday 21st November**

Solution Focussed Coffee Morning/Webinar 10.30-12:00

**Friday 18th December**

Last day of Term 2

**Tuesday 5th January 2021**

Term 3 commences

### Ofqual Online Focus Groups for U6th/Year 11 Parents

We have been made aware that Ofqual are running some online focus groups for parents of Year 11 and U6th students this November. They would like to hear views from parents on the grading of GCSE and A Level Exams in 2021.

If you would like to take part please email [OfqualFocusGroups@ofqual.gov.uk](mailto:OfqualFocusGroups@ofqual.gov.uk) or follow the link below for more information:

<https://twitter.com/Parentkind/status/1324992519474737153>

Mr T D Markall  
Deputy Head (Curriculum)

### Lower Sixth Progress Reports

The Lower 6th Progress Report 1 are available to view on IN-SIGHT .

Once you have logged in, please press on the "Subjects" tab at the top and the report should be available there.

If you have trouble logging in, please email [crussell@beechencliff.org.uk](mailto:crussell@beechencliff.org.uk)

If you have any questions about the report, please email [headmaster@beechencliff.org.uk](mailto:headmaster@beechencliff.org.uk)

Mr A Seal  
Assistant Head

### Updated guidance for parents/carers from Government in light of National Restrictions

[https://www.gov.uk/government/publications/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-during-the-coronavirus-covid-19-outbreak?utm\\_source=12%20November%202020%20C19&utm\\_medium=Daily%20Email%20C19&utm\\_campaign=DfE%20C19](https://www.gov.uk/government/publications/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-during-the-coronavirus-covid-19-outbreak?utm_source=12%20November%202020%20C19&utm_medium=Daily%20Email%20C19&utm_campaign=DfE%20C19)

## Punctuality

Please ensure that your son leaves home in time to good time to arrive in school for tutor time that begins at 8.25am.

Mr K Mann  
Assistant Headteacher  
Head of Pastoral Care

## REPORTING PUPIL ABSENCES

It is important that **all absences** from School, including late arrivals and medical appointments should be reported to School promptly. **Please can parents and carers take note of the following correct contact details.**

### Lower School Pupils

To report a Lower School absence please call the Attendance Office direct on **01225 485222**, or you can email [attendance@beechencliff.org.uk](mailto:attendance@beechencliff.org.uk)

### Sixth Form Students

For a Sixth Form student absence please contact Mrs Jones on **01225 485221** or you can email [sixthattendance@beechencliff.org.uk](mailto:sixthattendance@beechencliff.org.uk)

## The Okay Café



**EVERY FRIDAY 4-6:30PM**

**THE OKAY CAFE**

**Who are we?**  
We are a free social space at a cafe in Bath for any young person (under 25) living/working/studying in B&NES. Great place to chat, meet new people, have fun and be supported.  
Run by trained OTR staff.

**What we do?**  
Play games, chats, group activities and snack!  
We have free hot drinks and snacks available. Come along and safely meet new people!  
We also have information and resources about other services in OTR and can help you sign up. The cafe is run by OTR staff so if you need some support for anything we can also take you aside and have 1:1 chats.

**FREE HOT DRINKS + SNACKS**

**Where are we?**  
Cafe at the Centre- Manvers St Church  
23 Manvers St,  
Bath  
BA1 1JW

**Contact us:**  
Email: [meganling@offtherecord-banes.co.uk](mailto:meganling@offtherecord-banes.co.uk)  
Text: 07753 891 747  
Facebook: Okay Cafe group page:  
<https://www.facebook.com/groups/OkayCafe>

## PTA News

We are still here!!

The co Chairs of PTA are : Lesley Leming and Marina Beare. If you need to contact us:

[jesterlb@btinternet.com](mailto:jesterlb@btinternet.com)

[marinaptabeechen@yahoo.com](mailto:marinaptabeechen@yahoo.com)

We had our PTA AGM last week, as you will be aware we are unable to proceed with any fund raising functions at the moment.

However, you can still join our school lottery 50:50 Club. A great and easy way to raise funds for your school and you have the opportunity to win too! Please see the 50:50 club update in this newsletter with details of how to join the scheme .

Please also remember the 'Give as you Live' link when you start your Christmas shopping.

