



BEECHEN CLIFF

9th December 2021

Message from the Headteacher

Dear Parents and Carers

Last weekend our Year 7s took a trip to Legoland along with pupils from Hayesfield and St Marks and all had a great day out.

Since then it has been a busy week of rugby and football fixtures and I would like to congratulate all those who have taken part. In particular our U13 and U18 football teams both reached the last 16 of the national cup with victories over Sheldon School and Torquay Grammar School respectively, which is a fantastic achievement.

On Monday our Sixth Form led variety show took place. This was a fantastic event as our first variety show for some time. The performers did brilliantly and included musicians, a comedy sketch and even making balloon animals. The confidence demonstrated by some of our younger pupils in particular was exceptional. We look forward to a second variety show later in the year and our bands night at the end of January.

Also this week rehearsals have been taking place for the Bath Hub concert at the Forum on Monday evening, where a number of our pupils will be making guest appearances, and our carol service next Thursday evening.

On Tuesday our Year 8 ice skating trip took place alongside pupils from Hayesfield and St Marks. It was a wonderful event with lots of skating talent and not too many bumps and bruises

Also on Tuesday our Year 11 pupils received their mock exam results in the form of a formal mock results day event in the Main Hall. This, and the Year 11 Parents' Evening last night, will, I hope, have helped pupils to reflect on their current level of attainment and what they need to do to achieve their aspirations in their exams next summer.

Next week it is the turn of our Upper Sixth who will be undertaking their mock exams, which begin tomorrow and run through until next Friday and I wish them all the best for these assessments.

Next week we are also looking forward to a number of festive activities in school including Christmas lunch, Christmas jumper day and the Santa run. We have already received lots of donations towards the shoe box and foodbank appeals. Thank you for your generosity and there is still time to donate. I also hope many of you will be able to join us at the Abbey on Thursday 16th December for our annual carol service which will no doubt be a wonderful end to the term.

Understandably there is continued concern over covid cases both locally and nationally. Please can I reassure you that cases in the school community are currently low, with 7 cases at the time of writing. We are of course, continuing to monitor the situation and continue to comply with the appropriate mitigations in school. Further information regarding testing on return to school and an opportunity to consent to testing can be found on the following page.

Later in the newsletter you will find the arrangements for the end of the Christmas Term and the start of the Winter Term in January.

T. D. Markall

Mr T. D. Markall
Headteacher

Calendar

Friday 10th–Friday 17th December

U6th Mock Exams

Sunday 12th December

CCF Field Craft Training 0800-1600

Monday 13th December

Bath Hub Concert @ Forum

Tuesday 14th December

L6th Students GCSE Certificate Collection and Tea
- 4pm (Refectory)

Wednesday 15th December

Christmas Lunch and Christmas Jumper Day
Year 7-9 Santa Dash Periods 1–3

Thursday 16th December

Beechen Cliff Carol Service Bath Abbey @ 7pm

Friday 17th December

End of Christmas Term 12.20pm

Thursday 6th January

Start of the Winter Term for pupils - **staggered return detailed on page 2**

Key Notices

RETURN TO SCHOOL TESTING

On return to school on 6th and 7th January, we will be Lateral Flow testing pupils once on site as per the guidelines issued by the Department for Education. This will be the third set of tests and we are confident that we can manage with as little disruption as possible to our pupils/students. However we will have staggered year group returns to complete the process.

Thursday 6th January 8.30am	Thursday 6th January 12pm	Friday 7th January 8.30am	Friday 7th January 10am
Year 13 Gym	Year 7 Gym	Year 9 Gym	Year 12 Gym
Year 11 Hall	Year 8 Hall	Year 10 Hall	Year 12 Hall

We will require your consent for your child to be tested, or if you are a pupil/student over the age of 16 you can provide your own consent. Please note that anyone who has tested positive with a confirmed PCR result since October 7th is exempt from this testing process. Please provide consent using the link below:

[Covid onsite testing consent Jan 2022](#)

The privacy notice for this can be found at the link below.

