



## BEECHEN CLIFF WEEKLY NEWSLETTER

18th June 2026

### Message from the Headteacher

Dear Parents and Carers,

I would like to congratulate Year 11 and 13 students on the completion of their GCSE and A Level exams this week.

Year 11 leavers celebrations have also taken place. Their final assembly with Mr Firth gave the opportunity to reflect on their time and Beechen Cliff and look back at photos across the years. There were also awards for the 'most likely to...' which were nominated by the students and faculty awards nominated by subject teachers. Events then concluded outside with shirt signing, a short football game, BBQ and ice cream van.



I wish them all a great summer and we look forward to seeing them on the results days in August.

In other news our Year 10 students are still completing their summer exams with these being completed on Monday. In addition Year 12 Students and our Year 7 antibullying ambassadors have been renewing our Pledge of Respect ready for our annual launch. This is fitting as we are celebrating Pride Month in school and our equalities prefects have written some words that are available later in our newsletter.

Today our Year 7 cricketers have set off on the South Devon Cricket Tour with others participating in the Bath Cricket Festival at Lansdown Cricket Club. Year 9 students are completing their Bronze Duke of Edinburgh qualifying expedition. Also this week the internal heats of the Year 7 and 8 MNSP Maths Team Challenge have taken place.

Next week we look forward to Sixth Form Induction, a CCF trip, Kipling House and Sixth Form charity days, rehearsals for the upcoming bands night and the Silver Duke of Edinburgh practice expedition.

*T. D. Markall .*

T. D. Markall  
Headteacher

# KEY NOTICES

## Reporting all Absences

All absences from School including late arrivals and medical appointments are to be reported to School promptly. Please take note of the following contact details.

### Lower School Pupils

To report a Lower School absence please call the Main School direct on 01225 480466 (**OPTION 1**) 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 01225480466 (**OPTION 2**) 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](#).



We have a considerable amount of unclaimed lost property in School. Much the items are high value items of clothing (including coats) and footwear. All items appear to be un-named.

If your son has lost any item of uniform or sports kit, please encourage him to visit the school nurse during a break or lunch time to see if their item is there.

**Please be advised that any items not claimed by the end of June will be donated.**

## Dates for the Diary

### Wednesday 24<sup>th</sup> June

PTA Pre-Loved Uniform Sale 6.45 - 8pm

### Thursday 25<sup>th</sup> June

BCS Art and Photography Show - Art Block 6-8pm

### Monday 29<sup>th</sup> June

IGNITE Day

### Tuesday 30<sup>th</sup> June

Year 13 Summer Prom

### Wednesday 1<sup>st</sup> July

Summer Bands Night

### Monday 13<sup>th</sup> - Friday 17<sup>th</sup> July

Activities Week and Year 10 & 12 Work Experience Week.

### Friday 17<sup>th</sup> July

Last day of term for students



## Menu of the Week - 22nd June



This week's menu has been created by year 7 student Theo P. Theo has been helping out in the kitchen over the last 5 months and this week he will be with us the whole week creating some of these fantastic recipes that he has come up with by himself. We hope you enjoy his creations.

**Monday:** Haiti: Poul Non Sos, Tunisia: Lablabi (chick pea stew)

**Tuesday:** South Korea: Bulgogi, Egypt: Falafel with Pitta and Hummus (W)

**Wednesday:** France: Hachis Parmenier (D), Spain: Spanish Tortilla (D)

**Thursday:** Sweden: Meatballs, Japan: Vegetable Okonomiyaki

**Friday:** Morocco: Chicken Skewer, Brazil: Veggie Feijoada

(W) = Contains Wheat Products

(D) = Contains Dairy Products

(GF) = Gluten Free Option

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

Mr D Keal  
Chef

## Roadworks, buses and arriving on time to school

If you have been in Bath City Centre recently you cannot have failed to notice that many roads are closed and will continue to be closed for some time, resulting in buses running way behind schedule. The inevitable result of this has been that many pupils are arriving late to school citing traffic issues.

Many of our pupils who use buses have to change at the Bus Station in town and a majority of these pupils arrive there in good time, only to wait for a delayed bus to get them to Bear Flat.

Please could you encourage your son or daughter to walk up the hill instead of waiting up to 40 minutes for a delayed bus, it is less than a mile and it will energise them for the day and ensure they arrive on time! Thank you!

Mr C Hall  
Designated Safeguarding Lead

# Tutor Rewards 2025–26: Celebrating a Year of Achievement

As we reach the end of another successful academic year, it is time to celebrate the achievements of our tutor groups through the annual Tutor Rewards competition. Throughout the year, students earned positive points for demonstrating excellent attitudes to learning, commitment to school life, resilience, kindness, and consistently upholding our school values. Behaviour points were also recorded and deducted from these totals, with final scores averaged across each tutor group's size to ensure a fair comparison.

The Tutor Rewards programme recognises not only individual success but also the collective effort of tutor groups working together to create a positive and productive school community.



Each winning tutor group will have a Domino's Pizza next week (Year 7 and 9 on Monday and Year 8 and 10 on Tuesday).

