

# Beechwood Primary Academy

## Weekly Newsletter

"Living, learning and thriving"



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Please follow us on the Discovery Multi Academy Trust Facebook page

## 13th November 2020

### ANTI-BULLYING WEEK

We started the week with a very exciting Monday, where we all wore old socks! This was to show and celebrate the difference among us all. We also watched an assembly by Miss Humphries where she talked to us about the importance of telling a trusted adult if we are feeling frightened or bullied. She also showed us two apples and some of our staff and children were kind to one apple and very unkind to the other apple. We later learnt that the 'bullied' apple was bruised and hurt on the inside.

During the week we have been discussing as a class how we can stop bullying happening and how we can all be a good friend to others. If you are concerned or worried about bullying, please contact your child's class teacher.



### OUTDOOR LEARNING EUROPEAN PROJECT

During this week Beechwood Primary was featured in a European meeting with teachers, schools and lecturers in England, Norway, Belgium and Italy. All the schools had created a video to share all about learning outdoors. In our video a few Year 3 children very kindly supported Miss Humphries, on a very wet and cold day, and created a virtual tour of our school grounds, then discussed what they like about learning outdoors. Our European friends absolutely loved this video and commented on how wonderful and well spoken our children were.

### FLU VACCINATION

The immunisation team will be in school on **Tuesday 24th November** to immunise those children who have applied using the on-line system. Thank you.



### SCHOOL ADMISSIONS

Please be reminded that applications for Primary School Admission places are now open. Applications need to be completed by **Friday 15th January 2021**. Please see more information on:-

[primary.admissions@plymouth.gov.uk](mailto:primary.admissions@plymouth.gov.uk)

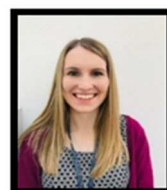


### DIARY DATES

*(These dates may be subject to change)*

#### 2020/2021

Tues 24th Nov	Flu Immunisation
Thurs 26th Nov	Buddies Christmas Mufti
Fri 27th Nov	Non Pupil Day
Wed 16th Dec	Christmas Lunch - Rec/Yr1/Yr3/Yr4
Thurs 17th Dec	Christmas Lunch - Yr2/Yr5/Yr6
Fri 18th Dec	Christmas Jumper Mufti
Fri 18th Dec	Last Day of Term
Mon 21st Dec to	Fri 1st Jan - CHRISTMAS BREAK
Mon 15th Feb to	Fri 19th Feb - HALF TERM
Mon 22nd Feb	Non Pupil Day
Thurs 1st April	Non Pupil Day
Fri 2nd April to	Fri 16th April - EASTER BREAK
Mon 3rd May	Bank Holiday
Mon 31st May	Fri 4th June - HALF TERM
Mon 26th July to	Tues 7th Sept - SUMMER BREAK



Mrs Bailey (Assistant Head of School) and Miss Mole (Teacher) are on Maternity leave from today and will be much missed. Provision is in place for their cover. We wish them and happy and healthy babies and we are glad that they will return to us next summer.

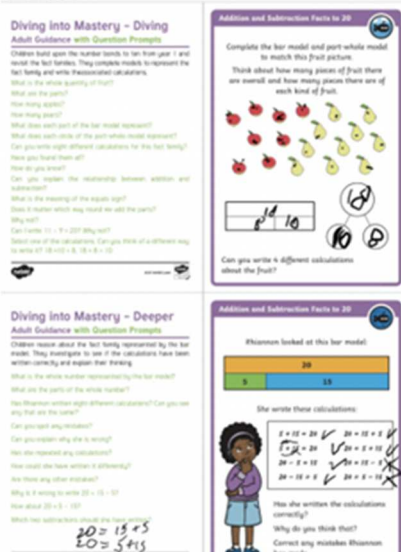
### TEACHER TRAINING DAY

Polite reminder that there is a non-pupil day next **Friday 27th November** for staff training. Thank you.



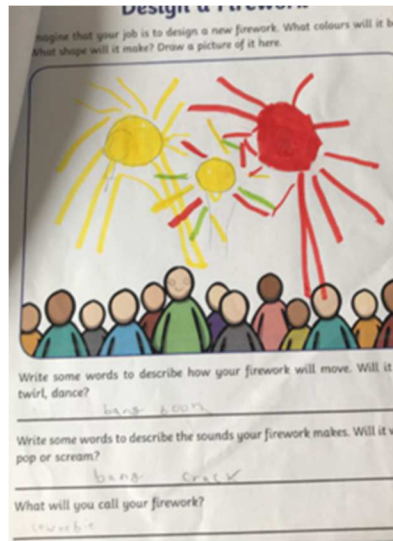
## YEAR 1 AND 2 HOME LEARNING

We have been so impressed with Year 1 & 2 and their resilience and positivity during home learning. Well done – we are very proud of you all!



