



Wellbeing at Work
Bronze Award

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Friday 16th May 2025

Super Year 6 sit SATS!

Well done to all our amazing Year 6 pupils this week. Their behaviour has been exemplary, and they acted incredibly maturely and calmly as they sat their SATS assessments this week. Thank you to you, the parents, for ensuring pupils were here at school on time and in the best frame of mind possible. Well done to you all, have a fantastic weekend.

School's Challenge

Well done to all of our fantastic children who ran in the Plymouth Primary School's Challenge on the Hoe on Sunday. You've all worked so hard to run 12.1 miles over the last few months and got to run your last mile alongside over 3000 other primary school children! A great effort from all! Please see more photographs on our School Facebook page.



UK Parliament Visit

On Tuesday our Key Stage 2 children attended an assembly led by [UK Parliament](#). The assembly gave our children a broad understanding of how UK Parliament works, the roles and responsibilities of MPs and members of the House of Lords as well as how you can get your voice heard.

Explorer Visit

On Wednesday Year 1 and 2 had a real life explorer in school. Ed Buckingham has climbed the highest mountain in each of the continents. He brought in some of his equipment and photographs to show us. The children loved asking him questions about his trips. Maybe he has inspired the next generation of explorers in some of the children.



Have a lovely weekend!

Mr Arnold and the Beechwood Team

Diary Dates to Remember

Wed 21st May

KS1 Author Visit

Wed 21st May

Rec/Yr1 2nd Fluoride Varnish

26th May to 30th May

HALF TERM

2nd - 6th June

Yr4 Multiplication TT Checks

Tues 3rd June

Yr 1/2 Aquarium Trip

Tues 3rd June - 3.30pm

London Parent Meeting

Thurs 5th June

Yr 1/2 Aquarium Trip

Thurs 5th June

Yr 6 - Treat Day

Tues 10th June - 2.15pm

EYFS Sports Day

Tues 10th June

Yr 5 - Bell Boating

9th - 12th June

Rec - Bikeability Balance

Yr 6 - Bikeability

9th - 13th June

Yr1 Phonics Screening Checks

Fri 13th June - 10.00am

Yrs 1 to 6 Sports Day

Thurs 12th June - 2.45pm

Yr 1/2 - Zimmer Assembly

Mon 16th & Tues 17th June

Yr 3 Hoe Visit



Wellbeing Through Crafting
FREE PARENTING COURSE
Silk Screen Printing
Wednesday 30th April
until
Wednesday 4th June
12.30pm until 3.30pm
Course Code : WL09E321
Come along and learn the basics of
silk screen printing

Please contact Sam Roscoe in the school office to book a place on this course -

01752 706360 or beechwood.desk@discoverymat.co.uk




Derriford Church
Kids Club
For ages 4 to 11
£1 per family
Come along on:
Friday 2nd May
Friday 6th June
3.45 - 5.30pm
@ Derriford Church
Powisland Drive
Plymouth, PL6 6AB
Arts & Craft
Games
Bible Stories
Food
Join us for even more fun at our Easter Craft Service on Sunday 13th April at 10.30am
Family members are welcome to join us! Refreshments provided
www.derrifordchurch.co.uk

Sports Day

This year, EYFS and Foundation will have their Sports Afternoon on **Tuesday 10th June at 2.15-3.15pm.**

Sports Day for Years 1-6 will be held on **Friday 13th June at 10am-Midday.** Like last year, this will be followed by a picnic on the field until 12:50pm. If you have a child in Nursery or Reception, they will be able to join you on the field for lunch.

Further information about Sports Week will be released shortly once the final events have been confirmed.



Rec - Bikeability Balance

Reception will be undertaking their Bikeability Balance training on 9th-12th June 2025.

A letter has been sent home this week with further information.

To ensure your child can participate, please follow the below link to give consent. Bikes will be provided.

<https://consent.bikeability.org.uk/has-rest-field>



Year 6 - Bikeability

Year 6 will be undertaking their Bikeability training from 9th-12th June 2025.

A letter will be coming home this week with further information.

To ensure your child can take part, please follow the below link and complete the consent form. If your child does not have a bike, this can be provided.

<https://consent.bikeability.org.uk/sec-cause-lead>



Parenting Course

Please see below details of a **FREE** four week course we are hoping to hold for our parents/carers after the May half term starting **Thursday 12th June from 1.00pm to 3.00pm**. Please contact the school office if you would be interested in attending - **01752 706360** or **beechwood.desk@discoverymat.co.uk**.

Courses can only be held if we have a certain amount of interest. Thank you.



FREE ENGLISH WORKSHOP SESSIONS FOR PARENTS OF CHILDREN AGED 5 TO 11 AND TEACHING ASSISTANTS

Four two-hour, school-based workshop sessions, led by Sarah Ridgwell, an experienced Primary School teacher, you can:

- Refresh your own English skills
- Explore practical tips and fun activities to support your child's learning in all aspects of English at home
- Gain an insight into the school curriculum, teaching methods and current terminology used within the classroom
- Gain a clear understanding of how children progress in English and learn strategies to support them to build confidence
- Relate English learning to everyday life and real-world uses
- Opportunity to seek further English training / qualifications.