[Midsomer Norton Schools' Partnership–COVID-19 Testing Privacy Statement](#)

The deadline for completion of the consent is 12 Noon on Wednesday 5th January.

Please note that testing is highly recommended but not compulsory and no pupil or student will be denied access to school if not tested as part of this process.

We thank you for your continued support.

Mrs Clare Thompson

Covid Coordinator

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 School direct on **01225 480466**, and select **Option 1** or you can email the lower school attendance attendance@beechencliff.org.uk.

Sixth Form Students

For a Sixth Form student absence please call the School direct on **01225 480466** and select **Option 2** or you can email 6th Form attendance sixthattendance@beechencliff.org.uk

End of Christmas Term Arrangements

School will finish at 12.20pm on Friday 17th December. No lunch will be available on this day, though food and drink will be available during both morning breaktimes.

Start of Winter Term Arrangements

Tuesday 4th January: INSET Day

Wednesday 5th January: INSET Day

Wednesday 5th January: Boarders return for testing at 3pm

On Thursday 6th and Friday 7th January there will be a staggered start to allow for covid testing as part of the return to school. Pupils should report to school at the times/venues given above. Pupils will return to their normal timetable of lessons once testing has been completed. Pupils who are not being tested should also report to school at the times/venues provided on the previous page.

Mr T D Markall

Headteacher

Contact Information

Please click on the link below to access information on school contact information:

School contact information: <https://www.beechencliff.org.uk/contact/>

LOST PROPERTY

We 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 are likely to 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.

Mrs K Lothgren

School Nurse



Social Media

Please stay up to date with what's going on in school by following us on Twitter - [@beechencliff](#) and on Instagram—handle beechencliff 1

Christmas Shoebox Appeal and Bath Food Bank

As mentioned in last week's Newsletter, we will be supporting the Bath Food Bank and Help Bristol's Homeless via a Shoebox appeal.

From Monday 6th December until Friday 10th December we welcome your support for either or both of these charities. Please see below for details:

Bath Food Bank

Please send in food items with your son. We will have baskets present in the main hall each morning for collection.

Christmas Shoebox Appeal

Please pack a shoebox with some of the suggested items:

- * Warm hats, scarfs, gloves
- * Toiletries, sanitary products
- * Supermarket or Greggs vouchers
- * Sweets, chocolates and snacks
- * Handwarmers

Fill your chosen shoebox with all sorts of Christmas goodies, then wrap the lid and box separately in gift wrapping paper.

We will deliver all donations to the two charities.

Thank you for your support in helping these two fantastic charities!

Mr K Mann
Assistant Headteacher

Charity Events

In the lead up to the festive season, as always we will be supporting local and national charities. The following events are planned:

Wednesday 15th December - Christmas Jumper day



With a donation of £1 via **parentpay** pupils can wear a Christmas jumper for the day. This also coincides with Christmas Lunch in the Refectory.



Years 7-9 will also be involved in a "Santa Run!" during periods 1-3. This will involve a walk of 3 circuits of Alexandra Park (fresh air and building an appetite for Christmas lunch at the same time!). Pupils will be able to raise money through sponsorship for our chosen charities with a monetary prize for the pupil who has raised the most. This will all be set up online in due course.

Mr K Mann
Assistant Headteacher

Menu for w/c 13th December

Monday: BBQ Pork with peppers (G), Spiced Quorn with chickpeas (D,G)

Tuesday: Game Casserole, Cheese and Leek Quiche (D,G)

Wednesday: Christmas lunch Roast Turkey with all the trimmings, Potato and Spinach and feta pie (D,G)

Thursday: TBC

Friday: NO LUNCH

(D) = Contains Dairy
(G) = Contains Gluten

Mr D Keal
Chef

Carol Service

Our annual Carol Service will take place in Bath Abbey on Thursday 16th December at 7pm. This is an important event in the school calendar; more so this year as it was cancelled due to Covid last year.

This year seats are more limited so we are asking parents to complete google form below to confirm attendance.

