

START OF TERM

A very warm welcome to the summer term at Beeches Junior School - for some of our children and families, your last ever term here! As sad as that is, it's our aim to make sure our Year 6 children leave us with happy memories that will last forever.

CONDOVER

Year 6's trip to Condoover in July should now be fully paid, as the third instalment date has passed. If you have not made full payment yet, please do so without delay. Likewise, the third of four instalments for Year 5's trip in September should now have been paid. If you are struggling to make any of these payments, please come and see us for a chat or email Mr Ellis: s.ellis@beechesjnr.bham.sch.uk

Please be assured conversations about money will be held sensitively and discreetly.

STAY AND READ

Stay and Read continues on Tuesday mornings, with parents/carers from 3P invited to stay with us for 20 minutes on 25th April. Please come to the hall at 8.45am via Priestley Smith playground.

PARKRUN

We're heading back to Perry Hall Parkrun on Saturday 13th May. We hope to see our "regulars" coming with us that day, and we'd really love to see some new faces too. It doesn't matter how fit or old you are, it doesn't matter if you stroll round the course in an hour or run it in 20 minutes, or anywhere in between. You can bring a pushchair, you can bring a dog on a lead, you can take part using a wheelchair or with a walking frame. It really is for everyone.

Parkrun is a free 5km walk or run around the park. You can find more information here: <https://www.parkrun.org.uk/perryhall/>

A reminder that children under 11 must have an adult who goes round the course with them (Parkrun's rule, not ours) and your child will remain your responsibility at all times - school staff will not take charge of the children.

E-SAFETY

We hope you have seen our letter this week about e-safety, and we are sorry we had to send it. Please take your child's online safety extremely seriously. If your child ever tells you: "No-one else's parents look at what they're doing online!" that is nonsense. At this age, it is our duty as parents and carers to know what is going on. Please speak to the office if you have not had access to the letter, and please speak to a member of staff if you ever have any concerns.

BIRTHDAYS

A clarification about giving out treats on children's birthdays: We are happy to help your child enjoy their birthday and let them give out treats at the end of the day. Items must be individually wrapped and not home-made. For example, a bag of individually wrapped lollipops or a box of "Heroes" or "Celebrations" would be fine, but a big cake that needs cutting up or a pack of Mr. Kipling cakes where they are not in individual wrappers can't be given out. Thank you for your understanding.

EID UL-FITR

Many of you are celebrating Eid ul-Fitr this weekend. Eid Mubarak to you all - we hope you enjoy lots of happy family time. Please note that all children are expected back in school on Monday.

HEALTHY RECIPE OF THE MONTH

As part of our "Health for Life" initiative, we want to share some healthy recipes with you that use relatively cheap ingredients and are straightforward to make. It would be great if your child could get involved in making them with you, and please send us a photo of what you've made! This month's recipe is on the back of the newsletter.

TERM DATES

Many people will be looking at dates and booking holidays, so to confirm, the last day of term for children is on Friday 21st July. Monday 24th July and Tuesday 25th July are Teacher Days, so the staff will be in, but school will be closed to children. The autumn term starts on Monday 4th September 2023.

KOMBAT KIDS

Today we are giving out fliers to the children from "Kombat Kids". We are happy to share these, and we always encourage our children to take part in activities outside school, but we do not know anything about this company and have not looked into their safeguarding credentials. We urge you as parents and carers always to look into organisations thoroughly before leaving your children with them. The Kombat Kids flier is also on the next page of this newsletter.

DIARY DATES

Tue 25 Apr, 8.45am	3P Stay and Read
Tue 25 Apr, 9.15am	Year 3 reading/spelling workshop
Wed 26 Apr, 9.05am	Year 4 reading workshop
Thu 27 Apr	Year 4 Mandir visit
Mon 1 May	Bank Holiday - school closed
Tue 2 May, 8.45am	3RW Stay and Read
Mon 8 May	Bank Holiday - school closed
Tue 9 - Fri 12 May	Year 6 SATs week
Tue 9 May	Year 3 visit to Botanical Gardens
Tue 16 May, 8.45am	6M Stay and Read
Thu 18 May	Fire service visiting Year 4
Fri 26 May	Break up for half term
Mon 5 Jun	School reopens

BEECHES BRILLIANT READERS

Year 3: Tommy (3P)	Year 4: Reece (4AS)
Year 5: Luca (5L)	Year 6: Jesuferanmi (6S)

PUPIL OF THE WEEK

3JW: Riley	4AS: Djarn	5A: Cameron	6A: Grace
3P: Aydin	4L: Mustafa	5L: Ayra	6M: Amelia
3RW: Freddi	4P: Mokshsinh	5P: Yaashvi	6S: Tyler

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Follow us on Twitter: @BeechesJnr

KOMBATKIDS

The Right Choice!



**First 3
classes
FREE!**

WELCOMING NEW BEGINNERS AT

GROVE VALE JUNIOR SCHOOL

Monksfield Avenue, Great Barr, Birmingham. B43 6AL

MONDAY 6 - 7PM

GREAT BARR HUB

3 Vicarage Rise (Off Chapel Lane), Great Barr.

Birmingham. B43 7AQ

SATURDAY 10.15 - 11.15AM

To register text: child name / class location

t: 07730 899722

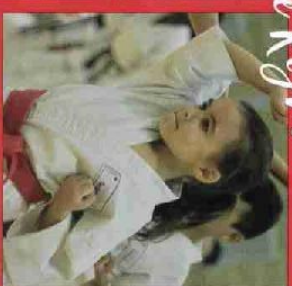
e: info@kombatkids.com

vr: www.kombatkids.com

f: www.facebook.com/kombatkids



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HEALTHY RECIPE OF THE MONTH

Here's a vegetarian recipe from Jamie Oliver's website. You can find it here: <https://www.jamieoliver.com/recipes/vegetable-recipes/potato-pepper-and-broccoli-frittata/>

Potato, pepper & broccoli frittata

Ingredients

- 600 g Maris Piper potatoes
- 1 bunch of spring onions
- 1 head of broccoli , (375g)
- 1 red pepper
- 1 teaspoon smoked paprika
- 8 large eggs
- 40 g Cheddar cheese
- 1 x 80 g bag of watercress, spinach & rocket
- extra virgin olive oil

Method

1. Preheat the oven to 200°C/400°F/gas 6.
2. Drizzle 1 tablespoon of olive oil into a 28cm ovenproof non-stick frying pan on a medium-high heat.
3. Scrub 600g of potatoes and chop into 1cm dice, adding to the pan as you go.
4. Trim, finely slice and add 1 bunch of spring onions. Trim the tough end off 1 head of broccoli (375g), finely chop the remaining stalk and add to the pan. Deseed, finely slice and add 1 red pepper.
5. Season with a pinch of sea salt and black pepper, add 1 teaspoon of smoked paprika, then cook for 15 minutes, or until golden, stirring occasionally. Slice the head of broccoli apart into bite-sized florets, adding to the pan for the last 5 minutes.
6. Crack 8 large eggs into a bowl and beat together, grate in 30g of Cheddar cheese and season with salt and pepper. Mix together well.
7. Roughly chop half the watercress, spinach & rocket (40g) and stir into the pan, then pour over the egg mixture, swirling to coat the base of the pan.
8. Grate over the remaining 10g of Cheddar and cook for 2 minutes, then bake for 10 minutes, or until golden and set.
9. Slide the frittata out onto a serving board and cut into wedges. Dress the remaining watercress, spinach & rocket (40g) in 1 tablespoon of extra virgin olive oil and serve alongside.

