



BEECHEN CLIFF

17th June 2021

Message from the Headmaster

Dear Parents and Carers

The government announcement relating to the change in expectations on lockdown rules has clearly had an impact on our planning, together with other schools in the trust. You will have seen the letter from Mr Alun Williams regarding various events and visits which are taking place over the course of the Summer Term. It is clearly taking a little more time than we hoped to finally see the management of Covid, although other indicators would suggest that we are moving in the right direction. Please do read through the letter as it gives a clear oversight of actions which are happening and what is able to run in the weeks ahead.

The school is continuing to try and provide an array of enrichment experiences and, whilst these may not yet be at the level we would normally see, have certainly helped create a more positive sense of what is possible across the school. One of the activities which is so important to us is the Duke of Edinburgh Award activity and I wish all the boys and staff involved this weekend every success as maps are studied and rucksacks filled. Next week the Year 7 boys are participating in an Activities Day, designed to create some of the excitement normally created by the Tir-y-Cwm visits in September. The Welsh Government rules have stopped that being an option this year but this new activity should prove popular with our younger boys.

Finally, good luck to the Year 10 boys and Lower Sixth students, about to embark on their examination week.

Mr A Davies
Headmaster

Calendar

Monday 21st June

Year 10 and L6th Exams week

Saturday 26th June

CATS for incoming Year 7 pupils

Monday 28th June

INSET Day

New Parents Evening - Virtual Event

Thursday 1st July

CATS catch-up slot 3.45pm

Friday 9th-10th July

CCF Exercise First Chance, Monkton

Friday 16th–19th July

CCF Exercise Summer Breeze, Brecon Beacons

Monday 19th July -Friday 23rd July

Activities Week - All pupils

Friday 23rd July

End of Term

Monday 6th September

Start of the Autumn Term for all pupils

PARENTS MASS TESTING QUESTIONNAIRE - Message from NHS Test and Trace



Department
of Health &
Social Care

One of the Covid Daily Contact trials's aims is to understand how many people are doing mass testing. As mass testing is being done mainly at home. It has been found that schools and colleges don't have much detail on this. To help us understand this better, we will be asking all parents/carers in all schools and colleges to complete a 2 minute questionnaire.

Please complete by 25th June 2021.

Link: https://bristolxppsycheu.qualtrics.com/jfe/form/SV_e9wMy5nYh1WRD5s



Update re testing from Public Health BANES

As you will be aware we have seen a rise in the number of cases of Covid-19 across the country, specifically cases of the Delta variant. Whilst currently numbers in B&NES are relatively low compared to some areas it remains a cause for concern. We therefore ask that staff, pupils and families remember the key points below and be advised that there has been no change in the national guidance issued around testing, tracing and containment in schools

- * All staff and secondary / college students - please continue to undertake Lateral Flow Device (LFT) testing at least twice a week
- * All adults in families / households with children aged under 11 - please continue to undertake LFT testing at least twice a week
- * In the event of a positive LFT or the onset of COVID symptoms, a PCR test must be taken to confirm the case, and the individual and their contacts **MUST** self-isolate straightaway
- * Contacts of a positive case are now also encouraged to take a PCR test, even without symptoms, to quickly detect secondary cases. Please remind contacts that if their PCR test is negative they must still continue to isolate for the remainder of their isolation period as they could still be incubating the virus

Please also note; **PHE recommend that children with non-COVID specific symptoms of acute respiratory infection don't go into school if they are unwell as a general rule, and get tested if they (or their families) progress to COVID 19 symptoms whilst unwell.**

Mrs C Thompson
Administration Manager

Activities Week - w/c Monday 19th July

The final week of Term 6 sees the launch of Activities Week for Years 7, 8, 9, 10 and 12. During this week, pupils will be challenged through investigations, group activities and skills building sessions across a range of subjects, community days and sports days.

More information to follow.

Mr O Abbott
Head of Boarding
Deputy Designated Safeguarding Lead



POLITE NOTICE TO PARENTS

Can we respectfully ask parents collecting children in vehicles to help respect the environment and our local neighbourhood by refraining from keeping their engines running whilst they are waiting outside the School or parked in the local vicinity.

