

PARENT BULLETIN



Headteacher's Message

Dear all,

What a busy term it has been, with lots of sporting activities, engaging trips out for a number of our students and of course the start of our public exams.

Our Year 11 and 13 students are working hard and making the most of the revision classes and extra support being offered in school, to support them through the exam season. If you have any concerns or you feel your child needs any additional support or guidance, then please don't hesitate to get in touch with their Director of Deputy Director of Studies. We want everyone to achieve their very best exam results and are here to help and support in any way we can.

Properly preparing for the summer exams is essential, but as we go into our half term holiday, it is also important to factor in some time to relax and hopefully enjoy some fresh air – if we're lucky enough to have some lovely weather.

As we move into the final summer term and look forward to the warmer weather ahead, it's vital we think about the safety of our young people, especially in regards to open water. I'm attaching a link to the [Royal Life Saving Society website](#), where you will be able to see, amongst other things, a Water Safety Advice for you and your families' booklet. Please do take a moment to read it and share the important messages with your child(ren).

Of course, the great outdoors isn't for everyone and many young people love to spend their time online. There is a wealth of information out there about how to keep your child safe online and Childline offers a lot of guidance. [Staying Safe Online](#).

How ever you're planning on spending your half-term holiday, I hope it's safe and enjoyable. I look forward to welcoming all students back to school on Monday 3rd June, for what will be a very busy final summer term.

Kind Regards

Anita Spires - Headteacher

Key Dates

Summer Term 2023 – 2024

Friday 24th May 24

Last day of Summer Term 5

Monday 3rd June 24

First day of Summer Term 6

Friday 7th–Saturday 8th June

Bronze DofE Qualifying Expedition

Wed 12 – Fri 14th June

Silver DofE Qualifying Expedition

Mon 17th - Wed 19th June

Yr6 into 7 Parent Interviews (by appointment)

Thursday 20th June

Yr7 PTC and Excellence Eve

Wednesday 26th June

Annie Jr Show. Ticket entry.

Friday 28th June

Yr11 Prom

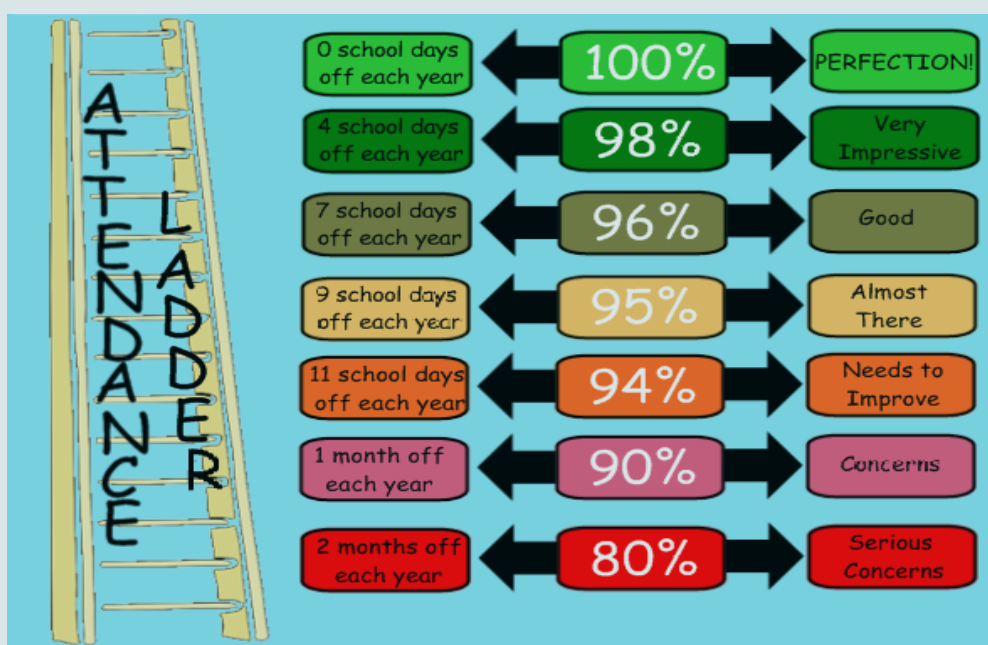
Supporting our students



Attendance remains a national issue and we are tightening down, as are all schools across the country, on our measures to help improve it.

The Headteacher will be unable to authorise any holiday requests during term time, unless there are extenuating circumstances and evidence is provided.

Please remember if you take your child out of school for a period of 5 or more days, without permission from the Headteacher, we are duty bound to report your child's absence to Slough Borough Council and they may issue you a fine.



Evidence shows that the students with the highest attendance throughout their time in school gain the best GCSE and A Level results. Research has found that students who performed better both at the end of primary and secondary school missed fewer days than those who didn't perform as well. **Please help us, help your child to reach their full potential, by ensuring they attend school each day.**

A reminder: If your child is too unwell to be in school, please ensure you report your child's absence every day of the absence period, by calling the **attendance line on 01756 787293** and leaving a message, **text to 07786 201170** or email **attendance@beechwood.slough.sch.uk**.

Please note that an appointment does not necessarily require a full day off school. Your child must attend school, before and after an appointment, if it is during the middle of the school day. We encourage appointments to be made at the very start or very end of the school day, to minimise disruption.

Please encourage your child to be at school on time. Punctuality matters and students should be ready for roll call at 08:40am. Registration closes at 9am and a child arriving after this time, without medical proof, will receive an unauthorised mark for the morning session. Attendance is also important for each lesson throughout the day and all students should attend their lessons on time.

Thank you for your continued support.

RESPECT • EXCELLENCE • KINDNESS

SUPPORTING GOOD ATTENDANCE ...

