



9th May 24

Dear Parents and Carers,

Year 11 pupils have made a good start on their revision programme and first written GCSE exams this week. I am impressed with the dedication seen so far and this bodes well for the week ahead.

At the time of writing, Year 13 students are preparing for their leavers events with rounders and a BBQ today followed by their final assembly tomorrow. Year 11 events take place towards the end of the exam period.

Year 7 and 8 revision weeks are also underway in preparation for their summer exams. I wish all our pupils all the best for the exams over the next few weeks.

This week has seen lots of sports fixtures once again including the Year 7 tennis team's debut against KES on Tuesday.



In addition the U12 football team defeated Norton Hill yesterday to become BANES Champions, a fantastic achievement.

Well done to all attending the after school clubs and representing their school in fixtures. On Friday our U13s are taking part in our school's Play to Wimbledon competition which leads to County Finals and ultimately the chance to play at Wimbledon. I hope all the boys enjoy taking part.

Calendar

Thursday 9th May

GCSE Written Exams begin

Monday 13th May

A Level Written Exams begin

w/c Monday 13th May

Year 7 Exams Week

w/c Monday 20th May

Year 8 Exams Week

Friday 24th May

End of Term

Monday 3rd June

Start of Summer Term

Yesterday five Year 10 pupils: Oscar, Aamaan, Henry, Toby and Oliver took part in the Aspire Conference at the Royal High School along with pupils from all the secondary schools across Bath. Mr Quintin, who accompanied our pupils said they represented Beechen Cliff brilliantly and took part in workshops including Careers in Law, Creation of Number and How to Make More Impactful Choices in Our Everyday Lives.

Finally, I would like to draw your attention to an online safety event for parents taking place after half term. Further information on this event has been emailed to parents and is also available later in this newsletter.

Have a good weekend.

T. D. Markall .

T.D.Markall

Headteacher



Careers Newsletter

The newest edition of our Beechen Cliff Future Horizon Careers publication is published alongside this school newsletter.

If you would like any further support or information please let me know careers@beechencliff.org.uk

Mrs Emma Pascoe

Head of Careers

Key Notices

REPORTING ALL PUPIL ABSENCES

All absences from School including late arrivals and medical appointments are to be reported to School promptly.

Please take note of the following correct direct contact details.

Lower School Pupils

To report a Lower School absence please call the School **direct** on 01225 485222 OR 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

PLEASE READ

Menu of the week 14th May

Monday: Pork and Bean Stew, Potato and Chickpea Curry

Tuesday: Sloppy Joe's, (W), Quorn Sloppy Joe's (W) As requested by Theo

Wednesday: Herb Roasted Chicken, Squash Feta and Red Onion Pasty (W,D)

Thursday: Toad in the Hole (W,D), Courgette and Pea Falafel with Sweet chilli Mayo

Friday: Squid and Prawn Risotto, Tomato and Pepper Pasta Bake (W,D)

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

Dan Keal
Chef

(W) = Contains Wheat Products
(D) = Contains Dairy Products
(V) = Vegan alternative

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

If your son or daughter is in either year 11 or 13 please can you make sure they are topped up at all times as there will be no overdraft facility for them, from this week.

Safeguarding - ['Reliability Online'](#)

Childnet have worked with the Childnet Youth Advisory Board to create 'Reliability Online', a resource helping young people to decide what they can trust when they are online. The resource covers a variety of risks including AI generated imagery, scams, fake news, giveaways, body image, and social media bots. We suggest using the link (above) to go through this resource with your children to develop their understanding of how to know what to trust online.

Mike Ambrose
Deputy Headteacher and Safeguarding Lead

GCSE EXAMS COMMENCE

Dear Parents and Carers,

With the first GCSE exams starting tomorrow, I wanted to remind you that you can see the daily timetable of revision sessions and pre exam briefings using this link:

[Year 11 Timetable during Examinations 2024](#). The link is also available on their tutor group google classrooms.

It would be helpful to look over the schedule with your son each day to see what is coming up. They will also look at this in tutor time.

Good luck to all of our Year 11 pupils! They have spent a long time preparing for these exams and I wish them all the very best of luck.

Kind regards

Andrew Seal
Deputy Headteacher (Curriculum and Assessment)

Change of Lunchtime for Years 9 and 11

As you will know, pupils students in Year 11 and 13 will be taking their final GCSE and A Level exams in the coming weeks. These exams will determine the final grades for their subjects and as such it is important that we support them as much as possible so that they are able to demonstrate what they have learned over the past years and can realise their aspirations for their next steps in education or employment.

Change of lunch and period 4 lessons for Year 11 from Tuesday 7th May.

In order to ensure that Year 11 pupils have a full lunch break before their afternoon exams, their lunch time will switch to the first lunchtime from 12:30 - 1:15pm each day. Period 4 lessons will therefore take place from 1:15 - 2:15pm.

Change of lunch and period 4 lessons for Year 9 from Tuesday 7th May. In order to accommodate this, Year 9 pupils will also swap lunchtime and will have their lunchtime from 1:30 - 2:15pm.

Their period 4 lesson will therefore switch and will take place from 12:30 - 1:30pm.

This arrangement will stay in place for the rest of the academic year. Once they begin Year 10 this will also be the arrangement for their lunchtimes.

Showing respect for pupils and students taking exams.

May I take this opportunity to remind all of our pupils that these exams are important and those taking them have been working hard in the build up. Can we therefore all show our respect by making sure we take notice of signs showing where and when exams are taking place and maintaining silence in these locations so that those taking them have the best possible opportunity to achieve their full potential.

If you have any questions or concerns, please contact me.

Andrew Seal
Deputy Headteacher—Curriculum and Assessment



Online Safety Focus Day - June 6th 2024

Dear Parent/Carer

I am very pleased to give you advance notice that we have been able to secure the services of Karl Hopwood to run an Online Safety Focus Day on 6th June, having previously visited us in January 2023. Sessions will be run for Years 7-12 in school and there will also be an online session for parents in the evening, which will take place at 7pm and last around one hour.

