



Rockfield Avenue, Southway, Plymouth, PL6 6DX  
 Tel : 01752 706360  
 Email : beechwood.office@discoverymat.co.uk  
 Website : www.beechwood-primary.co.uk

## Friday 3rd March 2025

### World Book Day and Careers day!

Thank to everyone who made such an effort with costumes, competition entries and all things World Book Day and Careers Day related this week.

As you may well have seen from our Facebook page, the children, staff, volunteers and parents all had a wonderful time.

Special thanks must go to our parents and friends of the school who gave their time and expertise so willingly to give our children an insight into different careers.

Have a great weekend and we will see you on Monday.

Mr Arnold and the Beechwood Team.



## Diary Dates to Remember

24th Feb - 14th March

**Yr 5 Swimming Lessons**

Thurs 13th March - 2.45pm

**Yr 4/5 - Holst Class Assembly**

Mon 17th - Fri 21st March

**Yr 4 - Nethercott Farm**

Thurs 27th March - 3.00pm

**Yr 4 - Multiplication Test Mtg**

Fri 28th March

**Rock Steady Concert**

Tuesday 1st April

**PTFA - KS1/KS2 Easter Disco**

Wed 2nd April

**Class Photographs**

Thur 3rd April

**Yr 6 - Eden Trip**

7th April to 21st April

**EASTER BREAK**

Mon 28th - Wed 30th April

**Yr 5 - Barton Hall Residential**

Monday 5th May

**MAY DAY BANK HOLIDAY**

Thurs 8th May - 2.45pm

**Yr 1/2 - Vivaldi Class Assembly**

Sun 11th May

**Half Marathon Challenge**

12th - 15th May

**Yr 6 SATS Week**

26th May to 30th May

**HALF TERM**

## Year 4/5 Computing

As part of computing this term, Year 4/5 have been exploring how we can record audio and edit it. We spent our first lesson tinkering with the online software Twisted Wave and were having lots of fun seeing what we could create.



## Year 5 Swimming Lessons

Year 5 have made a brilliant start to their swimming lessons. They've loved travelling to the life centre and getting to go in the water every day! We can't wait to see the rest of their progress!



## CAMHS Self Referral

Did you know if you are worried about your **child's mental health** as a parent you can self-refer to CAMHS (Child and Adolescent Mental Health Services)? The Early Help team support children with a range of mental health concerns; including low mood and anxiety.

Follow the link below, complete the details and your referral will immediately go to CAMHS for triage.

[CAMHS Early Help Request for Help | Livewell Southwest](#)

If you, or an **adult** you know needs support follow this link instead -[Referral Form](#) and complete the details.

For **emergency** support for adults OR children, call the **First Response Team on 111**.

## Tea with Teresa

Tea with Teresa will not be taking place this term. However, if you would like to talk to a member of the team, please pop into reception or contact school in the usual ways and we will ensure that the relevant staff member makes contact with you. Thank you.





## P.T.F.A. Easter Competition

EYFS/KS1 - Make an Easter card  
KS2 - Decorate an egg

Entries into School : Tuesday 1st April  
Judging & Prizes : Thursday 3rd April

1st, 2nd and 3rd prizes in each group

Made with PosterMyWall.com

# P.T.F.A. FOOLS DISCO

**TUESDAY 1ST APRIL**

Rec & KS1 - 3.30pm to 4.30pm  
(please bring in clothes to change into at the end of the day)  
KS2 - 4.40pm to 5.40pm

Child Collection  
Rec - Yr 3 - All children to be collected by an adult  
Yr4-6 - Please let the office know if your child can walk home without an adult

£4.50  
(to include pasty and unlimited squash)

Please pay on Parent Pay by  
Monday 24th March at the very latest

# EASTER ACTIVITY CAMPS

**£15 PER DAY**

**VENUE:**  
**BEECHWOOD ACADEMY**

**DATE:**  
**7TH - 10TH APRIL 2025**

**10AM-3PM**  
**5-14 YEARS**

BOOK ONLINE AT  
[PRO-COACHING.CO.UK](http://PRO-COACHING.CO.UK) OR  
SCAN THE QR CODE.

