



BEECHEN CLIFF

10th December 2020

Message from the Headmaster

Dear Parents and Carers

I must extend my thanks to parents for the generous support of the food bank project being run within the school. The donations have been coming in at a great rate each day and I know, sadly, that the contributions will be used very quickly by those in need.

The end of term arrangements for December 18th are included in this newsletter and hopefully we will see the results of the "virtual choir" work, together with the scaled down Christmas Lunch (16th December) and Christmas Jumper day.

Our own little "icing on the cake" will be the chance to see Beechen Cliff's Andrew Lincoln starring in a live production of "A Christmas Carol" at the Old Vic and which will be watched by the Year 11 group studying the great work. A full final week for us all.

Mr A Davies
Headmaster

Calendar

Thursday 10th December

Upper Sixth Parents Evening (virtual)

Wednesday 16th December

Christmas Jumper Day

Friday 18th December

Last day of Term 2

Monday 4th January

INSET day

Tuesday 5th January 2021

Term 3 commences at 8.25am

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)

End of Term Arrangements

School will finish on Friday 18th December after a whole school virtual assembly for Years 7-11. Sixth Form students will receive a recorded Christmas message.

The staggered finish will be as follows:

12.55 - Year 10 and 11

13.00 - Year 8 and 9

13.05 - Year 7

We will return to school on Tuesday 5th January 2021 at 8.25am.

Mr K Mann

Assistant Headteacher

Head of Pastoral Care

New Code of Conduct for Parents

Published alongside this weeks newsletter is the Midsomer Norton School's Partnership's Code of Conduct.

Please take the time to read.



Sixth Form Applications.

A reminder to Year 11 pupils that Friday 11th December is the deadline for Sixth Form applications for 2021. The form is available on the school website.

Mr J Oldham

Head of Sixth Form



Year 9 Options

The GCSE options booklet for Year 9 will be available on the school website on Monday and I will be writing to all parents of Year 9 pupils with information about the options process before the end of term.

Mr T D Markall
Deputy Head (curriculum)

U6th Reports

U6th progress reports are now available for parents to view on Insight.

Mr A Seal
Assistant Headteacher

Year 11 English – Live Streaming of A Christmas Carol

On Wednesday 16th December the 5 Year 11 Classes studying A Christmas Carol will be watching a live stream of the Old Vic's production during the afternoon. This will run from 1.00pm to 3.20pm following an early Christmas Lunch at 12.20pm.

Pupils will be allowed to bring pop corn along to the streaming which will take place in the classrooms with their English teachers.



Year 7 English – Video of the Muppets Christmas Carol

On Thursday 17th December Year 7 pupils will be watching a film of The Muppet's Christmas Carol during their afternoon lessons. This will be shown in their English classrooms and will hopefully provide an enjoyable end to the Christmas Term.

Pupils will be allowed to bring pop corn along to these lessons, more detail will be given to pupils early next weeks.

Mrs C Salmon
Acting Head of English

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

Menu for wc 14th December

Monday: Chicken Tikka with minted Yogurt, Cheddar and Tomato Turnover (V)

Tuesday: Chicken with Tomato and Olives, Potato Spring Onion and Cheese Bake (V)

Wednesday: Christmas Lunch, Turkey with all the Trimmings, Roasted Vegetable Parcel (V)

Thursday: To Be Confirmed

Mr D Keal
Chef



Year 11 Mock Examinations

These are taking place from 18th- 22nd January 2021 and letters have been emailed to parents detailing the arrangements.

This week Year 11 pupils have had the first of two exam briefing assemblies to help prepare them for these examinations, the second will be in January.

The examination timetable is on the school website:

<https://www.beechencliff.org.uk/wp-content/uploads/2020/11/Year-11-Mock-Exams-Timetable-for-Website-Jan-2021.pdf>

As part of revision preparation many subjects are currently running after-school sessions. The link to this on the website has had to be updated and can now be accessed via this link:

<https://www.beechencliff.org.uk/wp-content/uploads/2020/11/Year-11-Revision-30th-November-8th-January-1.pdf>

It has been explained to pupils that we wish them to prepare effectively for these examinations and do their best. However, we have also emphasized the importance of their well-being and mental health and to ensure they get the working balance right.

