



BEECHEN CLIFF

26th November 2020

Message from the Headmaster

Dear Parents and Carers

We reach the halfway point of the Half Term at a time when the country is about to emerge from the month long 'lockdown'. We certainly hope that the impact has been to limit the spread of the virus and that those communities will be able to begin the process of building capacity again, knowing as we do how many amongst us have suffered as a result of the restrictions against livelihoods.

I must thank parents for the support given in ensuring that your sons and daughters are attending school. The attendance figures show that Beechen Cliff has one of the higher levels in the regions and this ensures that our pupils are able to get the most out of the time in the classroom and 'fill in' the gaps which may have emerged as a result of the long period away from school in the spring and summer.

Mr A Davies
Headmaster

Calendar

Thursday 10th December

Upper Sixth Parents Evening (virtual)

Friday 18th December

Last day of Term 2

Monday 4th January

INSET day

Tuesday 5th January 2021

Term 3 commences

Thursday 9th January

Year 9 Options Information to be published to parents online.

Thursday 14th January

Year 10 Parents Evening (virtual)

Wednesday 20th January

Year 9 Parents Evening (virtual)

Anti-Bullying Week 2020

Last week was Anti-Bullyweek 2020: United Against Bullying. This theme was prominent throughout the week's tutor time programme starting with Monday's online assembly revisiting the Pledge of Respect and Theme of the Week engaging pupils with activities and reflections on how to uphold our pledge. Key tasks focussed on cyberbullying and how students can uphold the Pledge of Respect online. Please use the following links for further parental guidance on supporting your son's 'digital resilience'.



Years 7 and 8

<https://www.internetmatters.org/wp-content/uploads/2019/04/Internet-Matters-Guide-Digital-Resilience-11-13-years-old.pdf>

Years 9 - 11

<https://www.internetmatters.org/wp-content/uploads/2019/04/Internet-Matters-Guide-Digital-Resilience-14-years-old.pdf>

Mr O Abbott
Head of Boarding

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

Sixth Form Students

For a Sixth Form student absence please contact Mrs Jones on **01225 485221** or you can email

sixthattendance@beechencliff.org.uk

COVID Views and Experiences Survey

If you are a Bath resident, particularly in South Bath, please take time to read the email below from Bath and North East Somerset Health Improvement Officer.

Dear Parents and Carers

The University of Bath and the B&NES public health team want to know the views of Bath residents in order to understand their experiences of COVID-19 and their views about social distancing, testing and self-isolation. The information obtained from this study will help researchers and policy makers to make public health messages more meaningful to specific groups of people.

We would be very grateful if you could complete the survey - you can find it at this link: https://bathpsychology.eu.qualtrics.com/jfe/form/SV_5muemybNlvW0om1.

With our thanks and appreciation"

Imogen Coningsby

Health Improvement Officer (Higher risk groups and places from COVID-19)

Public Health & Preventative Services

Bath and North East Somerset Council

Tel: 01225 394063

Email: imogen_coningsby@bathnes.gov.uk

www.bathnes.gov.uk

www.twitter.com/bathnes

Improving People's Lives



Please consider the environment before printing this email

More detail on these evenings and future parents evenings for other year groups will be provided in due course.

If you have any queries regarding these, please contact me via headmaster@beechencliff.org.uk

Mr A Seal

Assistant Headteacher

Mental Health and Wellbeing

On Saturday morning we hosted a pilot 'parents online coffee morning'. We were able to share with almost 100 families what we have been doing at Beechen Cliff in relation to mental wellbeing over the last three years. We hoped that parents would have a good understanding of our commitment to mental wellbeing and how we are noticing the useful impact of the changes we have made and continue to make. Our in-school Solution Focused practitioner and trainer, Tara Gretton then delivered Solution Focused Training to the parents. We were truly overwhelmed and inspired by the parents' engagement. The feedback we have been receiving has been extremely positive and we are looking forward to delivering more training and sessions like these in the future.



