



## BEECHEN CLIFF

6th May 2021

### Message from the Headmaster

Dear Parents and Carers,

Whilst the weather this week has not indicated that summer is nearly here it has been wonderful to see the array of outdoor activities pupils have been participating in over the last week.

Many congratulations to all the Year 9 pupils who took part in the Bronze Duke of Edinburgh Award outdoor learning days last weekend and I am sure pupils undertaking the Silver Award are now looking forward to their days in a few weeks time.

Tennis and cricket fixtures are now underway along with beekeeping club and the theatre group with Bath Theatre School amongst others. There is certainly a sense of excitement and opportunity within school.

As we move into the last few weeks of assessment for U6th and Year 11 students may I say how impressed I have been with their efforts and I encourage them to continue their hard work until the end of the process with the summer holiday reward not too far away now.

Year 7 pupils have recently had their assembly with Ms Sullivan about the arrangements for their summer exams at the end of this term. Assemblies for Year 8-10 will be taking place over the next few weeks.

Can I remind parents to check that all pupils have the correct equipment for school to ensure they are ready to learn and prepared for their assessments.

Thank you for your support.

*T. D. Markall*

Mr T D Markall

Deputy Head (Curriculum)

### Calendar

**Thursday 20th May**

Year 10 Potterne Shooting (4pm-10pm)

**Monday 24th May**

Year 7 Exam week

**Thursday 27th May**

Year 11 Graduation 2.15pm - 4.15pm

Year 11 Potterne Shooting (6pm–10pm)

**Friday 28th May**

End of Spring Term 5

**Thursday 3rd June**

Year 13 Potterne Shooting (4pm - 10pm)

**Monday 7th June**

Start of Summer Term 6

Year 8 Exam week

**Monday 14th June**

Year 9 Exam week

**Tuesday 15th June**

Year 8 - HPV vaccinations

**Monday 21st June**

Year 10 and L6th Exam week

**Monday 28th June**

INSET Day

**Monday 19th July –Friday 23rd July**

Activities Week–All pupils

**Friday 23rd July**

End of Term

### INSET Day 28th June

Please note 28th June has been confirmed as our final INSET Day of this academic year. Pupils and students are not expected to attend school that day.

Mr T D Markall

Deputy Head (Curriculum)

## Eating Disorders

Recent statistics show that eating disorders have increased significantly during lockdown. Please see attached to this weeks newsletter one of Beechen Cliff's weekly safeguarding Hot Topics which are circulated to staff. The Safeguarding Team felt that this would be a useful resource for parents to read. If you need any support or advice about eating disorders, the website <https://www.beateatingdisorders.org.uk/> is very helpful. You can also speak to your GP or ask advice from a member of the pastoral or safeguarding teams in school.

Mr Oldham  
Deputy Head & Designated Safeguarding Lead.

## MENU w/c Monday 10th May

**Monday:** Chicken and Gammon Casserole, Roasted Vegetable and Goats Cheese Tortilla

**Tuesday:** Braised Beef with a Peppercorn Sauce, Cheesy Scotch Egg

**Wednesday:** Chicken with Peppers in a Tomato and Olive Sauce, Sundried Tomato Risotto

**Thursday:** Sausages with Onion Gravy, Spinach and Feta Filo Parcel

**Friday:** Pork tagine, Vegetable Lasagne

Mr D Keal  
Chef

## REPORTING PUPIL ABSENCES

It is important that **all absences** from School, including late arrivals and medical appointments should be reported to School promptly. **Parents and carers please 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)



## Closure of Cleveland Bridge, Bath

Cleveland Bridge which takes traffic from London Road past Bath Fire Station on Bathwick Street is closing for next month for 3 months. It is likely that this will have a major impact on journey times for those people coming from the North and East of the City.

## Bronze DofE Outdoor Learning Days 30th April-1st May

The Bronze DofE group successfully completed their Outdoor Learning days/ Practice Expedition last week. Groups walked with an Outdoor Instructor on Friday learning about navigation, the country code, expedition kit and first aid. They then camped on the school site and after cooking their evening meal they enjoyed an evening of activities with their friends.

The following day groups walked unaccompanied in the Claverton Down area with staff supervising them at checkpoints.

The boys behaved brilliantly both off and on site and were a pleasure to be with. A huge well done to them and a massive thank you to the 20 staff that gave up their weekend so that this event could happen.

We are all looking forward to the Qualifying expedition on the 18th - 19th June.