Karl is an independent online safety expert. He is a member of the UK Council for Internet Safety and sits on the UKCIS evidence group, education working group and the early warning group as well as on the advisory board for the UK Safer Internet Centre. He was recently part of an expert steering group with TikTok looking at harmful and dangerous online challenges.

Karl has worked for a number of organisations in the UK and abroad including the Child Exploitation and Online Protection Centre, British Educational and Communications Technology Agency, the European Commission, the UN and several Local Authorities within the UK and in Europe.

He has an abundance of expertise in how to help keep our children safe when online, as well as being able to keep parents up to speed with the latest online trends and issues. As both a teacher and a parent of teenage boys I have always found his input to be enlightening and I would wholeheartedly recommend this session to you - it will be a very worthwhile hour to help you to understand what it is like to be a teenager in the online world.

If you would like to attend the online session for parents please sign up using the Google Form below:

[Online Safety Focus Day - Attendance Google Form](#)

We will then email you the link for the event prior to the evening.

Yours sincerely,

C Hall
Head of Year 8
Deputy Safeguarding Lead

K Mather
Head of Sixth Form
Deputy Safeguarding Lead

'Helldivers 2'

With a peak simultaneous player count of almost 500,000, it's safe to say that Helldivers 2 has taken the games industry by storm, attracting a wide array of fans from all over the world and – more importantly – from various age groups. Many young gamers are actively playing this title, both with friends and with strangers via online multiplayer – despite the game's 18+ rating

Unfortunately, the gore and violence of Helldivers 2 (combined with its in-game purchases and the ability to play with unfamiliar people online) present significant online safety concerns for its younger players. This guide explores these issues in detail and advises on minimising the risks to children and young people.

The information sheet is also published alongside this newsletter.

Mr M Ambrose

Deputy Headteacher and Safeguarding Lead

What Parents & Educators Need to Know about HELLDIVERS 2

With weeks of releases, Helldivers 2 has become one of 2024's biggest gaming success stories. The sequel to the top-down shooter from 2015 has exceeded sales expectations, leading to its frantic gameplay and tongue-in-cheek humour. However, the game comes with several risks to younger players, as indicated by its 18+ rating.

WHAT ARE THE RISKS?

PEGI 18 RATING
Due to its intense violence and the presence of in-game purchases, Helldivers 2 carries a PEGI 18 rating, which means any potentially harmful content is suitable for those aged 18 and over. In addition, the game's content is not suitable for children under 18.

IN-GAME PURCHASES
Helldivers 2 players can use their money to buy in-game currency, with which they can unlock various cosmetic items. The game also features a 'Premium Items' system, which allows players to purchase special in-game items. These items can be used to enhance the player's experience, but they are not necessary to progress through the game.

VOICE CHAT AND MESSAGING
Helldivers 2 always played online with others who often use voice chat or in-game text chat. This means that players can interact with others who may not be familiar to them. The game also has a 'Premium Items' system, which allows players to purchase special in-game items. These items can be used to enhance the player's experience, but they are not necessary to progress through the game.

FRUSTRATION TRIGGER
The Helldivers 2 game is played through a third-person action in real time. It is a fast-paced game that requires a high level of coordination and teamwork. The game's difficulty can be frustrating for some players, even those who are experienced gamers. This frustration can lead to aggressive behaviour towards other players, which is a concern for parents and educators.

LACK OF ACCESS
The game is available on PC and PS5, but not on Xbox or other consoles. Some people will not have access to the game due to their hardware or software. Additionally, the game's content is not suitable for children under 18, which means that parents and educators should be aware of the risks of allowing children to play the game.

Advice for Parents & Educators

GIVE IT A GO FIRST
Helldivers 2 is a third-person shooter with a focus on teamwork and strategy. It is a fast-paced game that requires a high level of coordination and teamwork. The game's difficulty can be frustrating for some players, even those who are experienced gamers. This frustration can lead to aggressive behaviour towards other players, which is a concern for parents and educators.

SET EXPECTATIONS
As the first of a series, Helldivers 2 is a fast-paced game that requires a high level of coordination and teamwork. The game's difficulty can be frustrating for some players, even those who are experienced gamers. This frustration can lead to aggressive behaviour towards other players, which is a concern for parents and educators.

CONSIDER ALTERNATIVES
If playing an Xbox – Helldivers 2 is not available on Xbox. If you are looking for a similar game, consider alternatives such as Halo Infinite or Call of Duty: Warzone. Alternatively, you could consider other games that are suitable for the more light-hearted Deep Rock Galactic, which has a more relaxed and humorous tone.

KEEP AN EYE ON PAYMENTS
Many titles offer in-game purchases, but Helldivers 2 is comparatively cheap. You still need to monitor your payment information for any unauthorised transactions. In case your child has had their in-game currency in check on the account, the game's settings menu offers a way to check on the account.

MONITOR COMMUNICATION & ADJUST SETTINGS
Thanks to an in-game 'censor' system, Helldivers 2 has a reputation for being a safe game. However, it is still important to monitor your child's communication and adjust the game's settings to ensure they are secure. This includes checking the game's chat settings, and ensuring that your child is not being harassed or bullied.

Meet Our Expert
Lizzy Coleman is the Editor in Chief of iDGeek, and has been working in the games media industry for five years. As well as being an expert on long-time games, she is also a parent and therefore understands the importance of online safety. Having played most of the games, she has been published on sites including iDGeek, TechRadar and many more.

#WakeUpWednesday
The National College

@wake_up_wedsdays /www.thenationalcollege @wake_up.wednesday @wake_up.weds

YCSW are offering a 'Link Up' drop-in group for young people aged 13-19 years old (up to 25 with an EHCP) on Wednesdays 2-4.30pm at the YCSW City Centre building throughout January and beyond.

The group will have opportunities to:

- increase social contact, in a free, warm and safe space;
 - make crafts, play games, connect with others;
- learn techniques for managing wellbeing and mental health;
- alongside information and guidance relating to their lives and aspirations.