Thank you for your co-operation

Pupil and Student Forums

Over the last week I have had the pleasure of meeting with groups of pupils from Years 7-10 and Lower Sixth students. The aim has been to get their views on Beechen Cliff, both what they really like about school and what they would like to see developed.

I was really impressed with the contributions made. It is clear that our pupils and students really value their school community, their teachers, inter-House competition and the food in the refectory! They also gave some really thoughtful and insightful suggestions about what they would like to see developed.

These ideas have been taken to our leadership team improvement planning meeting, giving us lots to consider, and I am grateful for the input.

Mr T D Markall
Deputy Head (Curriculum)

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.

Sixth Form Students

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



As one of our TEDxBeechenCliffSchool 2021 Coordinators, I would first like to say thank you to all of our speakers, including the ones we have already released via our Twitter and Instagram accounts, in addition to those waiting in the wings to be released shortly. I would also like to say a massive thank you to our team members for all of their contributions thus far, as well as for the support we have received from members of Beechen Cliff's staff and our school community.

Our TEDx event is based around the theme of 'Let's Look Forward', focusing on what we, as students, have to look forward to in our futures. After nearly 18 months of uncertainty, stress and anxiety caused to young people as a result of the pandemic, we are incredibly proud and excited to be planning and running this event on July 8th 2021.

We had hoped we would be able to run this event with a limited capacity live audience, however, as a result of rising COVID-19 case numbers locally and in line with the latest government guidance, the decision has been taken to run our TEDx event through live-streaming on our soon to be revealed Beechen Cliff YouTube channel.

TEDx rules stipulate that we are unable to charge a ticket price for attending. We hope that you will appreciate that there are inevitable costs involved with running an event such as this, which we would normally be able to recoup from a ticketed live event. Consequently, alongside our livestream, we will be launching a donations page to encourage virtual attendees to make a small contribution to our TEDx budget. In the event of any surplus donations raised, we will put them towards the TEDx budget for future events, with the aim of ensuring that TEDxBeechenCliffSchool becomes a sustainable extracurricular activity for future generations of students.

We appreciate the prospect of a live-streamed event is no replacement for the warmth and spirit of community normally experienced at Beechen Cliff, however, we would like to reassure you that we plan to make the revised version of our event just as successful and engaging as we originally intended!

We have an incredible speaker line up covering a wide array of topics from youth politics, to climate change, to societal progress and much more besides. We hope that this broad range of speakers and subjects will support our theme of 'Let's Look Forward' and demonstrate that, despite COVID, we can be optimistic about the future.

If you have any further questions or suggestions about our event or want to get involved, our TEDx email is tedx@beechencliff.org.uk. We can also be contacted through our social media channels on Twitter (@TEDxBeechen) and on Instagram (@tedxbeechencliffschool) where we will be continuing to release speakers and event updates and news.

Thank you.

TEDxBeechenCliffSchool 2021



Character Development - End of Year Reflections

All pupils in Years 7-10 will carry out an End of Year Reflection as part of the Character Programme which is delivered in Thursday Tutor Time sessions. Pupils will reflect on their actions and experiences in relation to the Core Values of the School; Aspiration, Balance, Compassion, Independence, Integrity and Respect. End of Year Reflections are completed on Google Classroom (at home), take around 30-40 minutes and should be turned in by Thursday 1st July.

Thank you,

Mr O Abbott
Head of Boarding

PTA- Second Hand Uniform Update

Mercy in Action is unfortunately unable to continue supplying stock of second hand uniform for Beechen Cliff School.

Uniform stocks have been removed.

The PTA will try and continue to help and support parents/carers where possible with periodic sale dates.

Please remember to drop off clean unwanted uniform items at school in the storage bin provided by reception.

Thank you

The PTA team

Theme of the Week



This week tutor groups took part in a reflective session about Refugee Week.

While refugee stories might be regularly in the news at the moment, the humanitarian needs of refugees is not new. The causes may have changed, but the humanitarian crisis such as conflict of natural disaster for those involved remains very similar across the ages.

Refugee Week is a UK-wide festival celebrating the contributions, creativity and resilience of refugees and people seeking sanctuary. Founded in 1998 and held every year around World Refugee Day on the 20 June, Refugee Week is also a growing global movement.

