



BEECHEN CLIFF

5th October 23

Message from the Headteacher

Dear Parents and Carers

Thank you to those who have been able to attend our Year 12, Year 7 and Year 8 Parents Information Evenings over the last few weeks. If you were not able to attend the slides are available on our website. There are further evenings over the next few weeks as you will see from the calendar with the aim of providing all parents with an opportunity to come into school, meet with teaching staff and hear about the year ahead for their child and how they can support them.

This week our assemblies and Theme of the Week sessions have focused on mental health in advance of World Mental Health Day next week. We place a strong emphasis on mental health and well-being and are reaching out to parents and carers to complete a survey and attend an online session next term. Further information is available later in the newsletter.

I would also like to draw your attention to one of our upcoming Careers events, the Ignite Day with our Bath Hub partners Hayesfield and St Marks on Thursday, 30th November. This will see students working with their peer groups from the other two schools around a variety of careers activities. We are looking for parents to support us with this event. On the day we need interviewers, speakers, panel guests, presenters, entrepreneurs and businesses who are keen to be involved and promote their area of expertise. If you think you may be able to help or would like more details please complete this short Google Form ([Parent/Carer Support for Careers Activities 2023/24](#)) or contact our Head of Careers, Mrs Pascoe (epascoe@beechencliff.org.uk). Thank you in advance for any support you can give.

Wishing you a good weekend ahead

T. D. Markall

T.D.Markall

Calendar

Thursday 5th October

Year 9 Parent Information Evening (6-7pm)
PTA Second Hand Uniform Sale from 6pm

Tuesday 10th October

Year 10 Parent Information Evening (6-7pm)

Friday 13th October

PTA Quiz and Curry Night in Beechen Refectory - 6.30pm for 7pm start

Monday 15th – Tuesday 17th October

Year 9 Cornwall Surfing Trip

Tuesday 17th October

Year 11 Parent Information Evening (6-7pm)

Thursday 19th October

Piano Concert – St Luke's Church @7pm

Thursday 19th – Tuesday 24th October

Sixth Form Iceland Trip

Saturday 14th October

Sixth form Open Morning (9am-1pm)

Friday 20th October

End of Term 1

Monday 30th October

Start of Term 2

Thursday 30th November

Ignite Day – Employability (Bath Hub)



Follow us on twitter - [@beechencliff](#) and Insta - beechencliff1

Key Notices

Driving pupils to school and pupil drop offs

Wherever possible we encourage pupils to walk to school or to use public transport.

We understand that on some occasions parents need to drive their children to school. If this is the case we would be grateful if pupils could be dropped off on Bear Flat (Majestic Wine has agreed for the space outside their store being used) to reduce traffic and to improve safety on the Avenues.

If parents need to drive up the Avenues we would request the following:

- Please respect the unofficial one way system; Up Shakespeare Avenue and down Kipling Avenue.
- Please keep to the 20mph speed limit.
- Please use the marked parking bays rather than stopping on the yellow lines.

Thank you for your support to reduce traffic and improve safety in the local area for the benefit of our pupils and the local community.

Mr K Mann

Assistant Headteacher

Parents Information Evenings - Reminder!

Dates for the diary:

Year 9 Parents Information Evening - Thursday 5th October

Year 10 Parents Information Evening - Tuesday 10th October

Year 11 Parents Information Evening - Tuesday 17th October

Tutors will be available in the Refectory from 5.30 - 6pm with the meeting starting at 6.15pm in the hall. Please respond to confirm your attendance via the google form link on the letters sent out recently.

We look forward to seeing you!

Mr Kant Mann

Assistant Headteacher

School Contacts

We believe that communication between parents and carers and the School is really important. If parents or carers have a concern, query or information to pass on then please do contact us. A list of contact details for senior staff is available on the School Website and via the link [Contacts](#)

Alternatively please email

headteacher@beechencliff.org.uk and the message will be passed on to the appropriate person to respond.

REPORTING ALL PUPIL ABSENCES

It is important that **all absences** from School including late arrivals and medical appointments 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 485222** OR you can email the lower school attendance at attendance@beechencliff.org.uk.

