

Once again our newsletter draws together a summary of the many varied aspects of daily life at school: from Reading Buddies to a Royal Navy visit, as well as a fascinating survey about the sleep patterns of our students and also an introduction to our new junior science technicians, all skilfully presented by our editor Mrs Cruickshank.

I would like to particularly thank those students and their parents who have greatly improved their attendance at school as part of our continued promotion of the benefits of 100% (or close to) attendance at school. If we haven't already been notified of the reason for your child's absence, as a matter of routine Mrs Cruickshank will make contact by telephoning or texting on the first day. Can I please draw your attention to the information about our new telephone system on page 5.

The spring term will finish on Thursday 24th March at 2.15pm, school transport has been arranged accordingly. The summer term begins on Monday 11th April at 8.45am.

Thank you for all the support you consistently offer to the school both in and out of the classroom, and on this note can I draw attention to our Facebook page that regularly features photographs from sporting fixtures and events within moments of them happening. Enjoy your Easter break.

Best Wishes

Mr D Millne, Headteacher



Student of the Month

All the proud nominees for **FEBRUARY** Student of the Month award are shown in this group photo. The well deserved winners so far this school year have been:

- | | |
|---------------------------|--|
| September: | Caitlain Tate KS3 & Rebecca Warwick KS4 |
| October: | David Greer KS3 & Beth Cross/Jack Lawson KS4 |
| November/December: | Nathan Johnson KS3 & Lauren Potts KS4 |
| January: | Ethan Harrison KS3 & Daniel Harrison KS4 |
| February: | Kieran Hine KS3 & Scott Wilson KS4 |



Wizardly Words

Year 5 Students from Richmond Hill, Oughterside and Plumbland Primary schools impressed Mrs Heaton with their writing skills as they endeavoured to 'write like JK Rowling.'

After being sorted into the Hogwarts houses, they immersed themselves in the world of Harry Potter and allowed their creative sides to shine. Pupils imagined new ghosts that could inhabit Hogwarts school of

Witchcraft and Wizardry. Each ghost had an interesting back story to explain how they died and why they decided to haunt the school. The budding authors entertained both peers and staff reading their work aloud at the end of an enjoyable afternoon.

Mrs Heaton



Snow Queen KS3 Theatre Trip

Last term, years 7-9 were given an exciting opportunity to go and see a performance of Hans Christian Anderson's thrilling story of 'The Snow Queen' at the Theatre by the Lake in Keswick. The story revolves around a mirror made by an evil troll that distorts the appearance of everything it reflects. The mirror is accidentally broken, shattering into millions of pieces all over the earth, some pieces as small as grains of sand. The splinters get blown into people's eyes and hearts, freezing their hearts and bringing out the bad and ugly in people. Lifelong friends Kai and Gerda are the main characters, and when Kai gets a piece of the deadly glass in his eye he becomes cruel and aggressive. Whilst out playing in the snow, he is curious when he sees a white, snowy carriage driven by the

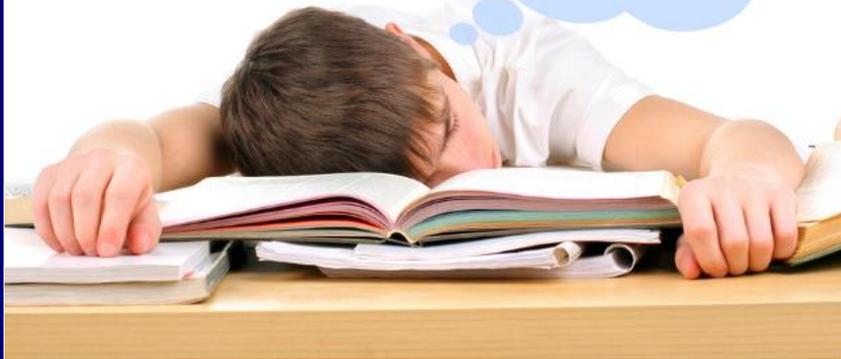
Snow Queen. Kai instantly goes missing. Gerda, in her quest to find Kai, undertakes a long journey, meeting many magical and strange people and creatures along the way.

An amazing performance, by talented, local young actors and actresses, which was inspiring and very thoughtprovoking especially as to how we should behave and view the world and others. Every student that attended agreed that it was a great performance and everyone thoroughly enjoyed it.

