

# Beechwood Primary Academy

## Weekly Newsletter

"Living, learning and thriving"



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Please follow us on the Beechwood Primary Academy Facebook page

### 28th May 2021

#### BEECHWOOD SPORTS WEEK

As part of sports week the children took part in a range of different activities within their own year group bubbles.



We also had a special guest athlete, **Paralympian, David Hill** who came in to circuit train with our children.

Caterer provided a special menu for our sports week which included Cheesy Bike Wheels and Frisbee potatoes.

Our children were able to help raise money to develop sports and PE at our school and to help support GB athletes to compete for our country by asking to be sponsored for the fitness circuits they took part in.

#### Year 4 and 6 Duathlon



As part of our sports week year 4 and 6 competed in a duathlon. This is an endurance event with two disciplines running and cycling. Our children raced to see how fast they could complete the course .

They had to do 2 laps of running followed by 3 laps of cycling and they finished off with a final lap of running .

They all work extremely hard to complete the course ,which was made extremely difficult by our very muddy field!

A full write up and results are included with this newsletter

# SPORTS DAY RESULTS

## Reception Classes

### Nest Class

1st - red team 2nd - yellow team 3rd - green team

### Cloud Class

1st - green team 2nd - yellow team 3rd - blue team

The results of the running races for the team

### Girls

1st - Scarlett 2nd - Mia 3rd - Willow P

### Boys

1st - Altejus 2nd - Theo 3rd - Cody

## Year 2

### Aurora Class:

1st — Green

2nd — Yellow

3rd - Blue and Red joint

### Charm Class:

1<sup>st</sup> - Red & Blue joint

2nd — Green

3<sup>rd</sup> - Yellow

## Year 3 and 4

Pride Class - 1<sup>st</sup> - Red Team, 2<sup>nd</sup> - Yellow Team, 3<sup>rd</sup> - Blue Team, 4<sup>th</sup> - Green Team

Dazzle Class - 1<sup>st</sup> - Yellow Team, 2<sup>nd</sup> - Red Team, 3<sup>rd</sup> - Blue Team, 4<sup>th</sup> - Green Team

Memory - 1<sup>st</sup> - Green Team, 2<sup>nd</sup> - Yellow Team, 3<sup>rd</sup> - Blue Team, 4<sup>th</sup> - Red Team

Swarm - 1<sup>st</sup> - Red Team, 2<sup>nd</sup> - Blue Team, 3<sup>rd</sup> - Yellow Team, 4<sup>th</sup> - Green Team

### Yr 3 Girls

1<sup>st</sup> - Amelia S

2<sup>nd</sup> - Annalise E

3<sup>rd</sup> - Willow C

### Y4 Girls

1<sup>st</sup> - Lacey-Mae O

2<sup>nd</sup> - Carly-Rose W

3<sup>rd</sup> - Harriet A

### Yr 3 Boys

1<sup>st</sup> - Jacob C

2<sup>nd</sup> - Harry B

3<sup>rd</sup> - Finley V

### Y4 Boys

1<sup>st</sup> - Tyler W

2<sup>nd</sup> - Liam C

3<sup>rd</sup> - Olly S

## Year 5 and 6

Year 5 - 1st = Yellow Team, 2nd = Green team, 3rd = Red team and 4th = Blue team.

Year 6 - 1st = Green team, 2nd Yellow team, 3rd = Red 4<sup>th</sup> Blue team.

Overall UKS2 - 1st = Yellow/Green team, 2<sup>nd</sup> Red team, 3rd = Blue team

### UKS2 Running flat race results

#### Year 5

Girls - 1<sup>st</sup> Grace A 2<sup>nd</sup> Kayla 3<sup>rd</sup> Maddie

Boys - 1<sup>st</sup> Jamie 2<sup>nd</sup> James 3<sup>rd</sup> Baker

#### Year 6 =

Girls - 1<sup>st</sup> Eryn 2<sup>nd</sup> Ava 3<sup>rd</sup> Lacey

Boys - 1<sup>st</sup> Liam 2<sup>nd</sup> Theo 3<sup>rd</sup> Ben



## DIARY DATES

*(These dates may be subject to change)*

### 2020/2021

Mon 31st May	Fri 4th June - HALF TERM
Mon 14th June	Class Photographs
Fri 25th June	Mufti for Buddies
Thurs 8th July	Year 6 Prom
Thurs 15th July	M&M Productions
Mon 26th July to	Tues 7th Sept - SUMMER BREAK

