



Weekly Update

Friday 11th November 2022



Please email schooloffice@shefford.cbeds.co.uk if you require support in accessing this newsletter in an alternative format.

Dear Families and Friends,



We began this week with lots of talk about fireworks and bonfires. We end this week with Remembrance. Our pupils have been painting pebbles to add to the memorial. Today, we have a few pupils who are attending the event at Samuel Whitbread, which is virtually shared across our classrooms as a special assembly. The children have rehearsed our school's poetry contribution to the readings, and they will be taking the 'unknown soldier' which was created by our youngest children in Cherry. This soldier comes back with the children, and we will then use it in our immersive room, so that the children from every class can experience laying their wreath, as well as seeing everyone else's. I look forward to meeting many of you on Sunday to walk to lay our wreath. I hope to see all our other Shefford groups too.



When we remember the war, we think about conflict, and we follow this in schools with 'Anti-bullying' week. Anti-bullying is a key part of our behaviour approach, and our rules 'kind, safe, helpful' all year round. But this special week enables us to focus a lens more closely on the issues which define bullying as opposed to 'getting on and falling out'. We link our values teaching to 'Tolerance and Friendship' during this month to reinforce this. The theme this year is REACH OUT and Mrs Miller led a staff meeting for us last week to support the planning of activities in school aligned to this theme. You can find out more from the Anti-Bullying Alliance [here](#). We will quite literally kick off the week by participating in the [ODD SOCKS awareness campaign](#), to show that everyone is different.



We continue to strive for healthy lifestyles at Shefford Lower. This includes walking to school where possible. With the recent road closures, the options this week have been more limited, and we hope that your journeys become less fraught now that Amphil Road has reopened. Please endeavour to use park and stride options, such as Morrisons. As the children take on their 'bikeability' in school, they are allowed to bring a bike with permission from our policy completed, and must wear a helmet. All bikes and scooters should be dismounted at Bloomfield Drive, or School Lane, and not ridden up the path, for the safety of others.



Very proud of our year one children this week! They went on their first school trip everrrrrrr, to Shuttleworth. This ties in with their history of transport learning. The children were also exposed to a different museum and able to compare our own, which includes an old 'chopper' bike. When the children came back to school, the impact of such an experience is always really clear in the work in books, the excitement and the quality of discussions about history afterwards. The highlight was a ride on the old green bus and actually seeing a penny farthing bike that they had seen in pictures at school.

We also remind children daily that snacks sent in should be a piece of fresh fruit or vegetables, separate from their lunch boxes. This is not only kinder to 'teeth & tums' but also helps to reduce unnecessary litter on our school site. Thank you for supporting us with this at home. Also with teeth in mind, we avoid sugary drinks, and our policy is very clear about drinking water throughout the learning time. Children can have alternative drinks in lunchboxes, but not fizzy drinks. We are always a 'no nut' school.

Advent will soon be upon us, and the children are already beginning to mention the C word. We do allow children to write cards, and our pupil leaders empty the post boxes—so please name & class clearly on envelopes.

Teachers are planning and practising shows for you all to come and see. With 'The Wiggly Nativity' in early years, we move to a 'Christmas Show' for year one. Our children in year two are compiling a 'Christmas Bonanza' as well. No children will be asked to bring in costumes, as it is recognised the cost of living and stress of organising at this busy time is a difficulty, and we have costumes and festewear. Year 3 have a montage of showcases to retell the story; year 4 bring together their learning and festive songs for you in their Christmas Carol Cracker. A big thank you from me for all of the staff that put these together. It is a lot of work behind the scenes and really adds sparkle and joy to everyone who watches.

We have parties, dinners and Shefford Jumper Day—no donation. Mrs Parry and Mrs Freeman are pulling together a toy give away in the learning hub on the 18th. They are also collecting Christmas Jumpers you may no longer need, as part of this. It's a great idea and importantly, it's also very eco-friendly. Thank you to the team for supporting this, and please come along.

