



BEECHEN CLIFF

5th November 2020

Message from Headmaster

Dear Parents and Carers

As you will be aware we are facing widespread national restrictions that will come into force from Thursday 5th November. Schools and Educational establishments are not subject to closure and we will continue to provide a safe learning environment for our pupils, students and staff.

We have seen an increase in the number of Covid Positive test results within our school community, two of these cases have directly resulted in a group of our Year 13 pupils, and the whole of Year 11, isolating for periods stipulated within the guidance. We have also been made aware of four cases within our sixth form which have occurred outside of normal school term time but have impacted on several of our pupils and again resulted in periods of self isolation. These periods of isolation have serious impacts on the individuals, their families and the school.

Our interactions with Public Health teams in Bath and for the South West have been productive and have reassured us that our school processes and procedures are effective. The Public Health teams in Bath and for the South West have asked us to remind you as parents, pupils and students that we all have a collective responsibility to abide by the guidance and most importantly to limit our interactions with those outside of our bubble. It is essential that you make your children aware of their responsibilities to themselves and the wider community. We ask that you remind your children of the importance of social distancing, wearing masks and maintaining high standards of hand hygiene, frequently. We need your support in setting these standards for your children so that we can continue to effectively provide education within Beechen Cliff School.

The latest guidance from the Government has been received today and the key relevant points for Beechen Cliff School are listed below. If at any time you need any further guidance or advice please do not hesitate to contact the school using the main email account - headmaster@beechencliff.org.uk.

- All after school clubs/activities have to be suspended until December 2nd. I know that this will be particularly disappointing, given the large numbers involved.
- Events which are held remotely are, of course, unaffected.

We wish you all health and that you remain safe during the lockdown period and beyond.

Calendar

Saturday 14th November

Oxbridge and Medicine Mock Interview morning –
remote provision—details to follow

Virtual Parents Information Evenings

As these scheduled events were unable to take place, pre-recorded videos and information were added to our website in place of the evenings during last term.

At the bottom of the Parent Evenings and Reporting page of the school website (<https://www.beechencliff.org.uk/parents/parent-evenings-reporting/>) you will find links to the following virtual information evenings:

Year 7 Parents Information Evening
Year 10 Parents Information Evening
Year 11 Parents Information Evening

If parents/carers have not had the opportunity to access the information from these virtual evenings I would encourage you to do so.

Mr T D Markall
Deputy Head (Curriculum)

NOTIFICATION PROCESS

Please email headmaster@beechencliff.org.uk to notify of any absence for a covid related reason including a pupil displaying covid related symptoms, isolation as a member of family is symptomatic, if awaiting test results for pupil or member of household, confirmation of a positive test or if your child has been identified as a close contact for a positive case. Please notify us as soon as possible, the email address is checked out of hours and we will be able to respond more effectively.

Mr A Davies
Headmaster

Mental Health and Wellbeing

We are thrilled that so many parents/carers have already signed up for our exciting Solution Focused webinar with our Solution Focused Trainer, Tara Gretton, later this month. 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.

“Uncertainty, confusion, fear: we’ve known all these and more, in bucketloads, since March. But how have our children fared? What are the long-term effects of Covid-19 on them, and how can we help them navigate it all, whatever their age?”

Be centred on – and guided by – your child. Each one is different, and each child’s reaction to the pandemic is different. Start with them, rather than with what’s happening out there in the big world.” *The Guardian*

<https://www.google.co.uk/amp/s/amp.theguardian.com/lifeandstyle/2020/aug/15/show-children-we-can-survive-how-to-parent-pandemic>

As we return to another lockdown, and the cases of Covid to start to rise, we would like to invite you to consider your families and how you can support each other to get through this uncertain time. Tara Gretton has given us some ideas for hopeful conversations we can have at home.

