



## Weekly Update

### Friday 9th June 2023



Please email [schooloffice@sheffield.cbeds.co.uk](mailto:schooloffice@sheffield.cbeds.co.uk) if you require support in accessing this newsletter in an alternative format.

Dear Families and Friends,

Lovely to have some sun this week. Lots of headteacher awards being given out and great to see early years joining in with this and bringing me their monsters from drawing club. They have been learning about Jack and the Bean Stalk, as well as the book 'A Fruit is a Suitcase'. Year one children have been doing the genre of legends, with tales of King Arthur. I suspect some of our families will be visiting Tintagel in Cornwall for the summer, so please remember this learning when you do. Year one have also been designing their puppets.

Our OFSTED report talked about the value reading is given in our curriculum. Year two are using the book 'Flotsam' to foster the skills of inference when reading. This is when information is implied, rather than stated in the words. A specific skill. In your reading prompts, there are some suggestions about which inference questions you can ask when reading with your child at home.

An excited Year four have started rehearsing for 'Aladdin Trouble' - their production. Doors for this open at 2pm on Wednesday 19th July, so please keep your diaries free. Before this, we have the year three Sing Up event. We are also delighted to be attending the production of Samuel Whitbread's 'Frozen'.

The nicer weather brings more *walking to school*. I would remind families that the car park is strictly for disabled and staff parking. We have had some families tailgating through the barrier. This is highly dangerous, as the barrier does drop between vehicles. We also operate Flash Park, and have had to fine someone this week for repeatedly doing this. Please save us the embarrassment of interacting with you in this way. Thank you.

We remind families that nail varnish and tattoos are not allowed in school. There are clear health and safety guidelines that schools must follow for this. Also, some safeguarding matters are disguised this way, so professionals will ask for this to be removed in children. We are just doing our jobs well when we do this and thank you in advance for your cooperation.

We are aware of the increase of vaping in every community, and more especially with young people. Vapes are not allowed in school. They are harmful to children yet the colours and scents are attractive to them. Please see information on The Centre For Disease Control and Prevention page <https://www.cdc.gov/tobacco/index.htm>.

I have been asked about healthy lunch box options this week. We recommend the NHS site <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/> which has lots of ideas and also the recipes for making more inventive lunches. Children love to put their lunches together and involving them usually entices them to eat more healthily. Avoid 'bottlemouth syndrome' by having only water in bottles. Even flavoured waters that are sugar free can have higher amounts of citric acid due to the flavourings used <https://www.bhandaldentistry.co.uk/news/is-flavoured-water-bad-for-your-teeth>. We follow the healthy schools guidelines, and our [Healthy Eating and Lifestyles Policy](#) about water in bottles is very clear. We would expect to see children drinking more in the warmer weather, and would want this to be liquid that is safer on their teeth during a school day.

Please check out our [Safe in the Sun Policy](#) and ensure your child has a named hat and is wearing a high factor sunblock.

I am aware, as we move towards summer, buying new school shoes is limited. If you have to settle for an alternative, please ensure it follows our safety policy, closed toes, strong fastening and black. Thank you.

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 : 1604

Earth: 1566

Air : 1391

Water: 1349

### House Points and Attendance

W/C 26/05/23

Well done to last week's house winners.



### House Attendance

&

Punctuality

Winner

**Water!**

### 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>	<b>Peach:</b> Oscar	<b>Pear:</b> Nissa	<b>Plum:</b> Killian
◇ <u>Year 1</u>	<b>Chestnut:</b> Mia	<b>Holly:</b> Beattie & Darcey	<b>Sycamore:</b> Toby
◇ <u>Year 2</u>	<b>Maple:</b> Jayda	<b>Oak:</b> Althea	<b>Willow:</b> Theo
◇ <u>Year 3</u>	<b>Cedar:</b> Reuben	<b>Elm:</b> Amelia	<b>Hawthorn:</b> Bethany
◇ <u>Year 4</u>	<b>Ash:</b> Grace	<b>Beech:</b> Denis	<b>Hazel:</b> Poppy R



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>	<b>Peach:</b> Amarliah & Ciaran	<b>Pear:</b> Buddy & Jack	<b>Plum:</b> Blake & Lewis
◇ <u>Year 1</u>	<b>Chestnut:</b> Elsie M, Max & Mia	<b>Holly:</b> Darcey & Ollie	<b>Sycamore:</b> Faelan & Jean
◇ <u>Year 2</u>	<b>Maple:</b> Chloe & Freddy C	<b>Oak:</b> Esmae & Macie	<b>Willow:</b> Anuradha, Nancy & Teddy
◇ <u>Year 3</u>	<b>Cedar:</b> Michelle & Reuben	<b>Elm:</b> Eden, Jessica & William	<b>Hawthorn:</b> Chloe & Edward
◇ <u>Year 4</u>	<b>Ash:</b> Arthur & Lilly	<b>Beech:</b> Imogen M & Scarlett W	<b>Hazel:</b> Sen & Shiron



## Shefford Sporting Successes

Well done to all our achievers!

