



Weekly Update

Friday 26th May 2023



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

Dear Families and Friends,

How lovely to be able to write to you with the sun shining. Enjoy for the half term!

The sunshine does come for us with increased risks, and children will need a sun hat - not sunglasses. They also need to have a high factor sun cream. They are allowed to top this up in the day themselves too, but please do name it if you are sending it in. It is also helpful to put it in a little bag in case it leaks.

We also see an increase in scooters. Please absolutely stick to the designated paths. One of our staff members had a 'near miss' on her way in to school today, with parents cutting across where the barrier is to our car park. We have a zebra crossing painted there, and this is where drivers will be most vigilant to pedestrians. We have also had adults scooting across our car park. This is dangerous and sets a poor example for our children. We ask that they do not scoot at all once on our premises, and would hope that our adults set the same role model for them to follow. Thank you for your cooperation in supporting us to keep the children safe.

We have had butterfly babies in our early years and the children are enjoying watching more of them hatch. In year 1, they have also been appreciating nature by going outside to explore the parts of flowers. The science focus in year two has been more about the making! With well chosen materials and construction techniques to make their lighthouses. We are excited in year 4. The end of year show case auditions have been taking place and we will be seeing rehearsals swing into action.

The Eco council are planting sunflowers, and we will be making some pots, but if you have donations of pots, we would be very grateful to have these to help us. Thank you.

Please do remember the THINK U KNOW site, to keep children safe online with that extra check of parental controls and access over the half term. It has every area you can think of for supporting parents here <https://www.thinkuknow.co.uk/parents/Listing/?cat=&ref=4765#mMain>.

Over the break, parks and playgrounds are fun places to be and here is a useful site for the safety standards you can expect. <https://www.roomtogrow.co.uk/blog/nearby-park-playground-safe-environment-kids/>.

Do children know the 'Clever Never Goes' website. This helps children stay safe from members of the public who may seek to harm them. Here is the link for the parents section <https://clevernevergoes.org/parents-2/>

We have lots of ideas for you on our social media too, and these also help with the Year 1 phonics screening that takes place in June, as well as the Year 4 Multiplication check too. Have fun exploring all of the links.

We look forward to having our lovely *pride of lion* children back after the break.

From Mrs Finch



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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.



Celebrating Our Students



House Points:

Fire : 1495

Air : 1323

Water: 1294

Earth: 1288

House Points and Attendance

W/C 19/05/23

Well done to last week's house winners.



House Attendance

&

Punctuality

Winner

Earth

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.

◇ <u>Reception</u>	Peach: George	Pear: Henry	Plum: Kayden
◇ <u>Year 1</u>	Chestnut: Charlotte P	Holly: Albie K & Lacey	Sycamore: Eliza
◇ <u>Year 2</u>	Maple: Katie	Oak: Arthur & Ben	Willow: Mia N
◇ <u>Year 3</u>	Cedar: Mathew	Elm: Esmee & Sarah	Hawthorn: Harry
◇ <u>Year 4</u>	Ash: Max	Beech: Lewie	Hazel: Joshua



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>	Peach: Amarliah & Annie	Pear: Liam & Ollie	Plum: Jenson & Sophia
◇ <u>Year 1</u>	Chestnut: Renae & Theo	Holly: Charlie & Harry	Sycamore: Allis & Essie
◇ <u>Year 2</u>	Maple: Amaya & Jayda	Oak: Evelyn & Lizzie	Willow: Jasmine & Jessica
◇ <u>Year 3</u>	Cedar: Ava & Mathew	Elm: Jemima & Maria	Hawthorn: Effie & Oliver N
◇ <u>Year 4</u>	Ash: Bethan, Evie & Rachel	Beech: Benedict & Lewie	Hazel: Immy & Isla



Shefford Sporting Successes

Well done to all our achievers!

Eden – Elm – Football

Annabelle – Willow – Swimming

Mathew – Cedar – Football

Niki – Cedar – Football

Ayaz – Hawthorn – Football

Thea – Cedar – Taekwondo

Harry – Hawthorn – Football

Edward – Hawthorn – Football

Jesse – Elm – Football

Eliza – Elm – Football

George – Sycamore – Taekwondo



Music News

The KS2 ukulele group performed in this week's music assembly, and it was great to see so much progression, great job guys! The theme for music vote this week was songs about being proud, and what that means to pupils at Shefford Lower. The winning vote was 'be proud' from the Madagascar – a little wild movie. We have lots of exciting music events and



performances in the last half term so lots to look forward to. Have a lovely half term.