[Carol Service attendance survey](#)

Pupils attending should report to their Head of House at the Abbey at 6.40pm so that they can be registered. Places make arrangements to ensure that your son can return home safely after the service at 8:30pm, if they are not accompanied.

This is a joyous and uplifting occasion that provides the opportunity for all students to join in a school community celebration of Christmas at the start of their festive break.

Please be aware The Abbey have requested that all members of the congregation must wear a mask to the service (unless they are exempt).

Mr K Mann

Assistant Headteacher

Message from the Deputy Headteacher

Our focus across all aspects of the tutor programme this week has been on staying safe and healthy over the winter months. As I referred to in last week's newsletter, we have spoken with pupils about the importance of planning safe walking routes home and avoiding hazards. We have also been exploring with pupils some of the 'challenges' of the festive season, including over-indulging on food, family tension and spending a lot of time indoors. With respect to the latter, we have attached to this newsletter some information about keeping children safe on Netflix.

With all that we promote around mental health, this is an important time of year to remind children about the positive steps they can take to manage their well-being. Some young people will be affected by Seasonal Affective Disorder, to which we have referred in assemblies, and there are a number of strategies they can use to combat this. In particular, we have been encouraging pupils to keep physically active over the coming weeks, to eat healthily, get enough sleep and talk about how they are feeling; good advice for us all I am sure you will agree!

On a related note, theme of the week has been about vaping, another issue we have raised with parents in recent weeks and about which we are educating pupils. If you are concerned your son is vaping and would like him to have some support to stop, there is still time to inform his Head of House so that we can arrange for him to attend the session next week. Equally, if there is any other matter that you feel it would be useful for the school to be aware of, please do not hesitate to contact us.

Mr J Oldham

Deputy Head Pastoral and Designated Safeguarding Lead

Year 11 Revision

Dear Year 11 parents and carers,

Following the Year 11 mock exam process and Parents' Evening, I wanted to re-share the resources available on the school website for supporting your son through his revision. Lots of pupils seem to have learnt from the mocks process that more revision may be needed if they are to achieve the results they want and are capable of. We're really pleased that lots of the pupils are realising this now, as there is of course plenty of time left to work hard and achieve highly this summer. Here is the link for the presentation shared at the Year 11 Parent Information Evening in October:

<https://www.beechencliff.org.uk/parents/parent-evenings-reporting/>

And here is the link to the GCSE exam board and suggested revision guide handout:

<https://www.beechencliff.org.uk/curriculum-assessment/exams-assessment/exam-board-info-2/>

I hope you find them useful. Please do not hesitate to contact us if you require further support with your son's revision programme.

Year 9 Options Process

In January Year 9 pupils will begin the process of selecting their option choices for GCSE. This process includes assemblies for pupils, a parent information evening on 11th January and Year 9 Parents' Evening on 19th of January when parents will be able to meet with subject teachers.

In addition the Year 9 options booklet is now available on the school website. Hard copies will be given to pupils in the New Year.

Please follow this link to view this year's options booklet:

<https://www.beechencliff.org.uk/wp-content/uploads/2021/12/GCSE-Options-Booklet-2022.pdf>

Ms S Sullivan

Assistant Headteacher - Teaching and Learning

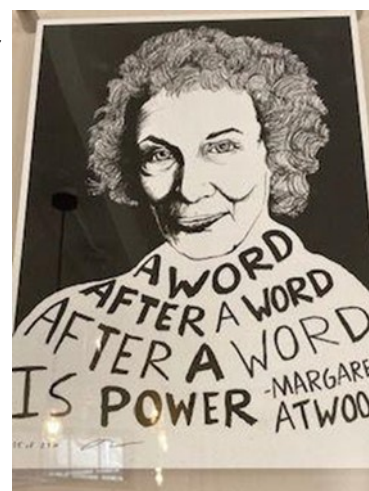
Literacy - Building a reading culture at Beechen Cliff...