Sixth Form Students

For a Sixth Form student absence please call the School direct on **01225 485221** OR you can email Sixth Form attendance at sixthattendance@beechencliff.org.uk

PLANNED ABSENCES

For planned absences please complete an [absence request form](#) found on the school website and return it to the attendance office or to attendance@beechencliff.org.uk

Uniform

I would like to thank parents and carers for your support in ensuring that all pupils are properly equipped and dressed for school. We recognise that providing uniform for rapidly-growing boys is an expensive undertaking. As promoted in the newsletter last week the PTA is running a Second Hand uniform sale this evening from 6-8pm at the School Clubhouse

If you require financial assistance and your child is eligible for the Pupil Premium please contact Mrs Layton at tlayton@beechencliff.org.uk

Meanwhile, could I please remind all families that trainers are not acceptable footwear for school and we expect all boys to arrive for school each day in proper shoes. These should not include any sports logos, and Nike Air Force 1's (or similar) are NOT permitted, regardless of what your son may say to persuade you to buy such an expensive item!

Many thanks for your support in this matter.

Mr M Ambrose
Deputy Headteacher



Menu of the week: w/c 9th October

Monday: Pasta Arrabiata (W), Spicy Mixed Bean Hotpot

Tuesday: Chicken Rogan Josh, Lentil and Cauliflower Curry

Wednesday: Honey Roast Ham, Roasted Red Onion Potato and Cheddar Tortilla (D)

Thursday: Chicken Tagine, Mushroom and Spinach Stroganoff

Friday: Breaded Cod (W), Tomato and Mozzarella Tart (V)

Can I also ask that all accounts are topped up at all times to avoid disappointment.

Thanks

Dan Keal
Chef

(W) = Contains Wheat Products

(D) = Contains Dairy Products

(V) = Vegan alternative

Term Dates Reminder

Term Dates for **2023/2024** are listed on our website

<https://www.beechencliff.org.uk/parents/term-dates/>

Sixth Form Open Morning

Saturday 14 October 2023 9.00 am to 12.30 pm

We look forward to welcoming Year 11 prospective students and their families to Beechen Cliff's Sixth Form Open Morning. Please arrive from 9.00 am for a 9.30 am start. Parking is available on the field entrance on Greenway Lane. Please avoid driving up the Avenues.

The Head of Sixth Form Talks will take place in the Main Hall, starting at 9.30 am, and which will be repeated at 10.00, 10.30 and 11.00 am, with timed tickets available from the foyer. Please only attend the talk that corresponds with the timed ticket you are given upon arrival. Subject Talks will run throughout the school. Please check the schedule available on arrival to ensure you are able to attend all subjects of interest. A bell will ring at the start and end of each subject talk. There is a ten minute changeover time between talks. Representatives for Boarding, SEND/Learning Support, Level 3 Sport/ACE Rugby Programme, and the Careers Department will all be in attendance to offer advice and guidance.

We hope you enjoy the morning with us at Beechen Cliff School.

Ms K Mather
Head of Sixth Form

Vaping

The latest data from BANES suggests that around 15% of secondary school pupils have used a vape. At Beechen Cliff, we teach students the facts around vaping through our PSHE curriculum to help them to make good choices around this issue.

It is clear that the significant concerns around vaping are linked to the addictive nature of the nicotine and the prospect of becoming addicted to a lifetime of nicotine use is to be discouraged. Additionally, people providing vapes to young people may pose a range of safeguarding risks (for example, they could be grooming young vape-addicts or asking them to commit crimes to pay for their addiction). **The sale of vapes to U18s is illegal.**

As a school, it is therefore essential that we provide a deterrent and support for young people who may be addicted to vaping.

Support

All students have access to the school nursing service and known vapers should be signposted to that service so that they can request advice on how to quit.

Sanctions

Students who are caught vaping or with a vape will have that item confiscated, parents will be informed and students will also be sanctioned in line with the school behaviour policy and the Trust No Smoking and No Vaping Policy.

A full size copy of the The Dangers of Vaping fact sheet here is published alongside this newsletter.

Mr M Ambrose
Deputy Headteacher Pastoral

At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.thenationalcollege.co.uk for further information and resources.

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine, not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

POTENTIAL TOXICITY

Many vape liquids have been found to contain "heavy" metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2006 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently including the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal, materials that, of course, do not naturally decompose.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people think that vapes are harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trends. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term "natural and artificial flavourings". Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools to reduce and prevent smoking and vaping behaviours.