Our PSA are busying away with present day and all that this entails. They begin very early on by organising your Christmas cards as soon as we come back in September. They need new members, and have had some join at the last meeting, which is very encouraging. Thank you to all that they do, their work is invaluable.

Have a great weekend everyone. I'll see some of you on Sunday.

Please know: We are an Operation Encompass School. This means that we work together with the police to respond quickly to instances of domestic abuse and/or violence. Staff in school are trained responders and we are a safe space.

Values

The values of November will be Tolerance & Friendship

"A day without a friend is like a pot without a single drop of honey left inside it." Winnie the Pooh by A.A Milne.

Tolerance is understanding, rather than 'putting up with'. Exploring building supportive and trusting networks and knowing who to talk to. This will also be explored in Anti-bullying month.

House Points

Fire—1302

Air—1190

Water—776

Earth—671

House Points and Attendance

W/E 04/11/22

Well done to last week's house winners.



House Attendance & Punctuality

Winner

AIR

Great Toy Giveaway

Good Quality

Toys, Books and Games can be donated to the school office between:

Wednesday 9th November -
Wednesday 16th November.



These will then be available to all parents/carers on:

Friday 18th November in the Learning Hub between 9.00-10.00

Give Santa a helping hand and get those stockings filled early.

(cash donations can be made, but not necessary.)



Thank you to everyone that has donated to the Great Toy Giveaway so far. We have had some amazing quality toys.

We will be holding the sale on the 18th November in the Learning Hub between 9am and 10am.

For a small donation you can choose a stocking filler to help out this Christmas



Anti Bullying Week 14th -18th November 2022



Next week, we will be marking Anti-Bullying Week in school. This year's theme is 'Reach Out'; knowing who we can reach out to if we see or experience bullying and finding ways to reach out to each other in order to strengthen relationships.

The week will be kicked off with 'Odd Socks Day' on Monday 14th November, where children are invited to wear odd socks to school, to represent how we are all unique and different. Children will take part in lessons and assemblies throughout the week, where they will learn about friendship, conflict and bullying, and what they can do if they feel bullied. They will learn about strategies that we can use as a school community to stop bullying from occurring.

We look forward to sharing some of the activities that have taken place in the newsletter next week. If you would like more information on Anti-Bullying Week, the Anti-Bullying Alliance have an information pack available for parents and carers to download: <https://anti-bullyingalliance.org.uk/anti-bullying-week/parents-and-carers>. If you are worried about bullying, or you would like to know more, please contact your child's class teacher.



Remembrance Day 2022

Today, the School Parliament pupil representatives walked down to the Shefford Town Memorial and laid a wreath for Remembrance Day. The children met the Mayor and Deputy Lieutenant and witnessed the raising of the flag. They demonstrated the values of respect and thoughtfulness during the two minutes silence and were fantastic ambassadors for our school.



Year 1 Shuttleworth Trip

The year 1's went on their first school trip this week to support the Journeys topic they are currently learning about. They had the chance to see various forms of transport from the past.

Here are some comments from the pupils about their trip.

"The glider has not got an engine, but an aeroplane does." - Joshua

"The RAF plane is big so that it can help carry more people." - Georgia

"The penny farthing bicycle is so tall that if you just stop fast, you'll just flip over!" - Laurence.



Music News

14/11/22

We started practising Christmas carols in preparation for this year's carols on the playground. This is an exciting time of year where we can all come together to perform some Christmas songs alongside a band made up of teachers, pupils, parents and carers. If this is something you can help out with please get in contact with the office, the more the merrier! This week the music vote focused on Autumn songs and the winning vote was The Fall of the Leaf: IV by Presto, a beautiful classical piece.

Please get in touch if there are any issues!

Weekly Good News Calls

Here are the children whose parents and carers have received a phone call home this week to let them know how well their child has been working and showing their school values. Keep up the good work Shefford Lower.