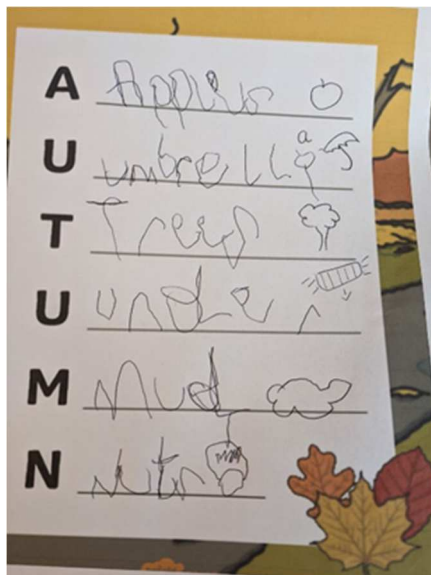
Hendrix  
 (Aurora Class) –

Has worked hard with his addition and subtraction facts up to 20.



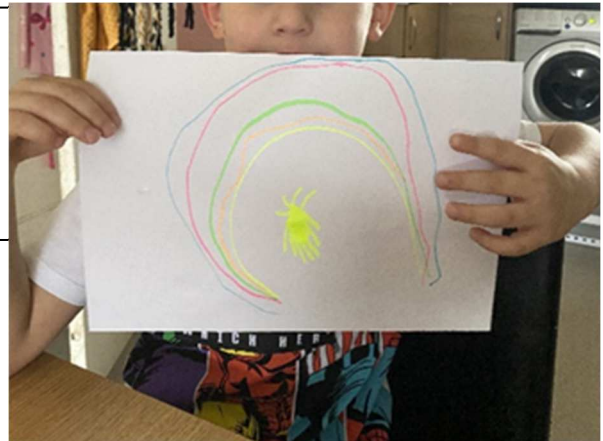
Finley  
 (Tower Class) –

Talked about his favourite weather, which is the sun! He has drawn a fantastic picture of this!



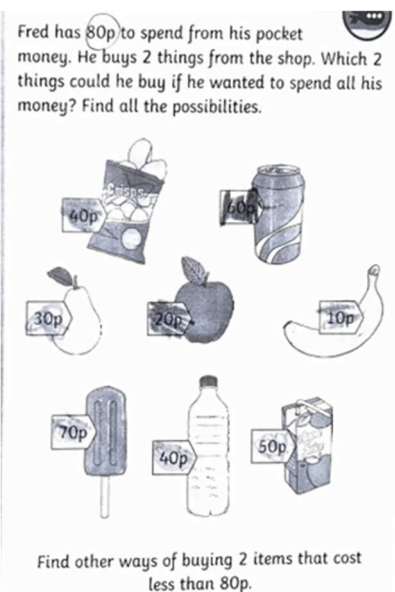
James  
 (Aurora Class) –

Has designed and drawn his own firework!



Dylan  
 (Tower Class) –

Has created a wonderful acrostic poem all about Autumn!



Sandra  
 (Charm Class) –

Has worked hard with bonds to 100, recognising what she could buy from the shop.

Declan  
 (Tower Class) –

Has been sorting dinosaurs in his work book for Maths.





PENINSULA DENTAL SCHOOL PRESENTS

# SMILES WITH PIAS

Top Tips to help your child maintain healthy teeth

THURSDAY 26TH NOVEMBER

## ONLINE WORKSHOP FOR PARENTS

Including interactive demonstration on Oral Hygiene Instruction, and discussion on Diet Advice

## + ADDITIONAL Q&A Session!

Free Resource Pack to guide good habits at home!

WITH -  
2ND YEAR DENTAL STUDENTS

## JOIN US ON MICROSOFT TEAMS!

2 SESSIONS TO CHOOSE FROM:

10-11AM

(LINK TO JOIN ATTACHED TO EMAIL)

1-2PM

(LINK TO JOIN ATTACHED TO EMAIL)



## MANAGING YOUR CHILD'S PHONE

Below is an app from Google that can be installed on your child's Android phones which allows parents to manage their children's phone usage. You can set boundaries around time on the internet and check messages sent and received. It can also be installed on parents iPhones.

<https://families.google.com/familylink/>

## 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 are following these guidelines and being prompt dropping children off at the doors reducing congestion on the school grounds.

Thank you.