Young people are welcome to drop in at their own leisure (bring a friend or safe person if you would like) or contact us to let us know they are attending. The session will be offered online too, through Teams. (contact@ycsw.org.uk or call 01225 396980)

Vacancies at Beechen Cliff

Head of Mathematics

<https://www.eteach.com/careers/beechencliff/job/head-of-mathematics-1418244>

Closing date: **Monday 13th May**

Level 3 Business Administrator Apprenticeship

<https://www.findapprenticeship.service.gov.uk/apprenticeship/1000248171>

Closing date: **Thursday 16th May 2024**



LIBRARY NEWS



Read to reduce stress and relax!

You might be wondering how a simple act like reading can be such a stress-reduction superhero. Well, according to Psychology Today, even just six minutes of delving into an engaging book can zap your stress levels down by up to 68%!

So at this busy time of year, don't forget to take that book OUT of your bag and read for a few minutes each evening.

Revision Guides

We have a number of GCSE and A Level revision guides in the library for pupils to borrow. We are always happy to take donations of revision guides (once the pupils have finished using them!) to allow others to make use of them.

Library Moved to Recital Room

The library is being used as an exam centre so we have moved to the recital room in the music block. Boys will still be able to borrow and return books at break and lunchtime and can request specific books to be brought from the library.

Homework Club in C3

Mr Petrie will continue to run homework club in C3 (Computer Room 3).

Homework club is open after school until 4.30pm (4pm on Friday).

Boys are reminded to be quiet as the exams in the library may not have finished at 3.15.



OVERDUE BOOKS!

Pupils may borrow two books for up to three weeks. If you need longer to finish the book, just pop into the library and ask the librarian to renew it. Please return any overdue books as soon as possible.

Keep an eye out for emails from Libresoft. If you or your son gets an email from Libresoft but you think the book has been returned, please ask them to come to the library so we can sort that out.

The library is for everyone. Keep reading!

Laura Bridge lbridge@beechencliff.org.uk

Junior Maths Challenge



The **Junior Maths Challenge** is a national examination full of problem-solving questions which are designed to test the most able Mathematicians from years 7 and 8. The style of questions is quite different to the school based tests that the pupils are more familiar with.

Of the **three hundred and twenty thousand** entries, Gold certificates were awarded to the top 5%, Silver awarded to the next 10% and Bronze to the next 25%.

This year, 120 pupils from Beechen Cliff sat the same paper on 25th April. The photograph shows year 8 taking the challenge in the sports hall, whilst year 7 did it in their Maths lessons.

Top sets in year 7 achieved: **3 Gold, 10 Silver** and **12 Bronze** awards.

Top sets in year 8 achieved: **10 Gold, 16 Silver** and **21 Bronze**.

A fantastic achievement as always and our congratulations go to all those who participated.

Special mention to the Gold achievers, (*surname order*):

Joseph B (Yr7),	Reuben B,	Adam B,	William C,	William D,
Calvin G,	Cyrus L,	Byron Ma,	Quintin RH (Yr7),	Sebi S,
Wren TL (Yr7)	James W,	Luka Y.		

European Round

The **best eight thousand** students in the **UK** are all invited to participate in the follow-on European round, (*or Kangaroo*), which will take place later this year, on 11th June.

Congratulations and our best wishes go to the following five year 8 boys, who all qualified for this year's competition: **William C., James W., Byron Ma., Sebi S.** and **William D.**

Questions

Here are three questions from this year's 2024 paper: *easy, middling, and hard!*

1. When the five expressions below are simplified, how many different values are obtained?

$$2 + 2 \quad 2 \times 2 \quad 2 - 2 \quad 2 \div 2 \quad 2^2$$

A 1

B 2

C 3

D 4

E 5

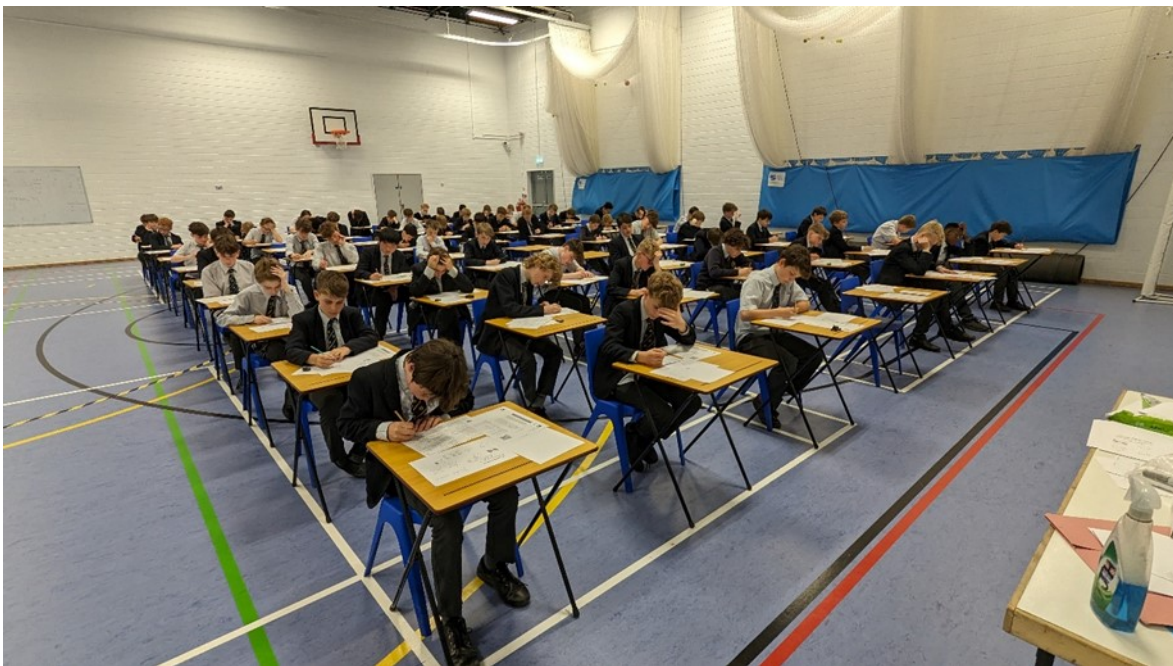
10. In Fred's field there are some humans and some horses.
There are 25 heads in total and 60 legs in total.
What is the difference between the number of humans and the number of horses?