Cricket Activity Day



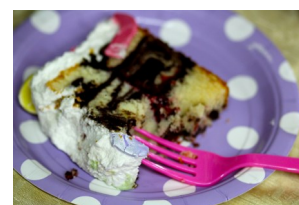
The students and staff enjoyed the Cricket Activity Day at Henlow Academy on Tuesday. The students said

- "It was so fun learning how cricketers bowl the ball"
- "I loved learning all the skills like bowling and catching"



Year 4 Cake Sale

Well done to Year 4 who raised an amazing **£107.84** for Red Nose Day at their cake sale on Wednesday!



Values

The values of May will be Cooperation & Sharing

"We are a team, one person struggles we all struggle. One person triumphs we all triumph" Barcelona FC. Team work, playing a part whether large or small, encouraging each other to be included and feel valued. Sharing games, sharing equipment, sharing feelings, sharing friends. Understanding what might make others reluctant to share or cooperate and helping each other overcome these barriers."



Pre-Loved/ Second hand uniform

Lots of different items available including dresses, shorts, trousers, skirts, branded and unbranded jumpers and cardigans all in good used condition and all washed prior to collection.



Check out our [Facebook page](#) or scan the QR code

for full details, most items £1 or 50p and all the monies raised go back to the Parent and Staff Association (PSA) for the school.



Community News

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



Ninjas Academy

www.atsk.co.uk www.atskcoaching.co.uk

Tel: 01234 353865 Email: atskcoaching@gmail.com

A **brand new** Fun & Enjoyable non-fighting martial art concept of embedding PE, Reactivity, Motivational and Personal Development skills to help to become like a Ninja.

Learn to be a ninja within a safe fun, enjoyable environment. The children will be involved in activities which are designed to help with general fitness and some of the following skills:

Dexterity * Cognitive Skills * Self- Discipline * Focus on detail * Etiquette * Team working * Problem solving * Balance * Confidence, Respect, Discipline

The art is a new concept using over 40 years of experience within traditional martial arts from Master (Shihan) Kevin Stark (7th Dan Karate) to establish a none fighting art, in order to inspire children of all ages to gain and enhance new and existing skills over a range of fun engaging activities, in a safe environment, Shihan Stark has called this art **Sho Ryu** (First School) and will recognise milestones of the individual child's development throughout the ongoing sessions.

The cost per child is £4.50 per child per session, which will need to be paid half termly and are delivered by fully trained DBS checked coaches.

Ninja Academy starts Wednesday 14th June 2023 3:20-4:20pm. Last session 12th July 2023, Total of 5 sessions

Book Your place now by emailing:

atskcoaching@gmail.com

Don't miss your place! Payments and contact details will be requested once you have signed your child's name up.



Could you inspire the next generation of cyclist?

We are searching for Cycle Instructors to join our expanding Bikeability team.



We are looking for confident communicators to deliver fun and inspirational cycle training in schools.

If you have loads of enthusiasm to share and are looking for rewarding work to deliver during school term time, we would love to hear from you.

Role: Employed—Variable Hours

Hourly Rate: £12 plus holiday pay. We have an employee benefits scheme too!

Cycle Training Programme: Bikeability Training and Support; We provide full, free training and ongoing support including nationally recognised qualifications.

For more information, please contact Graham:

jobs@outspoketraining.co.uk

01223 473820

www.outspoketraining.co.uk

The Benefits of Yoga



- Keeps your muscles strong & increases strength
- Lets go of anxious feelings
- Increases flexibility
- Builds immunity
- Improves blood flow & heart function
- Builds strong bones
- Eliminates future stiffness & pain
- Improves your memory
- Creates a positive body image
- Increased lung capacity improving breathing
- Builds confidence & self-esteem

- Stretches and protects the spine
- Calms the nervous system
- Creates happy, positive thoughts
- Improves self esteem
- Helps with peaceful sleep & relaxation
- Makes you feel stress free
- Increases concentration
- Improves posture
- Increases energy
- Reduces anger
- Aids digestion & balances metabolism

Happy Little Yogis class is at school on a Wednesday afternoon 8.00am - 8.45am, providing your child with holistic well-being techniques to create all of the above through yoga, games, breathing, meditation, dance, singing, sensory magic & relaxation!