## Year 7: A Fantastic Start

Year 7 students made an exceptional start to their secondary school journey, earning more than 5,500 positive points between them. The standout performers were Y7 Milton A, who achieved an outstanding average of 43.9 points per student, making them not only the Year 7 champions but also the highest-scoring tutor group in the school. They were followed by Y7 Byron A and Y7 Milton B, who also produced excellent results throughout the year.

## Year 8: A Closely Contested Competition

The Year 8 rankings were among the closest in the school, with only fractions of a point separating the top three positions. Y8 Byron claimed first place with an average of 21.9 points per student, narrowly ahead of Y8 Milton (21.7) and Y8 Kipling B (21.5). The competition highlighted the importance of consistency, with every positive point making a difference in the final standings.

## Year 9: Balancing Positives and Behaviour

Year 9 students accumulated an impressive number of positive points, demonstrating resilience and commitment as they prepared for the next stage of their education. Y9 Kipling emerged as deserved winners with an average of 16.7 points per student, ahead of Y9 Milton A and Y9 Byron B. The results showed how maintaining positive behaviour alongside earning rewards can have a significant impact on overall success.

## Year 10: Success in a Crucial Year

As students began their GCSE studies, Year 10 continued to demonstrate commitment and determination. Y10 Milton/Shakespeare B secured first place with an excellent average of 18.5 points per student, finishing ahead of Y10 Byron and Y10 Kipling/Byron A. Their achievement reflects a year of sustained effort and positive contributions both inside and outside the classroom.

## Tutor Rewards Champions 2025–26

Year 7: Y7 Milton A – 43.9 points per student

Year 8: Y8 Byron – 21.9 points per student

Year 9: Y9 Kipling – 16.7 points per student

Year 10: Y10 Milton/Shakespeare B – 18.5 points per student

## Looking Back on the Year

Across Years 7–10, students earned over 15,000 positive points, reflecting thousands of examples of excellent effort, kindness, leadership, perseverance, and positive behaviour.

The Tutor Rewards competition continues to demonstrate that success is built through everyday actions. Every positive contribution, whether in lessons, around the school, or within the wider community, helps create an environment where everyone can thrive.

Congratulations to all students and tutors for their hard work throughout the year. A special well done goes to our four year-group champions and to Y7 Milton A, whose remarkable score made them the highest-performing tutor group in the school for 2025–26.

We look forward to seeing which tutor groups will rise to the challenge and claim the Tutor Rewards titles next year!

Mr P Macdonald  
Head of Year 10

## Kipling Charity Day

On Tuesday 23rd of June, Kipling will be holding a Charity Day to raise money for Cancer Research UK, an incredible organisation dedicated to funding lifesaving research, improving treatments, and supporting people and families affected by cancer.

Pupils can wear a sports shirt for the day, whether a team you play for or simply support, and we kindly ask for a donation of £1 on Arbor). All monies will go to Cancer Research UK.



During both early and late lunch, students will also have the chance to take part in penalty shootouts against teachers. For 50p in cash, you'll get three shots to test your skills. Will you prove you have more skills than your friends – or even the teachers?

We hope everyone gets involved to help raise as much money as possible for this fantastic cause.





## Beechen Cliff Auction of Promises



We are excited to launch Beechen Cliff's Silent Auction of Promises this July to raise funds for classroom equipment, including a new laser cutter for Technology, and to support sports and outdoor activities for all pupils.

Donations could include:

- Skills or services (babysitting, gardening, decorating)
- Lessons or coaching (music, sport, cooking)
- Professional expertise (legal, financial, design, etc.)
- Experiences, tickets, memorabilia, or holiday stays

Every contribution, big or small, makes a difference.

We have already got off to a flying start, thank you!

To donate an auction item, please email Beechen's Fundraising Lead, Clive Greenhough, at [cgreenhough@beechencliff.mnsp.org.uk](mailto:cgreenhough@beechencliff.mnsp.org.uk) with a brief description, your name, and contact number.

Last year, this event raised £6,000, and we would greatly appreciate your support again this year.

With thanks,

*The PTA Auction of Promises Team*



### 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>

# 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, £1550 per Primary pupil and £1100 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
- The Guaranteed Element of State Pension Credit
- Support under PartV1 of the Immigration and Asylum Act 1999

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

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

Or call 01225 477277

Mrs T Layton  
BCS Pupil Premium Lead



## PRELOVED UNIFORM SALE



Wednesday  
24th June  
6.45 - 8pm

At the Clubhouse  
outbuilding

# THE LIBRARY NEWS

Proud to support  
The National Year  
of Reading 2026.

GO  
ALL  
IN.

A calm, quiet space to read and work

National Year of Reading 2026

## PRIDE in the library.



June is Pride Month, an annual observance dedicated to celebrating the LGBTQ+ community, commemorating their history, and advocating for equal rights. Celebrated primarily in June, it features colorful parades, festivals, and educational events worldwide.

The Book Trust states: "Including LGBTQ+ "Pride" books in UK school libraries fosters vital representation, mental well-being, and empathy. They help queer students feel seen and safe, while educating all children about diversity. This supports the UK Department for Education's guidance on creating inclusive, bullying-free school environments."