There are common colds and coughs around at the moment, as well as hayfever.

Below are the expectations we have at Beechwood and guidance on whether your child should be in school or not:

Common illnesses:

Cough/Colds/Hayfever – Your child can come to school. Please give your child paracetamol or antihistamine medication and encourage them to drink plenty of fluids.

High Temperature – Your child should remain home until their fever goes away. If the temperature continues for five days or more, seek medical advice.

Conjunctivitis – Your child can come to school. Please encourage hand washing regularly to prevent spread of infection.

Headache, earache and stomach ache – Your child can come to school. Just let staff know they have felt unwell and we will keep a close eye on them. Give your child paracetamol and plenty of fluids to drink.

Period Pain – Your child can come to school. Give paracetamol. Should your child need sanitary products whilst in school, they can go to the first aid room, where products are available.

Diarrhoea and Vomiting – If your child is suffering with diarrhoea or vomiting, they should be kept off school for 48 hours, following the last bout of illness.

Sore throat, tonsillitis and glandular fever – Your child can come to school. Give your child paracetamol and plenty of fluids to drink

More information is available regarding further illnesses and what to do by following the below link:

<https://frimley-healthiertogether.nhs.uk/parentscarers/child-unwell-ok-go-nurseryschool>

Hydrate and Eat Well for your Mental Health

A reduction in hydration of as little as 2% can impact your cognitive function in multiple ways:

- Fatigue and sluggishness
- Impaired problem solving
- Reduced memory
- Loss of mental focus
- Depression and altered mood
- Headaches



To help combat dehydration, please send your child to school with a water bottle and remind them to fill up before school, during morning break and at lunchtime.

Did you also know that if your brain isn't adequately fuelled, you can struggle to make decisions, problem solve and regulate your emotions? **Breakfast** is the most important meal of the day and yet many students skip breakfast. If your child finds it difficult to eat as soon as they get up, encourage them to pop into the **FREE Breakfast Club** in the ALC – open from 7.30am until 8.20am. Everyone is welcome and juice, cereal and toast is available.

RESPECT • EXCELLENCE • KINDNESS

MEET THE BEECHWOOD TEAM... We hope to introduce a member of our school community through each issue of our Parent Bulletin. This week, we introduce Elisabeth Byard-Jones



Hello Beechwood! What a privilege to be able to introduce myself properly. I'm Elisabeth Byard-Jones or Mrs Jones to our young people, an English teacher with responsibilities in leading literacy and reading intervention. It's my dream job, as it involves my long-life passion – READING.

Teaching English is what I am also enthusiastic about. I started teaching at a university in Indonesia until family life brought me to the UK. I have been teaching English in schools in Windsor & Maidenhead, Berkshire and Buckinghamshire which has given me rich and valuable experience.

So, I am eager to contribute my knowledge and expertise to Beechwood school and its community.

Ballroom dancing, Medieval English re-enactment and learning to play the harp are my other private indulgences. You'll probably see me in some public places in the summer staying in a Medieval camp with my husband and son, going to a playhouse in the evening or walking around a literary festival at weekends.

I am looking forward to fulfilling my role at Beechwood and beginning a fruitful journey with all my colleagues and students.

“ Literature – nourishment for my imagination, food for my thought, sustenance for my wisdom.”

ESSENTIAL FOOD BANK ITEMS

We have essential foods and toiletries available to families who may need a little support. If you feel a food and toiletries parcel would help you, please get in touch with our main reception and they will liaise with our designated team to ensure you are able to collect your parcel.

Every request is dealt with sensitively and in confidence.

Please don't hesitate to get in touch – help is there for you



ELECTRIC SCOOTERS



There has been a steady rise in the number of young people using electric scooters (Personal Light Electric Vehicles - PLEVs) and electric skateboards. Currently the law states that you cannot ride PLVEs on UK public roads or pavements, if you do you will be committing an offence.

Please see the news article <https://www.bbc.co.uk/news/uk-48106617>

With immediate effect, no student is to ride or bring a PLEV or electric skateboard to school. If they are brought onto the school site they will be confiscated and a parent or carer will need to come and collect it from Beechwood School.

Thank you for your support.

VISITING THE SCHOOL

Can we please ask that parents/carers call ahead and make an appointment before coming up to the school and asking to see a member of staff?

The reason we ask this, is so we can ensure the member of staff is available to see you when you arrive, as unfortunately, it is not always possible for staff to meet parents/carers, due to after school meetings, training or other commitments.

We want to be able to support in every way we can and understand there may be times when you need to speak to a teacher or school leader about issues relating to your child and we appreciate it can be frustrating when that staff member is unavailable to meet you.

So that we can ensure the staff member if available to see you and give you the time and attention needed to fully support you and deal with your enquiries / concerns, please always call ahead to make an appointment. *Thankyou for your understanding and support.*

WATER SAFETY

With summer comes warmer days and many families will be seeking to spend time outdoors and possibly travel to locations throughout the county and beyond that have open water, including lakes, rivers, canals, or even coastal waters. We want to make sure that families are aware of the possible risks and are taking all necessary steps when near or on the water, especially as the weather is still unpredictable and the ground water levels are still high.

Did you know...

- 59% of UK accidental drownings and 84% of UK child drownings occur in inland waters e.g. rivers, lakes and canals
- 44% of those that lost their lives to accidental drowning in the UK never intended to be in the water
- 2022 saw a 46% increase in the number of child drownings in the UK, compared to the 5 year average

This this in mind, we'd like to share an information booklet from the Royal Life Saving Society UK (RLSS). Please take a moment to look through it, it really can save lives.