Source: <https://www.bbc.co.uk/news/health-55600924>

www.thenationalcollege.co.uk @thenatcollege /thenationalcollege

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.09.2023

HEALTHY SCHOOLS CAMBRIDGESHIRE & PETERBOROUGH

The National College

Extra- Curricular

Music News

All instrumental lessons are now up and running and I would ask parents to ensure pupils check the timetables displayed in the music centre foyer. A copy of the timetables can also be found online in the music pages <http://musicbcs.weebly.com/music-timetables.html> Timetables are updated each Friday in preparation for the following week.

A reminder about all the extra-curricular music activities that take place. The main ensembles take place after school and include Choir on Monday, Concert band/Orchestra on Tuesday and folk group on Wednesday. All rehearsals take place in the music centre between 3.20 and 4.10. In addition, Saxophone group will rehearse on Tuesday (time TBC). Swing band will rehearse on Wednesday lunchtime at 1.30- 2.00pm and year 7 ensemble on Thursday lunchtime: 12.30-12.55. Please encourage your son/ daughter to get involved in one of these clubs.

Piano Concert— Thursday 19th October 7.00pm. St Lukes Church, Bath, BA2 2BD

We will be holding our annual piano concert in the last week of this term. More details will follow in due course, but if you wish your son/daughter to be involved, please ask them to come and see one of the music staff or alternatively e-mail: music@beechencliff.org.uk.

Tickets for the piano concert will be available shortly on ParentPay.

Mr P E Calvert

Head of Music

Combined Cadet Force— Merryfield

We took fifty five Beechen Cliff boys away to Merryfield Airbase over the weekend, allowing the older cadets to teach and support the new recruits.

The boys' conduct was excellent and they learned a great deal in terms of skills and general resilience, having to make their own shelters, cooking for themselves in the woods and participating in night navigation exercises and a number of formal field-craft lessons.

In addition to the weekly Wednesday sessions the next event involving our boys will be the Remembrance Parade in Bath on 12th November.

All the best,

Andrew Davies

CCF Leader



Daisy's fundraiser for First Light

A team of Beechen students will be doing a night walk from Sunset to Sunrise on the 7th October 2023 in aid of First Light, an organisation supporting victims of abuse and assault, enabling them to lead safer lives and start and enable them to lead safer lives and start recovery.

Daisy has set up a Just Giving page. Please take a look.

JustGiving

Mr K Mann
Assistant Headteacher

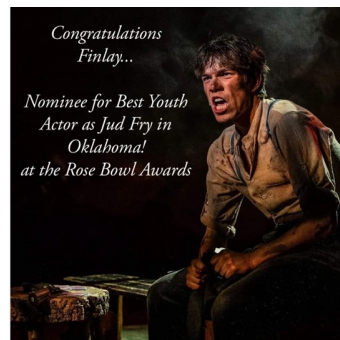


Rose Bowl Awards Nomination

Congratulations to Fin for his nomination for best youth actor at the Rose Bowl Awards this autumn.

This is a fantastic achievement following his impressive performance of Jud Fry in the Beechen Cliff School production of Oklahoma this year in partnership with Hayesfield Girls School and Bath Theatre School. We wish him all the best for the awards evening.

T.D. Markall
Headteacher



ROWING CLUB for Years 12 and 13

Runs every Thursday (3.30pm—5pm) at Minerva Rowing Club, Newbridge Park . If you are interested speak to Ms Mather or Mr Glossop for more details



Extra Curricular Clubs and Activities for Terms 1 and 2 .

Please be advised that a full list of extra curricular clubs and activities running in terms 1 and 2 is published on the school website under Extra Curricular Activities. Or you can use the link below

[Clubs and Activities Terms 1 and 2 \(23/24\)](#)

SPORTS

Beechen Cliff 1st XV Rugby v Exeter—Wednesday 4th October



Congratulations to the 1st XV on a resounding victory!