A couple of hundred years ago they used to light beacons on the hilltops to send truly momentous news across the country, and if that practice still held then the dark of our most recent winter nights would have been lit from one end of Bath to the other this term after our numerous reading challenges, tasks and competitions. The efforts of our pupils has melded the magnificent with the merciless. Oh yes!

This term has ignited the fire for reading and our pupils have really invested time and effort to improve all their reading skills. As one of our year 8 pupils put it, 'Books have the power to transport us to new worlds and different times and I love that!'

Our mission

We want to instill a love of reading for all our pupils at Beechen Cliff and instill a can do attitude when it comes to reading any book.

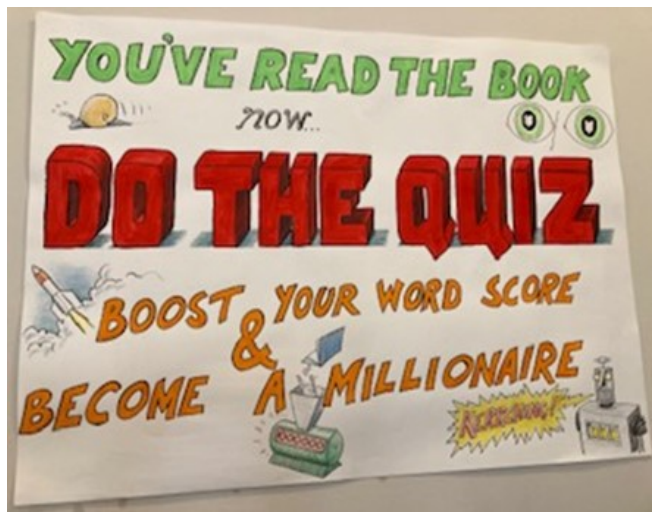


Reading in curriculum time

All our classes in KS3 (7,8,9) have been given a class reader. In Years 7, 8 and 9 reading is timetabled as part of the curriculum. In Year 7 pupils have two hours of reading per fortnight and in Year 8 and 9 pupils have one hour of reading per fortnight. In addition for pupils in Years 7, 8 and 9 a weekly reading homework is part of the homework timetable.

Across both KS3 and KS4 vocabulary is focused on in every lesson with key words displayed and referred to as part of the whole school teaching policy. Teaching reading and developing vocabulary is seen as part of the responsibility of all teaching staff. All Faculty Improvement Plans include an objective to develop reading within their subject areas with Literacy Leads in each Faculty working with the school Literacy Coordinator.

Competitions - Book Tree - Crime



Throughout this term we have been running many competitions that really have captivated many of our pupils. The book tree was painted by Mr Hackett (our book polymath) and is now a 'standing dish' in our library. The idea here was to read ten crime books in six weeks (I know what you're thinking, very tough) and it was! We did however have a few pupils of note:

1. James H (BY8a) - 3 million words read since September.
2. Charlie G (SH8a) - 1.7 million words read since September
3. Zachary C (SH8a) - 850,000 words read since September
4. George A (ML7a) - 1.5 million words read since September
5. Thomas S (BY7a) - 1.1 million words read since September
6. Orran K (KP7b) - 1 million words read since September

Mr M Newell

English

A short story by Ben S SH7b

Survival

The Yamii. The Blackest of black. Only the lucky survive; only the lucky or the experienced. You now find yourself in the ominous dark, with only your imagination to keep you company. What nightmarish horrors await your sight? I was there, once. Escape is virtually impossible, especially for a mortal.

The first ordeal you shall encounter is one of the seven blood foxes. Nine tails, man eating, shape-shifting. Ghostly white with blood red tips on their tails, radiating light. These foxes use to appear in the mortal plain to consume petrified villagers who were stricken by their charm. Do not attempt to outrun them, they will catch up. Do not attempt to trick them, they are smarter than you think.

You survived? Wow, I'm impressed. Challenge Two: The Distorters. These curious monstrosities are rotten. They are dead bodies whose spines bend the wrong way and jaw hang open to reveal brown, razor-like teeth, they regurgitate blood so you can always smell them coming. As they feast off fear, the distorters try to taste terrifying traits. If their appearances don't scare the victim, the distorters rake at their flesh. Survive by hiding from them, taking them down one by one with a long range weapon.