[Water Safety Booklet from the RLSS](#)

To provide an exceptional educational experience for all where potential is nurtured and responsible citizens created.

EMPOWERING SPORTS LEADERS EVENT

The recent sports leader's event was an exhilarating showcase of teamwork, leadership, and sportsmanship. Hosted with precision, six primary schools converged for a day filled with spirited competitions and engaging activities, all expertly led by our commendable sports leaders.

From the onset, the energy was palpable as students eagerly participated in a series of meticulously organised tasks and challenges. The sports leaders, embodying professionalism and enthusiasm, guided their peers through each activity with finesse, ensuring a seamless and enjoyable experience for all involved.

Throughout the event, a spirit of camaraderie prevailed, with students from different schools coming together to celebrate the joy of sport. Whether it was coordinating relay races, facilitating team-building exercises, or overseeing friendly competitions, our sports leaders demonstrated exemplary leadership qualities, inspiring their peers to strive for excellence.

Furthermore, the event served as a platform for nurturing essential life skills such as communication, problem-solving, and resilience. As the day unfolded, students not only honed their athletic abilities but also developed invaluable qualities that will serve them well beyond the realm of sports.

In conclusion, the sports leader's event was a resounding success, thanks to the dedication and expertise of our student leaders. Their unwavering commitment to fostering a positive and inclusive environment ensured that every participant left with cherished memories and newfound skills. As we reflect on the day's achievements, we are reminded of the transformative power of sports leadership in shaping the leaders of tomorrow.



Supporting our students

CAPTURING SPORTS LEADERSHIP



Great sportsmanship, rewarded with a medal.

Congratulations to all participants.



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EXPLORING HELLFIRE CAVES

Year 8 Trip to Hellfire Caves

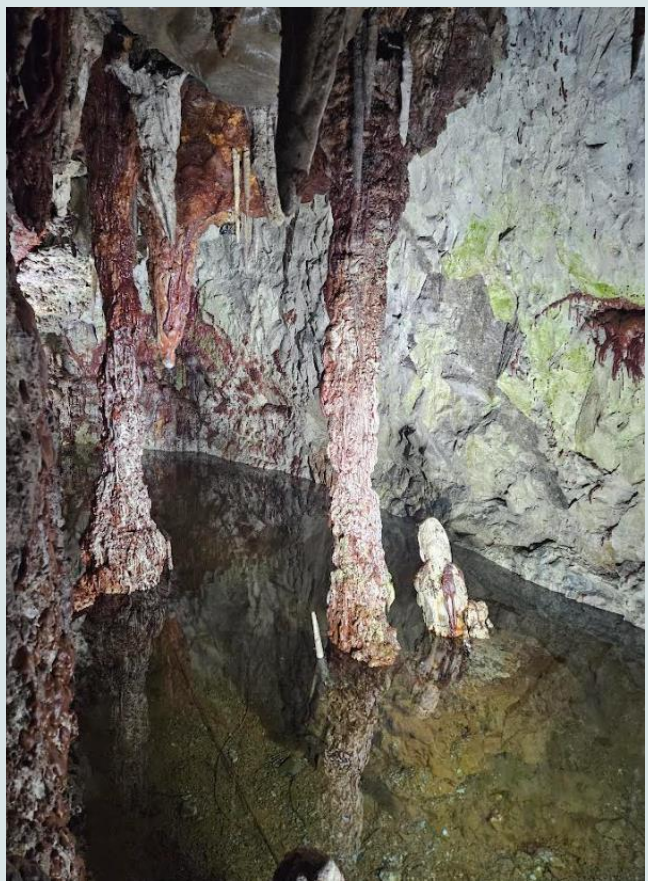
Our Year 8 students had a lovely morning out at Hellfire Caves, all student's behaved exceptionally well and enjoyed the experience of walking through caves and learning about the history behind the caves.

'It was a good experience, we learned a lot, had fun and the hot chocolate at the end was nice' Shailah Richards

'The trip was good and fun' Joshua Moss



Embracing New Opportunities



Supporting our students

What's on in the ALC?

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school	Breakfast club 7.30-8:20am	Breakfast club 7.30-8:20am	Breakfast club 7.30-8:20am	Breakfast club 7.30-8:20am	Breakfast club 7.30-8:20am
Break	Craft club/Games EAL Club	Craft club/Games	Craft club/Games EAL Club	Craft club/Games	Craft club/Games
Lunch	Craft Club	Board games	Lego Club yr7	Craft club	Craft club/ Mindful coloring
After school	Homework support club 3:00-3:30pm	Homework support club 3:00-3:30pm	Homework support club/ 3:00-3:30pm	Homework support club 3:00-3:30pm	Homework support club 3:00-3:30pm

BREAKFAST CLUB is open from 7.30am to 8.20am every morning in the ALC and is free for all students. There's cereal, toast, fruit and drinks available.

We are continuing to collect for the Slough Foodbank.

Please continue to drop any donations into the ALC.

Our next delivery will be after the half term holiday. *Thank you for your continued support.*

SLOUGH FOODBANK
HELPING LOCAL
PEOPLE IN CRISIS



Crafts in the ALC



Supporting our students

RECOMMENDED READS...