Beechen Cliff under 16 Football Victorious Against Kings of Wessex School



Beechen Cliff Under 16 team were victorious against Kings of Wessex School in the first round of the ESFA Cup

Fixtures for week commencing 9th October (correct at time of publication)

	Fixture	Start time/kick off	Meet time	Transport
Monday 9 th October	U15 rugby v Kingswood (h)	14:45	14:15	n/a
	Sporting Aptitude evening	16:00	15:30	n/a
Tuesday 10 th October	U13a & U16a rugby v Whitchurch (h)	16:00	15:15	n/a
Wednesday 11 th October	U13 football v Churchill (Odd Down)	14:15	13:30	
	U15 rugby v Dauntseys (h)	15:00	14:15	
	U14a rugby v Whitchurch (a)	16:00		
Thursday 12 th October	U12a&b rugby v Whitchurch (a)	16:00		Coach - 13:15
	1st XI football v Norton Hill (a)	14:45	13:45	

If your son is absent on the day of his fixture, please can we politely ask that when you contact Attendance to report the absence, you also advise the sports team sport@beechencliff.org.uk as soon as possible to enable an alternative player to be found.

LIBRARY NEWS

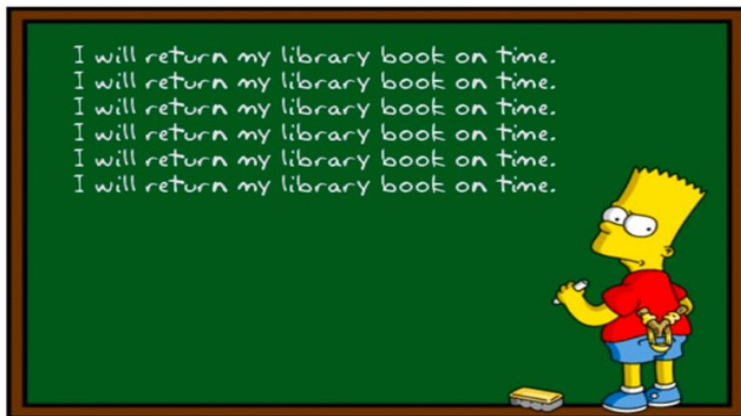
PLEASE CHECK FOR OVERDUE BOOKS!



I'm pleased to report that a large number of pupils are checking books out of the library. We've already had 288 books checked out since the start of the year which is fantastic! **Please remember, however, that a library is for borrowing and books need to be returned after three weeks.** The return date is stamped in the front of the book.

The cost of books is increasing and we cannot afford to replace books that are just sitting in the bottom of bags or beside boys' beds. We do not issue fines for late books, but if a book is lost or damaged we would like to know so that we can replace it.

Look out for overdue reminder emails and encourage your son to return his books!



RECOMMENDATION

The Knife of Never Letting Go

by Patrick Ness.



Todd Hewitt, a 12-year-old boy runs away from Prentisstown, where everyone can hear everyone else's thoughts. The novel won awards including the [Book-trust Teenage Prize](#), and the [Guardian Award](#). *The Knife of Never Letting Go* was Ness's first work for teens and young adults. According to [The Guardian](#) coverage of its award, "He turned to children's fiction after he had the idea for a world where it is impossible to escape information overload, and knew it was right for teenagers. It's an exciting race through an unusual, dystopian world. Be prepared for a whole load of emotion.

(Beechen Canon Y9+)

Can You Help? *We're always happy to receive donations of good quality, second-hand books. To ensure we get the right books we ask our pupils to tell us what they'd like to read.*

This month, we are looking for:

Thrillers and horror fiction, suitable for kids aged 11-16.

Any classic books that you think our boys (and sixth form girls!) might enjoy.

Please leave donations outside the main office, marked 'library'.

The library is for everyone. Keep Reading!

Laura Bridge, Library Lead

Wellbeing



Student Wellbeing at Beechen Cliff School

Dear Parents and Carers,

In order to help guide us with our Wellbeing provision for parents and carers this academic year, we have attached a brief questionnaire, and we would really appreciate it you could take a moment to complete this by **Friday 13th October**.

[SURVEY](#)

We are planning, as in previous years, to run a free parents/carers online session in Term 2 where we will share some information on the Wellbeing Provision at Beechen Cliff and about our use of the Solution Focused approach in our counselling provision and across the school. We will be running this on **Thursday 16th November (6:00pm – 7:00pm)**. Please note that this is a *revised* date from the previously advertised date of 12th September, to give parents and carers more notice.

Details of how to join the online training session will follow in due course.

We wish you all well and we look forward to reading your responses.