### Silver DofE

The Silver DofE Practice expedition is the 14th-16th May, students will start and finish at school, walking in the local area.

Ms J Fox DofE— Manager  
Miss M Garland—DofE Administrator.



## Theme of the Week

This week, pupils and students have been learning about the Red Cross. Red Cross Week is celebrated between 4th and 10th of May, and is a week in which to celebrate the charitable work of the Red Cross and also an opportunity to get involved in fundraising and help people in Crisis all over the world .



### The International Red Cross and Red Crescent Movement

started in 1863 and was inspired by Swiss businessman Henry Dunant. The suffering of thousands of men on both sides of the Battle of Solferino in 1859 upset Dunant. Many were left to die due to lack of care. He proposed creating national relief societies, made up of volunteers, trained in peacetime to provide neutral and impartial help to relieve suffering in times of war.



The seven fundamental principles are:

**Humanity** - The Movement endeavours, in its international and national capacity, to prevent and alleviate human suffering wherever it may be found.

**Impartiality** - The Movement makes no discrimination as to nationality, race, religious beliefs, class or political opinions.

**Neutrality** - In order to continue to enjoy the confidence of all, the Movement may not take sides in hostilities or engage at any time in controversies of a political, racial, religious or ideological nature.

**Independence** - The Movement is independent.

**Voluntary service** - It is a voluntary relief movement not prompted in any manner by desire for gain.

**Unity** - There can only be one Red Cross or Red Crescent Society in any one country. It must be open to all.

**Universality** - The International Red Cross and Red Crescent Movement, in which all Societies have equal status and share equal responsibilities and duties in helping each other, is worldwide

This video explains some of the work of the Red Cross - <https://www.youtube.com/watch?v=7nyZdzGA1Q0&t=33s>

### What is happening in the world that makes the work of the Red Cross so important?

#### What is happening in India?

India is in the grip of an overwhelming new coronavirus wave. The total number of cases has skyrocketed to more than 18 million - by far the highest in the Asia Pacific region, and second behind the United States.

The death toll has reached over 200,000 and an acute shortage of oxygen means that the death count will continue to rise. Targeted lockdowns are in place in several of the worst-hit regions, including the capital New Delhi, and Mumbai.

There have been reports that hundreds of migrant workers are starting to flee back to their hometowns, which could in turn spread the virus further into rural areas and neighbouring countries. In rural parts of the country, where some 600 million Indians live, healthcare resources are limited. The pandemic is also plunging the country further into poverty - this will be devastating to the 21.9 percent of the population who already live below the poverty line.

In response to the latest wave, over 46,000 Red Cross staff and volunteers across 550 districts in India are supporting Covid-19 response efforts. They are providing vital oxygen supplies, ambulance services, first aid, medical care, and PPE oxygen within Indian communities.

The Red Cross is working closely with authorities to care for those who need it most, including the elderly and people with disabilities.



Indian Red Cross branches across the country are also supporting the vaccination drive, providing vaccinations and running vaccine awareness campaigns, and offering Red Cross clinics and medical facilities as vaccination centres.

How can we support the work of the Red Cross in a situation like this? <https://www.redcross.org.uk/get-involved>

#### Questions to think about:

Why is charity important?

What values are demonstrated in charity?

What examples of charity can you think of?

How can you make a difference on an individual level?

Do you think we have a responsibility to engage with charity?

What issues are there in the world that need our support?



Miss P Netto  
PSHE

## Mental Health and Wellbeing



### 'Promoting Hope'

Following a challenging time, we are working in a Solution Focused way to help bring our school back together with a focus on community recovery. Last week, we focused on the theme of 'Self-efficacy'. This week, we are focusing on the theme of 'Hope'. Over the next two weeks we will focus on the themes of 'Gratitude' and 'Connectedness', with each drawing upon some of the factors that underpin wellbeing and positive psychology. As Solution Focused practitioners, we invite staff and students to focus on these key themes to help promote emotional wellbeing, resilience and recovery.

Research indicates that hope significantly and positively correlates with psychological well-being and coping in the face of adversity. Higher hope is related to better overall adjustment, while hope has also been described as "a personal rainbow of the mind". The rainbow has been used as a symbol of hope in many households during the coronavirus pandemic.

In a therapeutic session, we ask 4 basic SF questions which focus on 'Hope'

- "What are your best hopes for our work together?"
- "What difference will that make?"
- "What works?"
- "What will be the next sign of progress?" or "What will be your next step?"

