



## BEECHEN CLIFF WEEKLY NEWSLETTER

Newsletter 13th November

### Message from the Headteacher

Dear Parents and Carers

This week has seen Odd Socks Day as part of anti-bullying week, events around remembrance as we mark 80 years since Armistice Day, music workshops for Year 7, Year 11 mock exams and talks to Years 8, 10 and Year 12 from the Police on Child Exploitation as part of our PSHE programme.

Over the last week students have also represented the school brilliantly through the CCF, Junior Masterchef, sports and much more, fully embracing our core values of Aspiration, Compassion, Independence and Respect.

Wishing you a good weekend ahead. Lets hope for dry weather!

*T. D. Marshall*

Mr T.D. Markall  
Headteacher

### Dates for your Diary

#### Thursday 13th November

Parents' and Carers' Safety and Wellbeing Event—Hayesfield Upper Campus 5.45-7.15pm

#### Thursday 20th November

PTA AGM—6pm at The Bear Inn

#### Thursday 27th November

Ignite Day: Employability and Future-Horizons

#### Friday 28th November

Year 13 Mock Examinations commence

#### Saturday 29th November

Year 7 Legoland Trip

#### Tuesday 2nd December

Beechen's Got Talent—Main Hall 5.00pm  
Drama Festival @Hayesfield 6.30pm

#### Monday 8th December

Year 11 Ice-skating meet 4:15

#### Tuesday 9th December

Year 8 Ice-skating meet 4.15pm

#### Wednesday 10th December

Year 9 Ice-skating meet 4.15pm

#### Thursday 11th

Year 10 Ice-skating meet 4.15pm

#### Wednesday 17th December

Christmas Lunch  
Santa Run  
Carol Service @ Bath Abbey 7- 8.30pm

#### Friday 19th December

End of Term 2

Aspiration    Compassion    Independence    Respect

## Remembrance



Beechen Cliff and KES Bath Year Seven pupils during their minutes silence prior to their matches on Saturday 8th November 25



Jacob played the last post at the front of the school prior to the minute's silence the school community undertook at 11am on 11th November.

### Term Dates for Academic Year 2026/2027

Beechen Cliff term dates are set in line with all Schools within the Midsomer Norton School Partnership (MNSP). The dates for 2026/2027 are available on the Beechen Cliff website at <https://www.beechencliff.org.uk/parents/term-dates/>

## Key Notices

### REPORTING ALL PUPIL ABSENCES

PLEASE  
NOTE...

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:

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

### 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.](#)

### Menu for week commencing Monday 17th November

**Monday:** Chicken Stroganoff, Spicy Quorn Sausage and Tomato Pasta (W)

**Tuesday:** Sausage and Bean Casserole, Cauliflower Potato Cheddar and Red Onion Bake (D)

**Wednesday:** Roast Turkey, Cheesy Scotch Egg (W,D)

**Thursday:** Beef Burrito with Tomato Salsa (W), Beetroot Falafel with Minted Yogurt (D)

**Friday:** Squid and Chorizo Pasta (W,GF), Curried Vegetable Pasty (W)

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

Mr D Keal  
Head chef

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



BEECHEN CLIFF

### Community Governor

We are looking for a Community Governor to join the Local Governing Body. This is a rewarding opportunity to support the school in developing our young people.

Community Governors bring breadth of external experience and perspective to the school. They are not current parents of Beechen Cliff pupils.

The Governors play a crucial role in ensuring high standards and providing accountability for school leadership. For more information on the role and what is expected of Governors, please click [here](#).

If you, or someone you know, are interested in the role or would like to find out more information, please contact Mr Tim Markall, Headteacher at [headteacher@beechencliff.mnsp.org.uk](mailto:headteacher@beechencliff.mnsp.org.uk) or the Chair of Governors, Mrs Sonya Butters at [sonya.butters@msnpartnership.com](mailto:sonya.butters@msnpartnership.com)

# VAPING



Over recent years, schools across the country have seen a rise in the number of young people experimenting with vaping and nicotine pouches. While many alternatives are marketed as “safer than smoking,” the truth is that they still pose serious risks to health and wellbeing – particularly for developing brains and bodies. At Beechen Cliff, we want to work in partnership with families to help our students make informed, healthy choices.

## What parents need to know

- **Vapes often contain nicotine**, which is highly addictive and can affect concentration, mood, and memory.
- Some vapes also contain **harmful chemicals** that can irritate the lungs and cardiovascular system.
- **Flavoured vapes** are designed to appeal to young people, making them seem harmless or trendy.
- **The law:** It is illegal to sell nicotine-containing vapes to anyone under the age of 18 in the UK.
- **The term “snus”** properly refers to a tobacco-based product. In the UK, the sale of tobacco-based snus is banned. [ASH+2Teen Health 11 - 19 Service+2](#)
- **“Nicotine pouches”** (tobacco-free, but containing nicotine) are **legal to sell** in the UK and can be placed in the mouth (between lip and gum) like snus. [Teen Health 11 - 19 Service+1](#)
- **Crucially:** Until very recently, these nicotine pouches have *not* been subject to the same strict regulations as tobacco or vaping products. That means:
- **No legally mandated minimum age of sale** specific to these products (though many retailers apply “under 18 forbidden” practice). [ASH](#)
- **No legal limit on the strength** of nicotine in the pouches. [ASH Scotland+1](#)
- **Marketing and display controls are weaker** compared to tobacco and vapes.

