



## BEECHEN CLIFF WEEKLY NEWSLETTER

Newsletter 25th September

### Message from the Headteacher

Dear Parents and Carers,

It is hard to believe we are almost at the half way point of term one.

The last few weeks have seen a lot of sports fixtures taking place and I would like to congratulate our sports teams on a great start to the season.

Yesterday saw the U18 Rugby 1st team win their fourth match of the season and made it three wins from three in the ACE league with a strong 49-10 win at home over Gordon's. There was a fantastic home crowd after school with students and parents supporting on a beautiful sunny afternoon for rugby.



Aspiration

Compassion

Independence

Respect

We have also had notable victories over the last two weeks for the 2nd and 3rd teams, U15, U14, U13 and U12 teams and positive representation of the school in all cases.

In addition, yesterday, the swimming team took part in a competition at Millfield School with 23 students from Year 7 to Year 13 taking part, competing well and enjoying the experience.

In football the 1st XI and U15 teams are both through to the second round of the national cup with victories over the last week and across rugby and football there are five more fixtures this afternoon across rugby and football.

This Friday is European Day of Languages and that has been the focus of the Year 7-10 Theme of the Week sessions in tutor time this week. This has looked at not just learning languages but also the benefits of learning about different cultures. We are lucky to teach several modern languages at Beechen Cliff and Languages are an important part of the curriculum. Head of Languages, Mrs Westlake, has shared a quiz which you are welcome to look at [here](#).

The PTA had their first meeting of the year this week and details are available of the upcoming Quiz later in the newsletter. We hope you will be able to join us for this event.

T. D. Markall .

T.D. Markall  
Headteacher



## Dates for your Diary

### TYC visits for Year 7s

29th Sept–1st Oct (BY7A)

1st–3rd Oct (ML7B)

6th–8th Oct (BY7B)

8th–10th Oct (KP7)

**Tuesday 7th October**

Year 10 Parents' Information Evening 6-7pm

**Tuesday 14th October**

Year 11 Parents' Information Evening 6-7 pm

**Thursday 16th October**

Bath Hub Year 8 Disco

**Friday 17th October**

PTA Quiz Night 7-10pm

**Saturday 18th October**

Sixth Form Open Morning 9am–12.30pm

**Wednesday 22nd October**

Piano Concert - 7pm at St Luke's Church

**Friday 24th October**

End of Term/INSET Day

**Monday 3rd November**

Start of Term

## 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.mnsp.org.uk](mailto:attendance@beechencliff.mnsp.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

PLEASE  
NOTE...

### Menu -w/c 29th September

**Monday:** Chicken and Pesto Pasta (W), Stuffed Pepper with Ratatouille and Halloumi (D)

**Tuesday:** Chicken and Sweet Potato Gumbo, Cheddar and Leek Wellington (W,D)

**Wednesday:** Honey Roast Ham, Cauliflower Potato and Cheese Gratin (D)

**Thursday:** Beef Chilli, Bombay Aloo

**Friday:** Pork and Bean Casserole, Mushroom Stroganoff

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

Thank you

Mr D Keal  
Head Chef

(W) = Contains Wheat Products  
(D) = Contains Dairy Products  
(G) = Gluten Free Option