To book your space please email jane@happylittleyogi.com

www.happylittleyogi.com

Happy Little Yogi Taster Sessions

great lifestyles

Join us for a FREE, fun, yoga/mindfulness session aimed at children with special educational needs and disabilities (SEND).

On Thursday 1st June 2023

14:00 - 14:45 for 5-9 year olds

15:00 - 15:45 for 10-16 year olds

At Jenkins Pavilion, Nr Sandy Sports Centre (off Medusa Way) Sandy, SG19 1BN

Should you have any questions please email Jane (the instructor) on: jane@happylittleyogi.com.

Book now to secure your place: www.happylittleyogi.com/classes/holiday-camps.

Guardians are required to stay for the whole session and are welcome to join in if they wish. Places are limited to 12 per session.



This session is funded by Sports England, National Lottery and Be Active.



A great place to live and work.

Find us online www.centralbedfordshire.gov.uk [getactivewith](https://www.facebook.com/getactivewith) [centralcentral](https://www.instagram.com/centralcentral)

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. 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 0808 800 5000.

Mythbuster

Myth: *"It doesn't matter if I haven't got time to read with child."*

Buster: *OFSTED expect schools to set and monitor homework that is age appropriate. All schools keep a record of frequent instances that impact on a child's development alongside their peers. Reading is fundamental to a child's development.*

Central Bedfordshire Upcoming Events


Central Bedfordshire

Professional and Parent Insight—Exploring Healthy Boundaries: 6th June @ 11am

<https://www.eventbrite.co.uk/e/parent-professional-insight-exploring-healthy-boundaries-tickets-522470392007>

Parent Insight—HAF Information Session: 4th July @ 4:30pm

[Parent Insight - HAF Information Session Tickets, Tue 4 Jul 2023 at 16:30 | Eventbrite](#)



Luton & Bedfordshire

SEND Health Focus Week June 2023


For parents, carers and professionals


Talks including...

- All About ADHD
- SEND & Dietetics
- Young Peoples Transitions to Adult Services
- The Positives of Neurodiversity
- Supporting Learning With SEND
- Autism in Girls
- SEND, Neurodiversity & Managing puberty

To find out more visit our website

bit.ly/SENDweek23





Luton & Bedfordshire

SEND Health Focus Week June 2023

For parents, carers and professionals

TOPIC	Day	Time	Link
ADHD and Medication	Friday 9th June	11am - 12.30pm	Click here
Making Mealtimes Manageable	Friday 9th June	1 - 2pm	Click here
Young People's Transitions into Adult Services	Monday 12th June	10 - 11.30am	Click here
Supporting Learning With SEND	Monday 12th June	1 - 2.30pm	Click here
The Positives of Neurodiversity	Wednesday 14th June	10 - 11.30am	Click here
SEND, Neurodiversity & Managing Puberty	Thursday 15th June	10 - 11.30am	Click here



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



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

 @beddy
 beddy.org.uk

Shefford Lower School

Diary Dates

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

2023 Upcoming Dates

9th June	Author Visit
13th June	KS2 Quadkids Athletics
21st June	Year 4 Faith Tour
22nd June	Samuel Whitbread School Summer Arts Festival
28th June	Year 3 Sing Up! At Shuttleworth
4th July	EYFS Sports Day 2pm
5th July	KS1 Sports Day 1.30pm
6th July	KS2 Sports Day 1.30pm
7th July	Move Up Day
21st July	Summer Term Ends
4th –5th September	Inset Days
6th September	Back to School

Information from the School Office

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

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

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.

PACK LUNCHES If your child requires a pack lunch please come to the office and ask for a form to fill out for your child's choice that week. These need to be sent to the office a ***week in advance***. Please use the form and not the app.

Thank you

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

[Term Dates Link](#)

REMINDER: If your child will be in school after 10am please let the office know what lunch choice they would like. After this time we may not be able to supply their choice.

Thank you