Oliver - Hawthorn – Football

Aaron – Elm – Football

Henry– Chestnut - Football

Forrest – Elm – Football

Teddy – Chestnut – Football

Oscar – Hawthorn – Football/Swimming

Thea – Cedar – Swimming

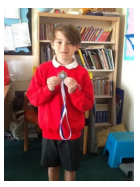
Charlie – Hazel – Football

Jackson – Willow – Football

Anuradha – Willow – Swimming

Cara – Maple – Swimming

Sienna – Maple – Gymnastics



Mrs Barker – achieved a gold medal and is the British Masters Champion for 50m breast stroke in her age group!

## Music News

This week we listened to music from the fabulous Tina Turner and reflected on her lifelong career as a successful solo artist. Pupils voted for Simply the Best as their winner which



was up against a classic, Proud Mary. This month we are looking at the term 'timbre' and what that means in relation to music.

This will continue into arts week and aid children in their musical instrument choices and performances.

## Author Visit



Simon James Green the author of Llama Glamarama, Life of Riley and Sleep-Over Take-Over visited our school today!

The children loved every minute with some interaction and dancing at the end! Simon even got to meet Larry the Llama!

Simon was a joy to have here and he thought the School was lovely and the children were fantastic. Well done!



## Values

The values of June will be **Thoughtfulness & Patience**

“Be a rainbow in somebody else’s cloud” Maya Angelou.

Thinking of others and putting their thoughts before our own. Thinking of the needs of others and giving time and space to support them. Enduring hardships and difficulties to achieve your goals.





## PSA UPDATE

### **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](#) 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.



**SHEFFORD LOWER SCHOOL PSA**

# Summer Fayre

**FRIDAY 30TH JUNE 2023**

**JOIN US FROM 3PM ON THE SCHOOL FIELD**

- STALLS
- TOMBOLAS
- GAMES
- REFRESHMENTS
- PERFORMANCES FROM THE SCHOOL CHILDREN
- FUN FOR EVERYONE!

### **Summer Fayre —Message from the PSA**

#### **PARENTS, WE NEED YOUR HELP!**

Prep is underway for the School SUMMER FAYRE, which is taking place on **FRIDAY 30th JUNE** and we are looking for the following donations for our stalls & tombolas;

- Cherry Class - Wine, juice, bubble bath, anything in a bottle!
- Reception - Bags of sweets (no chocolate please)
- Year 1 Party bag gifts - Rubbers, bubbles, sweets, pencils, bouncy balls etc
- Year 2 Filled jars - Use an empty glass jar and fill it with anything you like, sweets, Lego, mini toys etc
- Year 3 Sweets – Bags of sweets (no chocolate please)
- Year 4 Bottles - Wine, juice, bubble bath, anything in a bottle!

Please bring any donations into school by **FRIDAY 16TH JUNE**.

As ever, we could not run these events without your help and donations, so huge thank you for your continued support!

We are very low on helpers for this event, if you would like to help on the day, please get in touch via our FB Page @sheffordlowerschoolpsa or email [info.sls.psa@gmail.com](mailto:info.sls.psa@gmail.com).

# Community News

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



## Ninjas Academy

[www.atsk.co.uk](http://www.atsk.co.uk) [www.atskcoaching.co.uk](http://www.atskcoaching.co.uk)

Tel: 01234 353865 Email: [atskcoaching@gmail.com](mailto: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 14<sup>th</sup> June 2023 3.20-4.20pm. Last session 12<sup>th</sup> July 2023, Total of 5 sessions

Book Your place now by emailing:  
[atskcoaching@gmail.com](mailto:atskcoaching@gmail.com)

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

**AFC SHILLINGTON PLAYERS WANTED**

We are recruiting for current U8s (school year 3) as we move to 7 a side next season

Please contact Mick Coates on 07840 538740 or [mickjohncoates@aol.com](mailto:mickjohncoates@aol.com) for more details

## The Benefits of Yoga HAPPY LITTLE YOGI

- 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 [janee@happylittleyogi.com](mailto:janee@happylittleyogi.com)

[www.happylittleyogi.com](http://www.happylittleyogi.com)

## OPEN TRAINING

**Girls in Current Years 3, 4 or 5**

**MONDAYS**

**ROBERT BLOOMFIELD ACADEMY : 6PM - 7PM**

More details Contact Tim - [t.mills150@btinternet.com](mailto:t.mills150@btinternet.com)

**Come and join Rainbows**

**Girls age 4-7**

Your nearest Rainbow unit is **Shefford**

Register your interest by visiting [www.girlguiding.org.uk/joinus](http://www.girlguiding.org.uk/joinus) or you can ring Girlguiding on 0800 169 5901

**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: [john@outspoketraining.co.uk](mailto:john@outspoketraining.co.uk) 01223 473820

[www.outspoketraining.co.uk](http://www.outspoketraining.co.uk)

**BARRACUDAS Activity Day Camps**

Early and Late clubs

Give every child such an AMAZING experience they can't wait to come back!