- A 3 B 7 C 9 D 11 E 15

25. In a school, one fifth of the students have blue eyes. One tenth of the left-handed students have blue eyes. One quarter of the right-handed students have blue eyes. What fraction of the students are left-handed?

- A $\frac{1}{3}$ B $\frac{1}{4}$ C $\frac{1}{5}$ D $\frac{1}{8}$ E $\frac{1}{10}$

The solutions and many other past papers, (including video solutions for the first time this year), can be found at: [Link](#) or by Google Searching: **UKMT JMC papers** and selecting the View Past Papers tab.



Mr J Henly
Maths Challenge Coordinator

Food Technology

This week, Year 11 have been combining their food knowledge with their enjoyment for eating it with edible revision. Students were given an answer or question and had to find the person with the matching biscuit. When they had a correct match they could be eaten!

Mrs Kathryn Gallagher
Food Lead



Fixtures for week commencing 13th May *(correct at time of publication)*

	Fixture	Start time/ kick off	Meet time	Transport	Finish/ Return time
Monday 13 th May	U13a,b&c cricket v Dauntseys (a)	14:30		Coach-	
	U15a&b cricket v KW (a)	14:45			
	U14 tennis v KES (h)	16:30			
Tuesday 14 th May	U14a/b (mixed) cricket v Stonar (a)	14:00			
	BANES Athletics @ Uni	12:30		Coach-	
Wednesday 15 th May	U13 cricket v Wellsway (a)				
Thursday 16 th May	1st XI cricket v Prior (a)	15:30			
Friday 17 th May					

Please visit [Beechen Cliff Sports page](#) for up to date information

PTA Notices

BEECHEN CLIFF 2ND HAND UNIFORM SHOP PRICES	
House colours: BYRON KIPLING MILTON SHAKESPEARE	
GENERAL UNIFORM:	GAMES KIT:
2HU Blazers: £15	2HU Games Top: £7
2HU Shirts: £3	*New Games Top: £12
2HU Pullovers: £6	*Brand New Games Top: £20
2HU Ties: £2	2HU Games Shorts: £5
2HU Trousers: FREE	*New Games Shorts: £7
P.E. KIT:	2HU Games Socks: £2
2HU P.E. Top: £4	*New Games Socks: £4
*New P.E. Top: £6	2HU Joggers: £6
*Brand New P.E. Top: £10	*New joggers: £12
2HU P.E. Shorts: £4	2HU Shin Pads: £2
*New P.E. Shorts: £6	2HU Rugby/Football/ Trainers/Boots: £4
CRICKET WHITES:	COATS/SHOES/BAGS:
2HU Top: £3	2HU Lightweight: £5/10 Padded: £10/15
2HU Trousers: £3	Shoes: £5
2HU Tank/Jumper: £5	Bags: Small: £4/ Large: £10
2HU Caps: £2	Books: £4 each
2HU Pads: £2	

SECOND HAND UNIFORM

The PTA would like all donations of good quality second hand school uniform for our next sale in June please. We would like:

Blazers: all sized blazers desperately needed.

No trousers please recycle or charity those!

By donating it back to school we can sell it on to raise much needed funds for the school. Please drop off your unwanted school uniform in to the blue plastic container by reception, at anytime before our sale.

Thank you.

If you could donate before the sale that would be better than on the day!

Thankyou for your support....

Extra Curricular Activities

Extra Curricular Clubs and Activities

A list of the Clubs and Activities for Terms 5 and 6 is available on the school website. You can also follow this [link](#)

Mr Kant Mann
Assistant Headteacher



USA Ski Trip 2025

There are a couple of available places for the USA ski trip to New York, New Hampshire and Boston in February 2025. If you are interested, please contact Mr Macdonald.



Mr P Macdonald
Trip Leader

Kipling Charity Dodgeball

Right at the start of this academic year, all Kipling tutor groups proposed a variety of different charities to raise money for this year. They were shortlisted and put to the house council who chose the amazing charity of Cancer Research. This term, Kipling councillors met up to organise and run a charity event.

On Thursday 8th May, a dodgeball tournament ran across both lunchtimes and all year groups. Doughnuts, flapjacks, muffins and cakes were all sold outside in the glorious rare sunny weather.

The Kipling counsellors did an outstanding job raising as much money as possible. This included selling the sweet treats, refereeing the dodgeball games and raising awareness of the event.



On the day, we raised over £100. The ParentPay link is still open if you wish to donate £1 to Cancer Research. The majority of donations that Cancer Research receives go towards ground-breaking research. Thanks to this research, cancer survival is improving and has doubled over the past 40 years in the UK. Today half of people diagnosed with cancer will survive their disease for ten years or more.



Mr Utton
Head of Kipling



Activities Week 24



We are really excited as tomorrow our webpage with Activities Week 24 will go live with the options that we have available to those in Years 7, 8 and 9; it promises to be a brilliant week.

This year we have built upon the successes of the past and are offering a range of options as has been discussed previously. This will mean there will be an element of choice, via a Google Form which will be sent to you on Monday via email at 17:00. Boys will need to rank order their activities from most preferred to least with the cost and number of available places published within the booklets which will be on the website

Those participating in the residential trips to Spain, Germany and Capel Curig will not need to complete the form as their activities last the duration of Activities Week and they have been automatically allocated to these in advance.

Important information and key dates are as follows:

- **Friday 10th May** - Webpage goes live, activities and options booklets are available
- Please read the booklet and view what is on offer for your son during Activities Week 2024, discuss it with him and decide on a rank order of the activities from most preferred to least.
- **Week beginning Monday 13th May** - Activities week assemblies with Years 7, 8 and 9
- **Monday 13th May** - Activities week selection opens (17:00) please complete the Google Form that will arrive in your inbox that day, **no payments are required at this time**
- **Thursday 16th May (5pm)** - Google Form closes and allocation process begins
- **Week beginning 20th June** - Activity allocations are released and Parentpay opens
- **Monday 10th June (5pm)** - Parentpay closes and payments must be complete

If you do have any questions, please do let me know. It promises to be an epic finish to an outstanding year.