Very Best Wishes,

The Wellbeing Team

Theme of the Week— World Mental Health Day

On Tuesday 10th October we mark World Mental Health Day. The theme for 2023, set by the World Foundation of Mental Health, is **'mental health is a universal human right'**. World Mental Health Day is about raising awareness of mental health and driving positive change for everyone. It's also a chance to talk about mental health, how we need to look after it and how important it is to get help if you are struggling.

This week in assemblies and tutor time pupils have been talking about how to look after their mental health and stay mentally well, just like we talk about staying physically well. Pupils have been challenged to identify actions they can take to support their wellbeing, as mental health is something we have all the time, not just when we're feeling down; the more we can take care of our mental health, the better we can deal with life's challenges when they arise.



At Beechen Cliff we use the Solution Focused approach to concentrate on helping people move towards the future that they want and to learn what can be done differently by focusing on what is already going well. Many of our staff are trained in the SF approach and wear green lanyards. On Tuesday 10th October as many staff as possible will be wearing their green lanyards, a green ribbon badge or a piece of green clothing to raise awareness of mental health.

We're very proud to be a partner school of Boys in Mind, an organisation which works in partnership with children, young people and professionals in a range of settings to promote good mental health and prevent suicide, particularly among boys and young men. Pupils have been discussing where they would seek support or help with mental health inside and outside of school; the Boys in Mind website has some brilliant resources and support for young people and their families and carers: <https://boysinmind.co.uk/>



World Mental Health Day



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR HOOD



Your time,
your words,
your presence

The 5 ways to wellbeing

Theme of the Week

Every Year we celebrate World Mental Health Day on 10 October. The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right.'

For over 70 years, they have been working to make sure that mental health is treated on a par with physical health. Mental health problems exist in our lives, families, workplaces and communities, impacting everyone. We need to do as much as possible to prevent mental ill-health – as individuals and as a society. They will continue to call on national and local government to prioritise reducing the factors known to pose a risk to people's mental health, enhancing those known to protect it and creating the conditions needed for people to thrive.



World Mental Health Day is also a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.

Why is my wellbeing important?

Having good wellbeing can help you to:

- feel and express a range of emotions
- have confidence and positive self-esteem
- have good relationships with others
- enjoy the world around you
- cope with stress and adapt when things change.

Good wellbeing doesn't mean you'll always be happy. It's normal to feel sad, angry, or low sometimes. But if you have poor wellbeing for a long time you might start to find things more difficult to cope with.

"In our hectic lives, we sometimes forget to check in with ourselves. Therefore, we sometimes don't realise our wellbeing is suffering until we are struggling because of it"



As a school we work with Boys In Mind (Girls Mind Too) - an organisation that aims to reduce stigma and other barriers around mental health.

<https://boysinmind.co.uk/film-page/#>

PTA School Quiz Night



PTA School Quiz

Friday 13th October 2023

Refectory Beechen Cliff

7pm (prompt start) – 10 pm

Please arrive by 6.30pm

QUIZ.CURRY.BAR. RAFFLE

Come and support your school, fire up your brain cells and have a laugh with your friends or other Beechen Parents.

Teams of up to 8 people.

£10pp for Quiz and Curry.

Payment by CARD at the BAR

Booking available shortly via ParentPay

We would like to extend a warm welcome to all our new Year 7 families and can help co-ordinate tables for any newcomers to the 'fun raising' quiz event.

Raffle prize donations are always welcome!!



Careers

Do you want to understand how one of the UK's leading full-service law firms, has an annual turnover exceeding £110 million? Have you got a dream of becoming a lawyer but don't want the student debt to go with it? We are offering a fantastic opportunity for aspiring lawyers with our upcoming **Insight into Law at Freeths** on the **12th of October from 5pm - 6:30pm**. This virtual event will give you the opportunity to hear all about Freeths, their in-person event opportunities as well as plenty of networking opportunities throughout the session.

Who are Freeths?

Freeth has over 1,000 colleagues spread across 13 UK offices and are listed in The Times Best Law Firms 2023. Freeths has a wide range of expertise spanning across commercial, family, property, and many more legal industries. Freeths values diversity, believing everyone should be their authentic self at work, and supports you to be the best you can be.

What can you Expect?

An insight to commercial law with workshops and various presentations from lawyers at the firm. There will also be several panel discussions where you'll have the chance to hear from multiple legal professionals and apprentices, along with some senior representatives attending from the firm.