Reception	Plum—Ava	Pear—Austin	Peach—Oscar
Year 1	Sycamore—Louisa	Holly—Rose & Callum	Chestnut—Jack
Year 2	Maple—James	Willow—Charlie	Oak—Ben
Year 3	Cedar—Elisa	Hawthorn—Layton	Elm—Scarlett
Year 4	Beech—Scarlet	Hazel—James	Ash—Grace



Congratulations to the children below who have been recognised as a Finer Diner this week for displaying good manners and values at lunchtime



<u>Reception</u>	Eloise, Molly, Darcy, Albie, Jenson & Kayla
<u>Year 1</u>	Conor, Maisie, Olivia, Ava & Finn-Mary
<u>Year 2</u>	Lori, James, Mai, Sid, Abigail & Jasmine
<u>Year 3</u>	Thea, Emily, Maria, Layton & Effie
<u>Year 4</u>	Rory, Mark, Sidney, Shiron, Kaiden & Scarlet



THANK YOU

EXCUSE ME

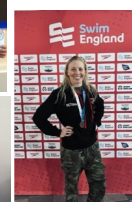
Shefford Sporting Successes

We celebrate children's sporting successes from home as well as those in school. Please send us photos of your child's certificates and/or medals which will be displayed on our PE celebration board and celebrated in assembly. Well done to these children who have shared their sporting success this week.

Fire House	Adam—Swimming, Eleanor—Swimming, Ronnie—Football, Freddie—Swimming
Earth House	Emily—Swimming, Jemima—Swimming, Charlie—Football, Joshua—Swimming
Air House	Libby—Sailing, Emily—Dance, Kaiden—Swimming, Lewie—Football, Orla—Football, Jacob—Football
Water House	Paige—Swimming, Archie—Football, Charlotte—Swimming, Freya—Dance



Mrs Barker won a bronze medal at the National competition in half term!





Shefford Lower
School PSA

Christmas Fair

School Hall Friday 25th
November 3.20pm

Our famous Christmas Fair is finally back.

Lots of fun for everyone.

Parentkind
Member Association

Community News

Please note, the following events/activities are run independently of Shefford Lower.

DAWNUNTILDAUSK
BEFORE, AFTER SCHOOL & HOLIDAY CLUB

Holiday Club

FREE places available

CHRISTMAS HOLIDAY CLUBS
Activities for children aged * 2 upwards

HOLIDAY CLUB FUN FROM £18 PER SESSION

Lots of activities to choose from:
Arts & Crafts, Cookery, Archery, Football, Climbing Frames, Bouncy Castles, Scooters and much more.

Booking is easy...

Visit www.kidsdawnntildusk.co.uk to complete your booking. For more information email holidayclub@kidsdawnntildusk.co.uk Or call us on 01234 930 505

Our holiday clubs are available in 4 sessions
FREE Places available - conditions apply

Setting	9am-3pm	8am-5pm	7.30am-6pm	10am-2pm
Balliol Primary	✓			
Biggleswade Academy	✓	✓	✓	
Camestone Primary	✓			
Clifton All Saints Academy	✓			
Great Ouse Primary Academy	✓			
Kings Oak Academy	✓			
Lakeview Pre-School, Wixams	✓	✓	✓	
Pirton Hill Primary, Luton				✓
Shortstown Primary	✓	✓	✓	
Thomas Johnson Lower	✓	✓		

All snacks, drinks, breakfast and hot lunch will be provided, only bring a packed tea if your child is booked in after 3pm.

Visit www.kidsdawnntildusk.co.uk for prices and for details of our Early Bird Discounts

BOOK NOW or FIND OUT MORE

* 2 year old spaces available at Lakeview Pre-School & Biggleswade Academy

www.kidsdawnntildusk.co.uk 01234 930 505

ACTIVE COMMUNITIES Enterprise

LTA YOUTH START OFFER

ACE is excited to offer a fantastic starter offer for children ages 4-8 years old.