Our library serves people of all backgrounds, identities, and walks of life. We are committed to representing the whole community: whoever you are, wherever you come from, you are welcome here.

If you don't see yourself represented in the Beechen Cliff library collection, please come and talk to me and I will see what I can do!

"Race, gender,  
religion, sexuality,  
we are all people  
and that's it.  
We're all people.  
We're all equal."

CONNOR FRANTA



MORE THAN FLAGS  
AND RAINBOWS  
Helping schools be more inclusive



**BookTrust**  
Getting children reading

### Useful resources and book lists:

Stonewall: LGBTQ+ inclusive books for young people: <https://www.stonewall.org.uk/resources/lgbtq-inclusive-books-children-and-young-people>

More than Flags and Rainbows: Diverse Book List: <https://www.morethanflagsandrainbows.com/diverse-book-list>

Book Trust: Love and Romance for Teens (whoever you love!) <https://www.booktrust.org.uk/book-recommendations/booklists/love-and-romance-for-teens>

GO  
ALL  
IN.

There is so much support for getting teens reading available through the National Year of Reading website: <https://goallin.org.uk/families-11-plus/>

## READING TESTS - Y10 (Weeks 4)

As part of the examination weeks, all students will take their annual reading test. KS3 have now completed their tests. The final groups of Year 10 will complete their tests over the next week in English lessons and we will be catching up anyone who missed their test. We want to ensure that all students' reading skills are continuing to develop and identify any students that would benefit from reading interventions.

Information has been posted on Google Classroom with some general advice and some examples of the type of questions that will be on the test. You can't really revise for a reading test, but knowing what to expect can take some of the stress away! Remember - the best way to improve your reading skills is to read regularly.

If you have any questions about your son's reading please get in touch.



Keep Reading!  
Mrs Bridge

# Comic Competition!



Come to library/L2 for tips and ideas.

Deadline: Tuesday 30th June

All year groups are welcome to enter!

- You could:
- Convert a scene from a novel into comic form.
  - Create a comic strip based on your hobby.
  - Create something original!

## Get Involved!

Take advantage of the many opportunities available to show off your literacy skills. Enter one of these competitions or see if you can read the books on the Beechen Canon for your year!

## Beechen Canon

Fifty Books to Read Before You Leave!



<https://www.beechencliff.org.uk/wp-content/uploads/2023/05/Beechen-Cliff-Canon-Reading-List.pdf>

# Creative Writing Competition



Have a story you are desperate to tell?  
Enter our creative writing competition.  
Write up to 500 words on any theme.  
Book tokens and sweet prizes!

Deadline: Tuesday 30th June  
Return entries to Mrs Bridge (Library)  
All year groups welcome to enter!  
Come to the library (or L2) for tips and creative writing support!

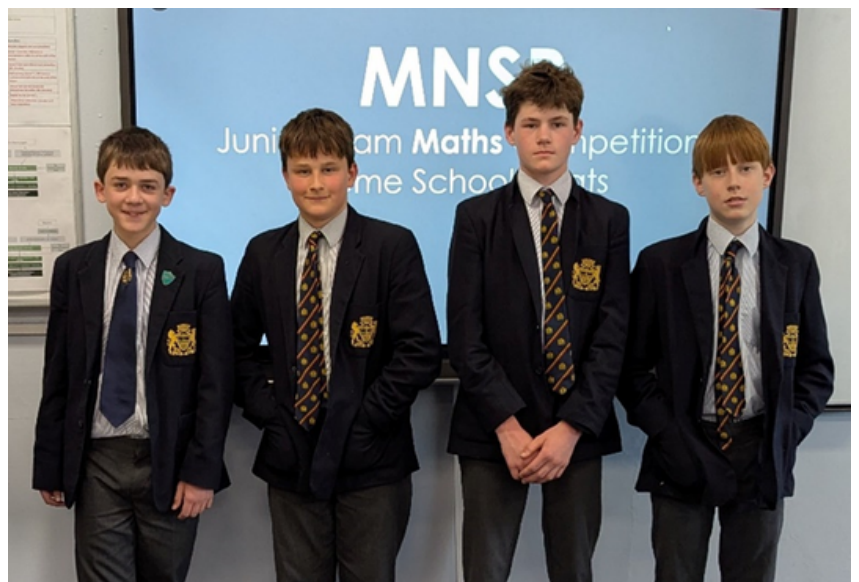
# Inter House Maths Team Challenge

Thirty two pupils from years 7 and 8 took part in a Maths Team Challenge on Monday 15th June. House teams comprised of two year 7 and two year 8 students. The pupils worked together on various speed rounds and helped each other to solve mathematical problems.

Congratulations go to the winning team from Byron House: Logan C, Finley W, Lucas A and Ralph S.

They will go forward to represent the school in the finals for the MNSP schools at Norton Hill later this month.

Mr J Henly  
Maths Challenge Coordinator



# BEECHEN CLIFF YOUNG MUSICIAN 2026

CALLING anyone who enjoys playing an instrument or Singing in Years 7-10.