Throughout the event, you will be able to discover potential career paths available at Freeths, such as their Solicitor Apprenticeship Program, Work Experience placements and Insight Event opportunities which are designed all for school leavers who are passionate about the law – and determined to succeed in the industry.

If you are interested in stepping into Law, this is your chance to kickstart your journey!

Sign up using the link below:

<https://www.surveymonkey.co.uk/r/Insight-Into-Law-At-Freeths>

Mrs E Pascoe
Head of Careers & Level 6 Careers Adviser



Beechen Cliff Vacancies

Teacher of Science

<https://www.eteach.com/careers/beechncliff/job/teacher-of-science-1373240>

Closing date: **Monday 9th October**

Willow Parenting Group

The Willow Parenting Group is a space for parents and carers whose children have been affected by criminal or sexual exploitation or who are worried their children could be at risk. Guest speakers come each month. The meetings are held at the Southside Youth Hub. Below is their leaflet giving further information.

Willow Parent Support Group



A supportive space for parents and carers affected by child exploitation or children who are at risk of being exploited.

Bath & North East
Somerset Council
Improving People's Lives

What is it?

A space for parents & carers whose children have been in any way affected by criminal/sexual exploitation or who are worried their children could be at risk.

We know from parents & carers that when their children are impacted by exploitation, this can be incredibly isolating and it can be difficult to talk about with friends and family. The aim of this group is to provide a space for parents to meet others who may have had similar experiences.

There will be regular guest speakers from different services attending the group which will give the chance to learn more about exploitation, what support is available and what can be done to tackle it. Some of the topics that will be covered will include;

- Signs of exploitation and tactics used by exploiters
- Reducing risks around knives
- Understanding more about drugs
- Online safety
- Understanding the youth justice system and local police support

This is a new group and the aim is for parents & carers to be able to help shape it into a space that is helpful and supportive for them.

When is it?

The last Wednesday of every month. Groups are held 5.30pm – 7pm

Wednesday 27th September; Megan from Project 28 delivering a drug awareness and knife education session.

Wednesday 27th October Q&A session with Avon & Somerset constabulary

Wednesday 27th November Youth Justice service TBC

Where is it?

**Southside Youth Hub
Kelston View, Bath BA2 1NR**

How do I join?

If you are interested in coming along, or what like to know a bit more, please contact Sam Burt or Natasha Swaby
Email: Sam_Burt@BATHNES.GOV.UK
Natasha_Swaby@BATHNES.GOV.UK

Do I have to go to every group?

No, there is no expectation for people to come every month, although to get the most out of the space it would be great to have people coming regularly.

Bath & North East
Somerset Council
Improving People's Lives

Sendias Bathnes

Sendias Bathnes are currently recruiting for more volunteers to join our busy team.



Jane Kemp

Volunteer Co-ordinator

Sendias Bathnes

Providing the SEND Information, Advice and Support Service for

Bath & North East Somerset

Direct Line: 01225 39506

Mobile: 07855 966117

Supporting children and young people with special educational needs and disabilities (SEND) and their parents and carers

Community Links

We are happy to promote local businesses and community events. Please note these are not the responsibility of Beechen Cliff School.



Be More Ben – a local charity based in the South West who support families that have experienced bereavement of a child.

More information about their story and services are on their website: <https://bemoreben.org/>

Chloe Snook

Pronouns: She/Her/Hers

Area Panel Coordinator, Alternative Learning Team

Education Inclusion Service, Bath & North East Somerset Council

bemoreben

Supporting families after the death of a child

- We offer ongoing **counselling** and other therapeutic support including EMDR, proven to help people recover from trauma and PTSD symptoms.
- We run a **peer-led support** programme throughout the year with specific groups just for parents, men's groups, sibling activities as well as whole family events.
- We offer face-to-face and **virtual support** to families.

Be More Ben was established in 2018 by Shane and Sarah Pritchard following the death of their 8-year-old son, Ben. After he died, they found there was very little support for parents, less for siblings and nothing for other family members. Be More Ben supports the whole family affected by the death of a child from birth up to the age of 18.

We can honestly say this charity has **powerfully changed** and improved our lives.

Be More Ben is an anchor to us and a **consistent support** in dealing with our grief.

