

Weekly Update



Friday 15th November 2019



Dear Families and Friends,

Wow – I'm still enjoying the feeling of being out at such a well supported community event with our children. We were so lucky with the weather too!

A HUGE thank you to all the helpers and collaborations that made this event so successful. Our office staff did us proud this week dealing with enquiries and changes to the event at last minute. Our children did us proud too! What a wonderful town to work in, where everyone pulls together to show support for Children In Need.

This ended our 'Anti-bullying' week superbly. The children have learned a great deal this week about their values, about diversity and tolerance and of course our two favourite rules 'KIND & HELPFUL'. We held a 'safety carousel' this week with Years One and Two, and we will also be rolling that out to children in Key Stage Two. The children learned about 'Clever Never Goes' and they met PC Roger Williams about his job in the police force as a safe stranger, if ever they need a police constable to help them. The children learned how to make the internet a kinder space, and Mrs Ross took the children to learn how to cross the road safely – this was very helpful in light of today's event too!

You may have noticed that we have had some further activity with regards to parking, turning and generally dangerous manoeuvres near our school entrance. This is a double yellow line road, and enforceable by ticketing. Cross hatched spaces are not for stopping, turning or dropping off. I would also remind politely that scooters should not be boarded once children are approaching school. The pathways are too narrow, and the area near to school too crowded. I am so impressed with the number of children who sensibly dismount on approach. Thank you for your continued support with these safer travel limits.

Have a wonderful weekend, and please remind your children how incredibly proud they made us all today.

Yours sincerely,

Mrs Finch



Values

The values from October 29th—November 22nd are **Tolerance** and **Friendship**.

- *This is also Anti-bullying month.*
- *Tolerance is understanding, rather than 'putting up with.'*

Christmas Lunch—Tuesday 17th December

Order forms for the Christmas Lunch have been sent home with your child this week. Please return them by Friday 6th December, with a payment of £2.10 in a named envelope. **Unfortunately we will not be able to place any late orders after this date.**

Children in Reception, Years 1 and 2 are entitled to Universal Free School Meals so payment will not be required.

Savers Club Needs You!

Savers Club are looking for people who can spare a Thursday morning, every other week, after school drop off until 11.00am. No experience necessary! A DBS check will be completed by the school. Please contact the school office if you are interested.

Poppy Appeal

Thank you to everyone who bought Poppy Appeal merchandise!
Altogether, we raised a fantastic £415.58!



Year 4 Frontier Residential Payments

Frontier deposits of £25.00 should have now been paid. The balance of this trip can be paid in instalments or in full, online on ParentMail or by cheque (payable to Shefford Lower School). Full payment will be required by Friday 31st January .

Sun Readers

We have signed up for The Sun's Books for Schools initiative. The Sun has teamed up with HarperCollins to provide schools across England, Wales and Northern Ireland a free pack of 106 books, worth more than £600! Please help us collect tokens that will be printed in The Sun and The Sun on Sunday from Saturday 23rd November—Saturday 18th January 2020.



Well Done

Well done to Poppy L in Beech Cass and Lauren D in Hazel Class who have been starring in Annie at the Gordon Craig Theatre!



Christmas Lunch

Roast Turkey
with Stuffing
& Chipolata Sausage
Or
Vegetable Parcel

Served with
Roast Potatoes
Peas
Carrots

A Selection of Sweet Treats

LET'S BE
FOOD
SMART
FOR BODY AND BRAIN

TUESDAY
17TH DECEMBER

Finer Diners

Congratulations to the children below who have sat at the 'Finer Diner' table this week for displaying good manners and values at lunchtime:

Reception

Thea C
Daisy L
Kaine E
Eva L
Sarah DW
Jesse L

Year 1

Charles L
Poppy R
Oscar D
Lexie F
Sen L

EXCUSE ME



THANK YOU

Year 2

Deniz Y
Jackson W
Charlotte R
Leo B

Year 4

Amelia W
Oliver A
Arjan G

Year 3

Noah R
Allyssa F
Jessica H

Phone Calls Home

Teachers will be making phone calls home every week to let parents and carers know how well their child has been working and for showing school values! Keep up the good work Shefford Lower!