Toria Christie YR8



from **A** to **Z Z Z**



Everyone feels tired from time to time, especially as winter draws on but as more and more students appear sleepy and lethargic in lessons the teachers at Beacon Hill started to have some concerns. Are our students getting the sleep they need?

All students in the school were asked to fill in an anonymous survey on their sleep habits during a typical school week. The results were shocking but not surprising in light of the evidence.

The National Sleep Foundation advises that teenagers need between 8 and 10 hours sleep in order to function, learn and grow.

The results of our survey were:

Beacon Hill boys have an average of 6 hours 42 minutes sleep each school night. Girls have an average of 6 hours 27 minutes. Half of all boys get between 5 hours 40 minutes and 8 hours 5 minutes sleep, whilst half of all girls get from 5 hours 30 minutes to 7 hours 45 minutes sleep.

The pie charts on the right show other information about sleep habits amongst students.

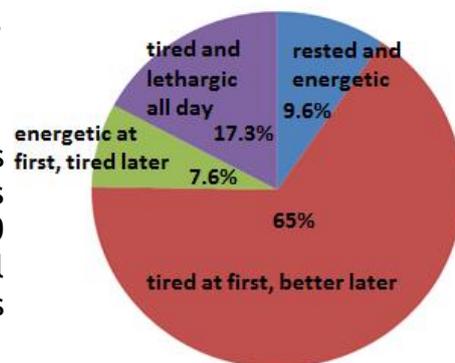
Inadequate sleep can lead to poor concentration and a reduced ability to learn, forgetfulness, aggression and depression, skin problems, poor food choices and weight gain and can contribute to ill health.

It can be very difficult to persuade teenagers to get the sleep they need but here are some tips to improve their sleep habits:

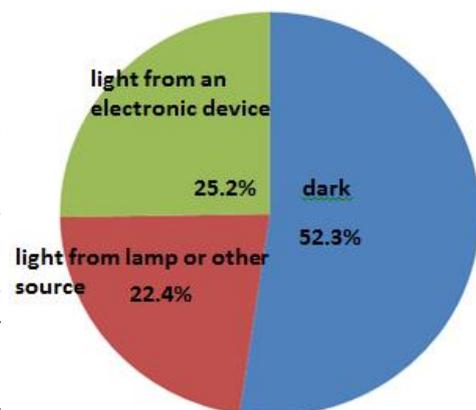
- Aim for an hour of exercise or energetic activity each day.
- Cut out caffeine, especially from sugary energy drinks.
- Have a regular 'going to bed time' that allows for 8 to 10 hours sleep.
- Don't have a mobile phone, tablet, TV or computer in the bedroom.
- Listen to music or read before going to bed in order to 'switch off' and unwind.

Good sleep habits learned at an early age really can last a lifetime so are well worth striving towards.

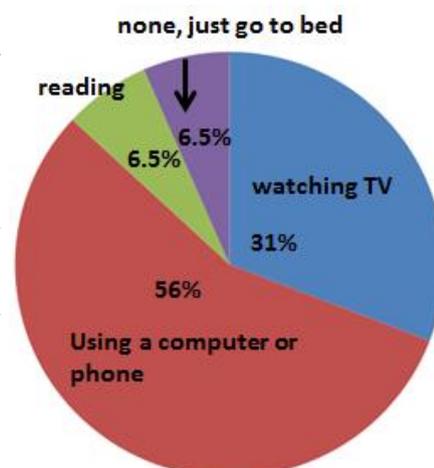
Miss Laithwaite



How students report feeling on a typical school day.



Sleeping environment for students



What students are doing in their bedroom before going to sleep.

A Grand Set of Results

This term the Project Group have been busy in the science lab. First, in biology, we dissected the hearts and lungs of real (but very dead) sheep. This was an amazing experience as we discovered that lungs are spongy and filled with lots of little air tubes. The hearts had clots of blood in them, showing where the blood had been pumped through. We all had to wear protective clothing and be very careful not to splash!

We also carried out a chemistry experiment, where we made our own pH indicator. This would show us whether a liquid was acid,



alkali or neutral. Using red cabbages, we mashed up the leaves and made bright purple liquids. We then checked to see what colours were produced with known acids, alkalis and neutral liquids.

This gave us the colours we needed to test unknown liquids for acidity or alkalinity. Surprisingly, the apple juice was acidic. We tested other liquids, including milk of magnesia, soap and vinegar. What a lovely rainbow of colours we ended up with!