The support we receive through Be More Ben is **crucial** to my family's mental wellbeing.

It's priceless, having a **community** to belong to and be supported by.

Use the QR code to donate now directly from your bank account

- Join one of our **fundraising** events.
- **Sponsor a cause** or make a **monthly donation** (see our website for more details).
- Become a **Be More Ben Ambassador**: have we made a difference to you or your family? Would you like to help others in your area? Ask us how you can help!
- **Volunteer** your time or skills to help us run an activity.
- **Like, follow and share our social media**. We may not be relevant to you, but could be a lifeline to someone you know.

Be More Ben has no staffing or overhead costs, so every penny raised goes straight to those who need it most. Any donation big or small will have a hugely positive impact for our families.

www.bemoreben.org

The Benjamin Pritchard Foundation - Be More Ben. Registered Charity No: 1178933.

INTRODUCING GROW FOR LIFE

As a mum of teenagers, a local GP and now recently appointed director of Grow for Life, I am passionate about the benefits of gardening on individual mental wellbeing and the promotion of a caring community culture.

Grow for Life is a local social & therapeutic horticulture charity. We are based at the Walled Garden in Newton St Loe and are excited to be partnering with Boys in Mind and Beechen Cliff School to offer termly sessions to Key Stage 3 boys to promote mental wellbeing and Community. These sessions will be supervised by Jim Cumpson and a team of staff and we hope the boys involved will share the benefits of their time in our garden through a blog or within this newsletter.

As a charity we offer gardening sessions to individuals who may be suffering with isolation, depression, anxiety and low self-esteem and we seek to nurture these individuals so they can flourish and live life to the full. For more details see our website, www.growforlife.org.uk or check out our [instagram @grow_for_life](https://www.instagram.com/grow_for_life)

We would love to invite you to our Apple Pressing day on the 14th October 2023, 10-2pm. It's a fun event for all the family where you'll have the opportunity to pick apples and be part of the process of juicing them and have the opportunity to take a bottle of apple juice away with you!

Warm best wishes and thanks,

Alex Eldridge
Director
Grow for Life



M

BRLSI PRESENTS

BATH INDEPENDENT DESIGNER / MAKER XMAS MARKET 2023

AN INDOOR SPACE EXHIBITING LOCAL TALENT & HANDMADE GOODS

APPLICATIONS OPEN

CENTRAL BATH • INDOOR • AFFORDABLE

BRLSI's brand new Xmas market launches in 2023

Offering indoor, affordable & short term exhibition space in central Bath for local artists and makers

Take a 3 day or 6 day space and exhibit alongside the best of local talent

Find out more and apply for selection at brlsi.org/xmas-at-brlsi

DATE:
23rd November - 10th December 2023

OPENING:
10-4pm Mon-Sat

LOCATION:
16 Queen Square, BA1 2HN

 Bath Royal
Literary and Scientific Institution



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ages + abilities

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TENNIS

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LEARN - PLAY - GIG

Information for young
people and parents/carers

Starting September 2023

Homework Club at The Hub

Do you live in Combe Down?
Are you 11 years or older?

Introductory session at The Hub
Wednesday 13th September 3.30-5pm



Social meeting.
FREE refreshments.
Meet the adults.
Discuss help you need.
Come yourself.
Bring your parents/carers.
Find out more and sign up.



Second session at The Hub
Wednesday 20th September 3.30-5pm

Then every Wednesday at
The Hub during term time

Contact The Hub with requests and suggestions at enquiries@mphub.co.uk

Use the phrase Homework Club in the email subject line.
Phone 01225 436869 for more information.
The Hub, Mulberry Park, Mulberry Way, Combe
Down, Bath, BA2 5BU



Spotters Hockey High Performing Camp

Spotters Hockey Camps will run in the October Half Term and Christmas holidays:-

Main camps:

23 & 24 October 2023




18 & 19 December 2023

High Performing Camp

27 October 2023

20 December 2023

Spotter Hockey provide coaching for ages 7-16:

-  Beginners and Improvers (ages 7-10),
-  Developers and Emerging Performers (ages 11-12), and
-  Performers looking to progress (ages 12-16)

Their separate HPC is for players looking to work at stretch aged 14-18 - and wanting to be prepared and/or be nominated for the 23/24 or be prepared for 24/25 EHB Talent Academy round. Spotters Hockey is a recognised referral route for the EHB Talent Academy run by Team Bath Buccaneers.