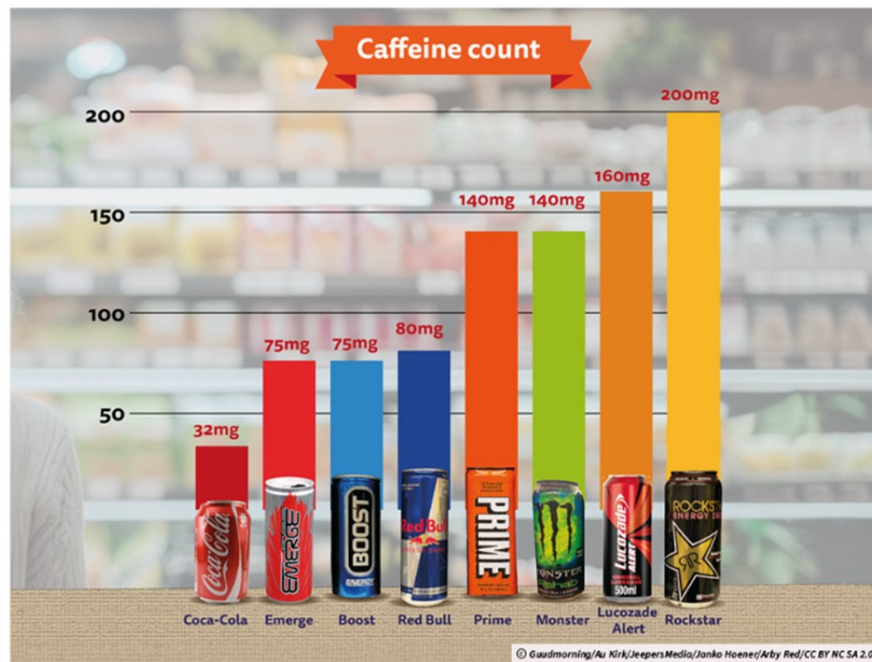
### PLANNED ABSENCES

For planned absences please contact the attendance office - [attendance@beechencliff.mnsp.org.uk](mailto:attendance@beechencliff.mnsp.org.uk) for a copy of the 'absence request form' which can also be found on the school website:  
[MNSP Absence Request Form.](#)

## Current Vacancies in the School and the Trust

Please follow the link below to view and access all current vacancies from across the MNSP Trust  
[https://  
www.midsomernortonschoolpartnership.com/  
vacancies.htm](https://www.midsomernortonschoolpartnership.com/vacancies.htm)

# The Hidden Risks of Energy Drinks for Teenagers and Young People



In today's fast-paced world, energy drinks have become increasingly popular among teenagers and young adults. Marketed as performance enhancers or quick fixes for fatigue and low energy, these beverages are often seen as harmless pick-me-ups. However, many parents are unaware of the serious health risks these drinks can pose - especially to young, developing bodies.

The UK government is planning a new law in England to ban the sale of high-caffeine energy drinks (over 150mg of caffeine per litre) to anyone under 16, though the exact timeframe is not yet set. This new law aims to improve children's health by addressing the negative impacts of caffeine on their developing brains and bodies. The ban will apply to retailers, including online sales, and will not affect lower-caffeine soft drinks, tea, or coffee. Until the legislation becomes law, we felt it was pertinent to share some relevant information with parents; included at the bottom of this piece are three links, one Governmental, one from the BBC and one pupil friendly version that may aid the start of the conversation and that may also be of interest.

## What's in an Energy Drink?

Energy drinks typically contain high levels of caffeine, sugar, and other stimulants such as guarana, taurine, and ginseng. While these ingredients may sound exotic or even healthy in some cases, their combined effects can be harmful—particularly when consumed in large quantities or mixed with other substances like alcohol.

## Health Risks for Teens and Young Adults

1. **Heart Problems** Caffeine is a stimulant that increases heart rate and blood pressure. For teenagers, whose cardiovascular systems are still developing, this can lead to irregular heart rhythms, palpitations, or even more serious complications in rare cases.
2. **Sleep Disruption** Energy drinks can significantly interfere with sleep, leading to chronic fatigue, irritability, and decreased academic performance. Poor sleep habits are also linked to mental health challenges, such as anxiety and depression.
3. **Mental Health Side Effects** High caffeine intake has been associated with increased feelings of anxiety, nervousness, and even panic attacks in some young people. These effects can be intensified in those who already struggle with mental health issues.
4. **Dependency and Tolerance**

Regular consumption of energy drinks can lead to caffeine dependence. This means teens may feel they "need" these drinks to function, creating a cycle of reliance that's hard to break.



## 5. Sugar Overload and Obesity Risks

Many energy drinks are packed with sugar—often more than a can of soda. Regular consumption contributes to weight gain, dental problems, and a higher risk of type 2 diabetes.

## 6. Risky Behaviours

Studies show a correlation between energy drink consumption and risky behaviours such as substance misuse, unsafe driving, and aggressive behaviour. While energy drinks aren't necessarily the cause, they may be part of a larger pattern of impulsive decision-making.