### 2021/2022

Mon 6th Sept	Non Pupil Day
Tues 7th Sept	Non Pupil Day
Mon 25th Oct to	Fri 29th Oct - HALF TERM
Fri 26th Nov	Non Pupil Day
Mon 20th Dec to	Mon 3rd Jan - CHRISTMAS BREAK
Mon 21st Feb to	Fri 25th Feb - HALF TERM
Mon 28th Feb	Non Pupil Day

## FOOD IN SCHOOL POLICY

### PACK LUNCHES

Parents and carers are encouraged to provide healthy well balanced lunches. When preparing a child's lunchbox ,parents are advised to provide a sandwich, rice or pasta. A yoghurt or some cheese, a piece of fruit or vegetables and a healthy drink such as water, milk or 100% fruit juice. Parents are asked to limit sausage rolls, pies and other meat products ,also cakes and biscuits . Parents are asked NOT to include nuts and other salty snacks, sweets and sugary soft drinks. Water is available for all pupils throughout the day .Milk is available for children at least once a day. Thank You for helping to keep our children at Beechwood healthy.

### CLASS PHOTOS

The photographer will be in school on **Monday 14th June** to take Class photographs. Thank you.



## RENN READING WINNERS

This weeks word count winners are as follows:-

Key Stage 1– Aurora Class 4667 words read.

Lower Key Stage2- Pride Class 256 464 words read.

Upper Key Stage 2–Pandemonium Class 286 975 words read.

Congratulations to our winning classes



## SCHOOL UNIFORM

Please refer to our Uniform Policy on the school website. Please also be mindful of wearing the correct P.E. kit on P.E. days. Please remember a school jumper must be worn on P.E days if a jumper is needed .

Please could you also ensure that your child's drinks bottle is only filled with water . Thank you.



## ATTENDANCE

The expected average percentage attendance for a child is 96%. Please see below the attendance for week beginning **10th May 2021**

Cloud	92.8%
Nest	90.6%
Tower	92.0%
Aurora	98.2%
Charm	98.6%
Dazzle	99.2%
Pride	92.4%
Swarm	96.8%
Memory	88.1%
Parliament	95.9%
Flamboyance	94.2%
Wisdom	92.3%
Pandemonium	91.7%

**Well Done**

**Dazzle Class !**



## LATENESS

We would like to emphasise the importance of arriving at school on time. The POD doors open at 8.45am daily to allow children to be in class and ready for their lessons which begin at 8.55am. Thank you.

## CHILD ABSENCE

If your child is unwell and is due in school, please leave a message on the child absence line by 9.00am each morning. Thank you.

## ABSENCE REQUEST

Please provide proof of any medical appointments before they occur. For any other absences, please complete an absence request form in advance to allow authorisation by the Head of School. Please attempt to make all appointments out of school time. Thank you.

*Have a lovely Half Term!— Mrs Evans*



## COVID-19 INFORMATION PAGE

HM Government

**WASH HANDS**

**COVER FACE**

**MAKE SPACE**

NHS

**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.

NHS

**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](mailto: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](mailto:d-ccg.cornwalldevon.urgenttesting@nhs.net)

### POLITE REMINDER

Could we please remind parents/carers to follow social distancing whilst on the school grounds and to stay behind the red lines outside of the POD doors. This is to ensure that children, staff and parents are kept safe and we can abide by the 2m distancing rule.

We also request that all parents/carers please wear face coverings whilst on the school grounds.

Thank you to everyone who is following these guidelines and being prompt dropping children off at the doors reducing congestion on the school grounds.  
Thank you.

### LATERAL FLOW TESTS

Lateral flow testing kits are now available at most Well Pharmacies.

These kits are free of charge to everyone who would like to test.

Our closest pharmacy is situated in Bampfylde Way.



For upcoming events for the Plymouth Schools Sports Partnership or to read some of our blogs, please visit [www.yourschoolgames.com](http://www.yourschoolgames.com) and search for our school.  
<https://www.yourschoolgames.com/> <http://www.plymouthssp.co.uk/>



**PL** PLYMOUTH  
LEANDER  
SWIMMING

# SWIMMING TRIALS

Is your child aged 6 to 9, Years 1 - 4?  
Can they Swim 25m Freestyle, Backstroke,  
Breaststroke and perform a Dolphin Kick,  
reached stage 7 & above.

Then come and join our Junior Programme.

To book a trial or to find out more  
information email:  
[enquiries@plymouthleander.com](mailto:enquiries@plymouthleander.com)

SCAN



TO  
REGISTER

Contact with Us






## Beechwood Primary Academy Nursery

Now enrolling children for September 2021

**Beechwood Primary Academy**  
Rockfield Avenue  
Southway  
PL6 6DX  
01752 706360  
[beechwood.office@discoverymat.co.uk](mailto:beechwood.office@discoverymat.co.uk)

Enrolling children from 3 years old.  
Please contact us if your child is  
due to start Nursery during the next  
Academy Year.