Through a programme of arts, cultural, sports and educational events alongside media and creative campaigns, Refugee Week enables people from different backgrounds to connect beyond labels, as well as encouraging understanding of why people are displaced, and the challenges they face when seeking safety. Refugee Week is a platform for people who have sought safety in the UK to share their experiences, perspectives and creative work on their own terms.

Refugee Week's vision is for refugees and asylum seekers to be able to live safely within inclusive and resilient communities, where they can continue to make a valuable contribution.

There is a moment in Martin Luther King's historic 'I have a dream' speech when he turns his attention to the White people who, realising their destiny and that of their Black fellow citizens was intertwined, joined the movement for equal rights.

"They have come to realise that their freedom is inextricably bound to our freedom," he said. "We cannot walk alone."

Martin Luther King may have been speaking during the American Civil Rights Movement in the 1960s, but his words resonate across space and time. Here in the UK and across the world today, we know that it is only by coming together that we will move forward. That when we choose to walk side by side, to share networks and resources, or make space for others to lead, we create deeper and longer-lasting change than is possible alone.



The theme of Refugee Week 2021, 'We Cannot Walk Alone', is an invitation to extend your hand to someone new. Someone who is outside your current circle, has had an experience you haven't, or is fighting for a cause you are not yet involved in.

What is a refugee?

According to the UN Refugee Convention, the definition of a refugee is someone who: 'owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group, or political opinion, is outside the country of his nationality, and is unable to or, owing to such fear, is unwilling to avail himself of the protection of that country' (Article 1, 1951 Convention Relating to the Status of Refugees)

What is an asylum seeker?

The definition of an asylum seeker is someone who has arrived in a country and asked for asylum. Until they receive a decision as to whether or not they are a refugee, they are known as an asylum seeker. In the UK, this means they do not have the same rights as a refugee or a British citizen would. For example, people seeking asylum aren't allowed to work.

The right to seek asylum is a legal right we all share. It is not illegal to seek asylum, because seeking asylum is a legal process. It also is not illegal to be refused asylum – it just means you haven't been able to meet the very strict criteria to prove your need for protection as a refugee.

Think about what the challenges and dangers of being a refugee or asylum seeker might be.

For Refugee Week 2021 (14-20 June) we're inviting you to do one or more of these eight Simple Acts, inspired by the theme '**We Cannot Walk Alone**'. Simple Acts are everyday actions we can all do to stand with refugees and make new connections in our communities. Follow the link and click on the Simple Acts to find out what you can do: <https://refugeeweek.org.uk/simple-acts/>

Use this hashtag if you post anything online:
#RefugeeWeek2021 #SimpleActs

<https://www.youtube.com/watch?v=WdprHcOuJU>

Dear Habib brings to life the incredible challenges, and opportunities, that young unaccompanied migrants face. The animation, which features in the Imperial War Museums 2020 exhibition, follows the true story of Habib, who journeyed to the UK from Afghanistan at just 14, and his experience of transitioning to adulthood. The project was commissioned by **Becoming Adult** a three-year ESRC-funded project conducted with University College London. The animation was co-produced with Habib himself, alongside Majid Adin the artist who created the official animation for Elton John's ***Rocket Man***.

Miss P Netto

Mental Health and Wellbeing



'Parents/Carers - Helping our children with anxiety - Part 3'

Over the course of the pandemic, many children have been feeling worried and anxious. Mental health services have seen a significant increase in anxiety, depression and the use of unhelpful coping strategies – for instance, using food, self-harm, tantrums and avoidance of worrying situations - to manage tricky feelings. At school, we have seen a similar trend and are delighted that we are able to provide support in school for those in need. As parents/carers, many of you ask us what you can be doing at home to help your children manage these feelings. This week is the final entry in our series by Dr Anna Colton where we continue to share some really useful videos and tips to help you support your children if they are feeling anxious.

Next week, we will start a new series of tips explaining how 'Solution Focused' Parenting can help your teenagers and we will give you some questions to ask your child to make sure that you are on the same page.

The following films each feature a technique that you can share with your child - to help control anxious thoughts:

Anxious thoughts are a common problem for parents and children alike - arising from school, work, relationships and uncertainty about the future. When these thoughts become frequent fixtures in the mind, it can lead to unhelpful coping mechanisms - like changing food habits, tantrums, or avoiding worrying situations - and even depression.