### What Can Parents Do?

- **Start the Conversation:** Talk openly with your child about why they may feel the need to consume energy drinks. Is it for sports? Studying? Social image? Understanding their motivations can help you guide healthier choices.
- **Read the Labels Together:** Teach teens to recognize high caffeine and sugar content on nutrition labels.
- **Promote Alternatives:** Encourage healthier ways to boost energy—like staying hydrated, eating balanced meals, getting enough sleep, and exercising regularly.
- **Set Boundaries:** If needed, set family rules about the purchase and consumption of energy drinks, just as you might with junk food or screen time.

### Final Thoughts

While energy drinks may seem trendy and harmless, they carry real risks—especially for young, impressionable bodies and minds. By staying informed and keeping open lines of communication with your children, you can help them make safer, healthier decisions.

As always, if you have any concerns about your child's health or behaviour, don't hesitate to contact your son's Head of Year.

Additional links:

Gov: <https://www.gov.uk/government/consultations/banning-the-sale-of-high-caffeine-energy-drinks-to-children/banning-the-sale-of-high-caffeine-energy-drinks-to-children>

BBC: <https://www.bbc.co.uk/news/articles/c707074qdnko>

Pupil Friendly: [https://theday.co.uk/energy-drink-ban-for-under-16s-planned-2/?utm\\_campaign=2674444\\_TD+Headlines+Thurs+4+Sep&utm\\_medium=email&utm\\_source=The+Day&utm\\_i=32K1%2C1LBM4%2C9A8VNC%2C6FY9L%2C1](https://theday.co.uk/energy-drink-ban-for-under-16s-planned-2/?utm_campaign=2674444_TD+Headlines+Thurs+4+Sep&utm_medium=email&utm_source=The+Day&utm_i=32K1%2C1LBM4%2C9A8VNC%2C6FY9L%2C1)

Mr K Morris

Assistant Headteacher (Conduct and Character Development)

## Personal Information Updates

If you need to amend any of your personal/contact details, such as phone numbers, addresses etc, you can do this on your child's Arbor account. Alternatively, you can email [headteacher@beechencliff.mnsp.org.uk](mailto:headteacher@beechencliff.mnsp.org.uk) and we will make the changes for you.



# THE LIBRARY NEWS

*A calm, quiet space to read and work*

## Back in the Swing!

The library seems to be getting back into the swing of things with lots of students using the space calmly and quietly for homework and reading. Bridge club was really well attended and we had a good turn out at quiz club too. More spaces available if you are still interested!

### Overdue Class Reader Books

I am currently chasing up books that were not returned at the end of last year, particularly class reader sets from KS3. Please look out for an email from me if your young person has an overdue book. As explained in a letter in February, books not returned when requested will be charged at £5 via Arbor in order to ensure other groups can use the set of books. Books should ALWAYS be returned to the library and put in the book return box to ensure they are scanned in on the system.

If you want any help with reading, please get in touch. My email is:

[lbridge@beechencliff.mnsp.org.uk](mailto:lbridge@beechencliff.mnsp.org.uk)



### READING TOP TIP:

#### JOIN YOUR LOCAL LIBRARY TO ACCESS EBOOKS AND AUDIO BOOKS

You do not need to go to a physical library to borrow electronic items. Just follow the link and fill in the details. Children under 16 can borrow ebooks and audiobooks without parental permission, but if you want to borrow physical books, you will need to provide identification and a parent signature when you first go to the library. [Join the local library.](#)



**Sixth Form Students at Bridge Club**

### Library Opening Times

Open Monday - Thursday before school (from 8am) at break / lunch.

Homework Club every day after school (until 4.30)

**FOR HOMEWORK OR QUIET READING PLEASE**



**Keep Reading! Mrs Bridge**



The poster features a dark blue background. At the top, a string of warm white lights is draped across the frame. On the left and right sides, there are stylized illustrations of lightbulbs with yellow-orange filaments and grey bases. The main title 'QUIZ NIGHT' is written in large, glowing yellow-outlined letters.

