



# Beech Green News

Thursday 25th April

School News



## A Spring Spruce Up



Saturday 18th May is a spruce up day and all families are welcome to join us. There is a growing list of jobs to do including: painting; power washing; litter picking and gardening. We'd also love to hear from anyone who has the skills to build or fix things e.g. the new shop area needs a pathway from the playground and we'd love to make a water or music station. Please join us even an hour will make a big difference.

Tomorrow is Film Night, as well as raising money we hope the children will enjoy the after school fun. Children will be dropped off at the 'cinema' by teachers. You will need at the hall door at 5:30pm in the style of a school disco collection. This will keep the children safely together and will help us reunite them with parents/carers. Thank you so much for your support with this.

Finally, we did say that this would be the last week to include any out of school achievements, but we've changed our minds! It seems so important to celebrate success and reward effort, **please keep sending them in**. If you have any wonderful examples that fit with our focus on Respect we'd like to hear from you.

## Achievements



Millie's Cheer dance team took part in competition over the weekend. The team did a fantastic job finishing 2nd overall! They also won an award for Cheer Spirit at the end of the day.





During the Easter Break, Olivia, in Rowan, went with her family, to handover the 2 new dual-control MEV Exocet Race Cars they built for a charity called the Speed of Sight. The charity provides track day experiences for blind and disabled people all over the UK.

Olivia was one of the first people, and the first child to get to drive one of these amazing cars. She drove around the track with an instructor by her side for 20 minutes and had a huge grin on her face when she finally got out the car!



Isla, in Frisia, came first place in a recent gymnastics competition held in Bristol. She's now through to the inter-regionals. Well done Isla!



On Sunday 14th April, Ridley, in Hornbeam, competed in the Gloucestershire Rugby festival in Kingswood, Bristol with his teammates from Old Cryptians RFC. Ridley and his team played four matches against teams across Gloucestershire. They won 3 and drew 1. Ridley scored 5 tries and made some fantastic tackles.

Phoebe, in Whitebeam, received her gold award in Brownies and has now moved up to Guide's.

Alisha, in Maple class, recently did her grading in tae kwon do and achieved her yellow belt.

Congratulations also to Lois, William, Aiden, Mason and Jayden from year 5 and also Kobi from year 4, who have all been put forward for football trials with the Gloucestershire Primary Schools Football Association.



Oscar, in Sycamore, loves Pokemon and was finding opportunities to play and trade were limited. So he set up a Pokemon Club. He regularly has around 10 other children attending (including some from Beech Green) and it is growing week on week. are now in the process of registering the club as a verified venue so we can host endorsed tournaments etc.

He saw a gap, came up with a solution and has been part of making it happen!



Harvey, in Frisia, has been working towards the Gold certificate in the Amazon Future Engineers programme and has been learning Python Script through it. This is a programme aimed at KS3 and KS4 and he is doing really well at it!





Ella, in Hawthorn, started Street Dance classes last September and has been awarded a silver medal for her Street Dance Grading assessment and at the annual awards for dance school she was also chosen to receive the class award trophy.



### **Eid Celebrations**

Eid Mubarak to all our families who celebrated on the 10th April 2024. Thank you to Mrs Sambo for sending in this gorgeous photograph.



## Mental Health Event at Beech Green

On Saturday, April 20th, Gemma Freeman from Move For You and Dani Rees from Dani Rees PT, both accredited Mental Health and Exercise Coaches, hosted their MHEC-Fest event at Beech Green Primary School. This unique gathering aimed to tackle the barriers to exercise and provide a supportive environment for discussing challenges in becoming more active.

The event addressed a range of obstacles individuals face, including intimidating gym environments, fear of judgment, lack of knowledge and support, and struggles with self-confidence. Gemma and Dani led insightful discussions, emphasising the importance of exercise beyond aesthetics. They highlighted how physical activity can significantly improve overall well-being, boost confidence, and enhance mental resilience and social connections.

In addition to educational talks, attendees participated in various short workout sessions, a mobility and flexibility routine, and calming breathing exercises aimed at supporting mental and physical regulation during stressful times.

Feedback from participants was overwhelmingly positive, with many expressing newfound insights into how exercise can promote internal well-being beyond just physical appearance. The event left attendees feeling inspired and empowered to prioritise their health and fitness in a holistic manner.

Looking ahead, Gemma and Dani are excited to continue their mission of breaking down barriers to exercise. They plan to host more MHEC-Fest events in the future, alongside offering community classes, personal training sessions, enrollment in the MHEC 1:1 Programme, and workshops focusing on anxiety, resilience, and mental health.

For those interested in learning more or getting involved, Gemma and Dani can be reached via email at [cmbwellnesshub@gmail.com](mailto:cmbwellnesshub@gmail.com).