KS3 Recommended Reads

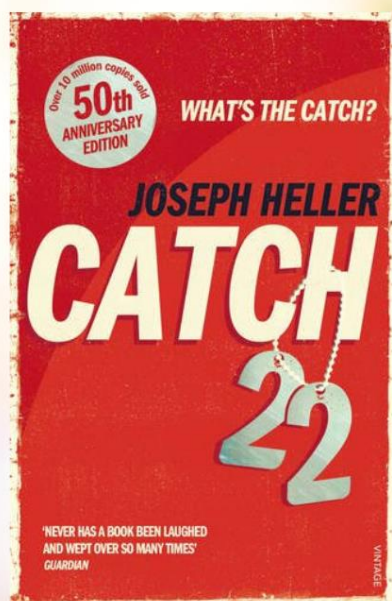
The dark is rising by Susan Cooper

It's Midwinter's Eve, the day before Will's eleventh birthday. But there is an atmosphere of fear in the familiar countryside around him. This will be a birthday like no other. Will discovers that he has the power of the Old Ones, and that he must embark on a quest to vanquish the terrifyingly evil magic of the Dark.

Puffin Clothbound Classics are stunningly beautiful hardback editions of the most famous stories in the world, now including a beautiful 50th anniversary edition of

The Dark is Rising,

the atmospheric, triumphant book by Susan Cooper.

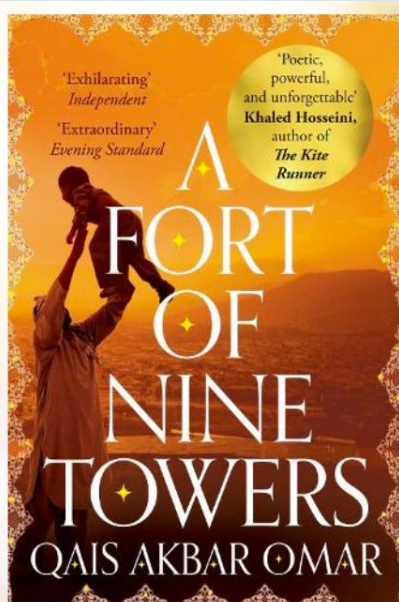


KS4 Recommended Reads

Catch 22 by Joseph Heller

Set in Italy during World War II, this is the story of the incomparable, malingering bombardier, Yossarian, a hero who is furious because thousands of people he has never met are trying to kill him. But his real problem is not the enemy—it is his own army, which keeps increasing the number of missions the men must fly to complete their service. Yet if Yossarian makes any attempt to excuse himself from the perilous missions he's assigned, he'll be in violation of Catch-22, a hilariously sinister bureaucratic rule: a man is considered insane if he willingly continues to fly dangerous combat missions, but if he makes a formal request to be removed from duty, he is proven sane and therefore ineligible to be relieved.

This fiftieth-anniversary edition commemorates Joseph Heller's masterpiece with a new introduction by Christopher Buckley; a wealth of critical essays and reviews by Norman Mailer, Alfred Kazin, Anthony Burgess, and others; rare papers and photos from Joseph Heller's personal archive; and much more. Here, at last, is the definitive edition of a classic of world literature.



KS5 Recommended Reads

A fort of nine towers by Qais Akbar Omar

Qais Akbar Omar was born in Kabul in a time of relative peace. Until he was 7, he lived with his father, a high school physics teacher, and mother, a bank manager, in the spacious, garden-filled compound his grandfather had built. Noisy with the laughter of his cousins (with whom they lived in the typical Afghan style), fragrant with the scent of roses and apple blossoms, and rich in shady, tucked-away spots where Qais and his grandfather sat and read, home was the idyllic centre of their quiet, comfortable life.

But in the wake of the Russian withdrawal and the bloody civil conflict that erupted, his family was forced to flee and take refuge in the legendary Fort of Nine Towers, a centuries-old palace in the hills on the far side of Kabul. On a perilous trip home, Omar and his father were kidnapped, narrowly escaping, and the family fled again, his parents leading their 6 children on a remarkable, sometimes wondrous journey. Hiding inside the famous giant Bamiyan Buddhas sculpture, and among Kurchi herders, Omar cobbles together an education, learning the beautiful art of carpet-weaving from a deaf mute girl, which will become the family's means of support. Against a backdrop of uncertainty, violence and absurdity, young Qais Omar weaves together a story--and a self--that is complex, colourful, and profound.

To provide an exceptional educational experience for all where potential is nurtured and responsible citizens created.

GEOGRAPHY OUTING TO RUSHALL FARM

Recently we took 60 Year 7 students on a trip to Rushall Farm to complete fieldwork on farming. On this trip students got the opportunity to learn about sustainability at the farm, the different animals and crops grown and got the opportunity to ride in a tractor.

Students went on this trip to enrich their understand of the British farming industry which they studied in class.