If you wish to enter please email [music@beechencliff.mnsp.org.uk](mailto:music@beechencliff.mnsp.org.uk) with your name, tutor group, name and composer of your piece and your instrument.

First round auditions will take place from Monday 22nd June. House points will be awarded to all participants!

**The deadline for entries is Friday 19th June at 3.15pm.**

The final will be held on **Monday 6th July** in the School Hall.

Good Luck and get practising!

## Equalities Prefects on Pride

Please find below two messages from our Equalities Senior Prefects tying into Pride Month, something we are proud to support at Beechen Cliff School.

*"Pride is something which since its creation has remained important to celebrate, remember, and think about. In 65 countries around the world homosexuality is still a crime and according to Stonewall UK, 70% of LGBTQ+ people in the UK have experienced harassment because of their sexuality or gender identity. This is why since Pride's creation in 1970 it has been important to celebrate and educate. Even in this country there is still work to do and a future generation without prejudice starts with us. This is why this Pride month we want all students to think carefully about how they act and what they say and hopefully think about the issues that LGBTQ+ people still face. Beechen Cliff is such a tolerant and accepting place we are incredibly proud of and we only hope that our students keep showing their kindness to others." - Nancy, Year 12*

*"My story as a bisexual person in Beechen Cliff school begins in Year 8 when I came out at aged 13. Unfortunately, I experienced a great deal of homophobia around this time. The amount of homophobia I received over the years lessened as people became more educated around LGBTQ rights. Fast forward today as a Year 12 student, I get little to no homophobia thanks in part to an accepting community at Beechen and also the people I choose to surround myself with. I have received counselling with the amazing mental health team which is also available for any and all pupils who have had similar experiences to me. I also firmly believe that there is an accepting and supportive atmosphere at Beechen Cliff. I am proud to be a member of our community and of who I am." - Xander, Year 12*

Miss K. Mather  
Assistant Headteacher (Head of Sixth Form)



Beechen Cliff - Art and Photography Show

# Wabi-Sabi



Beechen Cliff School  
GCSE & A Level  
Art & Photography Show  
Thursday June 25th 2026  
Located in the Art Block 6pm-8pm

# A-Level PE trip to Cardiff Metropolitan University



Cardiff  
Metropolitan  
University

On Tuesday this week a group of year 12 A-Level PE pupils took part in a sport science experience day at Cardiff Metropolitan University.

The trip involved the pupils understanding the wider careers involved in elite sport. They were also exposed to some physiological tests and experienced the University's motion capture software that has been used in films such as Avatar and Lord of the Rings, as well as looking at biomechanical analysis of elite sprinter and world 60m champion, Jeremiah Azu.

It was a great day and all pupils gained some valuable insight into the life of a student at Cardiff Met and what sport science looks like to an elite athlete

Mr R Bowett  
PE and Sport





# Sixth Form Charity Day

*National Cream Tea Day*

**FRIDAY 26<sup>TH</sup> JUNE**

**10.30AM - 12.00PM**

**OPEN LEARNING AREA**



*Baking Recipes!*

SCAN ME



**DONATE £3  
FOR A SCONE  
WITH CREAM &  
JAM AND A  
HOT DRINK!**

*Vegan/Gluten free also available!*

# Calisthenics Masterclass



As part of CaliFest. There is the opportunity for teen boys to sign up for what promises to be a brilliant calisthenics 'masterclass' led by CaliUnity founder, Ollie Chick. The free session will be **Friday 19 June** from 4.30 - 5.15. This session is in partnership with Boys in Mind.

Students that are interested just need to get a parent or carer to sign up on their behalf. Link below.

Places are limited -  
They would love to see  
the gym full!

<https://www.wodboard.com/locations/626/workshops/16088/73d10e54>

Those attending should wear comfortable sports gear and bring a water bottle (although water is also provided).

Bare feet or socks in the gym itself.

Professional coaching will be provided for this free session.

Mrs A Wilmot (She/Her)  
Head of PSHE



# SUMMER BANDS NIGHT 26

A person wearing a red hoodie and a red neckerchief is playing a red electric guitar. The person is looking down at the guitar. The background is dark with some white concentric circles on the right side.

WITH PERFORMANCES FROM...

THE BEECHEN CLIFF SKA BAND

SKIT

ALCOVE

CASCADE

FUNK BAND

THE BEECHEN CLIFF STAFF BAND

FOLK GROUP

AND MORE...

# 1ST JULY

5PM - 9:30 PM

TICKETS £4 ON ARBOR

BEECHEN CLIFF MAIN HALL

£5 ENTRY OTD

# Extra Curricular Activities and Sporting Events

## BCS U13 Tennis

Beechen Cliff Under 13 tennis team won 8-4 against QEH on Monday.

They have gone unbeaten and progress to the next round.

Mr R Bowett  
PE and Sport



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## Beechen Cliff Centurion Challenge

Volunteers at Marshalling locations play a critical role in the successful running of the challenge. It cannot run without your help. If you can assist in any way, marshalling or indeed in any other capacity, please complete the Google Document by using this [link](#):

Please indicate what days/ times you are available as this will help in the allocation of the co-ordination marshalling points.