## What the research shows

Here are some key figures to help paint the picture of vaping among young people:

- Around 20% of 11-17-year-olds in Great Britain say they have tried vaping. ([ASH](#))
- About 7% of 11-17-year-olds currently vape (i.e., use now) – this is equivalent to roughly 400,000 young people. ([ASH](#))
- Of those who have tried vaping, **over half** (53%) had only done so once or twice.
- A report shows that among 11-15-year-olds in England, **25% had tried vaping**, and about 9% **said they vape frequently** (regularly or occasionally). ([The Standard](#))
- In terms of reach of marketing or promotion: **72% of 11-17-year-olds** reported exposure to some form of vape promotion (shops, online etc).
- In Great Britain, about 3.3% of youth (ages 11-17) report *ever* using nicotine pouches, and about 1.2% report *current use*.
- There is concern about the “gateway” effect: one study found that in a cohort of UK teens, those who had vaped were far more likely to go on to smoke cigarettes (in that study, ~33% of those who vaped had smoked vs ~1.5% of those who had not) though causation is not firmly established. ([The Guardian](#))

These figures show that while many young people may only “experiment,” the number of children exposed to nicotine products is substantial and the pattern demands attention.

### What we’re seeing in schools

While not all young people are vaping, the above figures confirm a growing curiosity among this age group, fuelled by social media, peer influence and flavours/novel device designs. Our Pastoral Team and the wider staff body are addressing this through education in PSHE lessons, assemblies, and signposting for any student who may already be using vapes.

More recently, nicotine pouches have become more common among teenagers and young adults. These are small, smokeless pouches containing nicotine that are placed under the lip. While often marketed as a “safer” alternative to smoking or vaping – because they don’t involve inhaling smoke or vapor—they still deliver nicotine, which, as stated earlier, is addictive and can affect brain development in young people.

Nicotine pouches and ‘snus’ can look discreet, making them easy to hide, and their fruity or minty flavors can appeal to teens. It’s important for parents to be aware of these products, recognize the signs of use such as frequent lip touching, small circular tins, or a slight bulge under the lip.

As a school, it is essential that we provide a deterrent and support for young people who may be at risk from becoming, or who already are, addicted to vaping or other forms of nicotine consumption.

### Support

- All students have access to the school nursing service and known smokers, vapers and nicotine pouch users are sign posted to that service so that they can request advice on how to quit.
- We teach about the risks of vaping, nicotine pouches and snus as part of the PSHE curriculum.
- We have CCTV across the site and can monitor this when we suspect incidents of vaping may have occurred. Where this is suspected, individuals will be searched.

### Sanctions

Students suspected of using nicotine products and/or vaping will be searched according to our Searching Process. Students who are caught vaping or with a vape (or with other nicotine products) will have that item confiscated and will be sanctioned following our behaviour policy, which is available via the school website.

### How parents can help

**Start a calm conversation:** Ask your child what they know about vaping and nicotine products and listen without judgement.

**Share reliable facts:** Many young people believe vapes and nicotine pouches are harmless. Direct them to trustworthy sources (such as the Action on Smoking Health (ASH) factsheet).

**Set clear expectations:** Make your stance known and explain why you are concerned.

**Watch for signs** such as fruity or sweet smells, increased thirst, or changes in behaviour.

**Reach out for support** if you’re worried – our school team can help guide families to further advice and resources.

Together, we can help ensure that our young people understand the risks, feel supported to make good choices, and stay healthy and safe.

Thank you for your continued support

Mr K P Morris

Assistant Headteacher, Conduct and Character Development



## Bath Hub Ignite Day - Thursday 27th November

I am pleased to let you know that on Thursday 27th November we have the first Bath Hub Ignite Day. The normal timetable is collapsed for the day giving us the opportunity to spend the day with each year group focussing on a particular theme. Please see below for an overview of the theme for each year group as well as where they will be working on this day. More details about each of these will be emailed home next week.

- **Year 8 - Enterprise**

Year 8 will be based at Hayesfield Girls School - at the Brougham Hayes Campus, and will work with students from Hayesfield and St. Marks focusing on enterprise and entrepreneurial skills.

- **Year 9 - Options**

Year 9 will be based at Beechen Cliff and will spend the day considering their future aspirations, as well as having taster sessions for each of the different subjects they can choose to study in Years 10 and 11.

- **Year 10 - Future aspirations, CV writing and Employer Q+A.**

Year 10 will be based at Beechen Cliff and will spend the day focussing on their future aspirations and employability. They will look at their own skills and career opportunities and will have the opportunity to meet and ask questions of employees from a range of industries.

- **Year 11 - Mock Interviews**

Year 11 will be based at Beechen Cliff School. They will be interviewed by volunteers representing a range of industries and will also take part in an assessment centre, where they will work on teambuilding skills.