Comments from the Project Group were:

'I didn't know Pepsi was an acid!'

'I enjoyed mixing up all the liquids at the end to see what colour they would go!'

'I found the tests we did really interesting!'

'I mixed milk and apple juice together to see what would happen!'

'I enjoyed the marvellous colours we made; it was so much fun!'

Next term we're heating up and cooling things down in physics lessons. Can't wait for the big explosion!

Mrs E Gigli

NEW TELEPHONE SYSTEM

Please note our telephone system extensions have changed. The following enable you to reach the right person without going through the office switchboard; if they are unavailable you will be given the option to leave a message.



1 Attendance (to report an absence)

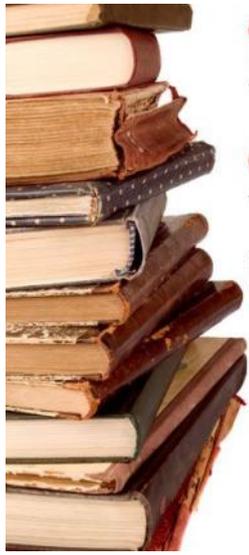
2 School Kitchen

3 The Pastoral Office (for all matters connected with your child's welfare)

4 The Learning Support Department (Special Educational Needs)

5 Site Manager

6 All other enquiries (main reception)



Reading IS TO
THE MIND WHAT
Exercise IS
TO THE
BODY



Supporting Each Other

KS4 students, each year, volunteer to take part in training to become a Reading Buddy to help younger students improve their literacy skills. These very dedicated students turn up each week for 6 months and have a very positive impact on their Little Buddies' reading skills and attitude towards reading in general. We have a lot to thank the Big Buddies for!

The reading skills that students develop during these sessions will inevitably support their learning across many different aspects of learning within school.

The paired reading sessions are also a positive experience for the older students, as they give them a sense of responsibility and tremendous satisfaction in realising that by volunteering as a Reading Buddy they can and do make a huge difference. From feedback, one student commented that the skills they had gained will help them next year when they start their Teaching Assistant apprenticeship in a primary school.

Below you will be able to read the different reading journeys of 2 students' involvement in this valuable reading initiative and the impact it has had on them.

Mrs Cruickshank



This is the second year that I have taken part in Reading Buddies; I am not that keen on reading and didn't like taking part last year at all. This year my Reading Buddy has been George Park from YR10, who insisted that I keep on reading Diary of a Wimpy Kid and wouldn't allow Mrs Cruickshank to take it back until I had finished it. To begin with this made me feel annoyed however I did finish reading the book, although it took me a while. I feel pleased with myself as this is the first book I have read from cover-to-cover for a long time. I am now reading another Diary of a Wimpy Kid and this is only through George's constant encouragement to keep on reading. George has been a good help to me.

Campbell Davidson Yr8



When I was first asked to become a volunteer Reading Buddy I was a bit surprised as I'd previously been a Little Buddy myself. However, Mrs Cruickshank assured me that I had made dramatic improvements with my reading over the years and was an ideal candidate. We received special training to help us understand what it felt like to be a struggling reader, which of course I knew about first hand. The training also showed us what to look for, how to help our buddies and also how to keep accurate progress records. I didn't know my little buddy from Yr7 that well; however, as time has gone on I've got to know him quite well. I feel that I have been a good influence and made a difference to help him along with his reading. For myself, Reading Buddies has given me a sense of self-belief in my own capabilities. I wonder which Little Buddy I will be able to help next year?

Daniel Harrison Yr10

Job Vacancy

We require Exam Invigilators to assist with the supervision of public examinations. This will be on a casual basis as required during May and June. For more information please contact Miss Thornton in the school office (Tel: 016973 20509).



**Quiet
exams in
progress**



Science in Baked Alaska?

In science we went upstairs to the Food Technology room to make a Baked Alaska. We did this in science because we have been learning about heat transfer and insulation. We had a sponge cake, put strawberry jam on top, then ice cream in the middle and meringue on top.

The sponge on the bottom of the cake traps air. Air stops the heat and the meringue also keeps the heat out so the ice cream won't melt when the Baked Alaska is cooked.