KP Morris (he/him)
Assistant Headteacher (Personal Development)



Centurion Challenge 24



100 miles in 48 hours

16:00 Friday 5th July to 16:00 Sunday 7th July

YEARS 9,10,11 & SIXTH FORM

The challenge

To leave the main doors of Beechen Cliff at 16:00 on Friday 5th July, follow the route to the Kennet & Avon Canal and walk to Devizes on the towpath, camp overnight, then continue to the Parish Church at Hungerford and return to Devizes camping overnight. Then on Sunday make your way back to Beechen Cliff School, arriving by 16:00 to claim to be a Beechen Cliff Centurion.

Why ?

The Centurion Challenge has been an honourable tradition of Beechen Cliff School. This year the challenge as ever will raise money for various charities close to the heart of the pupils at Beechen Cliff School and assist with financing the extra-curricular activities offered by the school. Last year we donated monies to Boys in Mind, Dorothy House, Macmillan Cancer Support, Julian House, Cancer Research UK, Forever Friends/Bath RUH. We also donated monies to the Canals and River Trust and St Lawrence Church, Hungerford.

What you must do to take part...

Scan the QR code or use this link to gain access <https://forms.gle/o6x8WM4mVxnUH3gS9>, the Finance Office can then grant access to the Parent Pay account enabling you to secure a place by paying the £95 entrance fee.

Challenger numbers will capped this year at 100 with entries closing on Friday 7th June. So you will need to enter early to secure a place **close 4 weeks before** the event - **Friday 7th June**. You need to **enter early to secure a place**.

In previously years we encouraged pupils participating to also raise sponsorship and details on how to deposit Sponsorship monies raised will follow at a later date.

All the Centurion Challengers will receive a **Centurion Challengers 'T' Shirt**, but only the finishers – the **legionnaires** who complete the challenge by 16:00 hours on Sunday will receive a **Centurion Challengers Tie**. The **names of the first three challengers to return** will be immortalised on the **Centurion Challengers roll of honour!**

So, do you have what it takes to become a Beechen Cliff Centurion in 2024 ?

In the event the Challenge is greatly oversubscribed then places will be allocated fairly across the year groups and some places will be allocated to Pupil Premium / Sixth Form Bursary students

Richard Stewart

Centurion Challenge Organiser



SCAN ME

Enjoy the Outdoors but 'Be Tick aware'

At this stage of the year through various outdoor activities many students will be in areas where they could pick up ticks. These insects are in great abundance this year. They are parasitic and take blood from their host. They are normally easy to remove with a tick remover and are quite common. However they can carry Lyme disease, which if untreated is extremely debilitating. The incidence of this disease is on the rise so here is some advice on what to look out for. Further details are available from this website: <http://www.lymediseaseaction.org.uk/about-ticks/>



Tick sizes compared to a one penny coin

What are ticks?

Ticks are small, spider-like creatures that feed on the blood of animals, including people. The size of a tick can vary, with a larva being as small as a tiny freckle, and fully fed females similar in size to a baked bean.

Where do you find ticks?

Ticks survive in many habitats, but prefer moist areas with leaf litter or longer grass, like in woodland, grassland, moorland, heathland and some urban parks and gardens.

Ticks don't fly or jump. They wait on vegetation for a host to pass by, and then climb on. They bite and attach to the skin and feed on blood for several days, before dropping off. Ticks are found throughout the year, but are most active between spring and autumn.

Main health risks

- ticks can sometimes transmit microbes that may cause human diseases such as Lyme disease and tick-borne encephalitis (TBE), though TBE is rare in the UK. It is important to be tick aware and see your GP promptly for diagnosis and treatment if you recognise the symptoms of tick-borne diseases which can include:
 - a flu-like illness, fatigue and muscle and joint pain
 - a characteristic expanding red rash, known as erythema migrans (present in many but not all cases)
 - persistent headache, confusion or sensitivity to bright light
- you may not always remember being bitten by a tick, so if you have spent time outdoors and develop any of these symptoms, seek advice from your GP or dial NHS 111
- Lyme disease can be treated with a course of antibiotics. Without treatment, more serious conditions can develop such as swelling in some joints or problems with the nerves and heart, so prevention and early detection are key
- rarely ticks transmit tick-borne encephalitis (TBE), however the risk in the UK is very low. Symptoms include flu-like illness, persistent headache, confusion and sensitivity to bright light

Avoiding ticks

- walk on clearly defined paths to avoid brushing against vegetation
- wear light-coloured clothes so ticks can be spotted and brushed off
- use repellents such as DEET
- carry out a tick check

Carry out a tick check

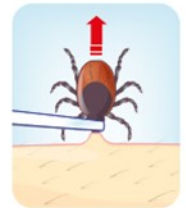
Make it a habit to check your clothes and body regularly for ticks when outdoors and again when you get home. Check your children and pets as well.

Areas that ticks may frequently be found include skin folds, armpits, groin, waistband area, back of the neck and hairline. Data from UKHSA's Tick Surveillance Scheme shows that adults are commonly bitten on the legs, whilst children are commonly bitten on the head or neck area. It is important to remember, however, that bites can occur on any part of the body and more than one tick can be attached at one time.

If you have been bitten

- remove ticks as soon as possible
- the safest way to remove a tick is to use a pair of **fine-tipped** tweezers or a tick removal tool
- grasp the tick as close to the skin as possible
- pull upwards slowly and firmly, as mouthparts left in the skin can cause a local infection
- clean the bite area with antibacterial wash/soap and water, and monitor it for several weeks for any changes
- contact your GP promptly if you begin to feel unwell with flu-like symptoms or develop a spreading circular red rash. Remember to tell them you were bitten by a tick or have recently spent time outdoors

Tick removal with tweezers



Tick in the environment



Tick attached to skin



Lyme disease bullseye rash



Tick found under hair



The rash is very distinctive and looks like a target or dart board. Please consult your doctor if you see this.. In people of colour, the rash may appear more like a bruise.