So, how do you tackle these anxious thoughts as they appear? How do you help your child to do the same? Dr Anna Colton explains that, if you treat anxiety like a bully in your mind, you can stand up to that bully...

Dr Anna's technique

- * Anxiety can be like a bully in our head, feeding you messages of inadequacy and fear.
- * If you treat the anxiety like a bully, you can empower yourself to answer these messages.
- * Imagine being really angry with the bully and shout at it. Tell it to go away, to get out of your head.
- * You could even laugh or make fun of it.
- * This will help you start to feel in control, rather than controlled by the anxiety.

Try this technique yourself, or, if your child is struggling with anxiety, you could talk them through it step-by-step.

Please watch Dr. Anna's helpful video explaining this tech-

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So, how do you tackle these anxious thoughts as they appear? How do you help your child to do the same? In this film, Dr Anna Colton shows you a breathing exercise that can help to soothe anxiety and panic..

Dr Anna's technique

- * You may have heard people say, "take a deep breath in", when you're panicking, but, although breathing is a great way to help manage anxiety or panic, we should be focusing on the out breath, not the in breath.
- * When we're anxious, we tend to breathe in a very shallow way - which can lead to us feeling shaky, nauseous and dizzy, or developing headaches.
- * On the out breath, imagine you're blowing a feather or blowing out candles, but focus on emptying all the air from your lungs.
- * Take a breath in and breath out in the same way.
- * Continue until the breaths become slower and longer and normal breathing resumes.

Please watch Dr. Anna's helpful video explaining this technique:

[How to tackle anxiety: Breathing techniques](#)

Try this technique yourself, or, if your child is struggling with anxiety, you could talk them through it step-by-step.

For more ways to tackle anxiety, take a look at the [Parents' Toolkit collection](#).

As always, if you are worried about your child and think that they need some support, please do let our pastoral team know in school.

Let them also know about helplines, textlines and online services that are available to them. You could also speak to your GP, who can provide help and refer them to mental health services if needs be. You could look at the resources together. The [BBC Action Line](#) is a good place to start.

The BBC [Headroom](#) campaign has links to lots of helpful content.

If you are not sure of what to do and need some extra support, visit the [Young Minds](#) website for more advice.

Source: BBCBitesize-Mental Health resources

The Wellbeing Team

Sun Protection

This is a reminder to provide your son with sunscreen and a hat for appropriate sun protection when your son is outside during break, lunch or for sport and sufficient water for hydration especially as the weather is now improving.



Family Friendly Cycle Ride

We would like to let parents know about a family friendly cycle ride that is taking place on 26th June. Event starts at 11am from Orange Grove.

A full size poster of this event is published alongside this newsletter

Joanna Wright

Councillor for Lambridge

Bath and North East Somerset Council

07582 749865



LOST PROPERTY

We continue to have a large amount of unnamed lost property which needs to be claimed.



If your son has lost an item of uniform or sports kit please encourage him to visit the school nurse during break or the lunch period to see if their item is there.

Any items not collected by the end of term will be disposed of.

Please can we remind parents to ensure that all uniform is named to enable any mislaid items to be returned to owner.

Sports Fixtures w/c Monday 21st June

Please find here the details of next week's fixtures, correct at the time of publication.

However please refer to the School Sports Fixtures at <http://www.schoolsports.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 21st June	U12 tennis v KES (a)	16:00	15:15	MB	18:00
	U13a cricket v Kings Hall (G/H)	14:00	13:15	MB drop	17:00
	U14a cricket v Taunton (h)	14:00	13:00	MB drop?	17:00
Tuesday 22nd June	U14a&b cricket v QEH (a)	14:00	12:30	MB	18:00
	Year 5 Kwik Cricket tournament	09:45	09:00	MB (drop, make own way home)	15:00
	Year 7 activities day	All day			
Wednesday 23rd June	U13 cricket tournament @ Millfield Prep	08:30	10:00	MB	16:45
	Year 7 activities day	All day			
Thursday 24th June	1st XI cricket v QEH (a)	14:00	12:00	MB	18:00
	Year 7 activities day	All day			
	Primary school football festival @ Odd Down	10:00	09:00	MB (drop, make own way home)	14:00
Friday 25th June					