- **Year 13 - UCAS statements and revision**

Year 12 and 13 will be based at home, considering their next steps in education or work and completing tasks on Unifrog (Year 12) and UCAS applications (Year 13) before revising for their upcoming Assessments and Mock Examinations.

We are really looking forward to the day. It was a real success last year and we hope to build upon that to provide the students with a useful and enjoyable experience. For further details, please look out for the letters which will be sent next week.

Mr A Seal  
Deputy Headteacher  
Curriculum and Assessment.

### 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>

## Violence Reduction Partnership—Knife Awareness Events

The Violence Reduction Partnership are holding a new series of Knife Awareness Events for Parents/ Carers across BANES.

Please find below a link for the events to be held at **Radstock Youth Club, Radstock** on Thursday 20<sup>th</sup> November starting at 5:30pm – 7:30pm. Admission is free and at the event there will be an opportunity about services across BANES that can support children and families and an opportunity to hear from an individual with lived experience relating to knife crime and a panel discussion.

<https://www.eventbrite.com/e/1818745981189?aff=oddtcreator>

Mr C Hall  
Beechen Cliff Designated Safeguarding Lead



### Annual General Meeting and Parent/Teacher Social

Whether you have or have not volunteers for the PTA please join us at

The Bear Inn

8 Wellsway, Bath BA2 3AQ

6.00pm, Thursday 20th November 2025

To discuss fund raising activities and donations.

If you have any items for the agenda, please submit them to the PTA Secretary via email  
[secretary@beechenpta.org](mailto:secretary@beechenpta.org)

Beechen Cliff School Parent Teacher Association

Registered Charity no 1079431

*Trustees:*

Mr Tim Markall

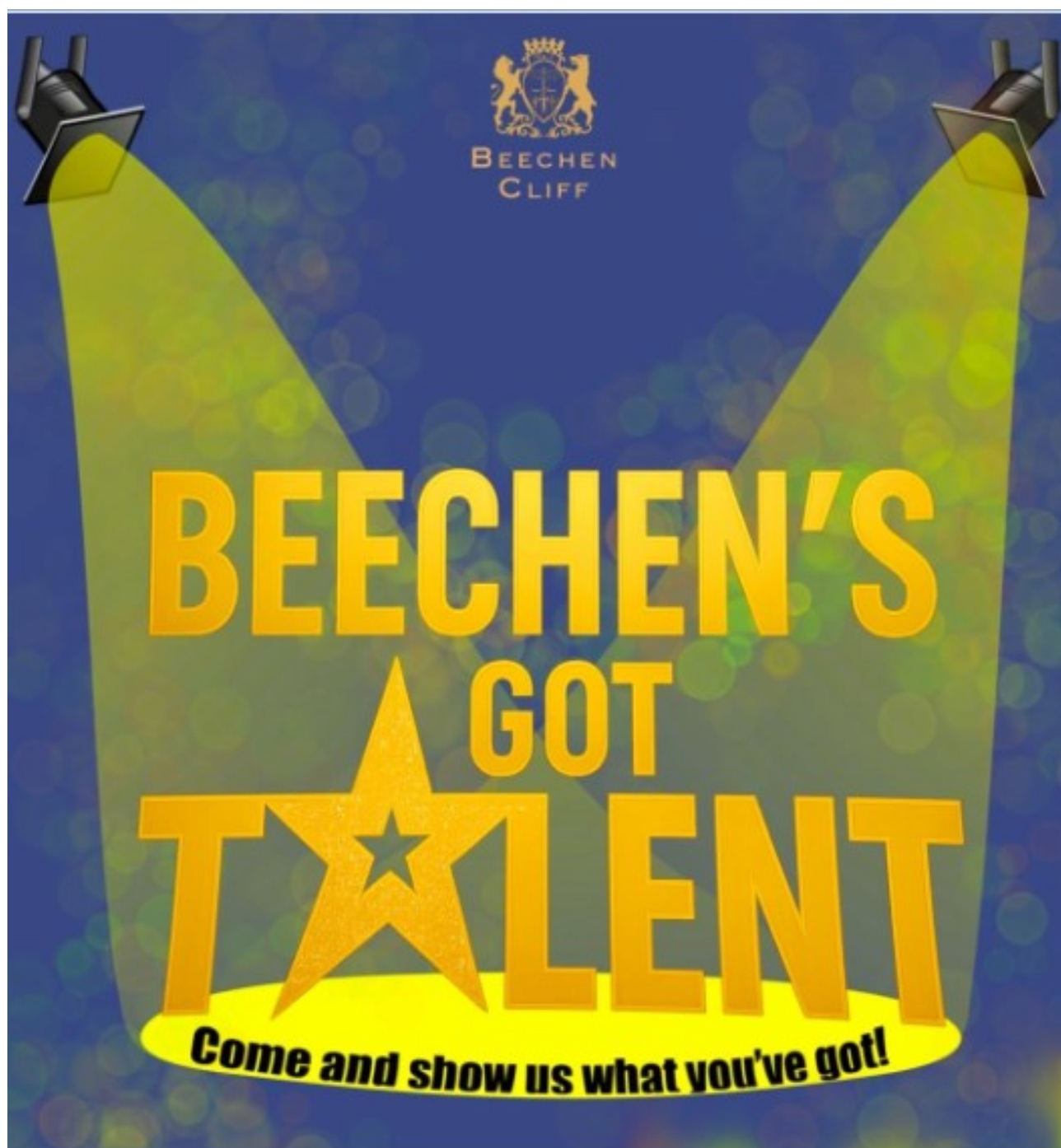
Mr Andy Seal

Mr Paul Fleming (Treasurer)

*Secretary:*

Mrs Jane Gibbons

Coming Soon!!!