For children NOT in receipt of Free School Meals

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**FULLY FUNDED!\*\***

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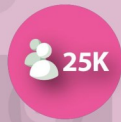
\*\* FOR THOSE ON FREE SCHOOL MEALS, USE THE CODE EASTHAF25

For children in receipt of Free School Meals





Social media influencers are people who have established credibility in a specific industry and have the power to influence other people's decisions. Most commonly associated with YouTube and Instagram, 'influencers' will usually have a large number of followers and be viewed as authentic by their audience. It is for this reason that many influencers are often paid by big companies to promote their products in the hope of persuading their followers to purchase those goods.



## What parents need to know about SOCIAL PRESSURES LINKED TO 'INFLUENCERS'



### AN UNREALISTIC PERCEPTION OF BODY IMAGE

Some of the most popular social media influencers often depict themselves as having the 'perfect body' and are paid to promote items such as health supplements or swimwear, which young people believe can help them achieve the same look. What is not always realised is that these images can be edited or filtered and aren't always a true-life representation. Your child may feel like this is what they need to look like and in some cases, become obsessed with their body image, which could contribute towards a lower self-esteem or even becoming depressed if they can't achieve the same look.



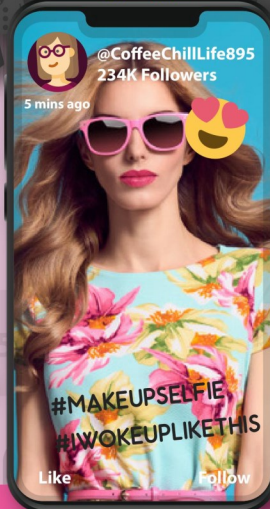
### BECOMING UNREALISTIC ROLE MODELS

As children become more and more involved on social media and identify who their favourite people are to follow, they may come to see social media influencers as role models, particularly if they are attracted by the lifestyle they see online. This could lead them into developing potentially unrealistic expectations of life and in some cases, using their role models as an escape from reality, particularly if they feel like their own life isn't very fulfilling.



### ENCOURAGING BAD HABITS

Although many social media influencers will get paid to advertise brands and their products, they will also post their own material online too, usually depicting their daily life or an activity for example. This may have both desirable and undesirable consequences, with influencers able to inspire both good habits, such as healthy eating, exercise or kindness. However it may also encourage children to adopt bad habits, such as drinking, smoking, swearing or even criminal behaviour, particularly if these are seen to be endorsed by the influencer.



### THE NEED TO HAVE EVERYTHING

Many social media influencers will take photos or videos of themselves wearing the latest fashion or jewellery which companies want them to promote. They may also be provided with the latest gadgets to promote or, if they are children, toys to play with in order to persuade their followers to purchase them. Many children will be keen to buy these items in order to keep up with the latest trends however if they get left behind, they could be made to feel inadequate or inferior to other children who do have them.



### AUTHENTICITY OF ENDORSEMENTS

Social media influencers hold a lot of persuasion with their audience and are often looked up to by younger followers. Many children will see them as credible, authentic and trust what they see online. However, some influencers may not always believe in the product they are promoting and therefore can mislead their followers, abusing their level of confidence in them. Your child may therefore find themselves looking up to people who are disingenuous or who feign interest in activities that they themselves do not actually care about.



## Safety Tips for Parents

### FOLLOW WHO THEY FOLLOW

A good way to see first-hand who may be influencing your child is to create your own social media account and follow the same people they do. This will give you a strong indication of what is shaping how your child behaves, what they like and what they are taking an interest in.