It raises money for school for free while you do your online shopping. To start please follow the link: [www.giveasyoulive.com/join/beechencliffpta](http://www.giveasyoulive.com/join/beechencliffpta)



### Second Hand Uniform

Thank you to all parents for keeping uniform supplies for us, we are very grateful and we hope to accept your donations soon. The school will shortly be advising you how we can safely receive your kind donations. Watch this space!

Any queries about Second Hand Uniform please contact: [jesterlb@btinternet.com](mailto:jesterlb@btinternet.com)

PTA

## Menu for w/c 16th November

**Monday:** Pork Stroganoff, Spiced Lentils with Aubergines (V)

**Tuesday:** Chicken Goulash, Feta and Red Onion Quiche (V)

**Wednesday:** Roast Pork Bap with Apple Sauce, Spicy Bean Burger (V)

**Thursday:** Beef Chilli, Veggie Chilli (V)

**Friday:** Chicken Chorizo and Tomato Casserole, Bruschetta with Goats Cheese

Mr D Keal  
Chef

## Theme of the Week

### The history of the poppy

The **British Legion** was formed on 15 May 1921, bringing together four national organisations of ex-Servicemen that had established themselves after the First World War. The amalgamation of these diverse bodies can be attributed largely to two men: **Field Marshal Earl Haig** and **Tom Lister** of The Federation of Discharged and Demobilized Sailors and Soldiers. Lord Haig served as the President of The Royal British Legion until his death.

By 1921, the tradition of a **Two Minute Silence** had been established.

During **WW1**, much of the fighting took place in Western Europe. The countryside was blasted, bombed and fought over repeatedly. Previously beautiful landscapes turned to mud; bleak and barren scenes where little or nothing could grow. There was a notable and striking exception to the bleakness - the bright red Flanders poppies. These resilient flowers flourished in the middle of so much chaos and destruction, growing in the thousands.

Shortly after losing a friend in Ypres in 1915, a Canadian doctor, **Lieutenant Colonel John McCrae** was inspired by the sight of poppies growing in battle-scarred fields to write his now famous poem '**In Flanders Fields**'. The poem inspired American War Secretary, **Moina Michael**, who bought poppies to sell to her friends to raise money for Servicemen in need after the First World War.

This was adopted by The (Royal) British Legion in **1921** who ordered 9 million of these poppies and sold them on **11 November** that year in the first ever **Poppy Appeal**. It raised over £106,000; a considerable amount at the time. This money was used to help WW1 veterans with employment and housing.

The poppy has been adopted as a symbol of **Remembrance** ever since.

<https://www.britishlegion.org.uk/stories/11-things-you-might-not-know-about-the-poppy>



In Flanders Fields, by John McCrae

<https://www.youtube.com/watch?v=cKojvHcMLfc> Listen to the poem, read by Leonard Cohen.



Think about why Remembrance is important.

### The Last Post



<https://www.bbc.co.uk/news/magazine-34768398> - scroll down to watch the video of Rik Vandekerckhove.

The sound of a lone bugler playing the Last Post has become one of the most distinctive sounds in the world. Eerie and evocative, it exists beyond all the usual barriers of nation, religion, race and class, charged with the memory of generations of the fallen. But it wasn't always like this.

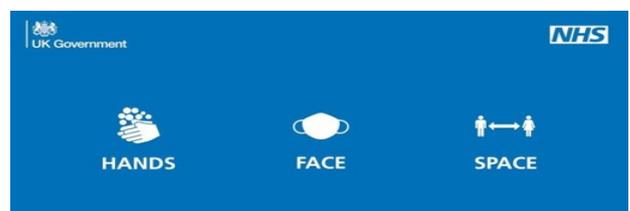
The Last Post was first published in the 1790s, just one of the two dozen or so bugle calls sounded daily in British Army camps. "At that time soldiers didn't have wristwatches, so they had to be regulated in camp," says Colin Dean, archivist at the Museum of Army Music in Kneller Hall. "They had to have a trumpet call or a bugle call to tell them when to get up, when to have their meals, when to fetch the post, when to get on parade, when to go to bed and all other things throughout the day."

The soldier's day started with the call of Reveille, and came to a close with the First Post. This indicated that the duty officer was commencing his inspection of the sentry-posts on the perimeter of the camp. The inspection would take about 30 minutes, and at the end there would be sounded the Last Post, the name referring simply to the fact that the final sentry-post had been inspected. For decades this was the sole use of the call, a signal that the camp was now secure for the night, closed till morning.