TUESDAY 2ND DECEMBER 5PM, MAIN HALL,  
DONATIONS WELCOME, RAISING MONEY FOR CHILDREN IN NEED  
TO GET INVOLVED PLEASE COMPLETE THE FORM OR EMAIL  
J Harriman@beechencliff.mnsp.org.uk





## YEAR 7s MAKE POPPIES



Rocco, Joe, Blaise and Lenny spent time recently designing and making poppies as part of our Remembrance Activities. They used buttons, wires, tissue paper and pipe cleaners to make some outstanding and unusual poppies. They sold them to staff and all the money raised was added to our collection for the poppy appeal. They were very proud as they subsequently saw staff wearing them.



Well done boys - a great effort.

Ms A Milland  
Head of Year 7

## Music - Orchestra Workshops

Over the last week all year 7 pupils were invited to 4 workshops on the instruments of the Orchestra. The project was organised in collaboration with other secondary schools in the trust and resulted in 4 separate sessions each lasting one hour each.

Last week the pupils learnt about woodwind and brass instruments and this week percussion and string instruments were the focus. All 4 workshops were well received by the pupils and they benefited from an extremely high standard of playing from all the professional musicians involved.

If your son wishes to start learning an instrument, please ask them to speak to one of the music staff or see the relevant information on the school website.

<https://musicbcs.weebly.com/music-contract-and-music-application-form.html>

Mr P E Calvert  
Head of Music



# MNSP Young Chef of the Year Food Competition - Beechen Cliff



## Heat

We held the in-school heat for the Year 9 MNSP Food competition on Monday (10th November ) and had some lovely dishes made. The boys showed really good levels of hygiene and safety alongside some fantastic cooking skills.

Our 2 runners up were Mo (Seyed) F and Danny M. Our winner, moving onto the final at Writhlington on the 3rd March, is Joel R.



(Danny made the burger, Mo the pasta and Joel the chicken and rice).

## This Week in Food Technology ...



Year 7's are currently completing their Healthy snack projects this week



More Year 8s have been completing their FakeAway TakeAway projects this week





And finally...more Year 9s have been completing their Great British Bake Off project with some fantastic bakes this week.

Mrs K Gallagher

Food Lead



## Drama Festival

### Tuesday 2nd December 2025 at 6.30pm

Beechen Cliff are teaming up with students from Hayesfield for a celebration of Drama. The event will be held in the Roper Theatre at Hayesfield and will provide an important platform for students to showcase the accomplished work they have developed.

Students who wish to participate in the event are warmly invited to perform and should contact Stephanie Harrison, LAMDA teacher at [contact@stephanieharrison.me](mailto:contact@stephanieharrison.me).



**Hayesfield** GIRLS' SCHOOL





## CCF Remembrance Events in Bath

The Combined Cadet Force contingent participated in the Remembrance Day events in Bath on Sunday November 9th, part of the wider Festival of Remembrance events which took place across the country; honouring the fallen from both world wars and more recent conflicts.

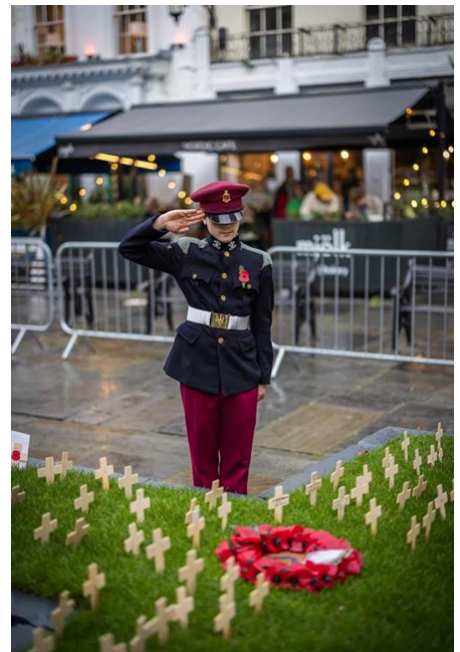
The ceremony at the Cenotaph included the laying of wreaths, the Last Post and an inspection by the Mayor of Bath. Cadet groups from across the city were represented, as well as former servicemen and women, scouting organisations and St John Ambulance. Members of the latter groups were in constant demand as youngsters 'fainted' at various points. This year was a record, however. Only six cadets required the ministrations of the medics during the ceremony.