# QUIZ NIGHT

FRIDAY 17  
OCTOBER

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SCHOOL  
REFECTORY

6.30pm for 7pm start  
£12 ticket per person via Arbor  
Funds towards PTA

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Raffle  
Bar  
Oktoberfest-themed menu  
[veggie option available]





BEECHEN CLIFF

A vibrant, academic  
mixed Sixth Form

Sixth Form Open Morning  
Saturday 18th October 9am - 12.30pm

Instagram @beechencliffbath

X @beechencliff

www.beechencliff.org.uk

## Hospitality and Catering

Last week Year 11 Hospitality and Catering students produced two dishes for a meal at Bath Rugby club. One dish had to be vegetarian and one not. They had to show as many complex skills as possible across 3 hours of preparation and cooking. They did an amazing job, as you can see in these images.

Mrs K Gallagher  
Food Lead





## Recent Fixture Results

Date	Fixtures		Results
Wednesday 17 <sup>th</sup> September	FOOTBALL	BCS U14A v Norton Hill	9-1
Thursday 18 <sup>th</sup> September	FOOTBALL	BCS U15A v Kings Oak Academy (A)	3-0
Saturday 20 <sup>th</sup> September	RUGBY	BCS U12A v Kingswood School (A)	0-35
		BCS U12B v Kingswood School (A)	15-20
		BCS U13A v Kingswood School (A)	25-5
		BCS U13B v Kingswood School (A)	35-5
Tuesday 23 <sup>rd</sup> September	RUGBY	BCS U15A v Sherbourne School (H)	45-10
Wednesday 24 <sup>th</sup> September	RUGBY	BCS U18A v Gordon's School (H)	49-10
		BCS U14A v Marlborough College (A)	14-7
		BCS U14B v Marlborough College (A)	12-7
		BCS U13A v Prior Park College (A)	postponed
		BCS U12A v Prior Park Colleg (A)	postponed
	SWIMMING	Team Event at Millfield	

## Sporting News

### Beechen Cliff-U15 Football v Kings Oak in National Cup. 3-0 winners

The U15 football team started the season with a hard-fought match against Kings oak (Bristol). Which sees us progress to the next round of the ESFA national cup.





## Beechen Cliff U13 v Kingswood

On Saturday 20th September, a total of 36 boys represented the school on Saturday against Kingswood. A competitive and dominant display of rugby from both Beechen Cliff teams resulting in strong wins. The U13A's won 25-5. The U13B's also winning 35-5.

## Beechen Cliff U15 vs Sherborne

Great first match of the season for the U15s, with a strong win in the first round of the national cup against Sherborne School.



## Beechen Cliff 1st XV v Gordons

First XV strong performance yesterday, Wednesday (24th September) to make it 3 wins out of 3 in the ACE league so far this term with an exciting 49-10 win at home over Gordons in front of a fantastic home crowd.

## Sports Fixtures at Beechen Cliff

Parents and carers are always very welcome to come onto site to watch our fixtures, but would ask that you follow certain protocols:

For fixtures during the school day (any fixture that means you are on school site before school finishes at 3.15), please could you park outside of school and then follow the signage and ensure that you are issued with a sticker to indicate that you are a visitor to the school. We then ask that you watch the fixture on the side of the pitch furthest from the school. Toilet facilities for these fixtures are available in Alexandra Park.

For fixtures which start after 3.15 there is no requirement to get a sticker and you can stand on any side of the pitch. As with other fixtures, toilet facilities are available in Alexandra Park

We look forward to welcoming you to fixtures in the future and hope that the sporting season is successful, but, more importantly, enjoyable for our pupils and students.

Clive Hall  
Designated Safeguarding Lead

## SPORTS FIXTURES W/C 29th September (details correct at time of publication)

Details of upcoming sports fixtures, team sheets and meet times are available on the school SOCS website- <https://www.schoolssports.com/school/default.asp?id=374>