### TALK ABOUT ROLE MODELS

Role models can play an important part of your child's life, particularly outside of the home. Talk to your child about who they look up to and why. Remind them that not everybody online is who they seem to be and if you do have concerns that your child is being negatively influenced, work with them in finding more positive alternatives.

### BUILD THEIR SELF-ESTEEM

It's important that your child is aware of how unrealistic perceptions of life can be depicted on social media and that it is easy to be deceived. Discuss with your child how images can be heavily edited, cropped or manipulated to create artificial scenarios and that often the lifestyle that people display on social media isn't always realistic or in fact the truth.



### DISCUSS REALISTIC VS UNREALISTIC EXPECTATIONS

If you notice your child has suddenly taken a strong interest in the way they look, or you find they are a lot more body conscious, then it's a good idea to speak to them about why they feel that way. If they seem unhappy, try to build their self-esteem by talking to them and listening to their concerns, helping to build their confidence through praise and positivity. Remind them that looks aren't everything and not everything they see online is actually a true depiction of real life.



### ENCOURAGE INDEPENDENT THINKING

Social media influencers can be quite powerful individuals who hold a lot of persuasive power so it's important to encourage your child to think independently about everything they see and engage with online. Talk to them about the dangers of blindly following others and in keeping an open mind when viewing content. Teach them to always question people's motives online, especially when they see individuals are promoting a brand or product which they are likely to have been paid to advertise but may not necessarily personally endorse.



### Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

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# 2024-2025 Term Dates

TERM DATES 2024/25



Teaching days (statutory)	190
Professional development days	5
Occasional days	5
<b>Sub-total</b>	<b>200</b>
School holidays	52
Bank holidays	8
Saturdays and Sundays	105
<b>Total</b>	<b>365</b>

Term	Start	End	Days
1	03-Sep-24	25-Oct-24	39
2	04-Nov-24	20-Dec-24	35
3	06-Jan-25	14-Feb-25	30
4	24-Feb-25	04-Apr-25	30
5	22-Apr-25	23-May-25	23
6	02-Jun-25	23-Jul-25	38
<b>Total</b>			<b>195</b>

	SEPTEMBER				
Monday	2	9	16	23	30
Tuesday	3	10	17	24	
Wednesday	4	11	18	25	
Thursday	5	12	19	26	
Friday	6	13	20	27	

	OCTOBER				
	7	14	21	28	
1	8	15	22	29	
2	9	16	23	30	
3	10	17	24	31	
4	11	18	25		

	NOVEMBER				
	4	11	18	25	
	5	12	19	26	
	6	13	20	27	
	7	14	21	28	
1	8	15	22	29	

	DECEMBER				
2	9	16	23	30	
3	10	17	24	31	
4	11	18	25		
5	12	19	26		
6	13	20	27		

	JANUARY				
Monday	6	13	20	27	
Tuesday	7	14	21	28	
Wednesday	1	8	15	22	29
Thursday	2	9	16	23	30
Friday	3	10	17	24	31

	FEBRUARY				
3	10	17	24		
4	11	18	25		
5	12	19	26		
6	13	20	27		
7	14	21	28		

	MARCH				
3	10	17	24	31	
4	11	18	25		
5	12	19	26		
6	13	20	27		
7	14	21	28		

	APRIL				
	7	14	21	28	
1	8	15	22	29	
2	9	16	23	30	
3	10	17	24		
4	11	18	25		

	MAY				
Monday	5	12	19	26	
Tuesday	6	13	20	27	
Wednesday	7	14	21	28	
Thursday	1	8	15	22	29
Friday	2	9	16	23	30