SPOTTERS HOCKEY **OCTOBER & DECEMBER**
BATH, SOMERSET
2023
NEW DATES ANNOUNCED!

MAIN CAMP AGES 7-16 23 & 24 OCT, 18 & 19 DEC
PERFORMANCE CAMP AGES 12-16, DEVELOPERS AND PERFORMERS AGES 11-12, BEGINNERS, IMPROVERS AGES 7-10
[BOOK HERE FOR MAIN CAMP](#)

HPC AGES 14-18 27 OCT & 20 DEC
RECOGNISED REFERRAL ROUTE FOR EHB TA; WORK AT STRETCH. FUEL YOUR AMBITION TO PROGRESS
[BOOK HERE FOR HPC](#)

1-2-1 & SMALL GROUP COACHING
THROUGHOUT TERM TIME AND HOLIDAYS
[BOOK HERE](#)

JOHN MOORE SPORTS
KODAK BATHSPORT.CO.UK

PLAYERS WANTED

From ages 5-15



FRESHFORD UTD F.C.



Are you the next Harry Kane or Lucy Bronze ?

We are looking to boost existing teams for the coming season.

For more information call or text Chris on 07738741477 or email on chris.birleson@dentons.net



For more details and timings for each age group please get in touch.



Browns Field, Abbey lane, Freshford
Rode Playing Field, Omeage Close, Rode

www.freshfordutdfc.com

The AceWay

By Megan Butterworth

New and exciting tennis opportunities for children of all ages to learn and play tennis together.

We offer groups, private and joint lessons for all ages and abilities and cater to any additional needs.

Junior Group Times:

4 – 8 years olds Thursdays at 4:30pm – 5:30pm
9 – 10 year olds Thursdays at 5:30pm – 6:30pm
11 – 14 year olds Thursdays at 6:30pm – 7:30pm
Tots Tennis (under 4s) Fridays at 9:30am – 10:30am
Junior Club Evening Fridays at 5:30pm – 7:30pm
Tots Tennis (under 4s) Saturdays at 9:30am – 10:30am
4 – 8 years olds Saturdays at 10:30am – 11:30am
9 – 10 year olds Saturdays at 11:30am – 12:30pm
11 – 14 year olds Saturdays at 12:30pm – 1:30pm
Junior Club Afternoon Saturdays at 3:30pm – 5:30pm

For more info and to sign up please don't hesitate to contact Megan:



07779535580



Megan-Butterworth@hotmail.co.uk



theaceway2022



UP 4 UNDER SPORTS



Open to boys and girls aged 6 -16
AVAILABLE IN BATH AND BRISTOL AREA

INDIVIDUAL PERFORMANCE COACHING 1 TO 1

Our Individual Performance course offers personalised training sessions for all skill levels. Each session is tailored to the individual's specific goals and needs, whether they are looking to improve their technical skills or physical conditioning. From beginners starting out on their footballing path, to players who want to improve specific aspects of their game taking their performances to the next level.

GROUP SESSIONS GROUPS OF 4, 6 OR 8

Our small group sessions are fantastic for players who prefer to train with friends & team mates. Training with other players brings intensity and competition creating a match environment.

Sessions with: LEWIS DIXON

- FA Level 2 qualified & DBS checked
- Current Larkhall player & former Bath CityAcademy player

To book a session or for more information please contact Lewis on 07870993631 or email lewis@upandundersports.co.uk



COSTS per session

1-1 Coaching Session £25
2-1 Coaching Session £40

4-1 Group Session £60
6-1 Group Session £60

Sessions will cover: basic passing, dribbling, control, shooting etc.
Progressing onto more advanced training: movement, positioning, fitness & tactics progressing the individual to their highest potential.

Bibi's

Vegetarian Indian Cuisine



Find us @ Bath Green Park
Farmer's Market every
Saturday from 9-1pm



Menu

Vegetarian samosa £2 each / 4 for £7
Sweetcorn tikki £1.80 each
Fenugreek tikki £1.80 each
Onion bhaji £1.80 each

Curries:
Chickpea & spinach £4.50 small /
Lentil & pepper £8 large

Garam masala spice £3 per jar

may contain allergens