Reception

Peach — Reagan B & Esme T

Pear— Edward G-B

Plum— Alfie W

Year 1

Chestnut— Layla A

Year 2

Maple— Sam Tumber

Oak— Jack C



Year 3

Cedar— Thomas M

Elm— Joseph R

Hawthorn— Poppy H

Year 4

Ash— Thomas C

Beech— Felicity B

Hazel— Lauren D



Shefford Sporting Successes

We have begun celebrating children's sporting successes on a Friday in assembly. Please let your child's class teacher know about any successes in sport they have had by Thursday morning at the latest.

Congratulations to the following children:

Reception

Holly W—Swimming



Year 1

Noah R—Gymnastics

Kayleigh F—Swimming

Archie S—Swimming

Kaitlyn—Swimming



Year 2

Faith R—Dance

Beth G—Swimming

Millie B—Gymnastics

Olivia E—Gymnastics

Honey—Gymnastics

Felix M—Rugby

Rose P—Blue Peter badge for trying a new sport

Freddie B—Swimming

Year 3

Louie B—Karting

Bo M— Street Dance



Year 4

Seb D—Football

Miles M—Swimming

Enya B—Swimming

Harrison C—Football

Aiva L—Gymnastics

Violet H—Gymnastics

Priya G—Tennis

Amelia W—Gymnastics

Willow C—Gymnastics

Poppy P—Blue Peter badge for trying a new sport

Music News

Assemblies

Our recent Remembrance assembly included two songs performed by the choir, the National Anthem played by Hazel Class on the ocarina and a trumpet solo by Matthew. The whole school sung 'We Will Remember' accompanied by Year 4 recorders.

In music assembly, we enjoyed listening to Harry and Daniel (guitar), William (piano), Aaliyah and Abbie (flute) and also Year 4 ukulele group.

Christmas Tree Festival

At 11.00am on Friday 29th November the choir will be visiting Shefford Church to sing carols at the opening of the Christmas Tree Festival. All parents, carers and children are welcome to join us there. We will be glad to have volunteers to help walk to and from the church with the children. Please speak to the office staff if you are able to help.

Community Carol Singing at Shefford Christmas Lights

On Saturday 30th November, there will be community carol singing at the Shefford Christmas lights switch on. We will be meeting outside Lloyds chemist adjacent to the church (time to be confirmed).

Christmas Music Concert

Our evening Christmas music concert for Year 3 and 4 musicians and choir members will be on Wednesday 4th December at 6.00pm.

Choir Visit to Oak Manor

The choir will be visiting Oak Manor residential home on Tuesday 10th December at 2.00pm to sing Christmas carols to the residents. Once again, we will be pleased to have parent volunteers to walk with children. Please inform the office if you are able to help.





PSA News

Mufti Day – Friday 29th November

In return for your children wearing their own clothes on Friday 28th November we are requesting donations as contributions towards our Christmas Fayre please. Please see the poster within this Update and on classroom windows.

Early Years = £1.00 **Years 1` & 2** = Chocolate **Year 3** = Bottles **Year 4** = Filled jars.

Present Day – Friday 13th December

Our firm favourite is back again this year. You should have seen the separate Parentmail with all instructions on how this works. Presents must be brought to school the week commencing 2nd – 6th December ONLY and handed in at the classrooms at drop off. The PSA team will collect and sort each day. No presents can be accepted after 9am on Friday 6th Dec. For those taking part - presents will be chosen by your children on Friday 13th Dec and wrapped by the elves. They will bring them home that evening.

Donations

Donations of wrapping paper and selotape would be gratefully received in advance of the many presents we'll need to wrap on the 13th. From next week there will be a collection box in the entrance of the main reception for any spare paper you might have. Smaller rolls of sellotape would also be ideal please.

Christmas Fayre—Friday 13th December from 3.00pm

We are also holding this year's Christmas Fayre on Friday 13th December. This will take place in the afternoon and run after school for you to drop in after you've collected your children from their classes. There will be the usual favourite game stalls, tombola's, crafts to purchase and refreshments including hot dogs and cakes. Please come along and support this fun event.

We are also collecting jam jars to fill for the tombola – if anyone has the ones they may have won at the circus still lying around we are happy to take these back (full or empty). Please return to school office.

Easy Fundraising

Christmas is fast approaching and most online purchases can give us a kick back. We have a link with the Easyfundraising company that allows online shopping to feed commission back to a chosen charity . The PSA have registered with this and have so far raised an additional £380.00 for the school. Please use the following link to register <https://www.easyfundraising.org.uk/causes/sheffordpsa/?invite=E2CZEL&referral-campaign=s2s>. It costs NOTHING and once you've earned the school your first £5.00 they will also donate £5 to the PSA. It really couldn't be easier to raise money for the school whilst you go about your general online shopping.