To be aware and bear in mind, as soon as the challenge has moved beyond the Devizes Base Camp, travel time will increase from 50 minutes to over an hour and, as the Challenge starts at 06:00 on both Saturday and Sunday, so some points have a very early start time, with others a late finish.

The opening /closing time of each check point depends upon how spread out the challengers are, and this will vary greatly during the day.

Thank you in advance for any assistance you may be able to offer

Mr Richard Steward  
Centurion Challenge Co-ordinator



## Recent Sports Fixture Results

Date	Fixture		Result
<b>Thursday 11th June</b>	<b>CRICKET</b>	BCS U15A v Churchill Academy & Sixth Form (A)	Won
<b>Monday 15th June</b>	CRICKET	BCS U13A v KES (a)	Lost
		BCS U13B v KES (a)	Lost
		BCS U13C v KES (a)	Lost
	TENNIS	BCS U13A v QEH (a)	8-4
		BCS U15A v QEH (a)	0-12
<b>Wednesday 17th June</b>	CRICKET	BCS U14A v Dauntseys (a)	Lost
		BCS U14B v Dauntseys (a)	Lost

## SPORTS FIXTURES for wc Monday 22nd June 26

Advance details below for week commencing 8th June as planned at the time of publication, and are potentially be subject to change. Please check the website (link) for up any changes/updates.

Date	Fixture	
<b>Monday 22nd June</b>	<b>Tennis</b>	BCS U13a v Collegiate (h)
		BCS U13b v Collegiate (h)
		BCS U14a v Collegiate (h)
	<b>Cricket</b>	BCS U12a v Kingswood (a)
		BCS U12b v Kingswood (a)
		BCS U15 County Final (Wembdon CC)
<b>Athletics</b>	Minor Athletics @ Uni	
<b>Tuesday 23rd June</b>	<b>Cricket</b>	BCS U14a v Kingswood (a)
		BCS U14b v Kingswood (a)
<b>Wednesday 24th June</b>	<b>Cricket</b>	BCS U14a v Prior Park College (a)
		BCS U14b v Prior Park College (a)
		BCS 1st XI v Wycliffe (Hinton CC)
<b>Thursday 25th June</b>	<b>Cricket</b>	BCS 1st XI v King Edward's School (a)
<b>Friday 26th June</b>	<b>Cricket</b>	Cricket festival year 7 & 8

# OPRO Parent Information Letter

Next term, your child will be taking part in rugby and hockey. To help ensure their safety during these activities, it is compulsory for all students to wear a mouthguard.

We are pleased to be working in partnership with OPRO, the world's leading manufacturer of mouthguards, to provide a trusted and convenient solution for your child's protection.

## Exclusive School Offer:

Parents can enjoy 10% off the entire OPRO range by using code **BeechenCliff10** at checkout. With a wide selection available, this allows you to choose the right fit and level of protection for your child.

## Confidence in Every Purchase

- **12-Month Dental Warranty:** Every OPRO mouthguard includes a 12-month dental warranty, providing reassurance throughout the season.
- **Precision-Fit Guarantee:** OPRO will support you to achieve the perfect fit, with expert guidance, a replacement if needed, or a full refund if you're not satisfied.
- **Proven Quality:** Trusted by professional athletes worldwide and manufactured in OPRO's state-of-the-art UK facility.
- **Options for Every Player:** A comprehensive mouthguard range starting from £4.99 designed to suit different sports, preferences, and levels of play.

For those seeking dental-quality protection, we recommend the **Instant Custom-Fit** mouthguard that offers dentist-level accuracy, comfort and protection with the convenience of fitting at home.

## How to Order:

1. Visit: <https://opro.info/BeechenCliff>
2. Select your preferred mouthguard
3. Enter code **BeechenCliff10** at checkout for 10% off
4. Receive your mouthguard by post
5. Follow the included fitting instructions
6. Your mouthguard is ready to use

If you have any questions or need assistance, please contact OPRO's customer care team directly on 01442 430690 or [email\\_info@oprogroupp.com](mailto:email_info@oprogroupp.com).

The advertisement features the OPRO logo in red and white, accompanied by the Royal Coat of Arms. Below the logo, the text reads "BETTER FIT. BETTER PROTECTION.™" and "THE INSTANT CUSTOM-FIT". A central image shows a white and yellow mouthguard. Three key benefits are listed: "DENTAL LEVEL IMPRESSION IN YOUR OWN HOME", "ADVANCED FITTING TECHNOLOGY FOR A DENTIST LEVEL FIT", and "INCLUDES £20,000 DENTAL WARRANTY". A red banner offers "GET 10% OFF SITEWIDE" with the code "BEECHENCLIFF10" and a "SHOP NOW" button. At the bottom, two athletes are shown wearing mouthguards, with text stating "WORN BY 15 MILLION ATHLETES WORLDWIDE", "TRUSTED BY 100,000 PROS", and "THE CHOICE OF OVER 500+ SCHOOLS & CLUBS". Logos for England Rugby and Hockey are also present.