If I were to write about every horror in the Yamii, we'd be here all day. I have only told you about the Seven Blood Foxes and The Distorters because they are the ones you should fear the most, the creatures not many make it past. After you have made it past these two creatures in the Yamii, you should be clear to pass through the gate and quickly and quietly, retrieve the dragon jewel - a small wooden statute of a jewel-studded dragon. Rub it and an illuminating suit of armour will appear. Put this suit on and it will help you beat the remaining Yamii monsters that haunt you when you close your eyes. The suit is indestructible, though it will not make you indomitable.

You can find this in the temple to your right, see? That's the one. The cursed roof wards off the spirits and demons, but allows mortals to pass through with ease. Quick! Beyond the doors lies a fighting chance. As you've probably noticed, there are a stack of yellow cards with blood-red symbols on them next to the statue. Take these. A single one will banish a demon, but you need to attach it to the demon's forehead. All armoured up? Good stuff. How did you even get here? Never mind...

The large palace around you, the twisted, inky, demonic palace rising high, high up. The demon lord is waiting for you.

Go there. The only way you're getting out of this place is if you pass the demon lord on the top floor. Wait! Go quickly! I don't have much time to write! He is in the mortal world! Oh god, he's coming for me! The way to defeat the demon king is to strike the weak spot on his.....

Extra Curricular

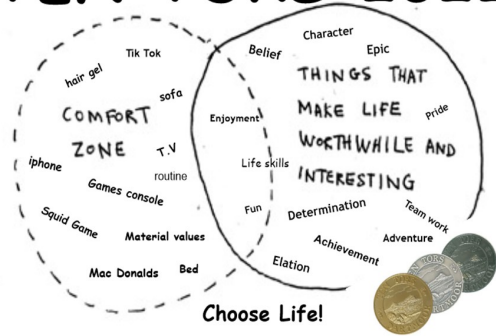
CCF Notice

Sunday 12th December 0800 - 1600 CCF Field Craft Training Day at KES and the National Trust grounds.

Many thanks,

Captain C R Greenhough

TEN TORS 2022



Open to years 10-13

Launching first week back in 2022, Listen out for meeting times when you return in the New Year.



BCS BAND NIGHT

2022

AN EVENING OF LIVE MUSIC FROM STUDENTS FROM ACROSS THE BATH HUB SCHOOLS

BEECHEN CLIFF MAIN HALL

MONDAY 31ST JANUARY

TICKETS £5

SPORTS FIXTURES

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 13 th December					
Tuesday 14 th December	Y7 and Y8 sports hall athletics competition	3:45	2:30	MB	18:30
	U15 football v Marling (h- Odd Down)	14:00	13:15	MB	15:30
	U14 rugby v Bloxham (h)	14:30	13:45	n/a	16:00
Wednesday 15 th December					
Thursday 16 th December	U13 football v Bohunt (h- Odd Down)	14:30	13:30	MB	15:45
Friday 17 th December					
Saturday 18 th December					

Careers

The Foreign, Commonwealth & Development Office (FCDO) invites UK students in Year 10 - 13 to write about big economic challenges by 12 January 2022 - for full details go to:

<https://www.gov.uk/government/publications/fcdo-next-generation-economics-competition-the-rules/next-generation-economics-competition-the-rules>

Welcome to Next Generation Economics, a Foreign, Commonwealth & Development Office (FCDO) competition for students in years 10 to 13 (in England and Wales, or equivalent in Scotland and Northern Ireland) interested in economics. You do not need to have studied economics to take part. Next Generation Economics is your chance to write about the biggest economic challenges facing your generation.

Write about the biggest economic challenges facing your generation by 12 January 2022 to enter our Next Generation Economics Competition. You could win £250.