Thank you.





## 60-Second Vegtastic Lunchbox Hacks

Veg are a key part of a healthy diet but it can be a real struggle  
to get kids to eat enough of them. Adding an extra portion or two  
to their packed lunch will help to up their intake. Try these simple  
ideas to **veg-pack their lunchboxes** with limited faff.


**The basic toolkit:**

- Containers (small and lidded for dips, leftovers and more)
- Cutlery (if needed)
- Thermos (any heat-retaining flask is great for soups, baked beans, leftovers, etc.)
- Bamboo kebab sticks (optional, but helpful for making veggies more fun)


**Top tip:** Know your portions – a child's portion of veg  
is roughly 50g or what fits into a child's hand.

**#LunchboxHacks**  
**@VegPowerUK**  
For recipes, tips and  
free download visit:  
[vegpower.org.uk](http://vegpower.org.uk)





## 5 easy #LunchboxHacks to add more veg in 60 seconds or less:



- 1. The Salad-on-a-Stick**  
Get a bamboo kebab stick and thread on different veg  
such as cherry tomatoes, cubed cucumber, cubed cooked  
beetroot, chunks of peppers, raw button mushrooms,  
crunchy lettuce, etc) in fun colours. If your child isn't a fan  
of veg, try starting off by alternating veg with cooked  
meat, cubed cheese, etc to ease them into it.
- 2. The Lunch Crunch**  
1 carrot chopped into sticks (or pre-chopped carrot  
sticks) with a pot of hummus (or their favourite dip)  
adds a portion of veg.
- 3. The Sandwich Slice**  
Slice 5cm cucumber (about the length of a  
small egg) and add to a sandwich for an extra  
portion of veg with minimal effort.
- 4. The Helpful Handful**  
Add a handful of ready-to-eat snacky veg to a container.  
Try cherry tomatoes, drained tinned sweetcorn, celery  
sticks, green beans, cucumber etc.
- 5. The Half-Baked Bean**  
Heat through half a tin of baked beans (ideally low sugar  
and soft) and stick in a heat-retaining flask for an easy  
veg portion win.

**My Favourite veg was:**

**I ate this many carrots:**

**I ate this much cucumber:**

**My Favourite veg was:**

**This week my rating is:**

**Top tip:** Keep trying! If they are not used to veg in their packed lunch,  
it may be picked out and ignored on the first few days. The more  
they see it and interact with it, the more the veg becomes "normal".

For recipes, tips and  
free download visit:  
[vegpower.org.uk](http://vegpower.org.uk)

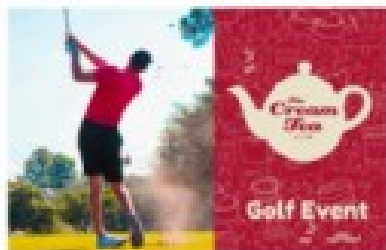


## Shekinah Quarterly Newsletter

### Fundraising News

Now we are almost half way through the year its been an exciting time for Shekinah. All of our services are now open and we have been able to welcome clients and customers back to all areas of Shekinah!

Friends of Shekinah is still growing and it would be wonderful if you could all share with your contacts the benefits of becoming a business friend.



The Cream Tea Club are hosting a golf event on Friday 23rd July at Boringdon Golf Club, tickets are still available with a donation from the event going to Shekinah. Lots of fantastic sponsors for the event and even better raffle prizes to be won!

[The Cream Tea Club - business networking events](#)

If you would be interested in holding an event for Shekinah please contact me, it would be great to hear from you.

### In other fundraising news!

Shekinah Posters are being distributed across Plymouth and Torbay, if you haven't already got yours please let me know and I will post one out to you!



Our website has some fantastic sponsorship opportunities including Harry who will be riding 200 miles for Shekinah in a 24 hour period. Please check out his page for more details.

[Harry's 200 Mile Challenge! | Shekinah Mission \(Plymouth\) Limited](#)

If you would like support in creating your own fundraising opportunity please contact us.



### Fundraising contacts:

Andy Kebby:  
07826 856010  
or Kristy Winters:  
07833 051822



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



# One donation to Shekinah can plant the seed that transforms **someone's life.**

Please help Shekinah continue to change lives by scanning the QR code. For every penny you donate, you are helping someone make positive steps towards a brighter future.

For more information visit [www.shekinah.co.uk](http://www.shekinah.co.uk).



SCAN ME TO DONATE NOW