- ♦ Suppose tonight you sit down as a family and all describe in detail your best hopes for how you hope things to be during this time; how you hope to work together as a family and how you hope your individual needs will be met?
- ♦ Suppose after that you, together, all come up with a list of your existing strengths and resources as a family and as individuals; and how you as a family and individuals have managed difficult times in the past?
- ♦ Suppose you, together, based on the above consider what signs would tell you that you were managing this situation the best you could in the next few days? What would you be doing individually and as a family that would tell you that you were taking a small step towards your best hopes?
- ♦ What difference will this make to you and your family and how you manage the forthcoming weeks and months?
- ♦ What difference will it make if you revisited these best hopes regularly?

We invite you to have a conversation with your children and each other as we navigate these uncertain times together with a hopeful mindset.

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/beechen-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

Forgotten Items

Please note that if your son has forgotten either his PE/Games Kit or books etc, they cannot be dropped off as the school has a No Visitor policy at present and pupils do not have changing facilities due to Covid restrictions.

Mr K Mann
Assistant Headteacher
Head of Pastoral Care

Remote Learning

In the case where a year group needs to self-isolate, lessons will continue according to the normal timetable and will be taught via Google Meet and Google Classroom.

For individual pupils and students who are self-isolating when lessons are continuing in school for the rest of the year group, work will be set on Google Classroom. We are moving to a more centralised process of setting work online from this week. Much of this will be set weekly, though some will be on a lesson by lesson basis.

In all cases it is essential that all students and pupils are confident accessing Google Classroom and their school email through their school RM Unify Google account. Please contact ICT support if there are login issues.

Mr T D Markall
Deputy Head (Curriculum)

What different challenges might you face this time? How could you try to overcome these?

What are your best hopes for this second lock down?

The following have been identified as key steps to being mentally and physically 'well'. Can you think of examples of how you could put these into practice over half term to stay 'well'?

The 5 Ways to Wellbeing



Theme of the Week – Lockdown

New lockdown rules for England

Main restrictions from Thursday 5 November



Pubs and restaurants closed but takeaways permitted



Non-essential shops, leisure and entertainment venues closed



No households mixing indoors, or in private gardens, unless in your support bubble



Stay home – only leave for specific reasons including education and work



Schools, universities and colleges remain open



Outdoor recreation encouraged, you can meet one person outside your household

BBC

Reflect and discuss:

What did you find helped you during lock down last time?

What was the most challenging part of lock down? What did you do to overcome this?

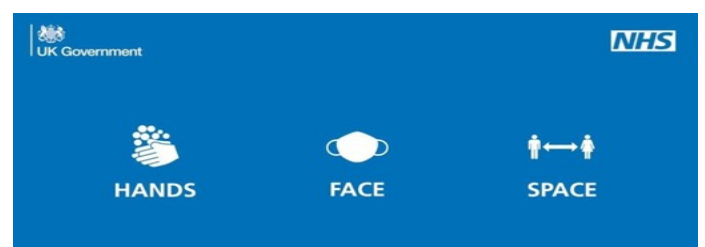
Boys in Mind (Girls Mind Too) made lots of videos of young people talking about how they were getting through lock down - ideas include **cooking, gardening, sport, helping others, learning new skills, meditation, music, looking after pets and talking to family and friends.**

Pick a couple of videos you haven't watched before - how many of the '5 ways to wellbeing' can you see being practiced? You might like to watch *Skye and Oli's home gym*, *Gabe and Scout*, *Henry and wellbeing*, *Enya's family*, *Tom's music*, *Edmund helps out* or *Will on creativity* (see if you recognise any BCS students - past or present!)

<https://boysinmind.co.uk/getting-through-this-together/>

Do not forget there is support inside and outside of school if you are struggling - see information on posters in school and the information sent to parents at the end of last term.

Miss P Netto
PSHE and Mental Health Team



Menu for Week Commencing 9th November

Monday: Chicken with a hoisin and soy sauce, Spinach and feta pie (V)

Tuesday: Hot Dog, Veggie Hot Dog (v)

Wednesday: Chicken curry, Sweet potato and spinach Curry (v)

Thursday: Chicken and bacon risotto, Tomato Mozzarella and basil tart (v)

Friday: Chicken and vegetable casserole, Pizza Baguette (v)

Mr D Keal
Chef

Message from Avon Fire and Rescue Service

Dear School, Parents and Carers

As Bonfire Night approaches and in order to ensure our community's safety, please find attached to this weeks newsletter our Bonfire Night flyer detailing how to stay safe during the festivities. We have also created this fun but really important fire work safety message with Fido the fire-dog! aimed at children but great for all ages to watch making sure children stay safe within our communities this Bonfire night. <https://www.youtube.com/watch?v=Sm8s2vlcpqI&t=106s>.