Mr T D Markall
Deputy Head (Curriculum)

Theme of the Week

What core values do you think are especially important at this time of year?

ASPIRATION

BALANCE

COMPASSION

INDEPENDENCE

RESPECT

INTEGRITY

Watch <https://www.youtube.com/watch?v=jGY-T4W-BOc>

Discuss:

How relevant is this advert today?

Has Covid affected issues of loneliness and isolation? How?



What can be done about this? What have you noticed people doing to support others at this time?

What could you do in your own families or local communities (including school)?

What different ways can you think to connect with people while maintaining social distancing and tier rules?

Some of us will be opening Advent calendars to countdown to Christmas. Why not try to do something **kind** every day of Advent too? Look at the kindness calendar (separately) and pick out a few actions to try this month. Share ideas about how you could achieve some of these actions, and who you could direct your actions towards.

Can you think of a tutor group act of kindness you could do between now and the end of term?

Ms P Netto

PSHE and Mental Health Team



KINDNESS CALENDAR: DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 7 Leave a positive message for someone else to find 14 Share a happy memory or inspiring thought with a loved one 21 Appreciate kindness and thank people who do things for you 28 Be kind to the planet. Eat less meat and use less energy	1 Share the Kindness Calendar with others and spread kindness 8 Do something helpful for a friend or family member 15 Contact an elderly neighbour and brighten up their day 22 Congratulate someone for an achievement that may go unnoticed 29 Turn off digital devices and really listen to people	2 Contact someone you can't be with to see how they are 9 Notice when you're hard on yourself or others and be kind instead 16 Look for something positive to say to everyone you speak to 23 Choose to give or receive the gift of forgiveness 30 Let someone know how much you appreciate them and why	3 Offer to help someone who is facing difficulties at the moment 10 Listen wholeheartedly to others without judging them 17 Practice gratitude. List the kind things others have done for you 24 Bring joy to others. Share something which made you laugh 31 Plan some new acts of kindness to do in 2021	4 Give kind comments to as many people as possible today 11 Be generous. Feed someone with food, love or kindness today 18 Give away something that you have been holding on to 25 Treat everyone with kindness today, including yourself!	5 Make a gift for someone who is homeless or feeling lonely 12 Buy an extra item and donate it to a local food bank 19 Buy locally and support independent shops near you 26 Get outside. Pick up litter or do something kind for nature	6 Support a charity, cause or campaign you really care about 13 See how many different people you can smile at today 20 Contact someone who may be alone or feeling isolated 27 Call a relative who is far away to say hello and have a chat

Let's look beyond our differences and help each other. Every act of kindness matters 

ACTION FOR HAPPINESS

#DoGoodDecember



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/do-good-december Keep Calm · Stay Wise · Be Kind

Mental Health and Wellbeing

Parents, what challenges do you understand your teenagers and young people have that affects their mental health?

As parents/carers of secondary school aged children, we are naturally more emotionally invested in our children's mental wellbeing. This week we wanted to share a really interesting YouTube Clip with you. It is 14 minutes long. Clare Davis is a mental health first aid trainer and she has been running some fascinating 'Mental Health Chats' on YouTube. Clare interviews Jason Linken about the most common reasons for our young people to experience worsening mental wellbeing during Covid and what to do to help. Jason supports 300 teenagers who board at a University College in Australia. Interestingly, Jason talks about connectivity and about how our young people are experiencing feelings of loneliness and isolation at school or university. He explains that, in his experience, the 3 most common reasons for teenagers to feel lower than usual are to do with their relationships, aspirations and events or circumstances that they have struggled with. Covid-19 counts as a very significant event and changes to their circumstances in recent times. Jason talks about ways in which we can connect with our children so that these circumstances seem less of an issue. Significant events that can affect our young people's mental wellbeing are often intrinsically linked to their relationships. In order to help our children to work through that event, Jason and Clare highlight the importance of helping them work through it by opening positive and connected conversations. Interestingly, children are often more likely to open up about these events to people other than their parents. Grandparents and other family members and pastoral staff at school can play a vital role in facilitating these hopeful, positive conversations. This is why, as a school, we warmly embrace the Solution Focused approach with your children.

[Mental Health Chats - Teenagers and Young People - YouTube](#)

The Mental Health Team

Christmas Jumper Day – Wednesday 16th December