Following the ceremony at the Cenotaph the cadets had some time with families before returning to upper Borough walls and taking up position for the main parade through the city. This always has the potential to be a little nerve racking, particularly for those honoured with carrying the flags or for the new members of the contingent. We need not have been concerned, however. All the team members carried out their duties and even managed to stay on track when dealing with a 'eyes left' instruction just before turning right - always a difficult manoeuvre! A final Civic Service of Remembrance at Bath Abbey concluded the day's events and cadets were then free to return home.

The school is very proud of the participation of our cadets and both King Edward's and Beechen Cliff can feel content that their pupils have represented the schools exceptionally well.

Mr A Davies

Beechen Cliff CCF



## Recent Fixture Results

| DATE                                   | Fixture  |                                                                                                                                                                                                                                                          | Result                                                            |
|----------------------------------------|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| Thursday 6 <sup>th</sup><br>November   | RUGBY    | BCS U6A v KES Bath (A)<br>BCS U18A v KES Bath (A)<br>BCSU18B v KES Bath (A)                                                                                                                                                                              | 24-0<br>19-5<br>45-5                                              |
| Saturday 8 <sup>th</sup><br>November   | RUGBY    | BCS U12A v KES Bath (A)<br>BCS U12B v KES Bath (A)<br>BCS U12C v KES Bath (A)<br>BCS U13A v Westonbirt School (H)<br>BCS U13B v KES Bath (A)<br>BCS U14A v KES Bath (A)<br>BCS U14B v KES Bath (A)<br>BCS U15A v KES Bath (A)<br>BCS U15B v KES Bath (A) | 15-20<br>0-0<br>0-0<br>0-0<br>0-5<br>0-0<br>0-0<br>22-14<br>40-19 |
| Tuesday 11 <sup>th</sup><br>November   | FOOTBALL | U14 v St Bedes (A)                                                                                                                                                                                                                                       | 5-1                                                               |
| Wednesday 12 <sup>th</sup><br>November | RUGBY    | 1st XV v Oaklands (H)                                                                                                                                                                                                                                    | 38-31                                                             |

## SPORTS FIXTURES w/c 17th November (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 any changes/updates

|                                        | Fixture  |                                        | Kick off | Meet time | Transport     | Finish/<br>Return time |
|----------------------------------------|----------|----------------------------------------|----------|-----------|---------------|------------------------|
| Tuesday 18 <sup>th</sup><br>November   | FOOTBALL | U14 v The Blue School (A)              | 14:30    |           |               |                        |
| Wednesday 19 <sup>th</sup><br>November | RUGBY    | U12s Millfield 7s tournament (2 teams) |          |           |               |                        |
|                                        |          | 1st & 2nd XV v Gordon's School Boys(A) | 14:00    |           |               |                        |
| Thursday 20 <sup>th</sup><br>November  | RUGBY    | 2nd & 3rd XV v Prior (A)               | 14:30    |           |               |                        |
|                                        |          | U14a v Clifton (A)                     |          | 11:30     | 1x63<br>12:00 |                        |
|                                        |          | U15a v Clifton (A)                     |          | 11:30     |               |                        |
|                                        |          | U16a v Clifton (A)                     |          | 11:30     |               |                        |



## Money Worries: Information for Parents and Carers

At Beechen Cliff School we understand that the cost of supporting your children through school can put pressure on your household budgets. Rises in the cost-of-living have seen increases in the costs of essentials like food, fuel and housing.

We want all our students to feel comfortable and confident in school and to be able to participate in everything that is on offer. We want to do all we can to make every school day affordable for all our families and to help you find the support you might need if you have money concerns. Local support services is included in this document and details of who you can contact at Beechen Cliff School follows.

### Getting help

It can be difficult to talk about money worries. People finding it hard to make ends meet often hang on and try and sort things out themselves; not seeking help until the situation has become very difficult. Whatever the issues you are facing we would encourage you to ask for support before things get that way. There is no shame in seeking support when you need it and both the school and the help organisations listed below will help with sensitivity and confidentiality.

Please talk to us about your concerns so that we can work together to support you child.

If you are...

...entitled to Free School meals, contact

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

...KS3 and not entitled to Free School meals,

contact - [mfitzpatrick@beechencliff.mnsp.org.uk](mailto:mfitzpatrick@beechencliff.mnsp.org.uk)

...KS4 and not entitled to Free School meals,

contact - [hrogers@beechencliff.mnsp.org.uk](mailto:hrogers@beechencliff.mnsp.org.uk)

There are also many sources of support from both local and national organisations. Here are some key agencies that we recommend:

### Local support

[B&NES Community Wellbeing Hub](#): 0300 247 0050 Monday to Friday 9am to 5pm. The team can link you up with organisations such as B&NES Citizen's Advice that help with money, housing, employment, and health issues. One call can get you in touch with a range of services, all under one roof, including several in the list below.

[B&NES Welfare Support](#) offers short-term emergency help with living, travel or housing costs through vouchers or direct purchase.

The team also offer help with Council Tax and Discretionary Housing Payments, clothing for

interviews and costs of moving home. All available for people in crisis and living on low incomes.