Eligibility

To enter, you must be in years 10 to 13

The competition is free to enter

You do not need to be studying economics, and you can work on your entry with up to 2 other people in your year group.

How the competition works

To enter, submit your response to 1 of these 2 questions:

What economic policies should governments around the world use to economically empower women and girls?

What economic policies should the UK government use to facilitate a fair transition away from fossil fuels globally?

Your entry should take the form of a letter to the FCDO Chief Economist and should be no longer than 800 words. Read the competition rules and send your entry to NextGenerationEconomics@fcdo.gov.uk by 11:59pm on 12 January 2022.

We will announce the competition winner in March 2022. They will receive £250 and be invited to present their ideas to the Chief Economist and their team at the FCDO. Runners up will also receive a cash prize. We will publish winning letters on the [GOV.UK](https://www.gov.uk) website and share them across the Government Economic Service.

Mrs E Pascoe
Head of Careers



Maths Enrichment events for Years 10 - 13 - sign up now

Year 10

In Space!, designed for Year 10 students, we'll look at challenges faced in space travel and their ingenious solutions.

<https://amsp.org.uk/events/details/8623>

Year 10

In Maths is everywhere, also designed for Year 10 students, students will find out how and why maths is used in so many other subjects.

<https://amsp.org.uk/events/details/8622>

Year 10 and 11

In Which Career? - Meet people working in different roles, we'll be joined by three guests to talk about their career journeys and how maths is used in the work they do. It's designed for Year 10 and 11 students, who'll have opportunities to ask the guests questions. The sessions will coincide with National Apprenticeship Week 2022 and National Careers Week 2022!

Year 12 and Year 13

Setting Out In Problem Solving is a practical session, where students will get the opportunity to attempt some problems and develop their problem-solving techniques. They'll leave the session with a better range of strategies to consider when they don't know what to do when approaching a mathematical problem. We'll also consider ways of presenting solutions to aid communication, and give an overview of the university admissions tests that might be needed for access to some degree courses.

<https://amsp.org.uk/events/details/7928>

Year 13

Applications are open for our online course, STEP Online, designed for students who will be sitting one or more of the STEP (Sixth Term Examination Paper) papers in summer 2022. The ten hour-long sessions will introduce mathematical problems at the difficulty level of the STEP, and provide students with online resources, exercise sheets, and solutions.

<https://amsp.org.uk/events/details/9102>

Year 12 and 13

Have your A level Mathematics students read the latest issue of SUMS, our free monthly web-magazine? SUMS (Steps to University for Mathematical Students) aims to encourage and support applications to university maths courses.

<https://amsp.org.uk/resource/sums>

For more opportunities look here - <https://amsp.org.uk/events>

Mrs E Pascoe
Head of Careers

What Parents & Carers Need to Know about

NETFLIX

Netflix is a subscription-based streaming service that allows users to watch TV shows and movies on any internet-enabled device that supports the software, such as smart TVs, phones and tablets. The pandemic saw a surge in children consuming on-demand content as many families relaxed their screen-time rules. Netflix's diverse range of programming caters for all age groups – so it's important for parents to recognise the potential risks of children using the service and the measures to help their child enjoy a safe streaming experience.

INAPPROPRIATE CONTENT

Netflix produces and curates an extensive catalogue of content that can provide hours of entertainment. If they share the same user account as an adult, this can potentially lead to children accidentally viewing all manner of inappropriate content, including nudity, profanity and extreme violence. This can happen easily on shared accounts, as Netflix cannot establish who's watching.

BINGE-WATCHING

Netflix allows users to view shows and movies quickly and easily without adverts or interruptions, making excessive screen time a concern. Binge-watching has become more common during the pandemic, due to Netflix's regularly updated content and algorithms which recommend content very similar to what's previously been enjoyed. Marathon viewing sessions can lead to children staying up too late, affecting their mood and concentration the next day.

SCREEN ADDICTION

From TVs and phones to consoles and tablets, Netflix is available on almost any device with an internet connection – making it extremely difficult to manage children's screen time. The service is now adding games to its mobile app, tempting users to spend even more time on the platform. Screen addiction can distract children from important activities like schoolwork and socialising, and can impact their health by reducing their exercise and sleep.