	JUNE				
2	9	16	23	30	
3	10	17	24		
4	11	18	25		
5	12	19	26		
6	13	20	27		

	JULY				
	7	14	21	28	
1	8	15	22	29	
2	9	16	23	30	
3	10	17	24	31	
4	11	18	25		

	AUGUST				
	4	11	18	25	
	5	12	19	26	
	6	13	20	27	
	7	14	21	28	
1	8	15	22	29	

## P.E. Days

Spring Term 2				
Reception	Year 1 and 2	Year 3	Year 4 and 5	Year 6
<b>Monday</b> Gymnastics 	<b>Monday</b> Tag Rugby Skills 	<b>Monday</b> Dance 	<b>Tuesday-</b> Dun Class <b>Wednesday-</b> Holst and Bernstein  Dance 	<b>Tuesday</b> Tennis and Golf 
	<b>Tuesday</b> Price Class- Dance 	<b>Wednesday</b> Zimmer and Vivaldi- Martial Arts 	<b>Wednesday</b> Tennis and Golf 	<b>Thursday-</b> Bernstein and Holst <b>Wednesday-</b> Dun Class  Tennis and Golf 

## Assembly Dates

Thursday 13th March - 2.45pm

Thursday 8th May - 2.45pm

Thursday 12th June - 2.45pm

Thursday 3rd July - 2.45pm

Year 4/5 - Holst Class Assembly

Year 1/2 - Vivaldi Class Assembly

Year 1/2 - Zimmer Class Assembly

Year R - Mozart Class Assembly





## Email Addresses to Remember

**Year 6 - Elgar Class** - k.giles@discoverymat.co.uk  
**Year 6 - Tchaikovsky Class** - d.poole@discoverymat.co.uk  
**Year 4/5 - Bernstein Class** – c.pumphrey@discoverymat.co.uk  
**Year 4/5 - Dun Class** – k.matthews@discoverymat.co.uk  
**Year 4/5 - Holst Class** – s.pindard@discoverymat.co.uk  
**Year 3 - Lloyd-Webber Class** – i.watson@discoverymat.co.uk or k.rust@discoverymat.co.uk  
**Year 1/2 - Price Class** – c.townsend@discoverymat.co.uk  
**Year 1/2 - Vivaldi Class** – c.mccarthy@discoverymat.co.uk  
**Year 1/2 - Zimmer Class** – k.gardner@discoverymat.co.uk  
**Rec - Mozart Class** – m.abbott@discoverymat.co.uk or l.gruszka@discoverymat.co.uk  
**Nursery - Brahms Class** – m.abbott@discoverymat.co.uk or c.mccarthy@discoverymat.co.uk

## Keeping in Touch

Can we please remind parents that the vast majority of contact between school and parents is done by telephone or email. Please could you ensure that we are kept updated with you current contact details to enable us to keep in touch with you when needed.

## Parent Pay

Please activate your parent pay account as this allows us to send Newsletters, trip letters and other important information that we may need to convey to you. Please contact the school office if you need assistance.

## Facebook and Website

Please follow us on our Facebook page at Beechwood Primary Academy.  
Please refer to our school website for latest news and calendar dates.



### BEECHWOOD FAMILY SUPPORT TEAM



 <b>Miss Sam Roscoe</b>	 <b>Mr C Randall</b> Assistant Head of School	 <b>Mrs Natasha Jackson</b> INCO	 <b>Mr P Arnold</b> Senior Head of School	 <b>Mrs S Rama-Dominguez</b> Assistant Head of School	 <b>Mrs Teresa Pinhey</b>
First Contact to signpost parents	Deputy Designated Beechwood Academy Lead for Safeguarding	SEND Support	Designated Beechwood Academy Lead for Safeguarding	Deputy Designated Beechwood Academy Lead for Safeguarding	Community Support
Foodbank	Safeguarding	SEND and behaviour-support for parents	Family Support	Safeguarding	School Life
Courses for Parents / Carers	Behaviour	School Nurse Referrals		Education and Curriculum	Parents Question & Answer
PTFA Contact	Family Crisis	DLA Applications		Family Support	Local Issues
	Service Families	GP letters			Coffee Mornings

You can contact us by emailing [beechwood.desk@discoverymat.co.uk](mailto:beechwood.desk@discoverymat.co.uk) and we will direct your enquiry accordingly.