[St John's Crisis Fund](#) provides support to people who are struggling financially and funds essential practical items like beds, white goods, furniture, carpets, counselling, debt support and basic employment skills and training. You do need to be referred by a professional like a health visitor or housing association support worker.

### [B&NES Citizen's Advice](#) :

FREEPHONE 0808 02787897 Mon-Fri 9.30am - 2.30pm. Free expert advice from an independent and trusted charity. Citizens Advice can also help with complex problems, where you might feel really stuck or overwhelmed including debt, benefits, housing, family issues, discrimination, and immigration.

[Clean Slate Quids In weekly emails](#) : Free sign-up for weekly email full of ways to help increase income and savings and manage on a low income. No distracting adverts for credit cards or loans, just straightforward, solid guidance on how to make the most of the money you have and how to maximise your income. Clean Slate also have local advisers in B&NES that you can speak to or see face-to-face.

B& NES [Livewell B&NES](#) links to many services for local families including childcare, health, money, learning and skills, social and leisure resources and more. Enter what you are looking for in the search box.

[Debt Free South West](#) provides help and advice to people in B& NES on matters such as rent arrears, council tax, utility bills, credit cards and loans.

## Free clothing and uniform

[B&NES School Kit Project SKiP](#) provides new school related items such as uniforms and bags to local schoolchildren whose families, whether they are currently in work or not, are experiencing financial hardship. You need to be referred to SKiP by the school, so talk to us and we can help you access this support.

[Action Pantry Clothesline](#) offers free clothing for children aged 5-15 from good quality donated goods. Some school uniform items available. You can visit and choose from the clothes rails or ask for a bundle of age-suitable clothing to be made up for you.

[The Nest](#) Project provides free clothing and equipment for children aged 0-5 from good quality donated goods. They run drop-in toddler groups with a friendly welcome, a listening ear, and a cup of tea too

[The Uniform Cupboard](#) free, good quality donated school uniform for B& NES Schools. Situation on Lower Bristol Road, Bath

## Affordable Food

[B&NES Food Finder](#) local listings for B&NES

affordable food projects including foodbanks, food clubs, pantries, and community cafes. The food clubs and pantries offer a range of fresh and store-cupboard food at very discounted prices so you can make your food budget stretch much further. They are also, increasingly, hosting teams who offer money advice for example from Citizen's Advice and Clean Slate.

## National advice and information

[Money Helper](#) Government website offering comprehensive guidance on all aspects of money, benefits, debt and investments. Includes a 'Couch to Financial Fitness' tool to help you get back on track.

[Entitled To](#) is a website that helps you work out if your family is entitled to any benefits.

You might be surprised !

[Money Box on Radio4](#) There are lots of money-related tips in this programme on BBC iPlayer. You can listen any time. Topics have included surviving debt, tips for rented housing, coping with cost of living rises, avoiding scams and fraud calls, applying for benefits and much more.

## Benefit Related Free School Meals—All School Years

If you receive any of the benefits listed below, and your child attends a Bath and North East Somerset academy or maintained school, please register for benefit related free school meals.

Registration could attract Pupil Premium funding for your child's school, £1515 per Primary pupil and £1075 per Secondary pupil.

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
- Income Support
- Income-Based Jobseekers Allowance
- Income Related Employment Support Allowance
- Child Tax Credit (WITHOUT Working Tax Credit) and have an annual household income (as assessed by HMRC) below £16,190
- Working Tax Credit **Run-on** which is *only paid for 4 weeks* after you STOP qualifying for Working Tax Credit.
- The Guaranteed Element of State Pension Credit
- Support under Part VI of the Immigration and Asylum Act 1999

Apply online at <https://beta.bathnes.gov.uk/apply-free-school-meals>

Email the team at [reeschoolmeals@bathnes.gov.uk](mailto:reeschoolmeals@bathnes.gov.uk)

Or call 01225 394317 – please leave a message if you reach our answerphone and we will return your call.

# WELLBEING

## The Solution Focused Approach to Anxiety



As Solution Focused Practitioners, offering therapy to Beechen Cliff students in school, Tara Gretton and Susie Ingram find that an extremely common topic affecting young people is 'Anxiety'. As many students have started their mock exams for GCSEs and, shortly A Levels, exam anxiety is very common, but young people can experience anxiety for a whole raft of reasons.

The solution-focused approach helps young people with anxiety by shifting their focus from problems to solutions, highlighting their existing strengths and resources, and encouraging them to build on past successes and future goals. It helps build confidence and resilience by breaking down goals into small, achievable steps and identifying times when the anxiety is less severe, leading to a more positive and empowered mindset.

