



Newsletter Issue - 31<sup>st</sup> January 2025



@beecholmeprimaryschool



@BeecholmeSchool

### Headteacher Update

Dear Parents and Carers,

I hope this message finds you well and warm, as the weather outside is certainly not pleasant! With a weather warning for wind and rain in the coming days, we will be extra cautious with outdoor activities and ensure that all risk assessments are in place. As you know, it's important for the children to have some time outdoors, but their safety is our priority. We ask for your continued support in ensuring that the children come to school fully equipped for all weather conditions, including coats, hats, scarves, and gloves.

The school is buzzing with energy as the children continue to engage in their learning. One of my favourite moments of the day is visiting classrooms and seeing the incredible work the children are doing. Yesterday, I had the pleasure of joining Year 4 as they explored the Ancient Egyptians, and their thoughtful questions made for a truly engaging experience. I've also been impressed by the Year 2 students, who have been learning about the Great Fire of London and have produced some brilliant writing. They are eagerly looking forward to their trip next week to explore the historical site in London.

We are also excited to announce a new addition to our Friday celebration assembly: the *Star Writer of the Week* certificate! This will recognise outstanding writing, so please keep an eye out for these certificates coming home. As always, any successes the children have received outside of school, please do send these in for us to share.

Last Friday, we celebrated **International Day** at Beecholme, and what a fantastic event it was! The children looked wonderful in their traditional clothes, and it was heartwarming to see everyone embracing and learning about the diverse cultures within our school community. A huge thank you to all the families for their generous contributions to make the day a success. The afternoon was filled with delicious food, and we raised an incredible £125. This money will support our food technology curriculum and give the children more opportunities to cook as part of their learning.

In addition, I'm thrilled to share that we raised a remarkable £950 at our Christmas Fair! Thank you for your continued support and donations. Our Rights Respecting Steering Group has been working hard alongside their coach, Darrell from Fulham, and have been selected to present their project to the FFC panel in the hope of securing additional funding. Combined with the

funds from the Christmas Fair, this will go towards regenerating our pond area, a project chosen by the children. We're very excited about this initiative and will keep you updated on progress.

Looking ahead, we are thrilled to announce that Beecholme will host a **Scholastic Book Fair** from **Monday, 10th February to Friday, 14th February** (excluding Thursday 13th February). The fair will run from **3.15pm to 3.45pm** each day in the school hall. On Thursday, we'll open it throughout the day for the children to explore and purchase books. If you'd like your child to buy a book, please send them with money on Thursday.

Finally, I would like to inform you that Miss Doyley, our Year 3 teacher, will be leaving us at the end of this half term. She has been a wonderful part of the Beecholme team, and she will be greatly missed. We're pleased to announce that Miss Maddy McConnell will be joining us as her replacement, starting just before half term to ensure a smooth transition.

Wishing you all a lovely week ahead!

Warm regards,

Mrs. Hayley Lewis

### International Day

This week at Beecholme, we've been diving into the world of food and nutrition in our Design and Technology lessons, with each year group making delicious and healthy creations inspired by different cultures.

- EYFS got creative with colourful fruit kebabs
- Year 1 whipped up their own fruit yoghurts
- Year 2 put together fresh, vibrant salads
- Year 3 designed and made healthy pittas
- Year 4 mastered sandwich-making
- Year 5 baked and decorated naans
- Year 6 created mouthwatering pizzas

The children not only developed essential cooking and cutting skills but also gained valuable knowledge about food and nutrition. It was incredible to see their hard work showcased at our **Beecholme International Day**. This event gave their learning a meaningful purpose, and your participation made it even more special. This has even inspired children to cook at home!

Well done!



Thank you to everyone who contributed and attended, it was truly a celebration of the pride and diversity within our school community. Your generosity will help us enhance our school resources and continue to support opportunities like this for our children.

What a wonderful reminder of how our shared efforts can bring us together!



### Well-Being Parent Zone



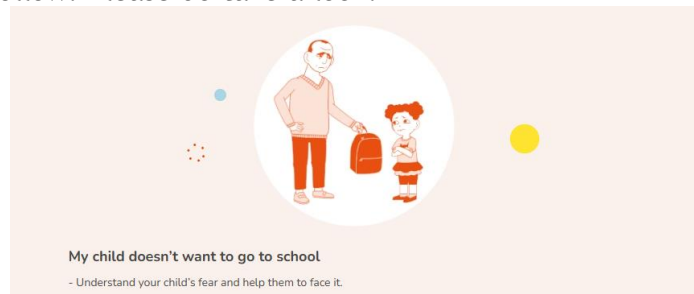
During the week beginning 3<sup>rd</sup> February, we are participating in children's mental health week. The theme for 2025 is focus is **Know Yourself, Grow Yourself**, with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them. We want children and young people to discover how getting to know who they are can help them build resilience, grow and develop. Place2Be's Children's Mental Health Week has joined forces with Here4You to explore the importance of self-awareness and expressing emotions. Here4You is supported by The Walt Disney Company, and through the characters of Pixar's *Inside Out 2*.

