

Beechwood Primary Academy

Weekly Newsletter

“Living, learning and thriving”



Rockfield Avenue, Southway, Plymouth, PL6 6DX
 Tel : 01752 706360
 Email : beechwood.office@discoverymat.co.uk
 Website : www.beechwood-primary.co.uk



Please follow us on the Discovery Multi Academy Trust Facebook page

11th December 2020

DIARY DATES

(These dates may be subject to change)



2020/2021

Wed 16th Dec	Christmas Lunch - Nursery/Rec/Yr1/Yr3/Yr4
Thurs 17th Dec	Christmas Lunch - Yr2/Yr5/Yr6
Thurs 17th Dec	Christmas Jumper Mufti
Thurs 17th Dec	Last Day of Term
Mon 21st Dec to Mon 15th Feb	Fri 1st Jan - CHRISTMAS BREAK
Mon 22nd Feb	Fri 19th Feb - HALF TERM
Fri 2nd April to Mon 3rd May	Non Pupil Day
Mon 31st May	Fri 16th April - EASTER BREAK
Mon 26th July to	Bank Holiday
	Fri 4th June - HALF TERM
	Tues 7th Sept - SUMMER BREAK

CHRISTMAS JUMPER DAY - LAST DAY OF TERM! - Upcycle last year's jumper - don't buy new!

On Thursday 17th December pupils at Beechwood will be able to put on their warmest, wackiest and most wonderful festive woollies for Christmas Jumper Day. Children will be joining millions of people in schools, offices and homes up and down the country as they don their daftest festive knits for the day and donate £1, or whatever they can give. We would particularly like to see upcycled jumpers rather than buying new ones. All monies raised will be donated to 'Save the Children'.

Children will have party games and fun in school - Please do not send in food or items from home. Thank you.



SCHOOL ADMISSIONS

Applications need to be completed by **Friday 15th January 2021** for primary Admissions.

primary.admissions@plymouth.gov.uk



WINTER GRANT FREE SCHOOL MEAL SCHEME

Winter grant free school meal vouchers will be issued to all parents who are in receipt of free school meals at the beginning of next week. Thank you.



CHILDREN'S CHRISTMAS LUNCH

Wed 16th Dec	Thurs 17th Dec
Nursery / Reception	Year 2
Year 1	Year 5
Year 3	Year 6
Year 4	

Christmas Lunch can be ordered on the day.

Please ensure your child's Parent Pay lunch account is topped up if they are in Year 3 to Year 6. All meals need to be paid for in advance.

Children in receipt of Universal Free School Meals (Rec/Yr1/Yr2) and if you are in receipt of Free School Meals do not need to pay.

Thank you.

Polite reminder that **Thursday 17th December** will now be the last day of term.



[Health for Kids](#) and [Health for Teens](#) cover subjects that promote health and wellbeing, with the aim of educating and helping young people to make the right choices and teach children about their health in a fun and engaging way.

BREAKFAST CLUB

Polite reminder - Please ensure you use the booking system to reserve a place for your child at Breakfast Club by logging onto Parent Pay and select the breakfast club option, select the booking option first. The booking deadline is 12pm on the day before you want to attend at a cost of £1.50. If you miss the deadline due to an emergency, please ring the office to book your child in. Thank you.



Please remember not everyone feels ok at Christmas. It is often the loneliest, hardest time to suffer with your mental health as you watch everyone around you appear to be happy and celebrating. Just because it's Christmas it's still OK not to be OK. Don't suffer in silence, you are not alone.

Samaritans : 01752 221666
Childline : 0800 1111
National Suicide Prevention Line 1- 800 273 8255

Most importantly Through the Emergency Duty services We will be available to assist.

Stay safe this this Christmas, not just physically but mentally too.



Winter Challenge 2020



<p>Get Crafty! Make a kindness jar. Take turns coming up with random acts of kindness that you would like to complete as a family. Find out how here: https://tinyurl.com/yvh8e844</p>	<p>Get Writing! Write a letter to someone you haven't seen for a while and tell them what activities you have taken part in with Children's University.</p>	<p>Get Baking! Bake these festive Gingerbread people to share with your family! https://tinyurl.com/yca1rppf</p>	<p>Get exploring! Explore nature with a winter scavenger hunt. Find out more here: https://tinyurl.com/y5bqrh7r</p>
	<p>Get researching! Research another country's winter traditions and write a fact sheet! Present these facts to your family and help them learn something new!</p>	<p>Relax! Learn how to <i>Settle the snow storm</i> with these simple mindfulness exercises https://tinyurl.com/y54p9247</p>	<p>Science! Make you own indoor snow with two ingredients! https://tinyurl.com/y7oamr9w</p> 

Collect extra Children's University credits during your winter break by completing this challenge. Each activity is worth 1 credit when you take evidence of your activity to your teacher or local CU. This could be a photograph, video, a work sheet, or writing about what you did! To get a stamp code for *Children's University Online* email contactus@childrensuniversity.co.uk

Using these metaphors (written by the NSPCC) can boost our understanding of child development and increase support for ensuring children and young people have healthy development and grow up in supportive and loving families and communities.