# Wellbeing

Dear Parent's and Carers,

Here are some helpful tips on how to manage anxious thoughts. We hope you and your families are able to share a moment to talk about how we are not our thoughts and that we can find ways to change them into more useful thoughts or actions.

## YOU ARE NOT YOUR THOUGHTS

[www.AnxietyHelpBox.com](http://www.AnxietyHelpBox.com)

Thoughts are messages from your brain.  
You do not have to believe every one.

### 1 SPOT IT

Ask yourself:

- What am I telling myself right now?
- Is this a thought or a fact?
- Would everyone agree it is true?

Everyone hates me

I will fail

I always mess up

### 2 NAME IT

Try saying:

- "I am having the thought that..."
- "My brain is telling me..."
- "A worry has shown up..."

This creates space between you and the thought.

You can't control every thought... but you can **choose** what you do next.

### 3 TEST IT

Ask:

- What evidence supports this?
- What evidence does not?
- What would I tell a friend?

### 4 CHOOSE YOUR NEXT STEP

Instead of asking:  
"How do I stop feeling this?"

Try asking:  
"What helps me move forward anyway?"

Examples:

- ♥ Send the message
- ♥ Attend the lesson
- ♥ Take the walk
- ♥ Ask for help
- ♥ Start for 5 minutes

Thoughts are not orders.

Feelings are not forever.

Small actions matter.

*The Wellbeing Team*

# Careers

## Beechen Cliff Careers Newsletter

This week's 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 at [epascoe@beechencliff.mnsp.org.uk](mailto:epascoe@beechencliff.mnsp.org.uk)

Mrs E Pascoe  
Head of Futures



## your say your future young people's panel

We have an exciting work experience opportunity for students who will be in **Year 12** and **Year 13** during the academic year 2026 / 2027. We are recruiting 24 individuals who live in the Wessex Water region to join this year's **Wessex Water Young People's Panel**.

The panel will meet on **Tuesday 8<sup>th</sup> September** and **Tuesday 6<sup>th</sup> October** at Wessex Water's headquarters in Bath.

- Meetings will include briefings from senior executives and problem-solving exercises.

Between meetings, members of the panel will work in **teams** on a **main task**.

- On the second day, they will present what they have worked on to a **senior board of judges**.

Panellists will:

- See inside the workings of a major business
- Meet other like-minded students from around the region
- Get a formal reference for use in UCAS or apprenticeship applications
- **Get a £100 reward for taking part.**



You can access the application form by scanning this QR code or following [this link](#).

The form will take no more than 10 minutes to complete.

We look forward to meeting you soon!

Application deadline: 21<sup>st</sup> June 2026

Navigator  
Insight

# 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.



**HARRY PLOWRIGHT  
MATHS TUTORING**

I'm Harry, an ex Beechen Cliff student, now studying Maths at the University of Birmingham. I've been providing online Maths tutoring at a variety of levels, ranging from Year 9 to Year 13, for the past three years, with tutees seeing great improvement in their confidence and ability within Maths.

If you're interested in receiving online tutoring, please contact me on the email below. That includes students transitioning from GCSE to A-Level looking for support over the Summer!

Email: [harryplowright@icloud.com](mailto:harryplowright@icloud.com)  
Session rate: £30

The advertisement features a dark blue background with decorative elements: a white triangle, yellow wavy lines, a white circle with diagonal lines, a yellow circle, and a yellow triangle.

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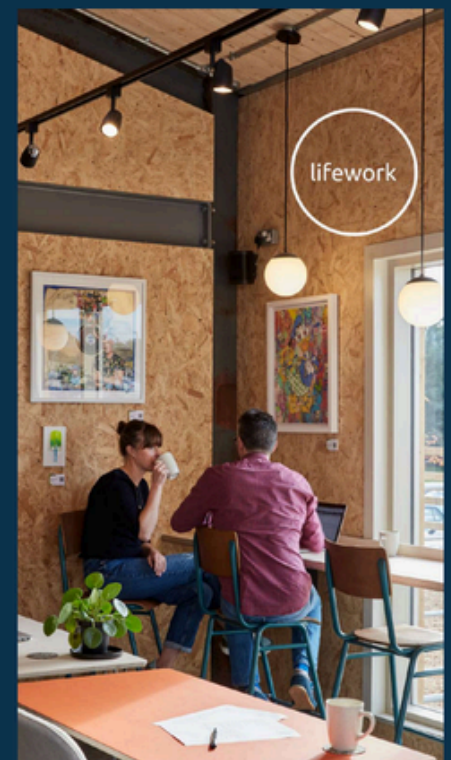
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All available for hire evenings and weekends