It was not until the 1850s that another role began to emerge. It was an era when many military bandmen, and most bandmasters, were civilians and were under no obligation to accompany their regiments on overseas postings. So when a soldier died in a foreign land, there was often no music available to accompany him on his final journey. And, necessity being the mother of invention, a new custom arose of charging the regimental bugler to sound the Last Post over the grave.

Miss P Netto

PSHE



## Mental Health and Wellbeing

Under 2 weeks to go until we run our exciting Solution Focused webinar with our Solution Focused Trainer, Tara Gretton, later this month. Almost 100 families have signed up already. As we enter our second lockdown, this event is the perfect time to learn about having hopeful conversations with our children, our friends and families. A reminder on how to book is at the bottom of this segment.

### Keeping mentally healthy during Covid times

As countries introduce measures to restrict movement as part of efforts to reduce the number of people infected with COVID-19, more and more of us are making huge changes to our daily routines.

The new realities of working from home, temporary unemployment, intermittent home-schooling of children due to bubble isolation, and lack of physical contact with other family members, friends and colleagues take time to get used to. Adapting to lifestyle changes such as these, and managing the fear of contracting the virus and worry about people close to us who are particularly vulnerable, are challenging for all of us. They can be particularly difficult for people with mental health conditions.

Fortunately, there are lots of things that we can do to look after our own mental health and to help others who may need some extra support and care.

Here are tips and advice that we hope you will find useful.

[#HealthyAtHome - Mental health](#)

### An exciting opportunity for all Parents and Carers in November 2020.

During the last term of lockdown, you will remember that we ran a pilot where we invited parents, staff, students and pupils in Year 10 to try out some Solution Focused (SF) questions with their families. Tara Gretton is our in-school SF Practitioner providing support to students across the school and she has trained our staff and now some of our students in the SF approach. Following the SF pilot, staff, students and parents/carers kindly completed a feedback questionnaire. From our parent/carer responses, 80% said that they would welcome some training on SF to learn more about how to have SF conversations with their children.

At Beechen Cliff, it is our hope to work collaboratively across our school community to continue to build on creating a supportive environment for all. And that very much includes you, our parents and carers.

We are delighted that Tara Gretton has agreed to host a webinar next term for parents and carers. This is a pilot 'coffee morning', where we hope to share with you our vision for the mental wellbeing support at Beechen Cliff.

We have chosen to host this **FREE** webinar on **Saturday 21st November 2020 10.30am-12:00pm** in the hope that at least one parent will be able to attend.

*'Time to Talk'. Grab a coffee and join us in this online Open Space especially for Beechen Cliff Parents and Carers.*

During the 'Time to Talk' webinar, we would like to share more information about the Solution Focused Approach. As well, we would like to give you all time in break out rooms to talk about your recent experiences of parenting and what your hopes are for the future.

If you would like to have an e-Ticket for this event, please can you sign up using the attached Eventbrite link.

<https://www.eventbrite.co.uk/e/beecheen-cliff-school-parents-coffee-morning-time-to-talk-tickets-124148719161>

We will email you all the Zoom link a few days before the event. We are really looking forward to seeing you all there.

### The Mental Health Team

#### [An update on mental health work through the PSHE programme](#)

When we welcomed Year 10 back to school at the end of the summer term last year, we worked through a series of Solution Focused Approach sessions which helped students to reflect on the lock down and identify their strengths and best hopes moving forward.

During the first two weeks of the new term in September, tutors delivered a further four Solution Focused sessions to Years 7-11, which encouraged students to reflect on and discuss their feelings about being back in school by doing scaling exercises. Students discussed the new challenges facing them, and identified ways in which they could overcome these challenges in a Solution Focused way, as well as supporting those around them. We asked students to recognise their strengths, think about their best hopes for the new term and set targets for themselves; students did a scaling exercise at the start and end of the first two weeks of term to note how they had coped with the return to school, with an emphasis on solutions they had discovered to new challenges.

During Term 1, Years 8, 9 and 10 PSHE fortnightly lessons were on the topic of mental health. Lessons included understanding the difference between good and poor mental health, facts about mental health, stigma, particular mental health issues such as anxiety and depression, suicide, bereavement, supporting others, mental health in sport and wellbeing (keeping physically and mentally well, including trying new wellbeing activities such as box breathing and colouring). Students completed a short assessment, which included a question about knowing where to access help and support when needed. Year 7's weekly PSHE lessons were on the topic of 'getting to know me', which included a lesson about physical and mental wellbeing, and understanding the term 'mental health.' Year 11 are due to have a collapsed timetable mental health session this term. All lessons are underpinned by Solution Focused practice and are written by staff who have attended advanced Solution Focused Approach training.