Mufti Day

Friday 29th November 2019

The PSA ask that the children bring in the following donations for the Christmas fair and in return they can wear mufti to school!

Reception & Cherry Class £1.00 donation

Year 1 & 2

Chocolate : Selection boxes, chocolate bars, bags of chocolate sweets, box of chocolates



Year 3

Bottles : Wine, juice, bubble bath, anything in a bottle!

Year 4


Filled Jam Jars : Use an empty glass jar and fill it with anything you like. These will be used on our tombola's

All food and drink items need to have a 'Best Before' date of at least Jan 2020



Community News

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



Low Mood, Self-Harm & Suicide

Tuesday 10th December 2019


We are pleased to announce the third session as part of the Child & Adolescent Emotional Wellbeing Programme which is being run by Bedfordshire CAMHS

When: Tuesday 10th December 2019
Time: 6 - 8.30pm (arrival from 5.45pm)
Where: King's House, 245 Amphill Rd, Bedford MK42 9AZ

Who can attend?

- ⇒ Any parent or carer who has a child registered at a Bedfordshire GP
- ⇒ You do **NOT** need to be accessing CAMHS
- ⇒ Siblings & family members over the age of 18





In this session we will focus on low mood, self-harm and suicide to enable you to find ways to support the children and young people in your life. We will cover both signs & symptoms as well as strategies to help manage these difficulties



How can I book tickets?

Tickets are free and are available online from [Eventbrite](#). You can also scan the QR code on your smartphone for access to the website.

Where can I find more information?

 @EastLondonNHSFoundationTrust	 @camhs wellbeing1
 www.camhs.elft.nhs.uk	 www.eventbrite.co.uk



BUILDING A BETTER YOU



New Class... Wednesday 27th Nov 10.30am The Dance Pod, Shefford

Burpees, Babies & Biscuits

Mum and Baby exercise class designed to improve energy levels, CV fitness, posture, core strength and function, muscle tone, wellbeing and mood.

Contact Sarah today

07742523464
sarahfelorianpt@gmail.com

ST MICHAEL & ALL ANGELS CHURCH, SHEFFORD

CHRISTMAS TREE FESTIVAL



*Friday 29th November
10.45am – 4pm*

*Saturday 30th November
10am – 6pm*

*Sunday 1st December
11.30am – 3.30pm*

*Donations to
Shefford Parish Church
and
Motor Neurone Disease
Association*

*Ribbon cutting
by the Shefford
Gala Prince & Princesses
Saturday @ 10am*

*Refreshments available
all day
Fri / Sat / Sun*

**FESTIVAL SERVICE
SUNDAY 1ST AT 4PM**

Free training course

SEE THE SIGNS SAVE A LIFE See the signs of suicide risk

This training is for **non-mental health** workforce participants who would like to access training in Suicide Awareness

See the Signs



Around 6,000 people die by suicide each year in the UK
1 in 5 will experience suicidal thoughts at some point in their life

By attending this course you will:-

- Be able to recognise the signs and symptoms of someone who maybe having suicidal thoughts
- Identify tools and techniques so you can support the person in crisis
- Identify how to communicate with a person with suicidal thoughts
- Recognise the importance of early professional help

Spaces are limited and must be pre-booked - Please select your chosen date, time and location

Date	Time	Venue
21/11/2019	12.30 – 3pm	Flitwick Library
03/12/2019	10.30 - 1 pm	Astral Park Sports & Community Centre L Buzzard
05/12/2019	10am – 12.30pm	Bletchley Leisure Centre fully booked
28/01/2020	12.30 – 3pm	Priory Church, Newnham Ave, Bedford fully booked
27/02/2020	10am – 12.30pm	Rocroft Centre, Church Street Stotfold
27/03/2020	10am – 12.30pm	Priory Heritage Centre Dunstable

To book your place or find out more information please contact:-

Mind BLMK Training (Sally Crawley or Jeanette Skipsey)

Telephone: 0300 330 0635

Email: training@mind-blmk.org.uk

Visit our website: www.mind-blmk.org.uk

Diary Dates

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

N.B—Please not the Year 2 Cake Sale has been postponed

Autumn Term 2019	
11th—15th November	Anti-Bullying Week
12th November	Odd Sock Day
15th November	Children in Need
18th—24th November	Road Safety Week—'Step Up for Safe Streets'
19th November	Flu Vaccinations for Years R –4
20th November	Beep Beep Day
29th November	PSA Mufti Day
<i>29th November</i>	<i>Carols at St Michael & All Angels Church for the Christmas Tree Festival 11.00am</i>
30th November	Community Carols at Shefford Christmas Lights