For more information:

Schools - email sarah.ridgwell@ocsw.co.uk

Parents/Carers - Contact your child's school

Other adult courses - Call OCSW 01752 660713



Funded by
UK Government

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna 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 of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>



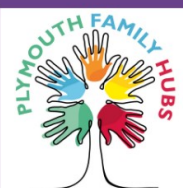
Changing childhoods.
Changing lives.

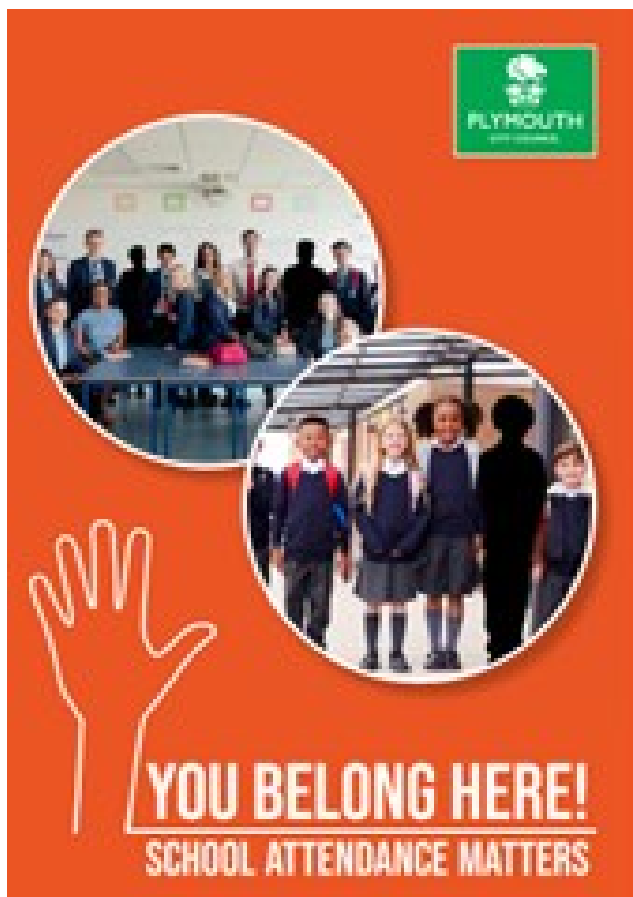
CLICK HERE OR SCAN THE QR CODE TO ACCESS
OUR PADLET...



VISIT OUR PADLET FOR SONGS,
VIDEOS, TIPS, AND APPS.

TOOTH BRUSHING TIPS





Did you know?

When children attend school they:

- Can achieve their potential
- Have better career prospects
- Learn how to look after themselves and be healthy
- Grow in confidence
- Keep up with work and homework
- Make new friends

There are
365 days
in a calendar
year

175 days
are not
spent in
school





Attendance

As you are aware, we are continuing to strive for our attendance target of **96%** and are making some progress to achieving this and ensuring our children regularly attend school to achieve success. Our Attendance Policy can be accessed using the following link:-

[Beechwood Primary Academy - Policies](#)

A gentle reminder to parents, that contact **must** be made with school on your child's first day of absence and each day until they return to school. If you do not provide a reason for your child's absence, this will be recorded as an unauthorised absence and could result in a penalty notice being issued by Plymouth City Council. Arriving late for school after 8.55am will also be recorded as an unauthorised absence and could also result in a fine.

Class	w/c 12th May
Mozart	98.64%
Price	97.31%
Vivaldi	93.08%
 Zimmer	99.60%
Lloyd-Webber	95.56%
Holst	89.26%
Bernstein	94.62%
Dun	88.97%
Elgar	96.40%
 Tchaikovsky	98.0%

This week our whole school attendance is **95.14%**

This week's winners are :

KS1 - Zimmer Class

KS2 - Tchaikovsky Class



2024-2025 Term Dates

TERM DATES 2024/25



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

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
Total			195

	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 - Summer Term 1

Summer Term 1				
Reception	Year 1 and 2	Year 3	Year 4 and 5	Year 6
Wednesday Martial Arts 	Tuesday Athletics 	Wednesday Rounders 	Tuesday- Dun Class Wednesday- Holst and Bernstein Rounders 	Monday Rounders
	Monday Zimmer and Vivaldi- Dance Wednesday Price- Martial Arts 	Thursday Athletics 	Thursday- Bernstein and Holst Wednesday- Dun Class Athletics 	Thursday Athletics

Assembly Dates

Thursday 12th June - 2.45pm

Thursday 3rd July - 2.45pm

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 your 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


					
Miss Sam Roscoe	Mr C Randall Assistant Head of School	Mrs Natasha Jackson INCO	Mr P Arnold Senior Head of School	Mrs S Rama-Dominguez Assistant Head of School	Mrs Teresa Pinhey
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 and we will direct your enquiry accordingly.