Air Traffic Control - Children's ability to remember, focus and pay attention – is like the air traffic control system at a busy airport. Children need to develop their brain's air traffic control system to manage their mental airspace to complete tasks, maintain relationships, etc – with the support of caring and sensitive adults. Here's a video to illustrate the metaphor: <https://www.youtube.com/watch?v=a1NXKZAadPc&list=PLqA6QvvA4sNtS7A0ONhiXoNsHIAhTBJG&index=5&t=0s>

Have a great Weekend!
Mrs Evans - Head of School

COVID-19 INFORMATION PAGE

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as possible.



Catch it! Bin it! Kill it!

We are entering the cold and flu season and with the current situation regarding Covid 19, it is even more important that children remember the Catch it! Bin It! Kill it! routine.

This, along with regular handwashing throughout the day is a vital way to reduce the transmission of infection, not only for Covid but also colds and flu during these challenging times.

Please reinforce the Catch it! Bin It! Kill it! routine with your children at home.

Thank you.



If your child has:
a high temperature
a new, continuous cough, or
a loss of, or change in, sense of
smell or taste

This could be a sign of
coronavirus

Book a test

If your child has:
a runny nose, is sneezing or
feeling unwell
But they don't have:
a high temperature
a new, continuous cough, or
a loss of, or change in,
sense of smell or taste

These are
not normally symptoms of
coronavirus

Seek advice from a pharmacy, dial
111 or see your GP

NHS APP

The new NHS Covid19 app is now available to download.

This app is available for anyone **aged 16 years and above**. Please follow the link for further information.

<https://covid19.nhs.uk/pdf/introducing-the-app.pdf>

DFE HELPLINE FOR EDUCATION

The DfE have set up a helpline for Education advice regarding the Covid-19 virus for staff and parents.

Phone : 0800 046 8687

Email : DfE.coronavirushelpline@education.gov.uk

Opening hours : 8am to 6pm (Monday to Friday)

COVID TESTING - CALL 119

If parents or carers are unable to book a local Covid test slot, then they can use the email below explaining that the test is for a child attending a Plymouth school. The CCG team will triage those families with children and adults with symptoms and book them in for a test and provide information on how to get to the site. A priority is given to key worker parents, to help support the local key worker workforce and get staff back to work.

d-ccg.cornwalldevon.urgenttesting@nhs.net

IMPORTANT INFORMATION FOR HOME SCHOOLING DURING ISOLATION OR QUARANTINE



For children who are self-isolating or quarantining, we are pleased to direct you to the following link for Home Learning:-

<https://www.bbc.co.uk/bitesize/articles/zknj4xs>

Please click on the appropriate year group and you can access lots of activities for your child. Your child's teacher will also be in contact on eSchools or Tapestry and they will be happy to answer any questions or respond to messages relating to Home Learning.

If you require any information about logging into eSchools or Tapestry, or any information about your child's learning while they are away from school, please do not hesitate to contact the school office who can make sure your query is directed to the teacher. Thank you.



For upcoming events for the Plymouth Schools Sports Partnership or to read some of our blogs, please visit www.yourschoolgames.com and search for our school.

<https://www.yourschoolgames.com/> <http://www.plymouthssp.co.uk/>



Time for YOU

in these challenging times

A small supportive zoom group for mums
of children with additional needs



Now, more than ever, Time for You is essential

Share with others who get what it means to be a mum of a child
with additional needs during these times

Re-fuel, play with coaching tools + images and
say what needs to be said

Listen to what YOU need and how this fits into your life now



Are you in
DEVON or
CORNWALL

Could this be for you?
jo@mums4achange.org
fb @mums4achange
www.mums4achange.org



"The group has been a life-line "

- A small, safe and supportive zoom group for mothers
- Take some time for you with others who get it
- Your child doesn't need an official diagnosis

WHEN: Fridays 9.30-11.30 from 8th January 21

WEEKLY: 12 weekly zoom meetings (term time only)

HOW: By zoom - For you if your children can safely be
distracted while you speak+ listen 'privately'

COST: Free **BOOKING ASAP ESSENTIAL** -
priority booking if on means tested benefits

INTERESTED: Text 07855529582 or Facebook message
on @mums4achange or e: jo@mums4achange.org

RUN BY: Jo Ball - life and career coach, mum of 2, with a background
as an Arts Therapist. **SUPPORTED BY:** Clare Gale has a child with
complex medical needs. Clare did the group, loved it and wanted to
share it. Clare's in the final stages of her counselling qualifications.

Funded by the People's Heath Trust

funded
through