'Hope' is one of the most powerful attitudes, emotions, thoughts, beliefs and motivators. It is vital to human beings; it keeps us alive. It gets people out of bed in the morning. Hope keeps us going, even in the face of severe adversity. Hope whispers "Try it one more time" when the world says "Give up".

When we offer a vision to young people that change is possible, and that there are better ways to deal with a situation, we are helping young people to develop a well-defined goal about their best hopes and what differences those will make; providing young people with a detailed vision of what their lives might look like. It fosters hope and motivation and promotes self-determination. When we ask young people what has worked for them in the past in better times, no matter how rarely, we are offering young people a glimpse of their preferred future (goals) already.

Building hope and optimism is very important when students and pupils seek help because most young people suffering with anxiety go through difficult times before they reach out and may feel hopeless and pessimistic about the possibilities for change.

At school we remind all students to seek a trusted adult or member of staff if they feel they are losing hope or are worried about a friend losing hope. We also encourage all students to speak to their parents/carers.

Sometimes our children and young people will tell us that they are feeling anxious. We come from the perspective that no problem exists all of the time. We try to invite them to think about exceptions. Here are a few exception-finding questions you could try in conversations with your children:

- "Was there a situation recently where you felt less anxious?"
- "Which days in the past week were somewhat better?"
- "When in the past week were you able to worry less (even a little bit)?"
- "When in the last few weeks did you feel a bit more relaxed? What happens when the problem ends or starts to end?"
- "When do/did you feel a bit more safe?"

When young people start to notice times when they have used strategies to cope better, they are more likely to revisit these strengths and resources to help them manage moving forward.

Research shows that human strengths such as courage, optimism, interpersonal skills, hope, honest perseverance and flow act as a buffer against mental illness. Using SF, we understand this and learn how to foster these strengths in our young people, remembering always that positive talk leads to more positive talk, and negative talk leads to more negative talk.

*Source: Frederike Bannink; "101 solution-focused questions for help with anxiety (2003)*

Best wishes.

**The Wellbeing Team**



## PTA News

We would like to announce that Jane Millington has taken the role of Treasurer and 50:50 Club for the PTA. We would like to say a big thank you to Emma Ford and Sarah Mitchard who have stepped down, after many years in those roles.

We are looking for a Secretary to join the PTA. A voluntary role to take notes of the PTA meetings. We hold 3-4 meetings per year, usually in the evenings. If you would like to get involved with the school and meet new people, please let either Marina or Lesley know by emailing us at [jesterlb@btinternet.com](mailto:jesterlb@btinternet.com) or [marinaptabeechen@yahoo.com](mailto:marinaptabeechen@yahoo.com)

Second Hand Uniform is now being sold at Mercy in Action Charity shop on Bear Flat. Please pop in and check it out. All donations of uniform still need to be brought to Beechen Cliff School and put in the plastic container inside the door of the main entrance.

We would love your donations of larger sizes especially PE kits, Blazers, Shirts!! If you have these filling your cupboards please bring them to school, thank you. Any enquiries about Second Hand Uniform should be sent to Lesley at [jesterlb@btinternet.com](mailto:jesterlb@btinternet.com).

The PTA has updated all details on the school website, which can be accessed by clicking on the logo



Lesley and Marina

Co Chairs of PTA: Lesley Leming and Marina Beare

## Sports Fixtures w/c Monday 10th May

Please find below are details of next week's fixtures which are correct at the time of publication. However please refer to the School Sports Fixtures at <http://www.schoolssports.com/school/default.asp?id=374> for the most up to date information.

Day	Fixture	Start time / kick off	Meet time	Transport	Finish/ Return time
Monday 10 <sup>th</sup> May	U13a & U15a tennis v Colstons (h)	14:30	14:00	n/a	16:30
	U15a cricket v Kingswood (a)	14:45	14:00	MB	17:30
Tuesday 11 <sup>th</sup> May	U13a & U14a tennis v QEH (a)	14:30	13:20	2 x MB	17:45
	U12a cricket v King's Hall (a)	15:00	13:00	MB	19:00
Wednesday 12 <sup>th</sup> May	U14a & U15a cricket v Millfield (a)	13:30	12:15	2 x MB	17:30
	U12a tennis v Clifton Prep (a)	14:00	12:45	MB	17:15
Thursday 13 <sup>th</sup> May	U12a tennis v CSET (h)	15:00	14:30	n/a	17:00
Sunday 16 <sup>th</sup> May	Senior Tennis - Avon Schools Competition	10:00	Pupils making own way	n/a	n/a