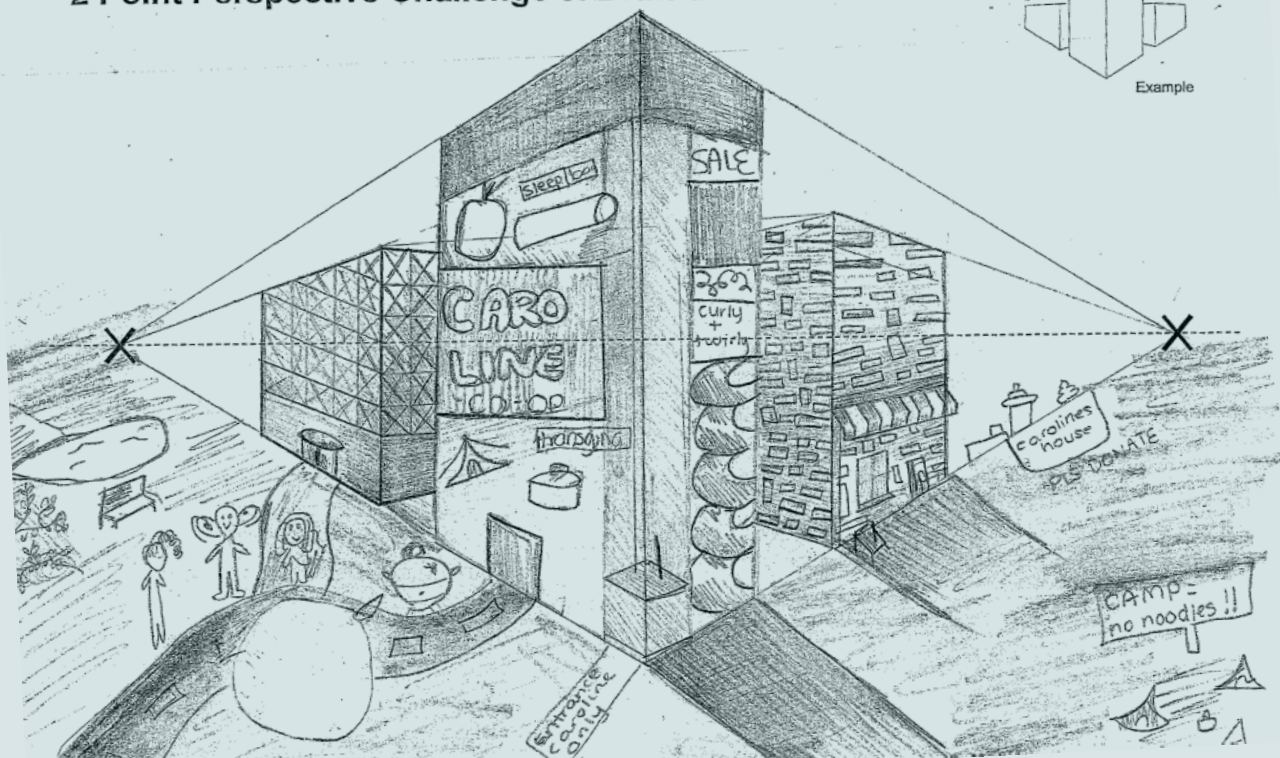
Celebrating Creativity and Design

AN EYE FOR DESIGN ...

We're often celebrating and rewarding great work in school, but two Year 9 students rose to the challenge of drawing a 2 point perspective of a street corner and we wanted to share their fantastic work. **Well done Amelia and Aramis. Keep up the great work!**

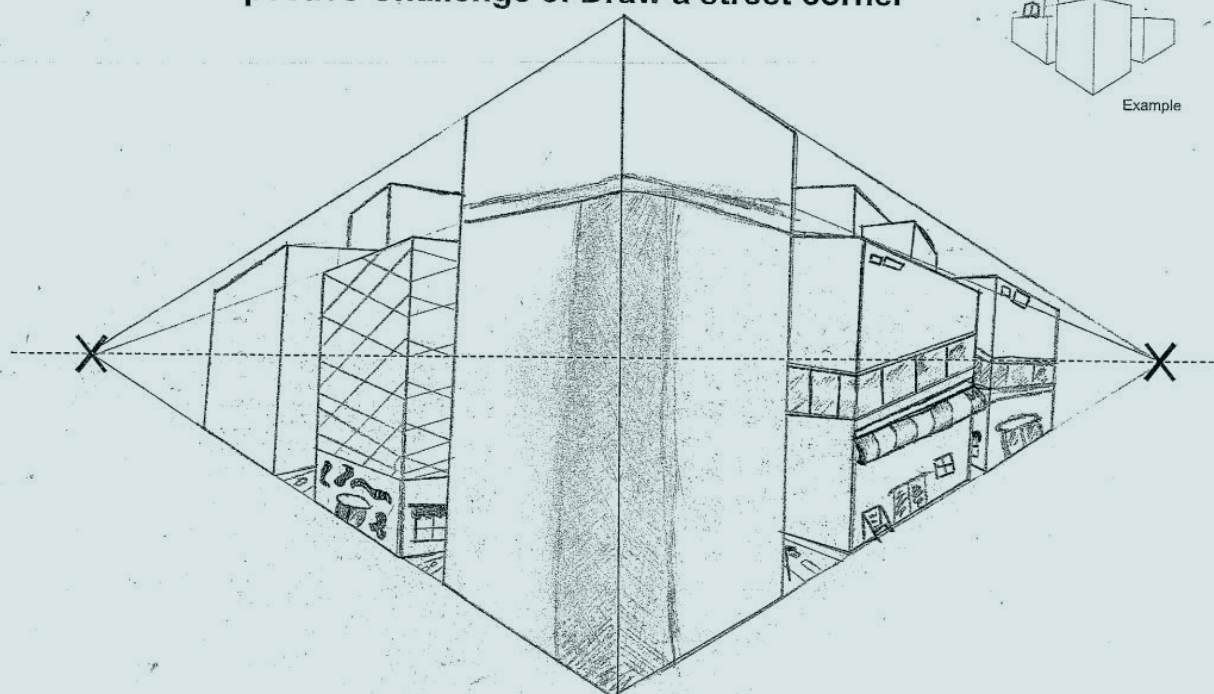
Class work of: Name: Amelia Group: Date:

2 Point Perspective Challenge 3: Draw a street corner



Class work of: Name: Aramis Group: Date:

2 Point Perspective Challenge 3: Draw a street corner



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YEAR 8 BASKETBALL TALENT...

A 'Shout Out' to the following 12 students who went to a 3 v 3 basketball tournament at Langley Grammar on the 2nd May and represented the school brilliantly:

Moosa M, Amanpreet, Reggie, Luqman, Patricia K, Pa Modou, Nathaniel O, Remi L, Mason C, Tinaye R, Sara P and Filip S.

Team A won all of their 1st five games then unfortunately lost in their semi-final.

Team B, lost one, drew one and won three and subsequently lost their play-off game.