In association with **uPlay Tennis**

Saturday - 10:00 - 11:00am
Langford Tennis Club
Fully accredited LTA Coach - First Aid - DBS Checked
Sat, 05 Nov - Sat, 10 Dec 2022
6 weeks - £34.99

To book use the QR CODE below

When you book your course, we will send you an LTA Youth Starter kit.

Robert Bloomfield Academy
Shefford

MBF

£30
6 Weeks

FIRST SESSION FREE

www.midbedsfutsal.co.uk

Beds FA Project of the Year 2022

MBF Futsal
5-6 Years (Outdoors)
7-9 Years (Indoors)
18:00-19:00hrs

All About The Environment

Sleeping Beauty

6TH - 9TH DECEMBER 2022
SAMUEL WHITBREAD ACADEMY
MAIN HALL 7PM

£7 ADULTS • £5 CONCESSION

EARLY BIRD DISCOUNT
2 Adults and 2 Concessions for £20 until Friday 18th November

BEST
Theatre Award

Tickets available from www.ticketsource.co.uk/swaconcert or scan the QR code to the right.



Ivel Valley Parent Bulletin Early Help Bulletin



Please click on the
links for more information

Sign up now to our New Parents & Carers Workshop! **FREE**

AUTISM & MENTAL HEALTH
WEDNESDAY 6TH NOVEMBER 2022
10AM - 1PM

A workshop designed to be particularly useful for those who are parents or carers of autistic individuals who have co-existing mental health conditions.

Explore and understand:

- an overview of co-existing mental health conditions commonly experienced by autistic people and how these affect their individual needs
- how to proactively adjust environments and practices to prevent needs escalating
- resources and strategies for supporting individuals

AUTISM & DEMAND AVOIDANCE
TUESDAY 17TH JANUARY 2023
10AM - 1PM

A workshop providing information about the demand avoidance presentation of autism and advice on how to support those with demand avoidance behaviour at all ages.

Explore and understand:

- what is meant by 'demand avoidance' in relation to autism and the contrasting view of the 'HPI' diagnosis
- the role of anxiety in creating demand avoidance behaviour
- how to prevent and manage demand avoidance behaviour

TO BOOK PLEASE CONTACT ENQUIRIES:
enquiries@autismbeds.org
01234 214871

BLMK Autism
For families living in Milton Keynes, Bedfordshire and Luton.

AUTISM & SENSORY PROCESSING
TUESDAY 6TH DECEMBER 2022
10AM - 1PM

A workshop exploring the relationship between autism, sensory processing and diet.

Explore and understand:

- the impact of sensory processing differences on the lives of autistic individuals
- resources and strategies to support health and wellbeing where there are sensory challenges
- when to seek professional input

AUTISM & BEHAVIOUR
24TH JANUARY 2023
10AM - 1PM

A workshop to explore the impact of autism on regulating behaviour, offering advice on how to support autistic individuals of all ages.

Explore and understand:

- the difficulties autism may cause in regulating behaviour
- how to adjust environments & practices to meet the needs of autistic individuals
- strategies for managing difficult situations

TO BOOK PLEASE CONTACT ENQUIRIES:
enquiries@autismbeds.org
01234 214871

SUPPORTING YOUR AUTISTIC TEENAGER
A trilogy of parent workshops

Led by Sarah Polack
Parent, CBT Therapist & Coach
Working and living with autistic teenagers, Sarah brings real life experiences, positive approaches and valuable insight to these sessions.