### How it works

- \* Shifts focus from problems to solutions: Instead of dwelling on what's wrong, the therapy focuses on what's working and what the young person wants to achieve next.
- \* Identifies strengths and resources: It helps young people recognize their own strengths and past successes in dealing with difficulties, building on these existing resources.
- \* Encourages goal setting: The approach helps young people set clear, achievable goals and break them down into smaller, manageable steps. Achieving these steps provides a sense of accomplishment and can release dopamine, reinforcing positive behaviours.
- \* Focuses on exceptions to the problem: It helps identify times when the anxiety is less intense or even absent, looking for what is different during those moments to replicate that success.
- \* Empowers the individual: By treating the young person as the expert in their own life and guiding them to find their own solutions, the approach empowers them to feel more in control of their anxiety.
- \* Builds a positive mindset: The process of focusing on positive aspects of their life, interests, and passions helps build resilience, confidence, and a more positive outlook.
- \* Uses creative methods: Therapy can incorporate playful and creative techniques like drawing, role-playing, and storytelling to help young people communicate and develop coping strategies.

As always, if you think your child would benefit from some Solution-Focused therapy in school, please contact your child's relevant Pastoral Lead.

### Invitation to a Parent and Carer Session

Dear Parents and Carers,

If you would like to learn more about the Solution-Focused Approach, we would like to invite you to a free online Parent/Carer session about the Solution-Focused Approach – the approach we use in our counselling service and across the school.

**Date:** Thursday 27th November

**Time:** 6:00pm–7:00pm

**Location:** Zoom 9see link below

This approach is all about supporting students' wellbeing, helping them find coping strategies for everyday life, giving them space to think about what they're hoping for, and noticing what they already do well.

The session will be a chance to find out more about how we use this approach to help students build confidence, resilience, and a sense of direction. We would love you to join us.

*Wellbeing Team*

**Tara Gretton is inviting you to a scheduled Zoom meeting.**

**Topic:** Solution Focused Beechen Parent Session

**Time:** Nov 27, 2025 06:00 PM London

**Join Zoom Meeting**

<https://us02web.zoom.us/j/88141358613?pwd=tNXa7IAUW0hYxheg0YwrsS6Zgq6Jip.1>

**Meeting ID:** 881 4135 8613

**Passcode:** 584850



## Careers

### Beechen Cliff Careers Newsletter

The most recent edition (10) 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](mailto:careers@beechencliff.org.uk).

Mrs E Pascoe  
Head of Careers

### GCHQ Christmas Challenge – Registration is open



Last year, over 1,000 schools across the UK took part in the GCHQ Christmas challenge. This December it's back – with even more bonus puzzles – and we'd love your school to take part.

Created by GCHQ's own team of puzzlers, the Challenge is a series of fiendish brainteasers designed to inspire pupils aged 11-18 to:

- Work together
- Solve problems under pressure
- Use their STEM skills
- Discover skills they might need to become a spy.

These puzzles aren't meant to be solved alone and each student will bring something different to the challenge. Just like at GCHQ, we believe the right mix of minds enables us to solve seemingly impossible problems.

#### Register now

Register now to secure your spot and make sure your school gets early access to the Challenge.

Website: <https://www.gchq.gov.uk/news/get-ready-for-the-gchq-christmas-challenge-2025>

Registration Form: [GCHQ Christmas Challenge - Schools Registration Form – Fill in form](#)

Good luck!

The GCHQ Christmas Elves

#### About GCHQ

GCHQ is one of the three UK Intelligence and Security Agencies, along with MI5 and the Secret Intelligence Service (MI6). GCHQ protects the UK and its citizens from individuals, groups and countries who wish to do us harm, or damage us financially. Find out more about our mission: <https://www.gchq.gov.uk/section/mission/overview>

### OXFORD INTERVIEW WORKSHOP

25<sup>TH</sup> NOVEMBER, 5-6:30PM



Applied to Oxford?

Thinking about how you might prepare for interviews?

Register for our free online workshop today!

## SCAN TO BOOK



Run by Oxford for South West



# Sustainable You(th) Challenge

Dear Parent/Guardian,

Does your child have a passion for tackling global challenges, driving climate-positive change, and finding innovative solutions for a more sustainable future?

Are they excited by topics like sustainability, environmental science, technology, or the agri-food sector?

If so, they should apply to take part in [LEAF's \(Linking Environment And Farming\) Sustainable You\(th\) Challenge: Growing a Better Future.](#)

This Challenge is a unique opportunity for your child to **explore their interests, gain valuable skills, and discover pathways** that could shape their future career and contribution to a sustainable world.

Open to students in the UK aged 15–17, this challenge offers them the chance to **turn their interests into action**

## What the Challenge involves:

- **A Challenge Day at Harper Adams University\***, one of the UK's top universities for agriculture and food studies. Here, they will get a first-hand look at sustainable food production and innovation through a day of hands on activities and challenges.
- Engage with **Open Farm Sunday**, visit a farm or talk with your community discovering how food production connects with people.
- **30 finalists** will be invited to a **residential weekend at Harper Adams University\***, where they will explore the agri-food sector and discover future career pathways in sustainability, food production, and environmental science.

Applications open on 18 October 2025. To apply students will submit an online form including a response to a question about their views on sustainability. Applications close on 4 January 2026.

*\* Travel bursaries available to support participation. In addition, free shuttle buses will run from local stations to Harper Adams University on event days.*

## Why should your child get involved:

Gain insights into careers in sustainability, food production, and environmental science  
Develop teamwork, communication, research, and problem-solving skills

Connect with industry leaders and like-minded young people

**Exclusive prizes:** opportunities to engage further with industry, bursaries to attend further

education, grade reductions for university places, and more still to be announced!