Luqman played 1v1 with a student from Ditton Park Academy and eventually scored the winner. Luqman has excellent hands. He can intercept/steal a ball better than any of the group and when relaxed, shoots as well as any. Except perhaps Reggie and Moosa.

Patricia K and Sara P were the stars. The tournament insisted at least one girl remains on the court at all times. This means they played every game.

The whole group took every opportunity to lead and problem solve independently and as a team – Well Done and keep up the amazing work!

RAISING MONEY FOR COMIC RELIEF

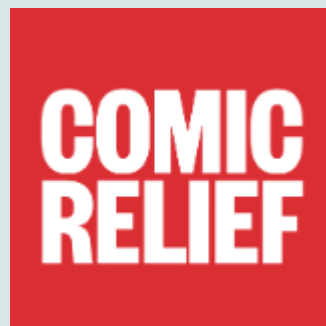


Thanks Beechwood School!

You just paid in £312.01 to Comic Relief, and we couldn't be more grateful.

You're helping to tackle inequality, improve mental health and help young people to survive and thrive – locally, nationally, and internationally.

Give yourself a pat on the back.



When the cost of living is impacting everyone, we have shown we can still dig deep and support those less fortunate.

We are extremely proud to announce, that Beechwood School raised **over £300 for Comic Relief** last month.

THANKYOU for all your support.

If you're interested in finding out more about what Comic Relief does or their next fundraising event, please visit <https://www.comicrelief.com/>

Embracing New Opportunities

DEVELOPING ORIENTEERING SKILLS

Last month saw Year 7 students take on the Year 7 Borough Orienteering Competition in Upton Court Park, Slough.

Students were in a race to find all of the marks on the map before other schools. They worked really hard and focused on key skills such as leadership, teamwork and problem solving.

The morning was a success and the hope is for our next year group to go to the event to build on our wins!



AIMING HIGH AND PLAYING FOR THE DISTRICT



Nominations for the Slough Schools' FA U13 GIRLS District Team 2024/25 TRIALS were recently submitted. 27 girls were nominated from across 11 different schools, but it was Lacey and Sylvie who were selected for the District Team 2024-25.

Congratulations to Lacey and Sylvie – what a fantastic achievement. We can't wait to follow your progress.

"I am proud and looking forward for upcoming opportunities" - Sylvie

"I am very proud and excited to make new friends and have lots of new experiences" - Lacey

Supporting Parents and Students

PE at BEECHWOOD – FAQ's

Our PE department often receive emails or phone calls from parents with queries about how PE is run at Beechwood. Our PE Lead, Jodie Cain wanted to share some frequently asked questions, to hopefully support parents/carers.

How often will we have PE?

At Beechwood we value the importance of Physical Activity and Health – as a result, you'll get 4 hours a fortnight in PE.

How many teachers will we have?

We try to give you no more than two teachers and if timetabling permits, we usually prefer you to have just one so you get to build a rapport with your teacher.

What will we study in year 7?

We spend a lot of time in year 7 focussing on your overall fitness and basic gross motor skills. These are essential to establish and build early on to allow you to enjoy being physically active and playing sport to the fullest. We do some light testing in your first few weeks to ascertain your current level and then we group you based on your interest in and commitment to sports and/or your overall well-being and physical fitness. Depending on which curriculum path we put you in will depend what you study; but either way there are a wide variety of sports/activities you'll study including; Netball, Football, Benchball, Trampolining, Badminton, Gymnastics, Fitness, Outdoor and Adventurous Activities, Basketball, Longball, Multisport activities and many more!

How often are we assessed?

You will be assessed at the end of every sport/activity studied. We will give you a grade to ensure that you are making good progress and are studying the correct curriculum pathway.

How do we get feedback and what does a feedback lesson consist of?

Feedback in PE is constant – your teachers spend the majority of the lesson offering praise and ways to make your skill level even better. Get used to hearing your PE teachers' voices a lot!

I love sports, can I do more than my 2 hours per week?

Absolutely! We have an extensive Extra-curricular programme for sports at Beechwood with at least 2 different clubs running every day after school, for free!

You don't have to sign up either – just show up and play! The more you attend the better you'll become so we advise you pick 1-3 clubs and attend them regularly!

How will it be different from primary school?

You have PE specialist teachers at secondary school – your PE teachers are all trained to deliver PE to the highest level. You can expect a higher level of challenge, more variety in the activities we do, and more opportunities for you to pursue sport outside of school hours. That and we have excellent sports facilities, which again will enhance your experience of School PE.

What happens if I am unwell or injured? Do I need to bring my PE kit in?

We have a motto at Beechwood PE – if you're well enough to come to school you can take part in the lesson. If you are feeling really poorly, we won't make you run around; that'll make you feel worse, but there is always something we can give you to do. We might ask you to help us officiate a game. We might ask you to work with a small group of students and help coach/teach them a new skill. PE is all inclusive and so are our lessons – if you're in school and have PE on your Timetable – you MUST have your full PE kit with you.

Supporting Parents and Students

PE at BEECHWOOD – FAQ's cont.

All our PE kits are the same! What happens if I lose mine?

Please make sure your name is written or sewn into every item of PE clothing, including socks. The changing rooms can get busy, and when you're in a rush, it's easy to pick up someone else's kit. To help us return lost kit to you, make sure your name is inserted clearly in each item of clothing!

Why am I not allowed to wear Hoodies?

In short, because they don't look very smart. They might be comfortable, but you are representing Beechwood – and we want all of our students to look their sharpest whether they are sat in a maths lesson, or out on the Astro playing touch rugby. The closest thing we can offer is our Beechwood Blac Swacket black or alternatively a plain black, hoodless jumper to keep you warm in those winter months!