Visit [barracudas.co.uk](http://barracudas.co.uk) or call 01480 467 567

**#QUOTE CODE: SCHOOL10 FOR AN EXTRA £10 OFF YOUR BOOKING\*** (MINIMUM OF 2 DAYS)

Make New Friends!

Boost confidence

**80+ ACTIVITIES CHOICE FOR EVERY ACTIVITY**

The UK's Favourite Holiday Activity Camp!

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Trustpilot

Ofsted Good Provider

Ofsted Outstanding Provider



## 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

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

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



**Active Lifestyles Parent Workshop**

Parents are key in helping children to be healthy and active. We are offering free Active Lifestyles Parent Workshops across Central Bedfordshire.

The 90 minute workshop is aimed at parents/carers, who have children aged 1-5 years, living in Central Bedfordshire.

- Gain knowledge and ideas on how to lead a healthier, happier, active lifestyle.
- Find out what services and support is available in your area.
- Learn about healthy eating, portion sizes, recommendations for sugar/salt intake.
- Plus lots more, in a fun, interactive way

**Date:** Thursday 15th June 2023  
**Time:** 19:00 - 20:30pm  
**Venue:** Shefford Children's Centre, School Lane, Shefford, Bedfordshire, SG17 5XA

To register for this free workshop please go to: [www.bookaboo.com/activelifestyles](http://www.bookaboo.com/activelifestyles) and look for 'Active Lifestyles Workshop'.

Places are limited to 15 adults per workshop, for any questions please call 0300 300 8640 or email: [active.families@centralbedfordshire.gov.uk](mailto:active.families@centralbedfordshire.gov.uk)

**Active Morelife**  
 The power to be more you

A great place to live and work.  
 Find us online [www.centralbedfordshire.gov.uk](https://www.centralbedfordshire.gov.uk) [f](#) [g](#) [t](#) [@](#)



**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](http://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	<a href="#">Click here</a>
Making Mealtimes Manageable	Friday 9th June	1 - 2pm	<a href="#">Click here</a>
Young People's Transitions into Adult Services	Monday 12th June	10 - 11.30am	<a href="#">Click here</a>
Supporting Learning With SEND	Monday 12th June	1 - 2.30pm	<a href="#">Click here</a>
The Positives of Neurodiversity	Wednesday 14th June	10 - 11.30am	<a href="#">Click here</a>
SEND, Neurodiversity & Managing Puberty	Thursday 15th June	10 - 11.30am	<a href="#">Click here</a>

## Family support Drop in

We provide a friendly service to families with children 0-12 years  
 No need to book, pop along for support or to meet other local families

**Monday 9 - 10.30 @ Stotfold Library** Hitchin Rd SG5 4HP  
**Friday 9 - 11 @ Shefford Children's centre** School Lane SG17 5XA

**Feeding support**

**Sleep advice**

**Speech & language**

**Child development**

**Behaviour strategies**

**Vitamins**  
**Daddy cups**  
**Benefits advice**  
**Well being support**  
**Local Activities**

Self-weighing scales available

Find us on Facebook [f](#) Shefford and Stotfold Children's Centre 0300 300 8112  
 Supporting Shefford, Stotfold, Arlesey and villages

# Shefford Lower School

## Diary Dates

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

### 2023 Upcoming Dates

13th June	KS2 Quadkids Athletics
21st June	Year 4 Faith Tour
22nd June	Samuel Whitbread School Summer Arts Festival
22nd June	Year 4 RBA visit to see Frozen performance
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
18th July TBC	Year 4 Disco
19th July	Year 4 Leavers Picnic and Leavers Performance. Doors open at 2pm for the performance.
21st July	Summer Term Ends
4th –5th September	Inset Days
6th September	Back to School

### Information from the School Office

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](mailto:schooloffice@shefford.cbeds.co.uk).

#### CONFIRMATION OF SING UP! DATE

We understand from Inspiring Music that there has been some confusion regarding the date of the Year 3 Sing Up! The date is **28th June** as per our Diary dates above.

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

[Term Dates Link](#)

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

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