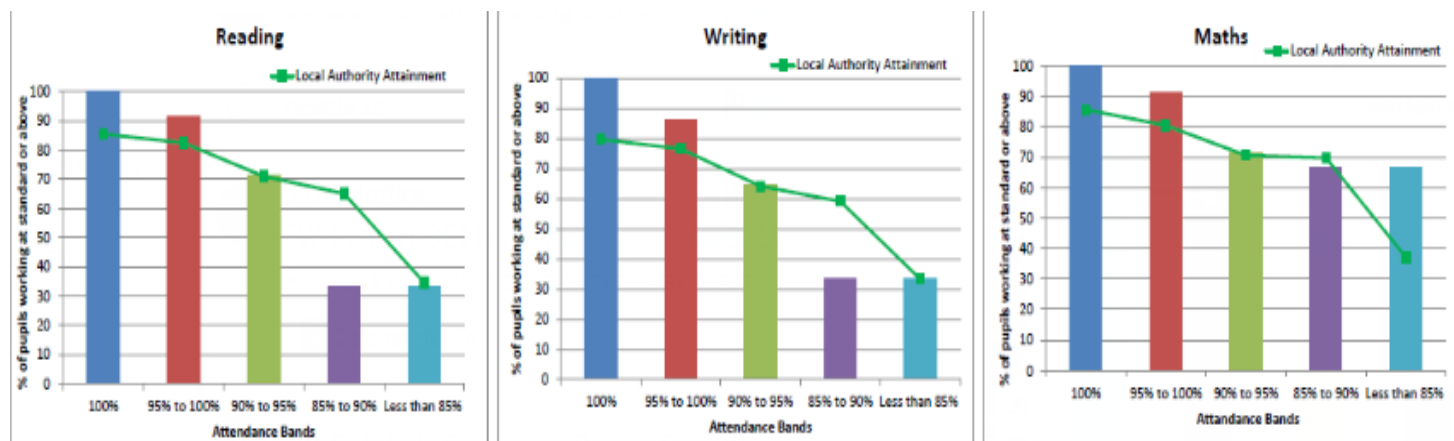
Autumn Term 2019

2nd December	EYFS Dress Rehearsal 2.00pm
3rd December	EYFS Concert 2.30pm
4th December	Christmas Music Concert for Musicians and Choir Members in Years 3 & 4
4th December	<i>Father Christmas & Smiley Sam Visit for Keech Hospice Care 3.20pm</i>
6th December	EYFS Concert 2.30pm
9th December	KS1 Dress Rehearsal AM, KS2 Dress Rehearsal PM
10th December	Choir Visit to Oak Manor to Sing Carols
11th December	KS1 Concert 9,30am, KS2 Concert 2.30pm
12th December	Hamper Raffle Prize Draw
12th December	KS2 Concert 9.30am, KS1 Concert 2.30pm
13th December	Present Day AM
13th December	Winter Fayre
17th December	Christmas Dinner
18th December	EYFS Parties with Santa AM
18th December	KS1 Parties with Santa PM
19th December	KS2 Parties with Santa PM
20th December	Carols on the Playground End of Term

Absence

Please see the graph below on this years SATS results in relation to attendance.

Please see the list below of exceptional circumstances in which a holiday may be authorised. Just a reminder the school office will need proof of all medical appointments for absences to be marked as 'Medical' otherwise these will be marked as 'Unauthorised'.



Exceptional circumstances that may be agreed to are:

A dying close relative in a different country.

A family funeral of a close relative in another country/ part of the country.

Holidays for fostering or adoption purposes.

Religious observance.

Holidays for armed services personnel when meeting the criteria set out by the ministry of defence.

When a family needs to spend time together to support each other during or after a crisis

Where disability means it is difficult for the family to organise care at another time.

Exceptional circumstances do not include:

Being unable to take a family holiday during the 6 week summer break

The availability of cheap holidays

Poor weather experienced during school holiday periods

Overlap with the beginning or end of a term.

Different holiday dates for siblings in different schools.

A surprise booked by another person/ treat for the child

A mistake in term dates when booking