More information

For more information, search for the phrases 'ticks' and 'Lyme disease' on these websites:

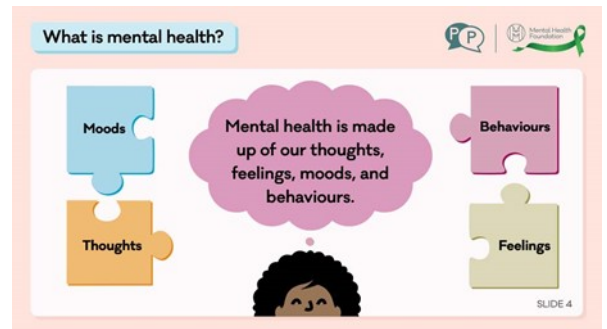
www.nhs.uk www.gov.uk

www.gov.uk/government/collections/lyme-disease-guidance-data-and-analysis

www.nhs.uk/conditions/lyme-disease/ www.nhs.uk/conditions/tick-borne-encephalitis/

Theme of the Week

STUDENTS ARE INVITED TO WEAR AN ITEM OF GREEN CLOTHING ON THURSDAY 16TH OF MAY IN SUPPORT OF THE MENTAL HEALTH FOUNDATION.



'movement:moving more for our mental health'

One of the most important things we can do to help protect our mental health is regular movement. Our bodies and our minds are connected. Looking after ourselves physically also helps us prevent problems with our mental health.

Movement is a great way to enhance our wellbeing. Even a short burst of 10 minutes' brisk walking can boost our mood and increase our mental alertness and energy. Movement helps us feel better about our bodies and improve self-esteem. It can also help reduce stress and anxiety and help us to sleep better.

If you'd like to get moving more, this weeks theme of the week will give you some ideas to get started as well as tips on how to get the best mental health benefit from the movement you're doing.

Support beyond school for my mental health or other concerns



BEECHEN CLIFF



Oxford Health
NHS Foundation Trust
CAMHS Service
www.oxfordhealth.nhs.uk/camhs

SAMARITANS

Whatever you're going through,
a Samaritan will face it with you.
Phone: 116 123
www.samaritans.org

YOUNGMINDS

Charity for improving mental health
0808 802 5544
www.youngminds.org.uk

virgincare 
School Nursing Service
01225 831666
or 07899994593

ChildLine
0800 1111 

THE MIX

Essential support for under 25s
0808 808 4994
www.themix.org.uk



Free, confidential and independent services
for young people 01225 312481 or text
07753 891 745 (for Listening service)
www.offtherecord-banes.co.uk



PROJECT 28

Young people's drug and alcohol service
Tel: 01225 463344
Instagram [dhiproject28](https://www.instagram.com/dhiproject28)

kooth

Free, safe and anonymous online
support for young people
www.kooth.com

Starting a conversation with your child about their feelings



Talking to your child about how they're feeling can be hard. You might feel like you don't know where to start or when a 'good time' to talk is.

By taking 20 minutes to do an activity you both enjoy, you can create a relaxed space for getting the conversation started. The Mental Health charity 'YoungMinds' has produced a fantastic guide to conversation starters and shared activities tailored to both younger children and teenagers. We invite you to look at these as they may well provide you with some helpful ideas for how to encourage your child to 'open up' about their feelings if they are struggling to talk.

Talking About Mental Health With Your Child | Young Minds

<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>

As always, if you feel that you feel your child is struggling with their mental wellbeing, please do get in touch with your child's tutor, Head of Year or a member of the Pastoral Team. Please remember that we are able to offer your son or daughter support in school.

The Wellbeing Team

MANAGING STRESS WORKSHOP

Boys in Mind are running a local event on **Saturday 11th May at the Oriel Hall in Larkhall, Bath**. We are running a short informal workshop led by Jim Cumpson who heads Boys in Mind and who also teaches at Beechen Cliff with 30 years' experience teaching (including PSHE, pastoral care and mentoring).

We will be asking young people to share what works for them to cope with exam nerves and pressure and giving some of our own tips on wellbeing, diet, relaxation, the importance of sleep, etc. The session runs 11am-12.15pm, is FREE and refreshments will be provided! The workshop is open to ALL students from Year 7 upwards, with a focus on Year 10 and Year 11.

AT NEW ORIEL HALL,
LARKHALL

11AM - 12:15PM

NEW ORIEL HALL

BIM
BOYS IN MIND

DM FOR MORE INFO OR
CONTACT NESS AT
VANESSA.WILLIAMS-GREY
@BOYSINMIND.CO.UK

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

Fantastic Hosting Opportunities: Do you have a spare room?

Hayesfield has strong international links with schools in Norway and Denmark.

As a result, we are looking for caring and welcoming Bath families to host our visiting international students. We can provide generous tax-free expenses to cover costs incurred. This is a fantastic opportunity to enrich the cultural experiences of your daughter or son.

We are currently looking for host families for:

1. Norwegian Students aged 16/17 - both boys and girls - from the beginning of September 2024 to mid December 2024. Expenses paid at £245 per week – in recognition of the extended duration.
2. Danish students aged 16/17 - both boys and girls - in Mid- March 2025 for two weeks. Expenses paid at £195 per week.

If you have a spare room, it could become home from home and provide a student with a genuinely unforgettable English-speaking experience as well as enriching your own children's cultural experiences.

If you would like an application form or would like to find out more information, then please contact Wendy Goodman on international@hayesfield.com

Criteria for Placements

- You live in Bath
- Students can have their own room, which includes a bed, wardrobe and desk
- Accommodation is full board (except school lunches Mon - Fri in term) and provides a laundry service
- Walking distance of our school or accessible by public transport
- Students from different institutions are not hosted at the same time
- Tax-free living allowance to cover all out of pocket expenses including transport costs
- All placements are subject to a home visit to ensure safeguarding and a DBS check



See Nurry Lee in Concert

Bath Concert Pianist and Carnegie Hall performer Nurry Lee. Nurry is a fantastic artist and is putting on a concert as part of the Bath Fringe Festival.