I had my ears pierced over the summer – I can't take my studs out. Can I still do PE?

Students are not allowed to wear jewellery in their PE lessons. If ears are to be pierced please do this the first week of the school holidays so that they have time to heal ready to be removed for PE in September. For health and safety, if they are not covered up, we will have to insist they are taken out as we can't risk injuring any of our students. If you have a religious band, we strongly advise you to take it off for PE, again for Health and Safety and keep it in a safe place. If you are unable to take it off, it must be covered by a sweat band.

Where do I find my PE home-study?

Every week just like your other subjects you will be set PE home-study. It can be found on www.seneca.com and you will need to sign in with your google account. The work we set and talk about in lessons will be based on muscles and bones of the body, breathing, how our body moves and much more. You need 80% minimum to be successful. This home-study will help towards your written tests that occur three times throughout the year- all of these grades will go towards your final grade for Year 7 so get revising!

There's so many rules, will I enjoy PE?

Yes, absolutely. PE at secondary school is a completely different experience to PE at Primary School. We have had a number of students come from Primary HATING PE and by December of Year 7, they Love it. You are taught by teachers who are PE specialists, who absolutely love their subject and can teach you so much.

Not only that but we have amazing facilities that allow you to find what you're good at and most importantly what you love. There are lots of rules in PE at secondary school but that's to ensure you're safe. Because when you're safe, you can push yourself to limits you didn't know were possible!

Our new PE Kit Supplier is School Days Direct. Moving forward, please purchase your child's PE kit from School Days Direct. There is no requirement to purchase new kit, if your child's old-style kit still fits them. Students will be able to wear both types of kit for the foreseeable future.

To visit School Days Direct website and view the Beechwood PE Kit, please following this link - [https://www.schooldaysdirect.co.uk/product-category/school-uniform/beechwood-school/p-e-kit-beechwood-school/](https://www schooldaysdirect.co.uk/product-category/school-uniform/beechwood-school/p-e-kit-beechwood-school/)

Safeguarding is everyone's responsibility

SAFEGUARDING AT BEECHWOOD

Safeguarding our students and staff is at the centre of everything we do at Beechwood.

We want to share vital information with you, to help you ensure your child(ren) are safe. Please find a link to [How to spot County Lines Exploitation and where to go for help](#).

If you have any concerns about your child, please don't hesitate to contact Mr Mike Gaffin, our Designated Safeguarding Lead, or any member of his Safeguarding Team.

OUR SAFEGUARDING TEAM

				
Miss Anita Spires Headteacher	Mr Mike Gaffin Assistant Headteacher and Designated Safeguarding Lead (DSL)	Ms Stephanie Curl Deputy Designated Safeguarding Lead (DDSL)	Ms Alison McEvoy Associate Senior Leader and Deputy Designated Safeguarding Lead (DDSL)	Mr Kamran Samad Deputy Designated Safeguarding Lead (DDSL)

OUR LONG AWAITED NEW MINIBUSES HAVE ARRIVED...



We are feeling extremely lucky to have finally taken delivery of our 2 new minibuses, after a very, very long wait!

Both buses are fitted for comfort and staff are being put through formal training to be able to drive them.

Students have already enjoyed a few excursions in the new buses and much prefer them to our older, now retired vehicles.



To provide an exceptional educational experience for all where potential is nurtured and responsible citizens created.

STUDENTS SHINE AT DISTRICT ATHLETICS MEET

District athletics was a roaring success this year, with great weather, lots of fantastic events and our students modelling their fantastic sporting ability.



We had a couple of first places and second places and made some beautiful memories, it was a great day for Beechwood PE and we are so lucky to have shared it with the students!

Below are just some of the results. **Well done to everyone involved!**

Danny Chaplin - Javelin Year 10 (35.15m)
Kornelia Pietka - 100m Year 9 (13.21 seconds)
Kornelia Pietka - Long Jump Year 9 (4.27m)
Ethan Payne - 1500m Year 10 (4.47 minutes)
Francisca Somide – 1st in 200m heat
Aaron Sheil - Hurdles Year 10 (12.38seconds)

Adult Physical Activity / Exercise Study

Could you spare a few minutes to complete a survey around your experience of physical activity as a Slough resident?

It is hoped that the results of the borough wide survey will help Slough make appropriate commissioning and planning decisions to improve the uptake of physical activity in the borough. Your input would be much appreciated.

[Slough Physical Activity Survey](#)

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

SMILE

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.





EFFECTIVE STUDY HABITS



Successful students have learned how to study smarter, not harder.



CHOOSE SPECIFIC TIMES TO STUDY

Work when it's best for you! A routine helps to mentally prepare you.



PLAN YOUR TIME & STICK TO IT

Delaying a study session because of a difficult task is procrastinating and can mean misunderstood/sloppy work later.



GET, THEN STAY, ORGANISED

Create a revision timetable/schedule to help you remain on track.



TACKLE WEAKER AREAS FIRST

Your mental energies are highest at the beginning of study sessions



SET SPECIFIC GOALS

For each Study Sessions, day & week. This helps you remain focused so it is easy to evaluate your progress.



ASK FOR HELP

When it is needed phone a friend or ask your teacher/s.



TAKE SHORT BREAKS

It is productive to take a break and refresh your energy



MAINTAIN A HEALTHY DIET

Good nutrition should be part of your study plan. The better the fuel your brain gets, the better you'll study.



DRINK WATER

Drinking water improves sleep, short term memory & concentration.



MAINTAIN A POSITIVE ATTITUDE

Thinking negatively can drag down our moods, actions & health. Learning how to stay positive is invaluable in leading a happy life.