Aims of The Session:

- Seeing an optimistic future
- Learn strategies to understand your teenager and help them thrive
- Recognising their strengths & potential
- Helping you cope with life with an autistic teenager

Cost: £15 FOR ALL 3 SESSIONS

Dates & Times:
6pm - 8pm
• Monday 7th November
• Monday 14th November
• Monday 21st November

Venue:
The Rufus Centre
Steppingley Road
Fittwick
MK45 1AH

Join other parents/carers for 3 sessions to discuss the positive and inspirational potential of your teenager, family life and future

TO BOOK PLEASE CONTACT ASHLEY
ashley.gordon@autismbeds.org

Autism Bedfordshire

CHILDREN'S SERVICES
MULTI-SPORTS COURSE
6 WEEKS

Castle Newnham School (Sports Hall)
Polhill Avenue, Bedford MK41 9DT

Date: Thursdays
10th, 17th, 24th Nov, 1st, 8th, 15th Dec 2022

Time: 4.45-5.45pm

Cost: £15.00 per child (AB members)
£20.00 per child (non AB members)

Enjoy a range of sports activities across 6 sessions in. Be active and have fun doing it!

Book Now
enquiries@autismbeds.org
01234 214871 (general enquiries)

Safeguarding Information

At Shefford Lower School we take our responsibilities to promote safeguarding the welfare of all children seriously. The designated persons for safeguarding children is the Headteacher who can be contacted via the school office on 01462 629123

Please find useful information updated weekly

Mythbuster

Myth: "It's fine for them to have the occasional day off for a treat."

Buster: Attendance is a legal requirement for parents. Schools must report on all unauthorised absences. Parents may be subjected to a fixed penalty notice. This is £60 per parent per child. A record is kept on *CPOMS.

*Child Protection Online Management System

If you are concerned about a child outside of school you can phone 999 in an emergency or 101 to make a report. The NSPCC operated an urgent helpline on 0808800500



BEDFORDSHIRE DOMESTIC ABUSE PARTNERSHIP

IT DOESN'T HURT TO ASK FOR HELP!

Safe Space

What is a Safe Space?

- a place for you to go if you need to access support
- a place where you can contact a domestic abuse support service who will be able to help you safely

For more information, speak to a member of staff or contact BDAP@centralbedfordshire.gov.uk

[@bedsdv](https://www.bedsdv.org.uk)
[bedsdv.org.uk](https://www.bedsdv.org.uk)

The **Bedfordshire and Luton Children's Community Health HUB** is our one stop service for our Health Visiting, School Nursing 0-19 and our Looked after Children Teams for parents, carers and professionals. Our Luton Community Paediatric Service can also be contacted via this number, but for emails please continue to use their own dedicated email address.

To access the Health HUB call us on 0300 555 0606 or email: ccs.bedsandlutonchildrenshealthhub@nhs.net

Shefford Lower School

Diary Dates

(further dates will be added and these will be in bold italics)

2022 Upcoming Dates

14th—18th November	Anti Bullying Week
18th November	Children in Need—Children can come to school with Pudsey accessories with their uniform
25th November	PSA Winter Fayre—More details to follow
30th November	Dick Whittington Pantomime performances
1st & 2nd December	Early Years Christmas performances
5th December	Year 4 Christmas concert—2pm
6th December	Year 2 Christmas concert—2pm
7th December	Year 1 Christmas concert—2pm
7th December	Year 3 Cake Sale
8th December	Year 3 Christmas concert—2pm
9th December	Coffee Morning—Invitations to be sent.
9th December	PSA—Present Day
12th December	Christingle Assembly
13th December	Christmas Dinner—Parentmail order form will be available
16th December	Carols on the playground End of Autumn Term

2023 Upcoming Dates

<u>4th January 2023</u>	<u>Welcome Children back to the Spring Term</u>
<u>25th January</u>	<u>Year 2 St Albans—Material Trail Trip</u>

Moving to become a primary as part of Central Bedfordshire's Schools For The Future project.

<https://www.schoolsforthefuture.co.uk/>

To find Shefford Lower's Academic Calendar for 2022/2023 please refer to our website

[Term Dates Link](#)

Please note this will be different to the Central Bedfordshire

Drop off times—08.45—09.00am

Collection times—3.20pm

The school office will be open from 8.30am to 3.45pm for any queries, please call 01462 629123 or email

schooloffice@shefford.cbeds.co.uk.