Theme of the Week is delivered by tutors weekly, and regularly include a mental health, wellbeing and Solution Focused theme, as well as reminding students of the importance of seeking support when they need it (and where they can do this).

Miss P Netto

Mental Health Team

## DofE update



Over 130 students have now signed up to do their DofE Award this term and the majority have already started their volunteering, skill and physical skill activities. A huge well done to them, not only is this a positive experience for young people during these very stressful times but it also benefits the school and local community. Collectively BCS students will give up thousands of hours of their own time over the next year to good causes such as volunteering in charity shops, litter picking, conservation work, helping the elderly and much more.

In addition to this they will be committing to a physical activity every week and learning a skill. Such as cooking for their family every week to skills such as bike maintenance.

This could not be achieved without the support of their parents, numerous staff at school who run clubs and act as assessors as well as people in the wider community. A massive thank you to all of you!

Due to the challenges of national lockdown some students may have to change to a suitable lockdown activity, emails have already been sent to parents with guidance and information on how to do this.

The first **Bronze** expedition training session took place last Tuesday, the boys had a great time learning how to pitch a tent, make a hot drink on a Trangia and learning navigation skills. A big thank you to Mr Brewer and Mr Firth for supporting these sessions.



Unfortunately the MAT have stopped all extracurricular activities afterschool, therefore the sessions have been moved to lunchtimes (1.20pm - 2pm) on

10th November  
24th November  
8th December

The boys need to meet the field side of the humanities office and bring their lunch with them.

The **Silver** onsite expedition training day which was due to take place on the 22nd November is also not allowed to take place therefore I have moved the expedition training for this group to lunchtimes (12.20pm-1pm) on the following days

17th November  
1st December  
15th December

The boys need to meet by the field side of the humanities office and bring their lunch with them.

The **Year 13 Gold** students are meeting this term to route plan for their Practice Expedition to Dartmoor next Easter and the **Year 12 group** will be preparing for their local training day walk in February.

Please go to the outdoor page on the school website for current up to date details regarding the DofE.

Thank you for supporting the DofE

Ms J Fox DofE Manager  
Miss M Garland DofE administrator

## PTA 50:50 Club

The 50:50 Club is a mini lottery run by the PTA – 50% of the funds go to the school via the PTA, and 50% are paid out each month in prizes. Anyone is welcome to join and you can join at any time. It is a great way to support the school, especially at the moment when other fundraising opportunities are so limited!

### *Latest winners*

The latest 50:50 club draw took place via Zoom conference call on Tuesday 3<sup>rd</sup> November 2020 with at least five members of the PTA present – Lesley Betts, Marina Beare, Sarah Mitchard, Amy Lodge and Jane Millington.

Congratulations to the winners for September and October 2020 listed below:

SEPTEMBER 2020		OCTOBER 2020	
291	£87.25	165	£84.00
80	£58.17	454	56.00
60	£29.08	113	28.00

Winners are contacted via the details supplied when signing up so do keep me up to date of any changes via the email below. Please also feel free to contact me if you just want to check what your numbers are! (All of the above winners have been contacted, or a cheque has been posted.)

### *How to sign up*

The 50:50 club operates like a lottery, with members signing up to a small standing order each month (most people donate between £1 and £5) which buys numbers in the draw. We use a random number generator to select the numbers at our PTA meetings. Each year, the 50:50 club raises over £2000 for the school. You can cancel your membership at any time, simply by cancelling your standing order.

If you would like to join in, **new members are welcome at anytime and it is very simple to set up.** Please just contact me letting me know how many numbers you would like (£1 each) and I will give you details of how to set up the standing order.

**We will still carry on the 50:50 draws via Zoom/Skype even though there are no face to face PTA meetings. I can sign people up from home and you should be able to set up your standing order without going in to your bank. It is a great way to support the school, especially as so many of the other opportunities for us to raise money have had to be put on hold for now.**

**Please feel free to contact me with any queries.**

**Best wishes,**

Sarah Mitchard (parent and 50:50 co-ordinator)  
[beeche5050@gmail.com](mailto:beeche5050@gmail.com) Tel: 07909962272