Bath Fringe Festival

International Concert Pianist

Nurry Lee



Saturday 1st June
7:30pm - 8:30pm

Burdall's Yard,
7A Anglo Terrace, Bath BA1 5NH

Tickets from Bath Box Office
www.bathboxoffice.com
01225 463362

BATH BOX OFFICE

BURDALL'S YARD



DISNEY PIXAR Studio Ghibli

Piano Concert

CHILDHOOD MEMORIES



PIANIST
Nurry Lee
7A Anglo Terrace, Bath BA1 5NH

01 June 2024 | BURDALL'S YARD, BATH | 5:30 PM

Tickets from Bath Box Office
www.bathboxoffice.com
01225 463362

BATH FRINGE FESTIVAL

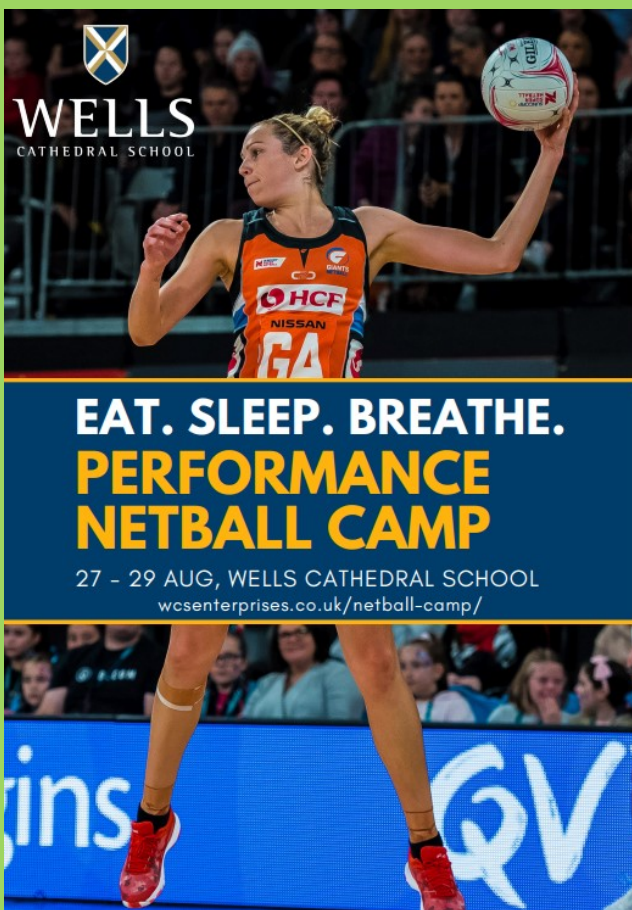
BATH BOX OFFICE

BURDALL'S YARD



NETBALL PERFORMANCE CAMP

WELLS CATHEDRAL SCHOOL



EAT. SLEEP. BREATHE.
PERFORMANCE NETBALL CAMP

27 - 29 AUG, WELLS CATHEDRAL SCHOOL
wcenterprises.co.uk/netball-camp/

ABOUT THE CAMP

Set in the historic and picturesque city of Wells at Wells Cathedral School, the camp showcases this amazing sport and gives an insight into what it takes to be pursue a career as a professional netball player.

WHO IS IT FOR?

- Players aged 12 - 18.
- Players already playing at club level.
- Players looking to develop their abilities in all aspects of the game.
- Players keen or working towards a professional pathway.
- Players looking to learn from international and national Super League coaches.

COST

Residential: £325 Day: £265

MEET THE TEAM

 Asha Francis: Head Coach, Team Bath NSL	 Hayley MacKellar: Assistant Coach Severn Stars NSL and Head Coach Scotland U21s	 Natalie Roddy Head Coach Team Bath Academy and Assistant Coach, Welsh Senior Squad	 Shelley Copland: Head Coach, British Army	 Tammie Williams: Head of Netball WCS and Lead Coach Team Bath, ADC
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Facility Hire at Beechen Cliff

For clubs, for community groups, for individuals

Floodlight 3G and Astro Pitches

Sports Hall

Indoor Cricket Nets

Gym

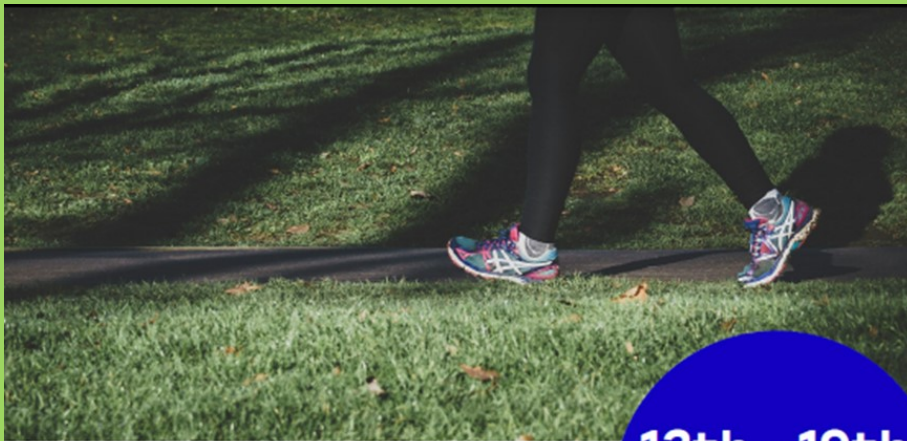
School Hall

Classrooms



All available for hire evenings and weekends

For availability and prices, contact Jo Davis – jdavis@beechencliff.org.uk



Join the 5k A Day Challenge!

**13th - 19th
May 2024**

Mental Health Awareness Week

Complete a 5k activity of your choice each day to support your local mental health charity.

- Raise vital funds for Bath Mind
- Support your physical & mental wellbeing
- Raise over £25 and get a FREE t-shirt!