Please check the website for up any changes/updates

Date	Fixture		Start time/ kick off	Meet time	Finish/ Return time
<b>Monday 29<sup>th</sup> September</b>	FOOTBALL	U15A v Backwell (Odd Down)	14:30	13.45	
<b>Wednesday 1<sup>st</sup> October</b>	RUGBY	BCS 1st XV v Hartpury (A)	14:00		
		BCS 2nd XV v Hartpury (A)	14:00		
		BCS U12a v Cheltenham College (H)	14:45	14:15	
		BCS U12b v Cheltenham College (H)	14:45	14:15	
		BCS U13a v Cheltenham College (A)	14:30	14:00	
		BCS U13b v Cheltenham College (A)	14:30	14:00	
<b>Thursday 2<sup>nd</sup> October</b>	RUGBY	BCS 3rd XV v Clifton College (A)		12:15	
	HOCKEY	1 <sup>st</sup> XV Girls v Stonar (A)	14:30	13:30	
	FOOTBALL	BCS U13 v Hans Price (Odd Down)	14:45	14:00	
<b>Friday 3<sup>rd</sup> October</b>	FOOTBALL	U15 v St Katherines (A)	13.00		



# Wellbeing



Dear Parents and Carers,

Last week, we shared with you how our in-school Solution Focused Practitioners, Tara Gretton (Year 7-11) and Susie Ingram (Years 12-13), support your children with 1:1 therapy in school.

We explained that we will be sharing more about the Solution Focused Approach used at Beechen Cliff, not just in 1:1 sessions, but in group work, and by our trained teaching and support staff. We will also be offering training to parents and carers later in the term (more details to follow)

What we have achieved over many years, at Beechen Cliff School, is a whole school approach to wellbeing support for our young people, using the Solution Focused Approach.

By way of introduction to the whole school approach, we encourage you to watch this wonderful short film made by the local mental health charity 'Boys in Mind, Girls Mind Too'.

This short film explains how the Solution Focused Approach was introduced at Beechen Cliff and, in coming months, we will share how far this approach has now come, as it is now an integral part of the fabric of the school. We hope you enjoy. This is especially interesting for parents of new students to the school, but also for existing parents who might not have seen this short film before.

<https://boysinmind.co.uk/whole-school-approach/>

If you would like your son or daughter to have access to 1:1 Solution Focused Therapy, then please do not hesitate contact your child's Pastoral Lead.

The Wellbeing Team.



## CAREERS

### Beechen Cliff Careers Newsletter

The most recent edition of our Beechen Cliff Future Horizon Careers publication (edition 4) is published alongside this school newsletter.

If you would like any further support or information please let me know [careers@beechencliff.org.uk](mailto:careers@beechencliff.org.uk).

Mrs E Pascoe

Head of Careers

### Virtual Work Experience with HSBC next week

**FIRST STEP - Student year groups 7-9**

**Wednesday 1st October May at 4.30pm** (virtual session hosted on MS Teams)

**"Pitch for a Purpose: Plan the Ultimate Charity Event with HSBC"**

A 45-minute briefing with the HSBC team

Complete the career challenge at your own pace

Certification awarded on completion

[Register now!](#) (students)

**NEXT STEP - Student year groups 10-13**

**Thursday 2nd October at 5pm** (virtual session hosted on MS Teams)

**"HSBC the National Trust - Nature Projects That Make a Difference"**

A 45-minute virtual briefing with the HSBC team

Complete the career challenge at your own pace

Certification awarded on completion

[Register now!](#) (students)



## Community Links

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

# BACK TO SCHOOL? BOOST YOUR GRADES!

We are a team of knowledgeable and passionate Russell Group University tutors here to help!



Any Year 4  
- A Level  
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+ personalised  
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- 02** Flexible schedule that fits your busy life
- 03** Learn smarter with fun and engaging methods
- 04** Experienced tutors ready to help you succeed



**07727909190**

Message to book!



+44 7727909190



Jetpack Tutors



RUH 

# Glow Run

Run, hop, skip or walk 3km in the dark

Family fun run for RUH Bath  
Friday 24 October, 6-8pm  
Odd Down Sports Ground

Sign up now  
[ruhx.org.uk/glow](http://ruhx.org.uk/glow)

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National  
Trust

## Plant a tree on Bathampton Meadows

October-November

We're inviting you to join us in  
being part of its lasting legacy.