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Inspiring Young People

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7-11

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FRIDAY**

**4PM  
-  
6PM**

**COOKING, FOOTBALL,  
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**Sunday 28th June 2026**  
**2PM - 4PM**

Freedom House, Lower Bristol Road,  
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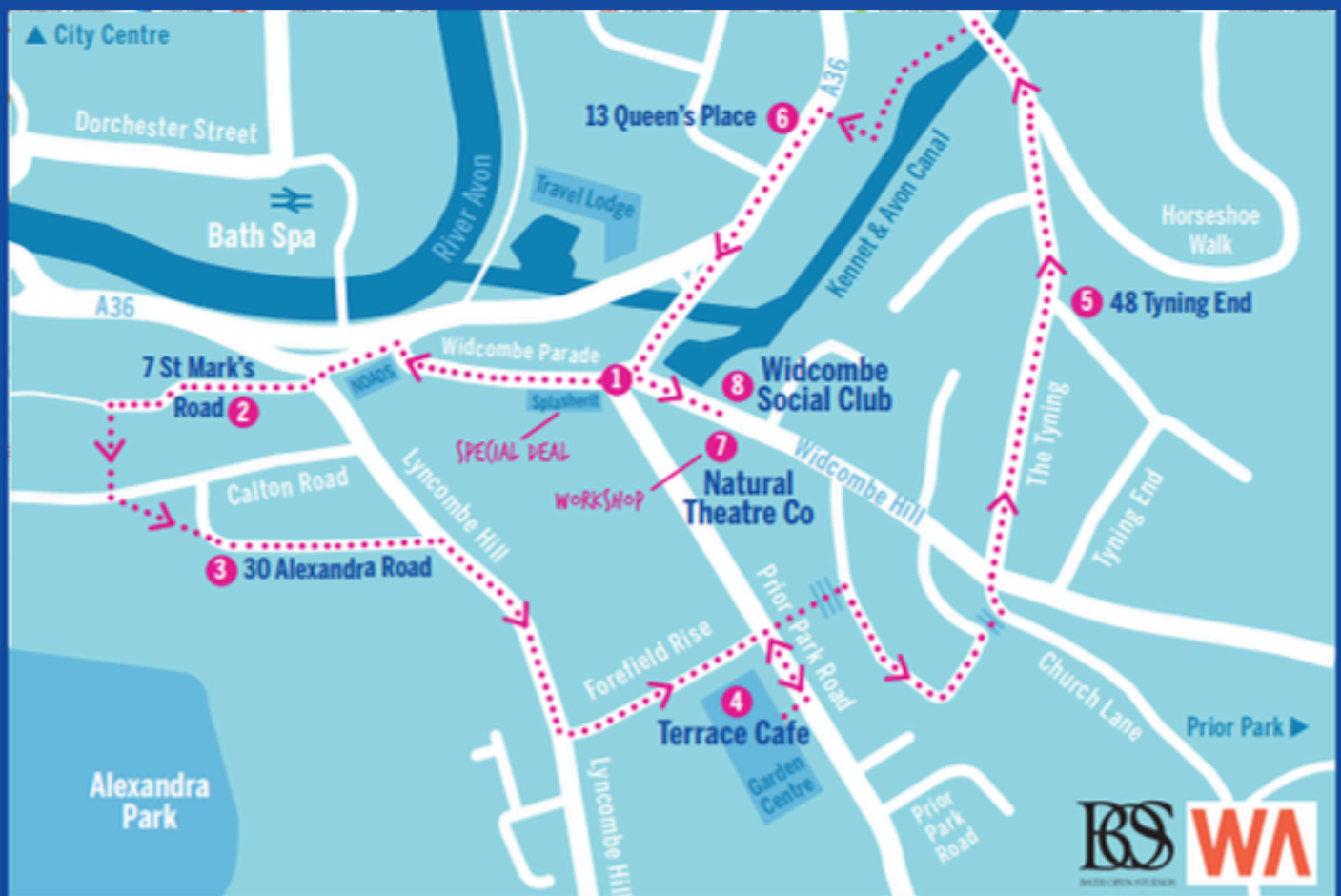
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# WIDCOMBE ART TRAIL

SATURDAY AND SUNDAY  
20-21 JUNE 2026 10.30am-5pm



A route around Widcombe linking eight venues using roads and footpaths. Come and meet our artists listed overleaf.

[widcombeartrail.com](http://widcombeartrail.com)

STARRING BEECHEN CLIFF

PUPILS!

ZENITH YOUTH THEATRE COMPANY

# HADESTOWN

## TEEN EDITION

by Anaïs Mitchell

This July, Zenith Youth Theatre Company presents HadesTown: Teen Edition, running 8–11 July 2026 at Kingswood Theatre, Bath — the first time this version of the show has been seen in Bath.

A powerful retelling of ancient myths, HadesTown follows the journeys of Orpheus and Eurydice and Hades and Persephone, in a world where music, hope and courage challenge fear and control... and even Zeus is watching.

Zenith Youth Theatre Company has been a cornerstone of Bath's arts scene for over six decades. Zenith has won multiple awards for their dedication to excellence in youth theatre, and many of their alumni have gone on to work professionally in theatre, film, and television. With a long-standing commitment to creativity, inclusivity, and artistic growth.

