

Beechwood Primary Academy

Weekly Newsletter

"Living, learning and thriving"



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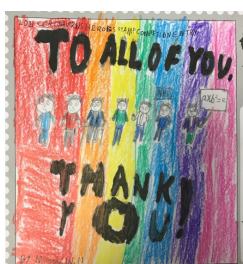
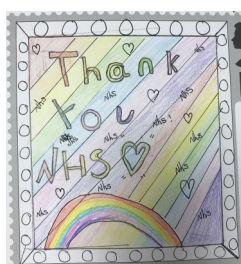
Please follow us on the Beechwood Primary Academy Facebook page

21st May 2021

HEROES STAMP COMPETITION



Some of children in years 1-6 have entered the NHS heroes stamp competition , to design a stamp which shows support for our amazing, hard working NHS workforce.



These Lovely designs are by:-

Amber, Shayla, Miesko, Isabelle and Ruby from Pandemonium Class

We wish Good Luck to everyone who has entered!

SPORTS WEEK

As part of our Sports Week we are very excited to be welcoming a top athlete, David Hill , to our school on **Thursday 27th May**.

David Hill will be leading a sponsored fitness circuit with all pupils followed by a talk and answer session. Children have been given a sponsorship form . You can also sponsor your child by following the below link www.sportsforschools.org

SPORTS WEEK REMINDER

Monday 24th May –**AM Year 1 and 2** Bubble Sports Day (Children to wear P.E kit to school.)

Monday 24th May –**PM Foundation** Bubble Sports Day (Children to wear P.E kit to school.)

Wednesday 26th May - **AM Year 3 and 4** Bubble Sports Day (Children to wear P.E kit to school.)

Wednesday 26th May-**PM Year 5 and 6** Bubble Sports Day (Children to wear P.E kit to school.)

Thursday 27th May—Athlete Visit - **Whole School (ALL Children to wear P.E kit to school)**

WINTER GRANT FREE SCHOOL MEAL SCHEME

The Winter Grant Free School Meal voucher scheme will be going ahead this May Half Term Holiday.

Vouchers will be issued to all parents who are in receipt of free school meals (not to be confused with children in receipt of Universal Free School Meals (R to Yr2).

Vouchers will be sent home with your child on **Tuesday 25th May 2021**.

Thank you.



DIARY DATES

(These dates may be subject to change)

2020/2021

Mon 24th May	Sports week and Virtual Sports Day
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.

BUDDIES MUFTI DAY

Friday 28th May is Mufti Day .

Children may come to school dressed in their own clothes. Please ensure your child wears sensible shoes.

Voluntary contributions will go to the PTFA Buddies

RENN READING WINNERS

This weeks word count winners are as follows:-

Key Stage 1– Charm Class 6300 words read.

Lower Key Stage2- Memory Class 143 280words read.

Upper Key Stage 2–Parliament Class 537 011 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	96.9%
Nest	88.6%
Tower	94.0%
Aurora	93.0%
Charm	92.5%
Dazzle	90.0%
Pride	89.2%
Swarm	95.0%
Memory	91.5%
Parliament	87.2%
Flamboyance	89.3%
Wisdom	83.8%
Pandemonium	88.8%

Well Done

Cloud 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 weekend !— Mrs Evans

COVID-19 INFORMATION PAGE



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

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 and search for our school.
<https://www.yourschoolgames.com/> <http://www.plymouthssp.co.uk/>



12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.

ONLINE

1 Give something back to nature

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!

2 Tranquil streams

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.

3 Give geocaching a go

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!

4 Share what you see

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!

5 Watch the stars

Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.

6 Wildlife on the web

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

OFFLINE

1 Ditch the phone

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.

2 Put down some roots

Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!

3 A different kind of tweet

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!

4 Feed your feathered friends

Hang a bird feeder where you can easily see it from a window. Then enjoy the feelgood factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a windowsill.

5 Park your worries

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.

6 Art and soul

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



NOS National Online Safety
#WakeUpWednesday

Sources: <https://rhiforest.org/coronavirus-lockdown-we-need-nature-now-more-ever> | <https://www.nationalgeographic.com/magazine/article/call-to-wild> | 'Mental Health and Nature', 16 Feb. 2018



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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

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

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





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 salt) 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