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[www.nationaltrust.org.uk/visit/bath-bristol/bathampton-meadows](http://www.nationaltrust.org.uk/visit/bath-bristol/bathampton-meadows)

For everyone, for ever

## 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](mailto:jdavis@beechencliff.org.uk)





# MIGHTY GIRLS ART CLUB




## MONTHLY MEET UP


**Come and join us for fun, relaxed evenings where we'll explore different art forms and open up conversations about things that matter most to you.**

First Wednesday of the month commencing Wed 1<sup>st</sup> Oct 25

**Stone, Paper, Scissors, Tithe Barn Workshops, 4 Pound Lane, Bradford on Avon, BA15 1LF**

**Open to girls aged 12 + ( Year 8 upwards)**

 **6:00 to 7:30 PM**

 **Learn more: [www.mightygirls.co.uk](http://www.mightygirls.co.uk)**



**Positive  
Relationships**



Art Facilitator  
Sharkey





## Music Production Courses

Want to learn about music production and get a solid grounding in production techniques? WEMA have partnered with Bath College to run three 10-week courses.

Students will create an original piece of music using Logic Pro X with prompts provided by Bath College lecturers and WEMA staff. All levels of experience welcome.

**Course 1: Wednesdays, 24 Sep-3 Dec (Oct half term off).**

**Course 2: Wednesdays, 4 Jan 2026 - 25 Mar (Feb half term off)**

**Course 3: Wednesdays, 22 April - 1 July (May half term off)**

Details and booking at:  
[wema.org.uk/music-production-courses](https://wema.org.uk/music-production-courses)



In partnership with  
 Bath College



## Wind Band & Instrument Lessons For Adults

Looking to join a wind band? Want to learn a wind instrument from scratch?

Good news - we're planning two new opportunities in Bath, from September 2025

- Wind Band: for woodwind, brass and percussion players of Grade 3 standard upwards. Traditional wind band repertoire.
- 6.50pm-7.50pm at Hayesfield School, Bath.
- Lessons & Ensemble: For adults keen to learn a wind instrument from scratch.
- 5.45pm-6.45pm at Hayesfield School, Bath.



Register your interest at:  
[wema.org.uk/adult-wind-band](https://wema.org.uk/adult-wind-band)



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**25<sup>TH</sup> OCT 2025  
HUTTON MOOR**

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FESTIVAL**



# MARSHFIELD MUDLITE

5 km MULTI-TERRAIN • AGE 11+

## 5KM Inter-School Cup Challenge!

SUNDAY 12<sup>th</sup> OCTOBER 2025

WITHYMEAD PLAYING FIELD

Enter the Marshfield Mudlite – a 5km cross-country run.  
Compete for the Inter-School Cup and risk getting muddy!

### Six Categories:

Year 7 Girls  
Years 8-9 Girls  
Years 10-11 Girls

Year 7 Boys  
Years 8-9 Boys  
Years 10-11 Boys

The top three finishers from each school in each category are added together to form the school's team entry. The school with the lowest combined time wins the cup for each category.

**Medals for every finisher. Accurate chip timing.**

**Also on the day : 2km Mudling fun-run and the 11km Mudlark**  
**See website for details.**

The event is organised by the Marshfield Primary School PTA.  
Your entry helps supports our village school. No entries on the day.



[race-nation.co.uk/register/marshfield-mudlark/marshfield-mudlark-2025](https://race-nation.co.uk/register/marshfield-mudlark/marshfield-mudlark-2025)





Inspiring Young People



# ODD DOWN

## YOUTH CLUB

AGES  
11 - 16

EVERY  
FRIDAY

4PM  
-  
6PM

COOKING, FOOTBALL,  
BASKETBALL, CRAFTS  
AND MORE!

ODD DOWN COMMUNITY  
CENTRE, ODINS RD, ODD  
DOWN, BA2 2TL



For more info get in touch with Dave:

☎ 07484938762

✉ dave.joyce@ycsw.org.uk

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# Spotters HOCKEY

booking form



Bath

## 2025 New Season Schedule

### 30 Oct + 22 Dec- HPCs

10am- 3pm - Ages 13-17 work in the stretch zone ready for 🇬🇧TA

### 31 Oct - Scoring/Skills/Game Workshops

10am- 11.30 | 12.15-1.45pm | 2-3.30pm - Ages 8-15

### 1 Nov - Advanced Masterclasses

10am- 11.30 | 12.-1.30pm | Ages 12-17

### 17-19 Dec - Camps

10am- 12pm and 1-3pm - Ages 7-14; Registration 0930 pick up by 3.20pm

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