HACKING ATTEMPTS

With millions of users worldwide, Netflix is often targeted by hackers who try to steal usernames and passwords to gain access to people's accounts. If successful, they can then steal payment details or try to sell stolen personal data on the dark web, providing other criminals with a profitable opportunity. Netflix also doesn't provide two-factor authentication, making the hackers' task that little bit easier.

CONTACT FROM STRANGERS

Netflix's Teleparty feature became popular during lockdown periods as it allows users from different households (friends and relatives, for example) to synchronise when they watch content. It requires an access link to be sent to the people you wish to invite; the link, however, can also be distributed to people you don't know. A text chat feature enables interaction with the other users in real-time; this represents a risk to children if a stranger gains access to the Teleparty.

Advice for Parents & Carers

KEEP ACCOUNTS SECURE

Netflix doesn't use two-factor authentication, so a strong password is vital. Your child's Netflix password should be unique (not one they've used elsewhere) and a minimum of eight characters with a mix of letters, numbers and symbols. Emphasise not to share their login details with anyone and remind them to always log out after using the app – so their account remains inaccessible, even if their device is lost or stolen.

SET UP PROFILE PINS

Netflix account holders can lock profiles using a four-digit PIN. Doing this can prevent your child from accessing the wrong account and viewing content that isn't appropriate for their age. Try setting a PIN for each account on your Netflix app – ideally avoiding numbers that would be easily guessed, such as dates of birth. Remember not to share these PINs with anyone, including family.

CHECK MATURITY RATING

Netflix warns about content that includes violence, sex, profanity and nudity. These warnings form part of the show or movie's 'maturity rating'. Users can restrict age ratings to avoid children viewing age-inappropriate content. On their profile, open the Profile and Parental Control settings and choose the maturity level for the shows and movies you want to allow.

SWITCH OFF AUTO-PLAY

When a show or movie concludes, Netflix's algorithms select content with similar themes that it thinks your child will enjoy next. This new content starts automatically after a 10-second countdown. Disabling this auto-play feature reduces the possibility of your child being shown something inappropriate and provides a natural break to help prevent them becoming too immersed in Netflix.

CREATE A KIDS' PROFILE

Setting up a Netflix Kids experience profile means your child can only access content which is suitable for children aged up to 12 years. All other content is automatically blocked. This rating can be further restricted via the child's profile settings. Setting up a Netflix Kids experience profile will help to prevent your child from viewing age-inappropriate content.

CHECK VIEWING HABITS

Netflix has tools which enable parents and carers to monitor what their child has been watching. Selecting 'Viewing Activity' in each profile's account settings displays a list of what content has been viewed (and when). This can reassure parents that their child is watching age-appropriate content and can open avenues for discussing your child's favourite shows and movies, and why they like them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



National Online Safety®
#WakeUpWednesday

Sources: www.netflix.com, www.bbc.com, www.fox.com



www.nationalonlinesafety.com



@natonlinesafety

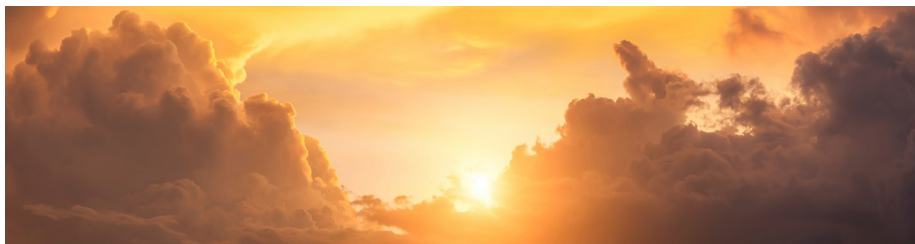


/NationalOnlineSafety



@nationalonlinesafety

Mental Health and Wellbeing



Listening - The Solution Focused Approach

At Beechen Cliff School, we are taking a whole school approach to Mental Wellbeing. We are working collaboratively across the whole of Beechen Cliff to co-create an environment that promotes an open (early) dialogue about mental wellbeing; one where staff, students and parents can be supported.