### Photo Day

On Thursday 2nd May, the photographer will be in school taking our class photos. Year 6 will also have individual photos for their leavers pack. You will be issued with a QR code either on the day or the following day, which you can use to view the photograph at home and order if you wish.

### Community News



THE  
SEALED KNOT  
PRESENTS

# SECURING THE SHIRE

A CIVIL WAR BATTLE FOR THE ROUTES THROUGH HEREFORDSHIRE



RYE MEADOWS, MUCH MARCLE

MAY 5<sup>TH</sup> & 6<sup>TH</sup> 2024

ENTRY ONLY £15 PER FAMILY  
PRICE INCLUDES 2 ADULTS AND 3 CHILDREN  
USUAL PRICE £5 PER ADULT, £3 CONCESSIONS  
OPEN 10am TIL 4pm

FOR TICKETS VISIT  
[THESEALEDKNOT.ORG.UK](http://THESEALEDKNOT.ORG.UK)

INCLUDING:  
INTERACTIVE LIVING HISTORY  
AND 17<sup>TH</sup> CENTURY CAMP  
BEER TENT AND STALLS  
BATTLE RE-ENACTMENT



## Heritage Focus Day

Saturday 1 June 2024 10am-4pm



### Careers advice and information from representatives of:

Gloucestershire Archives; Gloucestershire Libraries; Gloucester City Museum; Stroud Museum in the Park; Gloucester Cathedral Archives and Education Centre; Cheltenham College Archives; The John Moore Countryside Museum; Cotswold Archaeology; freelance experts; Cultural Heritage Institute, Royal Agricultural University; heritage volunteers for Gloucestershire Family History Society, Gloucestershire Constabulary, Jet Age Museum, the Canal and River Trust and others; members of the Archives and Records Association

**With The Ball**  
CheerDance

**CheerDance**  
Dream, Believe, Inspire

We are not just a team, we are a family!

4 - 16 Year olds	Tumbles, Dance, Stunting & more
Performance opportunities	No experience Required
Enthusiastic and Encouraging	3 venues

Join the CheerDance family today!

Book your **FREE** Trial Session here!

| withtheball.co.uk | LauraStorey@withtheball.co.uk | 07842821013 |

Quedgeley  
**COMMUNITY PANTRY**  
QUEDGELEY TOWN COUNCIL

**KINGSWAY SPORTS PAVILION, GL2 4SN**  
(Opposite ASDA)

**DONATION POINTS**  
at various locations around Quedgeley  
(see FB page)

**SCAN HERE!**  
To visit our facebook page and check opening times

We are a community-led project, set up by Quedgeley Town Council, giving local people access to affordable food, toiletries and household items.

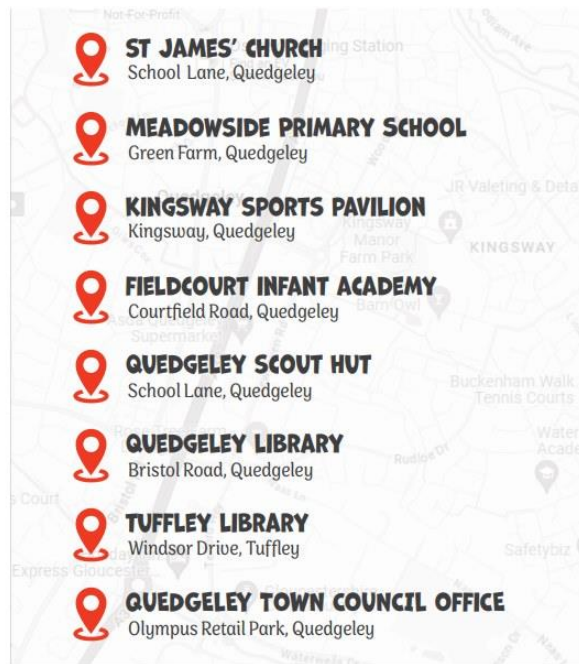
To join, simply fill in a membership form (these are available from the town council office in Quedgeley (next to Boots in the retail park), or at the Pantry during opening hours.

Then all you have to do is pop along when the pantry is open, bring £3 and exchange it for 10 items.

**IT'S THAT EASY!**



## DONATION POINTS



## Dates for this Term

<https://www.beechgreenprimary.co.uk/calendar-dates>

## Contact Us

Beech Green Primary

St James

Quedgeley

Gloucester

GL2 4WD

<https://beechgreenprimary.co.uk/>

Email addresses for Wildwood After School Club and extra-curricular clubs

[wildwoods@beechgreen.gloucs.sch.uk](mailto:wildwoods@beechgreen.gloucs.sch.uk)