As a follow-up to this session, whether you were able to attend or not, we invite you to read this 5 minute blog written by Tara Gretton on understanding the teenage brain. How can we support and embark on positive communication with our own young people? How do we encourage them and strengthen them during this challenging period in their lives?

[Hope and Possibility! Giving young people a voice. The key to their successful futures.](#)



The Mental Health Team



Upcoming Progress Reports and Parents Evenings:

This is to inform parents and carers that we will be publishing progress reports for Years 7, 11 and the Upper Sixth as well as a Full Subject report for Year 9 before the end of term in December. These will be available to view on INSIGHT and an email will be sent nearer the time.

Progress reports for Years 8, 10 and the Lower Sixth will be published soon in January.

I would also like to remind you that Parents evenings are scheduled to take place on the following evenings (remotely).

Year 11: Thursday 19th November

Upper 6th: Thursday 10th December

Theme of the Week

Think about what the word stress means to you.

WHAT IS STRESS?

Stress is the body's response when it senses danger. We all experience stress and need it to function.

But when stress interferes with our lives, it becomes a problem. Too much stress, for too long, can make us ill.

If unaddressed, stress can cause mental health issues like depression or anxiety and harm our physical health.

1 in 6 British workers will experience depression, anxiety or stress-related issues.

There are simple steps you can take to #AddressYourStress. Check out our resources at mhfaengland.org

MHFA England

'Stress' can mean lots of things to different people and affects everyone differently. Things like change, pressure and challenges can cause us to feel 'stressed'. A situation may be stressful for us, but a situation could also be made stressful because of other factors. For example, going to school or work might not be stressful every day, but if you had a row with a friend or have a deadline that day, it will feel much more stressful than normal. Some people might show stress in their body, some might just feel it inside. Feeling stress for a long time can damage your body and mind. Understanding how stress affects you can help you to manage your stress better. Think about how Covid might have affected people's stress.

Lots of different things can help us to feel better when we feel stressed. Think about what might make you feel better. Think about the things that make you feel less stressed. Can you do these things when you feel stressed? How would this help you feel better?

Watch the video and follow the activity described to explore how stress might affect your body and what you can do to help tackle it - you will need a pen and paper.



<https://www.redcross.org.uk/get-help/get-help-with-loneliness/tackling-loneliness-in-young-people/understanding-stress>

Imagine you are looking at your stress as an outside investigator, try to imagine it is someone else's body and feelings. You are looking at it so you can understand it better. Having done the activity, what pattern do you notice - **Is it always the same things** that make you

stressed, does it change your body, feelings and thoughts in the same way each time? **Do the same things help you to feel better?**

What are your **signs of stress** - What feeling can you watch out for so you know you are stressed? Can you tell your friends and family about this so that they know? **How can you manage your stress** - one activity that makes you feel calmer? Can you do this whenever you feel stressed?

How can you prepare yourself - we can not always avoid doing things that make us stressed. However, if we are going to be doing an activity that we know will make us stressed we can prepare ourselves by doing our 'calming activity' before. Does understanding your stress pattern help you to prepare for and manage stress better? **What will you do in future to help yourself?**

Now think about how you can help your friends and family with their stress. What can you do to help notice and understand their stress?

What action might mean they are stressed?

What thing might cause them to feel stressed?

What thing might help them to feel better?



Remember that everyone shows and feels stress differently for different reasons. Understanding others is a really big part of helping them and knowing how to help. Discuss your stress patterns with a close friend or family member. Remember to look out for their signs of stress and help others too, and do not forget the impact that Covid might be having on people's stress.

Miss P Netto
PSHE

Menu for w/c 30th November

Monday: BBQ Chicken, Mixed Bean Chilli

Tuesday: Braised Beef and Smoked Bacon Casserole, Tomato and Basil Gnocchi

Wednesday: Sweet and Sour Chicken, Cheddar and Onion Puff

Thursday: Pork Tagine, Roasted Vegetable and Pesto Wrap

Friday: Hoisin and Soy Pork with Mushrooms, Cauliflower and Chickpea Tagine

Mr D Keal
Chef