If you aren't willing to work for it, don't complain about not having it!



**Wednesdays, 13th March; 17th April; 8th May;
12th June; 3rd July 2024**

Community Parent/Carer Support Group, Slough

A support group for family members who have children/young people with additional needs living within Slough.

A safe and supportive space for sharing experiences and gaining support with the unique challenges faced by families of children with additional needs.

Each session will include an hours topic around being a parent of a child with additional needs. The remainder of the session will be for discussion of the topic and social support time.

March Topic; Exploring self care

DATE & TIME

Monthly- See above dates
10-12pm

VENUE

Farnham Common Village Hall
Victoria road Farnham Common,
Slough SL2 3NL

COST

FREE
(Refreshments provided)

FURTHER INFORMATION

Charlie Taylor
07831409731
charlie@parentingspecialchildren.co.uk

Children welcome under parent supervision

What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine – often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washington Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



Source: See full reference list on guide page at nationalcollege.com/guides/wake-up-drinks



The National College

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The Uniform Specialist

**£5.00 OFF YOUR NEXT
ONLINE ORDER**
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This voucher can only be used online at [www.schooldaysdirect.co.uk](http://www schooldaysdirect.co.uk).
Offer is valid between 1st June - 31st July 2024 and may only be used once.
This voucher cannot be used in conjunction with any other offer/discount.
Offer can only be used on a transaction of over £40.00.
One voucher per customer.

20A Buckingham Avenue,
Slough, Berks. SL1 4QA.

01628 665353
info@schooldaysdirect.co.uk
www.schooldaysdirect.co.uk



Marlow Rowing Club
Rowing taster sessions

Sat and Sun, 1st and 2nd June from 1pm
Marlow Bridge Lane, Marlow, SL7 1RH

Come and try rowing for yourself:

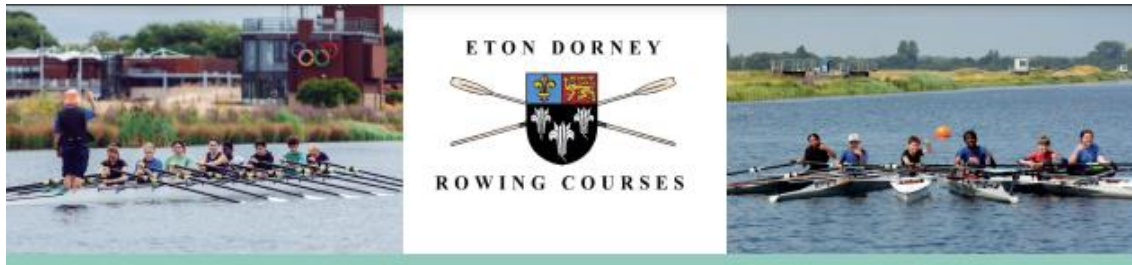
- Free of charge
- No experience necessary
- Applicants should ideally be over 170cm (f) or 180cm (m)

For info or to apply, email ben.reed@britishrowing.org

An opportunity to learn how to ROW - this is FREE to our students if they would be interested. All you need to be able to do is tread water for 2 minutes & swim 50m. It is open to children aged 12-16 years.

The sessions are during the summer but interest needs to be logged as soon as possible, by emailing h.vines@dorneylake.co.uk

This is an amazing opportunity, particularly for Year 10 students who are taking GCSE PE, as they could use it as one of their sports!



ETON DORNEY ROWING COURSES 2024



Course 1

22 July 2024 - 26 July 2024

Course 2

29 July 2024 - 2 August 2024

Price per course £390.

The Eton Dorney Rowing Courses are non-residential courses based at Dorney Lake for 12 - 16 year olds. Rowers of all abilities welcome, no experience necessary.

Free places available for students attending UK state schools.



63% of students attended from UK state schools.

Bookings open on our website on Tuesday 20 February 2024.



Telephone: 01753 370546

Email:

Etonrowingcourses@etoncollege.org.uk

www.etoncollege.com/rowingcourses



BEACONSFIELD TOWN FC

GIRLS U12

(SCHOOL YEAR 7)

**OPEN TRAINING SESSION : SHOOTING & MATCHES
WEDNESDAY 29 MAY**

**TIMING: 5.30PM-6.30PM
WHERE CRESSEX ASTROTURF,
HIGH WYCOMBE, HP12 4QA
COST: FREE OF CHARGE TO ATTEND**

**ANY CURRENT YEAR 7 GIRLS INTERESTED IN JOINING A FOOTBALL TEAM
NEXT SEASON, COME ALONG AND ENJOY A FUN FILLED SHOOTING &
SMALL SIDED-GAMES AFTERNOON WITH SUPPORT FROM AJD FOOTBALL
COACHING**

**SIGN UP VIA EMAIL
ADAM@AJDFOOTBALLCOACHING.COM**



BEACONSFIELD TOWN FC

GIRLS U13

(SCHOOL YEAR 8)

**OPEN TRAINING SESSION : SHOOTING & MATCHES
WEDNESDAY 29 MAY**

**TIMING: 5.30PM-6.30PM
WHERE CRESSEX ASTROTURF,
HIGH WYCOMBE, HP12 4QA
COST: FREE OF CHARGE TO ATTEND**

**ANY CURRENT YEAR 8 GIRLS INTERESTED IN JOINING A FOOTBALL TEAM
NEXT SEASON, COME ALONG AND ENJOY A FUN FILLED SHOOTING &
SMALL SIDED-GAMES AFTERNOON WITH SUPPORT FROM AJD FOOTBALL
COACHING**

**SIGN UP VIA EMAIL
ADAM@AJDFOOTBALLCOACHING.COM**