Important Information

# WHAT TO DO IF YOU'RE WORRIED ABOUT YOUR WELLBEING DURING LOCKDOWN

@BELIEVEPHQ

- KEEP CONNECTED**  
Make sure you are staying connected to colleagues, friends and family on a regular basis. Use technology to keep in touch with everyone
- ACTIVITY PLANNER**  
Use an activity planner to organise your week and schedule in activities that you can look forward to
- SCHEDULE**  
Schedule in activities into your week that provide you with a sense of pleasure, achievement and connectedness
- TALK**  
Don't be afraid to talk to others about your feelings and thoughts
- REACH OUT**  
If you notice yourself struggling reach out to your local GP or a mental health charity for support
- HELPFUL BEHAVIOURS**  
Identify a list of helpful behaviours you can engage in that will help calm your body and mind
- PRIORITISE**  
Organise your time and make sure you are finding time to relax and engage in activities that you enjoy
- EXERCISE**  
Schedule some time into your week where you can engage in exercise or physical activity.
- SLEEP**  
Make sure you are getting into a good sleep pattern and try to maintain at least 7-9hrs of sleep a night
- STAY CREATIVE**  
Challenge yourself and learn something new
- MY VALUES**  
Engage in activities that are important to you and provide you with a sense of meaning

# HOW FAMILIES CAN WORK WITH EACH OTHER TO LOOK AFTER THEIR MENTAL HEALTH DURING LOCKDOWN

- 01**  
Give each other time and space to relax and apply self care
- 02**  
Work with each other to get tasks done (e.g. cooking or cleaning together)
- 03**  
Challenge each other in a positive way - identify a list of skills you can each master and regularly check in with progress
- 04**  
Be supportive of each other. Be patient and understanding of what you are each going through
- 05**  
Be a positive role model for each other. Demonstrate positive physical and mental health habits
- 06**  
If someone is experiencing a worry work with them to problem solve. Identify solutions together to solving the problem
- 07**  
Respect each other's space. If you have older children provide them with a sense of autonomy
- 08**  
Make decisions together as a family. Adopt a collaborative parenting style
- 09**  
Identify some helpful guidelines which you can all agree on and work towards together

@BELIEVEPHQ



## CHILDREN'S CHRISTMAS DINNER

The annual school Christmas Dinner will take place on **Wednesday 16th and Thursday 17th December.** Please refer to the letter sent out this week. Thank you.



Now Online: Tue 24th Nov Tue 15th Dec

Conversation Cafes 7-8.30pm via zoom

**Where?** Online...join us from the comfort of your own home.

**Who?** For dads/father figures/male carers (not aimed for children although we expect there may be the odd wave from a sleepy child)

**What?** A rare opportunity in our society, to come together as men to discuss what it is really like being a parent/care giver to our children. Share with a community of other dads, facilitated by professionals who specialise in supporting parents. Relaxed evening of conversation, make yourself a brew/grab a beer and share the highs and lows of being a parent/care giver and a man during 2020.

**Eventbrite link for tickets:**

[https://conversation\\_cafes\\_autumn.eventbrite.co.uk](https://conversation_cafes_autumn.eventbrite.co.uk)



Calling all dads and male carers (step dads, uncles, granddads...) come meet other dads, make new friends, enjoy fun FREE activities with your children on Saturdays and discuss the challenges and successes of being a dad at our Tuesday Conversation Cafes-- a safe space to talk all things dad & eat pizza...

Please book your FREE place through

[info@dangerousdads.org.uk](mailto:info@dangerousdads.org.uk) OR call/text 07934739098.

We will then send you an invite to the zoom call, only people who have signed up will be able to join the call and its a safe and friendly place to talk.

**FREE Events for Dads-Autumn Series 2020**

## MELLOW MUMS GROUP

Being a mum can be tough and Home-Start's aim is to be there for parents when they need us.



**South & West Devon**

Mellow Mums is an informal, one-hour session, via Zoom, each week to give mums a chance to meet others and feel less isolated. It is an opportunity to chat but with no pressure to share anything that you don't want to.

We want the group to be led by Mums and so each week you will have a chance to tell us what you would like. It could be videos, guest speakers, information or just to chat with other people who know what you are going through.

It will be facilitated by a Home Start Co-ordinator and there will be no more than 10 attendees each week.

**The group is suitable for mums with a child under 2 years old.**

The next group starts on Thursday 3<sup>rd</sup> December at 1pm.

If you are interested in attending or would like to know more contact us at [homestart.shpt@gmail.com](mailto:homestart.shpt@gmail.com) and we will send you a link to access the group via Zoom using your phone, tablet, laptop or computer.



# ChatHealth

## NEW Health Visiting and School Nursing TEXT SERVICE

**PARENTS. CARERS. YOUNG PEOPLE.**

**If you'd like some health advice or support, but are a bit worried about seeing or talking to a professional, our new ChatHealth is perfect for you!**

Simply text one of the numbers below and one of our team will text you back



**0-5 years  
Parents Service  
07480 635188**



**5-19 years  
Parents Service  
07480 635189**



**11-19 years  
Young People's Service  
07480 635198**

**Livewell**  
Southwest

*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](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)

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