As you are aware, we are using the Solution Focused Approach (SF), alongside Trauma Informed Practice (TiP), to inform our whole school approach. It was a delight to welcome parents and carers on Saturday to our first coffee morning to introduce the Solution Focused Approach we use in school. Many thanks to [Tara Gretton](#) for her valuable input. For those who were unable to attend, Tara explains below about the approach.

The SF Approach is a compassionate approach that truly believes that change is possible. It's a future-focused approach that is underpinned by the assumption that people are experts in their own lives. As SF Practitioners, we ask questions to elicit and amplify peoples' existing strengths and capabilities. However, we don't only ask questions, we listen constructively; some would actually describe SF as a listening approach.

So we would invite you to think about what difference truly listening makes to you, your child, your family and your friends.

'What do you notice people are doing differently when they truly listen to you?'

'What difference does it make to you to be truly heard?'

'What difference does it make to our children when we listen first, instead of talk first?'

'What difference does it make to our family members and our friends when we listen first, instead of talk first?'

We would invite you to consider that listening is intentional and the way we listen can impact the interactions we have with each other.

In these uncertain times, we may not have all the answers and we want to invite you to consider, *do we need to?* If we work with what is directly observable, we may have better, more meaningful interactions with each other; where we may be able to co-create a solution.

So, we would invite you to observe how the way we listen impacts the direction of our conversations, and I would invite you to notice the power of listening over having the answers.

Tara Gretton

Tara Gretton is a Solution Focused Practitioner. Tara provides 1:1 and Group SF Support at Beechen Cliff School. Tara also trains our staff body and our Student Mental Health ambassadors in SF techniques and conversations. Trained staff and students wear special lanyards and badges to make them easily identifiable to students who wish to talk.

On behalf of the Mental Health Team

Community Links



Welcome (back) to Combe Down Rugby Club
Open to all Girls and Boys from school reception upwards

Tuesday's 7-8pm

Mixed girls and boys U10—U11

Boys U12's— U14s
Girls U13, U15s

Club House Open from 6.30

Sunday's 10 – 11am

Mixed Girls and boys minis (Aged 4 to 11 years);
Junior boys U12's— U 14's

Matches held Sunday mornings

Girls Matches—also on Sundays (normally pm)

Club House Open on Sundays for food and refreshments



Never played before—just come along to see if you like it before you join the club

Any Questions?

Call Mark 07799338405

Combe Down Rugby Club,
Bramble Way, North Road,
Combe Down, Bath
BA2 5DE



Enquiries:

Email: cdrfcjuniors@gmail.com

Tel: 077 99 33 8405

Spotters Hockey Coaching Camps



20 and 21 December

Beginners and Improvers Coaching for those aged 7 and upwards.

High Performance Camp for those aged 12–16 looking to get ahead on the England Hockey Player pathway.

Performance Coaching Sessions for 2022 to provide athlete mentoring and management

#SpottersHockey #SpecialisedEffectiveCoaching #LoveHockey

spottershockey@yahoo.co.uk

<https://www.facebook.com/spottershockeyacademy/> <https://www.instagram.com/spottershockeyacademy/>



We love hockey and are passionate about providing a specialised and effective coaching experience to impart the love of the game and provide a great learning environment.

Spotters Hockey Camp Sessions run as follows:

10am–12pm and 1–3pm

Registration from 0930 and free supervision over lunch if staying for morning and afternoons. Lansdown area of Bath

£24 for 1 session, £45 for 2, and £79 for all four – coaching from under £20 per session! Simple to book – follow this link <https://form.jotform.com/210805551045346>

Sponsors: Kookaburra Hockey UK and JMS Bath



Spotters Hockey Academy Director:
Sally Potter,
EH Level 2 coach,
BSc (Hons) Sports Performance