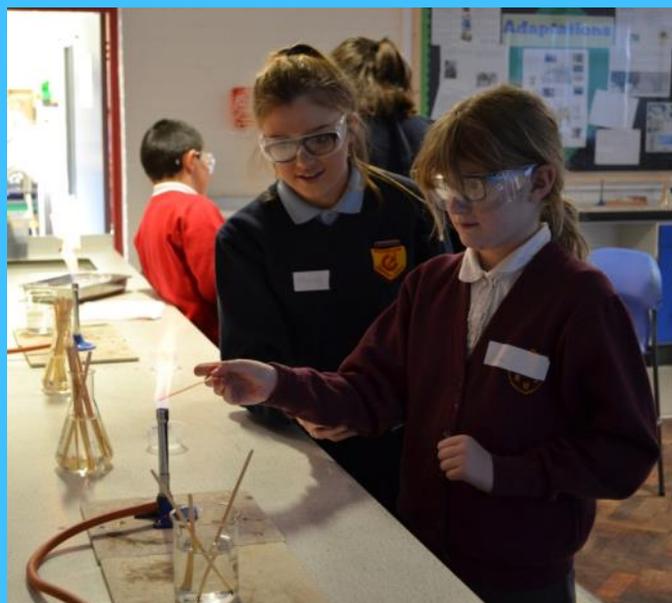
Kieran Johnson Yr9

Becoming a Parent Governor at Beacon Hill School is a rewarding way to make an important contribution to your child's education. If you are interested in finding out more please contact the school on 016973 20509 or email beaconhill@beaconhill.cumbria.sch.uk.

Volunteer Vacancy

Life as a Junior Science Technician

Being a science technician is great. I love the fact that we get to help the science department. We sign in then look at our check list sheet to see which jobs haven't been done for a while. My group normally picks 2 or 3 activities, such as checking the ray box lamps or ensuring the woodlice have food. Once the activities are done we tick them on that board so when the next group of technicians come in they can see what has been done. Recently we supported some year five students when they came into Beacon Hill to do some science. We helped them with their firework investigation.



Jamie Robinson Yr9

Mrs Wamsley, Head of Science, would like to pass on her thanks to the Junior Science Technicians for the time and commitment that have already shown.

BHCS welcomes the Navy aboard

Earlier this year, we had two representatives from the Royal Navy in school giving us a demonstration on how the gas turbines, used in their latest frigates, worked.

We watched a short clip from YouTube about how they function, and how they are also used in the aviation industry. Then they showed us an example that they had brought in, that actually worked, and you could make blades for it and test them.

We had a little competition to see who could make the most aerodynamic and efficient blades. This has benefited the students a lot, as it gave us 'hands on' experience of machinery that normally you or I would never see. For some of the YR11s it gave them an interesting insight into a possible career in the Royal Navy; there is more to life at sea than just living on a ship for weeks at a time.

Mike King YR11



We would like to thank Jonti's gym in Aspatria & Wigton Baths for giving YR10 & 11 the excellent opportunity to use their facilities. Read all about these activities and our [many sporting successes](#) on our school Facebook page.

Important Dates for your Diary

W/B 21 March 2016	Work life balance week no after school clubs or detentions
Thurs 24 March 2016	End of Spring term 2.15pm
W/B 4 April 2016	YR11 Easter School
Mon 11 April 2016	Summer term begins 8.45am
Tues 12 April 2016	YR7 & 8 Parents evening 4-6pm
Tues 26 & Wed 27 April 2016	YR11 Art GCSE exam
Mon 2 May 2016	May Day Bank holiday
W/B 17 May 2016	GCSE exams begin
Mon 23 May 2016	YR9 Humanities field trip
Wed 25 - Fri 27 May 2016	YR10 Work Readiness programme
Mon 30 May - Fri 3 June 2016	Half term
W/B 6 June 2016	YR9 begin GCSE courses
Thurs 9 June 2016	SNA Humanities field trip
Tues 14 June 2016	SNA Buddhism Day
W/B 20 June 2016	YR7, 8 & 10 internal exam week
Fri 24 June 2016	KS3 Romeo & Juliet, Appleby Castle
Mon 27 June 2016	YR6 Induction Day & parents meeting 5pm
Fri 30 June 2016	YR5 Taster Day
W/B 4 July 2016	YR10 Work Experience week
Tues 12 July 2016	Reflection Rooms
Thurs 14 July 2016	Sports Day
Tues 19 July 2016	Whole school activity day
Wed 20 July 2016	End of Summer term 12.15pm finish