As well as this, please be aware that there is further safety information on our website at <https://avonfire.gov.uk/safety-advice/events-and-celebrations/fireworks>, watching this YouTube clip <https://www.youtube.com/watch?v=4YONMZtatew> and on our Twitter and Facebook feeds.

We at Avon Fire and Rescue hope you and your loved ones have an enjoyable and safe Bonfire Night.

Kind Regards

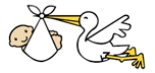
The Children and Young Persons Department
Avon Fire & Rescue Service



Scrabble Club was due to start for Year 7s from next Wednesday (11th November) in room E5. **However due to covid restrictions Scrabble Club will now be suspended until these restrictions are lifted on 2nd December .**

Mr T Fieldhouse
English Teacher

New Arrivals



Congratulations from all at Beechen Cliff to Kirstie in our refectory team, who welcomed her son Arthur on 26th October . Arthur arrived 3 weeks earlier than expected and weighted 6lb 7oz.

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

Calling all budding singers!

As we are unable to hold the traditional Carol Service in the Abbey this year, we would like to attempt to record a virtual celebration of Christmas.

This would involve pupils and sixth form students learning individual vocal lines (at home) to some traditional Christmas pieces and then recording themselves singing their part which would then be mixed into a final recording. We would supply audio tracks to help pupils learn their parts independently.

At this stage, we would just like to gauge how many pupils and students would like to be involved in order for us to choose appropriate repertoire. If your son/daughter is interested could you please send a brief email to music@beechencliff.org.uk

This is an exciting venture for the music department and we hope as many as possible will get involved!

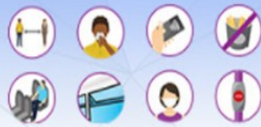
Please do not hesitate to contact me if you have any further questions at this stage

Mr P E Calvert

Head of Music

Coronavirus - COVID 19:

Customer and service information



First Bus

Following UK Government's announcement of a second lockdown from Thursday 5th November, we wanted to contact you to inform you about our services. Rest assured that we are working with government and local authorities to ensure our buses are running to take people to school, university and enable those who need to travel to do so.

Service Levels

For the vast majority of services we don't expect to make any changes, but if we do, you'll find the latest information for your local area on our website which we will keep up to date.

Keeping you safe

We want to make sure that every passenger is confident when travelling with us. That's why we're working extra hard behind the scenes with an enhanced daily cleaning regime. Here's a reminder of what you can do to protect yourself and those around you:

- ♦ **Wear a face covering:** Wearing a face covering on public transport is mandatory, unless exempt, to help stop the spread of Coronavirus.
- ♦ **Keep windows open for additional ventilation.** We appreciate the weather is turning colder with winter approaching by leaving the windows open helps us to stay, so don't forget to dress warmly on your travels.
- ♦ **Use the First Bus App:** Not only can you buy your tickets in advance, but you can plan your journey, check bus live bus times, track your bus and check live seat capacity.
- ♦ **Pay contactless:** To avoid handling money, go contactless and pay either with a contactless card, Google or Apple Pay.
- ♦ **Keep your distance from others:** To help you keep a safe distance from other passengers, we've marked out which seats aren't available to sit on.

For more information visit our Coronavirus page [here](#)

Supporting the national effort

We would like to encourage all passengers travelling with us to download the NHS Covid-19 Track and Trace app. Anyone aged 16 or over who lives in England or Wales can use the app. The app allows you to report symptoms, order a Coronavirus test and check into venues. You can download it using the button below,



Travel safely with First Bus

Giles Fearnly

Managing Director First Bus