We want our children to know about mental health and how to talk about their feelings and we know talking about mental health with children can be tricky. It's important to approach the topic in a way that's age-appropriate, open, and supportive. Children may not always have the words or understanding to describe what they're feeling or why they are behaving in a particular way, so creating a safe space for them to express themselves is key.

Here are a few things to consider when discussing mental health with children:

1. **Use simple language:** Keep explanations clear and straightforward. For example, when talking about anxiety, you might say, "Sometimes, our brains can feel overwhelmed, just like our bodies can feel tired or sick."
2. **Normalise emotions:** Let them know that it's okay to feel sad, worried, or angry sometimes. Everyone experiences tough emotions, and feeling that way is part of being human.
3. **Encourage open conversations:** Create an environment where children feel comfortable talking about their feelings. Ask open-ended questions like, "How are you feeling today?" or "Have you had any worries lately?"
4. **Teach coping skills:** Help them learn ways to manage difficult feelings, like taking deep breaths, drawing, or talking to a trusted adult when things feel heavy.
5. **Model healthy habits:** Show them that taking care of your mental health is important. Practice self-care, share your own feelings in an age-appropriate way, and seek help when needed.
6. **Be patient:** Children may not always have the words to explain what's going on inside their minds. Give them time and space to express themselves at their own pace.

Place2Be is a fantastic website which has a parent section for helpful guides on different situations involving mental health and well-being. There are videos and tips to support you with some of the challenges you may face at home with your child/children. For example: if your child does not want to go to school, there are some detailed helpful steps to follow. Please do take a look.



Improving children's  
mental health

[Place2Be: Parenting Smart: Articles](#)



# TIPS FOR FAMILIES

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## 1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

## 2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

## 3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

## 4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

## 5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



## SEND

### Spring half term and Easter holiday touch typing courses for 7 - 16s

St Joseph's Primary School, Kingston KT1; 17 - 20 Feb; 7 - 10 Apr; 14 - 17 Apr.

Course session times: 10:00 - 12:15 pm daily

Beginners, improvers and advanced typists are warmly welcome. We mix formal technique with the latest app games to make learning effective and fun. Typing proficiency makes a huge impact on academic attainment at all ages.

Cost per place: £176.00. 10% discount for siblings/ bring-a-friend/returners  
OFSTED registered - childcare vouchers accepted. Duke of Edinburgh Award skills assessor. Apply at [www.typingscool.co.uk](http://www.typingscool.co.uk)

## Enrichment Across Beecholme

We have had a fantastic start to the school year with enrichment at Beecholme. Not only have we had the brilliant Fullam Football club build excitement in our pe lessons, Years 1 and 2 also have a brilliant time with their introduction course to playing the recorder thanks to Merton Music Foundation. We are excited that now Years 5 and 6 are having the opportunity to enhance their drumming skills with Samba drum lessons. Many of our classes have been offsite visiting a range of exciting places. We have had trips to the cinema, the Science Museum, inspirational talks as well as a visit to a recycling centre! The rest of the school year is jammed packed with even more exciting educational visits to lots of exciting locations. Next week, Year 2 are looking forward to visiting the starting location of The Great Fire of London and there is a joint trip for Years 1 and Reception to experience 'clip and climb'. We would like to thank all of our parents for contributions towards our trips and the permission to take your children's learning outside of the classroom. We are excited to make learning fun and memorable for our students at Beecholme.



**Important Dates**



03/02/2025-07/02/2025	Children's Mental Health Week
05/02/2025	Year 4 and 5 visit the British Museum
06/02/2025	Sponsored welly walk Safer Internet day Parents Evening
10/02/2025	Firefighter visit for Early Years
10/02/2025-14/02/2025	Book fair after school
11/02/2025	Safer Internet Day
13/02/2025	Movie night
14/02/2025	Break up for the holidays at 3.15pm
25/02/2025	Rights Respecting School Steering Group attending Fulham Stadium to present their Social Action Project