Sign up today:

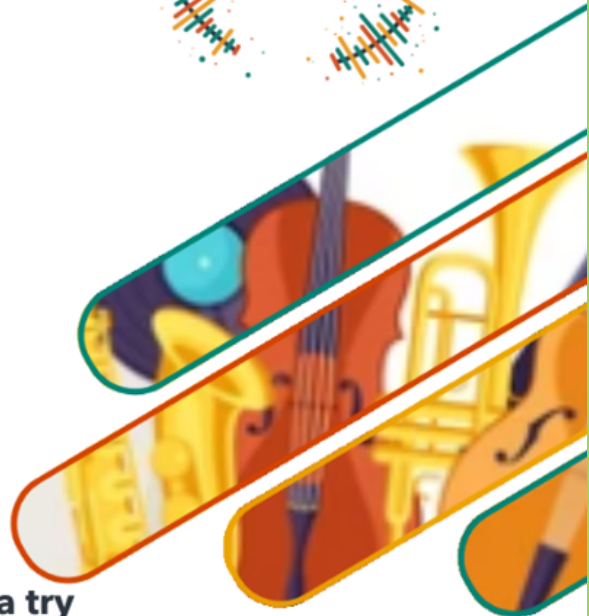


 **mind**
Bath

Saturdays@Hayesfield OPEN MORNING

Saturday 11th May

Woodwind, Brass, Percussion,
Guitars, Keyboard



Who: Beginners to Grade 8 +

Where: Hayesfield School BA2 3LA

Time: 9.30am -12.30pm

What: Wind Bands, Big Band, Brass Ensemble, Woodwind Ensemble, Guitar Group and Keyboard Group
Tuck Shop at break!

How: Sign up below and come and give it a try

Book a space: <https://forms.office.com/e/0VUbQ3nL4V>

For more information: music@wema.org.uk

Open Morning Hayesfield
Saturday 11th May



*Membership is free for students entitled to Pupil Premium



BANES Library Events happening this month that are suitable for ages 12 – 18. You can also visit our Virtual Library to find out more about what's happening this month in libraries <https://baneslibraries.co.uk/events/category/events/>

B&NES Libraries Events & Activities

Lego Lab Get creative with Lego	Monday - Saturday Bath Central Library
Art in the Library Design a Future Library Competition Exhibition	Monday - Saturday 1 - 31 May Bath Central Library
Sensory Space For young adults with sensory needs. *Book online.	Monday - Saturday Bath, Keynsham & Midsomer Norton Libraries
Board Game Saturdays Drop in and play with our great selection of games	Monday - Saturday Bath, Keynsham & Midsomer Norton Libraries

B&NES Virtual Library Young Adult Space

There's so much to see on our YA Space, including

- Author Interviews
- Book Reviews
- Games

Scan the QR code or visit
<https://baneslibraries.co.uk/young-adults-homepage/>





Free Mortgage & Protection Advice when Quoting 'Beechen Cliff School' to the Lucra Mortgages Team!

Set up by a former Beechen Cliff pupil, Lucra Mortgages are a highly experienced, award winning, established whole of market Bath based mortgage broker, with access to over 90 + lenders.

Lucra have partnered with Beechen Cliff School and are offering anyone affiliated with the school, albeit staff, parents, or even friends, family and colleagues of parents, the opportunity to benefit from free mortgage advice.

The Lucra team can also offer a free financial protection review of your current mortgage needs, looking at life cover, critical illness, and income protection options. Simply quote 'Beechen Cliff School' when contacting the Lucra team, and Lucra will donate £50 to Beechen Cliff for extra-curricular activities, for every enquiry or referral that completes.

With specialist knowledge, our highly skilled and experienced team offer an established and superior level of service, dedicated to your individual needs.



Contact the team to book an appointment to speak to one of the Lucra Experts



Call - 01225 970830
Text - 07458195830
WhatsApp - 07723339060

Email - hello@lucramortgages.co.uk
Website - www.lucramortgages.co.uk
[Click here](#) to book an appointment

You may have to pay an early repayment charge to your existing lender if you remortgage.

Your home may be repossessed if you do not keep up repayments on your mortgage.

There may be a fee for mortgage advice. The actual amount you pay will depend on your circumstances. The fee is up to 1% but a typical fee is £549.

Please note, our fees are waived for all Beechen Cliff friends & family

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.



07779535580



Megan-Butterworth@hotmail.co.uk



[theaceway2022](https://www.theaceway2022)

[Link to website](#)

Junior Squash

We have a qualified coach on a Saturday morning offering a 'mini' session for juniors aged up to 11 from 0915 until 1000 and a Junior session for those above the age of 11 from 1015 until 1130.

This is open to everyone whether they are members or not although there is an extra charge for non members.

Andy Rogers

Squash Secretary

Lansdown Club

<https://www.lansdownclub.co.uk/squash/>



RENGEN
HOUSE

SATURDAY
18TH MAY
2024

11AM - 1PM

END OF SEASON BRUNCH

In conversation with
Dave Attwood, Matt Garvey &
Lee Mears

*Ahead of the Bath Rugby vs Northampton game
A review of this season and looking ahead to 2025*

Tickets £10

Includes bacon bap, tea & coffee

Booking essential - www.rengenhouse.com

Rengen House | 4 Argyle Street | Bath | BA2 4BA



Partners of





Try something different this summer!

Lawn bowls is a sport you can do from the age of five to retirement and beyond!

Alexandra Bowling Club is in Alexandra Park.

Turn up at 6pm on Mondays and if that doesn't suit then ring 01179864866 and we can give you a taster session another day.

Why bowls?

B = Bowls is a sport for all

O = Open to everyone

W = Women and men, girls and boys

L = Leisurely exercise

S – Sociable and fun



Go on

The Rock Project
School of Rock & Pop

JOIN US FOR

SOCIABLE & CONTEMPORARY MUSIC LESSONS!

IN YOUR AREA!

BATH | TROWBRIDGE | CHIPPENHAM | KEYNSHAM



LEARN AN INSTRUMENT & PLAY IN A BAND

Choose between Guitar, Bass Guitar, Drums or Singing



FOR AGES 7-11 & 11-18

Make new friends with like minded people



GIG IN FRONT OF FAMILY AND FRIENDS

Perform on a stage at gigs in front of family and friends



FREE TASTER SESSION - LIMITED SPACES AVAILABLE

Book now via our website or contact Danny on 07756155769 / wiltshire@therockproject.com



Scan here to book a free taster session!



THE ROCK PROJECT WILTSHIRE

WWW.THEROCKPROJECT.COM / 07756155769 / WILTSHIRE@THEROCKPROJECT.COM

LEARN - PLAY - GIG