Don't miss your chance to see this exciting new production  
8 - 11 JULY 2026 Kingswood Theatre, Lansdown, Bath BA1 5RG

This amateur production of HADESTOWN: TEEN EDITION is presented by arrangement with ConcordTheatricals Corp. [www.concordtheatricals.co.uk](http://www.concordtheatricals.co.uk)

8-11 JULY 2026

KINGSWOOD THEATRE

[WWW.ZENITHYTC.CO.UK](http://WWW.ZENITHYTC.CO.UK)



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# MONKTON ROWING CAMPS 2026



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**EXCITING SUNDAY MORNING SESSIONS ON THE RIVER AVON  
THROUGHOUT JUNE AND JULY**



**BATH  
CANOE  
CLUB**

**FIRST TWO  
SESSIONS  
FREE!**



**FOR BOYS & GIRLS AGED 11-15**  
No experience needed – all welcome!



**WHEN**  
Sundays, 10:30am – 12:30pm  
in June and July



**COST**  
First two sessions completely FREE  
Just £30 for the rest of the programme



**EQUIPMENT PROVIDED**  
Boats, paddles, buoyancy aids, helmets and spray decks – just bring suitable clothing!



**WHERE**  
On the River Avon in central Bath

**DEVELOP SKILLS, HAVE FUN, MAKE FRIENDS**



**WATER SAFETY**  
Learn essential skills in a safe environment



**TEAMWORK**  
Work together and build lasting friendships



**WELLBEING**  
Boost confidence, fitness and mental wellbeing



**OUTDOOR LEARNING**  
Connect with nature and enjoy being outdoors



**HAVE FUN!**  
Active, exciting sessions you'll look forward to



**EXPERT COACHING**  
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Questions? Email us at [training@bathcanoeclub.co.uk](mailto:training@bathcanoeclub.co.uk)

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*We can't wait to see you on the water!*

# SUMMER EVENTS IN BATH

Connect, enjoy and support Mentoring Plus



## FOOTBALL TOURNAMENT

Fri 10 July, 12pm-6pm - Larkhall Athletic FC

Get your team together for a friendly six-a-side tournament with local businesses.

From £300 per team (6-10 people)



Find out more & book  
[mentoringplus.net/events](https://mentoringplus.net/events)



## Wind & Brass Lessons

Learn an instrument, develop your skills, make friends! Lessons at our Music Centres are for all standards, ages 7-18.

- Tuesdays, St Keyna School, Keynsham 5.45-9pm
- Wednesdays, Hayesfield School, Bath 5.30-8pm
- Saturdays, Hayesfield School, Bath 9.30am-12pm

**Trumpet - Trombone**  
**Tuba - Euphonium**  
**French horn**

**Recorder - Flute**  
**Saxophone -**  
**Clarinet**

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discounts  
available!



Book lessons at: [wema.org.uk/register](https://wema.org.uk/register)

**Bath &  
West UK  
2026  
Summer  
Schedule**

# Spotters HOCKEY

## 30 + 31 July - Workshops

0930-11am | 11.15-12.45pm | 1.30-3pm Ages 9-15

**Goal Scoring | Elimination/3D skills | Game awareness**

## 3-5 August - Camps

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

## 10-14 Aug Workshop Roadshows

10-11.30am | 12 -1.30pm | Ages 9-15

**Goal Scoring | Game awareness**

**Bath, Corsham, Keynsham, Shepton Mallet, Wells**

Sponsored by



## Performance Camps 18 + 19 Aug

10am- 3pm - Ages 12-16

Advanced coaching programme included

## High Performer Camp 20 Aug

10am- 3pm - Ages 13-17 -work at stretch 🇬🇧

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booking form



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together  
with

CITY OF BATH



HOCKEY CLUB



Prior Park,  
Bath  
Ages 8-14

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# SPARKS

Igniting ideas in film and media arts

## Summer Camps

20<sup>th</sup> - 24<sup>th</sup> July

27<sup>th</sup> - 31<sup>st</sup> July

3<sup>rd</sup> - 7<sup>th</sup> Aug

**£275**

Learn all about filmmaking in fun, friendly classes. Develop skills in Directing, Camera & Photography, Acting for Screen, Editing, Production Design and more, whilst making your own movie productions.

[www.sparksarts.co.uk](http://www.sparksarts.co.uk)



SCAN ME

Bath - London - Cardiff - Bournemouth - Brighton - Oxford - St Albans - Sheffield - Glasgow - Athens

BATH  
CARNIVAL

MUSIC  
WORKSHOP

WOMAD  
THE WORLD'S FESTIVAL

Would you like to perform  
on any of these amazing stages?!

We'll be hosting our very own stages at WOMAD, Bath City FarmFest,  
and Bath Carnival. We're also returning to perform at Carfest  
which this year, is relocating to the home of British racing, Silverstone



WOMAD  
THE WORLD'S FESTIVAL

24th - 26th July

15 minute sets  
Bands, Solo Artists, Acoustic Acts



5th July

15 - 20 minute sets  
Solo Artists & Acoustic Acts



29th - 30th August

20 minute Sets  
Bands

BATH  
CARNIVAL

11th July

Sets between 20 - 45 minutes Available  
Small Bands, Solo Artists, Acoustic Acts  
Activities & Workshops

Our Spring Summer Program of events is about to get under way.  
We're looking for **bands, Acoustic acts and Solo artists aged 11 - 21.**  
If you are interested in performing, follow the QR code and fill out an  
individual form for each of the events you available for.