Build confidence, discover strengths, and have hands-on fun

**Interested?** Share with your child and get them to [sign-up](#) to be the first to receive the application form via email.

For any questions, please contact: [education@leaf.eco](mailto:education@leaf.eco).



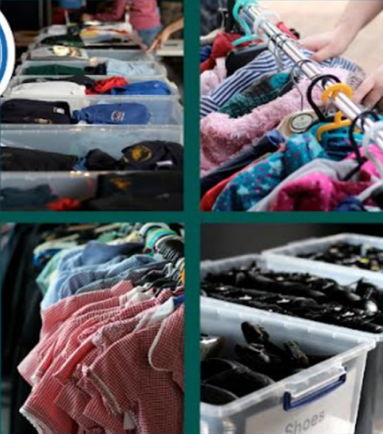
The poster features a green background with a white leaf logo on the left. The text 'Sustainable You(th) Challenge' is prominently displayed in white, with 'Growing a better future.' below it. To the right, there is a photo of a person's hands holding soil. Below the main title, a section titled 'Are you...' lists four criteria with checkmarks: 'Aged 15 - 17 & keen to make a difference to our world?', 'Passionate about sustainability?', 'Curious about how your future career paths can have a climate positive impact?', and 'Eager to explore, experience & understand an industry at the cutting edge of driving a more sustainable future?'. On the right side, under 'Prizes include:', there are three gold trophy icons followed by the text: 'Bursaries to support further education opportunities.', 'Exclusive industry placements.', and 'Grade reductions helping to secure a place at a top university.' Below this, it says '...plus more!' and 'Express interest: be first to receive more info!'. A QR code is located in the bottom right corner.

## 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.*

### THE UNIFORM CUPBOARD

Giving away good quality second hand school uniform & coats



**Sunday 26th October 2025**  
**Sunday 22nd February 2026**  
**Sunday 28th June 2026**  
**2PM - 4PM**

Freedom House, Lower Bristol Road,  
Bath, BA2 1EP

Email us for enquiries  
[thecupboard@soundchurch.co.uk](mailto:thecupboard@soundchurch.co.uk)  
Find us on Facebook: [/soundchurchcupboard](https://www.facebook.com/soundchurchcupboard)  
[soundchurch.co.uk/thecupboard](https://www.soundchurch.co.uk/thecupboard)



## GAME CHANGER RUGBY



-  Ages: Year 7 (U12) – Year 10 (U15)
-  Elite Coaching: Mike Baxter & accredited coaches
-  Lunch Included: 3-course meal or full brunch style every day
-  Fun Extras: Swimming sessions included
-  Price: £190 for all 4 days or £55 per day

 Monday 27<sup>th</sup> October – Thursday 30<sup>th</sup> October

 Start At 09:00 – 15:30

 Prior Park College Ralph Allen dr, BA2 5AH



[REGISTER NOW](#)  [GAMECHANGERRUGBY.COM](https://www.gamechangerugby.com)  Harbly Farm, BA15 2JH

## Facility Hire at Beechen Cliff

For clubs, for community groups, for individuals

*Floodlight 3G and Astro Pitches*

*Sports Hall*

*Indoor Cricket Nets*

*Gym*

*Classrooms*

All available for hire evenings and weekends

All availability and prices, contact Jo Davis – [jdavis@beechencliff.mnsp.org.uk](mailto:jdavis@beechencliff.mnsp.org.uk)





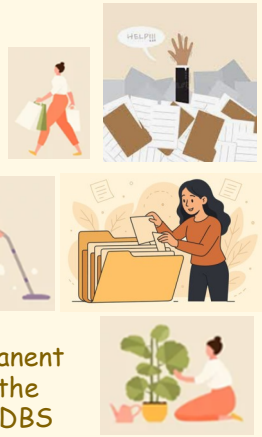
## NEED HELP AT HOME?

I'm a self employed gardener with many years experience of general garden maintenance with long term clients as well as one off, seasonal clients. This follows a career, in Travel and Administration.

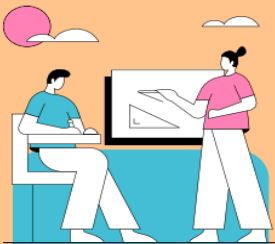
Through my close connection with clients, I have also helped some on an ad hoc basis, particularly admin support - paperwork/ bills, Decluttering and general sorting. Also home support, light housework, bed changing, food shopping, as well as companionship.

If you feel I can help you or a close relative or friend, either as a one-off, more permanent help, or at some point in the future, please contact me and we can chat. I am based in the Moorland Road area but have a car and can travel. I am insured for public liability and DBS checked. Please note that I do not cover personal care.

Please contact Trudy at [tdhealey50@gmail.com](mailto:tdhealey50@gmail.com) or 07732 626986



### BACK TO SCHOOL? BOOST YOUR GRADES!



#### Lessons:

1 hour with tutor  
+ personalised  
homework

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

Any Year 4  
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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



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+44 7727909190

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TENNIS