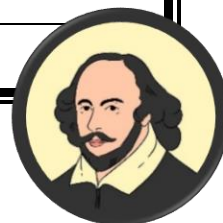


### CALENDAR DATES 2024

|  |  |
|--|--|
| 18 <sup>th</sup> to 22 <sup>nd</sup> MARCH 2024  | SHAKESPEARE WEEK   |
| 19 <sup>th</sup> MARCH 2024                      | WHOLE SCHOOL CLASS PHOTO'S   |
| 20 <sup>th</sup> MARCH 2024                      | YEAR 3 – TRIP TO CHILTERN OPEN AIR MUSEUM<br>Letter sent 17.1.24 – please return your consent forms asap               |
| 21 <sup>st</sup> MARCH 2024                      | PTA 'BUNNY HOP' DISCO<br>Please see details below  |
| 28 <sup>th</sup> MARCH 2024<br>1pm to 1:30pm     | FANTASTIC FINISH! - Parents/carers invited to come and see the children's learning then the children can be taken home |
| 29 <sup>th</sup> MARCH to 12 <sup>th</sup> APRIL | EASTER HOLIDAYS – SCHOOL CLOSED  |
| 15 <sup>th</sup> APRIL 2024                      | STAFF TRAINING DAY – SCHOOL CLOSED   |
| 16 <sup>th</sup> APRIL 2024                      | ALL CHILDREN RETURN TO SCHOOL  |
| 23 <sup>rd</sup> APRIL 2024                      | ST GEORGE'S DAY – NON UNIFORM<br>Wear something red/white  |
| 25 <sup>th</sup> APRIL 2024                      | ROAD SAFETY SESSIONS – WHOLE SCHOOL  |
| 6 <sup>th</sup> MAY 2024                         | MAY BANK HOLIDAY – SCHOOL CLOSED   |
| 15 <sup>th</sup> MAY 2024                        | SCOOT FIT EXPERIENCE DAY – WHOLE SCHOOL<br>Details to follow   |
| 16 <sup>th</sup> & 17 <sup>th</sup> MAY 2024     | YEAR 4 CALDECOTTE XPERIENCE – details to follow  |



## Friday's Celebration Assembly



Just an update to our Friday's assemblies. Please can we ask for all certificates, trophies, medals and rewards to only be brought in if it is a recent achievement. The children will need to take them to class where they will be instructed by their teacher where to place them for the assembly.

Many thanks.

# Challenge Champions 8<sup>th</sup> March 2024



**LYNX: Bobby**

**1Y: Alice**

**2M: George**

**3J: Paisley**

**4P: Sofia**

**1M: Ethan**

**3T: Henry**

**4G: Brogan**

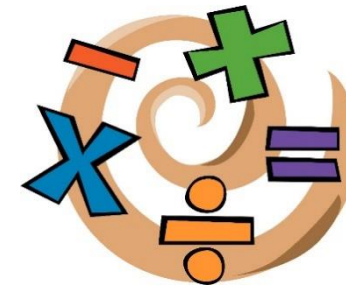


**Well done Amelie on gaining 1<sup>st</sup> Place for accuracy!**

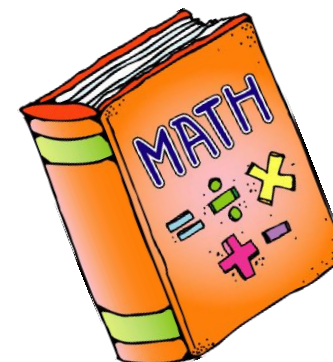
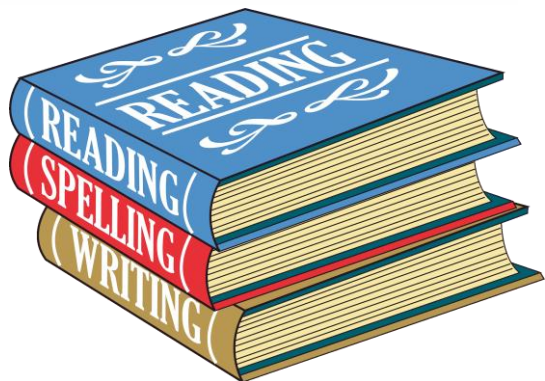
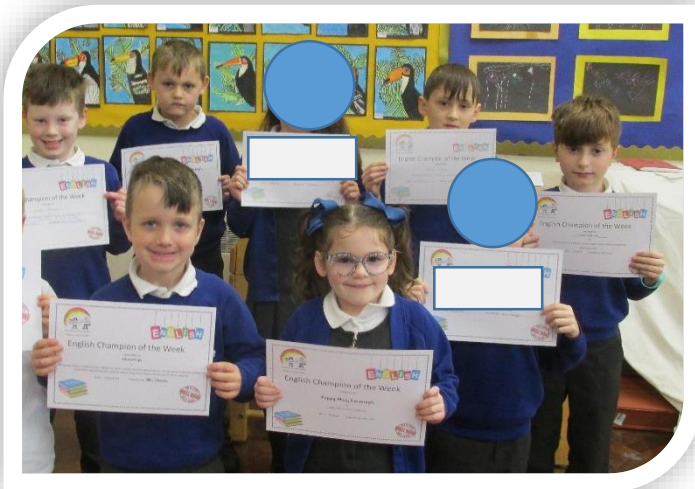
**Amazing Work!**

ENGLISH

English Champion of the Week  
8<sup>th</sup> March 2024



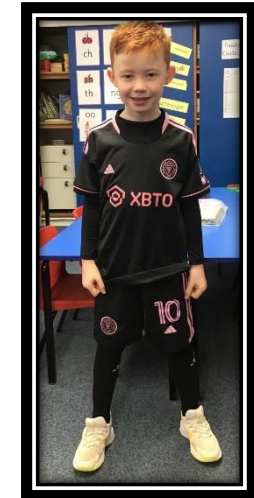
Maths Champion of the Week  
8<sup>th</sup> March 2024

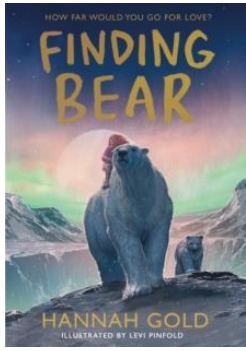


WORLD  
BOOK  
DAY  
7 MARCH 2024

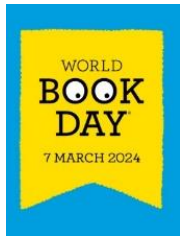
# World Book Day Fun!







Year 4P enjoyed creating a nook in their classroom and reading a chapter from **Finding Bear!**



## Chance to Shine Cricket



Some Year 4 children had the opportunity this week to take part in the 'Chance to Shine' cricket session. 'Chance to Shine' is a national charity that aims to give all children the opportunity to play, learn and develop through cricket. They believe that cricket can help to develop the personal, social and physical skills.

As well as the physical benefits of regular activity, they use cricket to teach children important key life skills that will help them beyond the playground. Through the values of cricket, they teach children about respect and fair play.

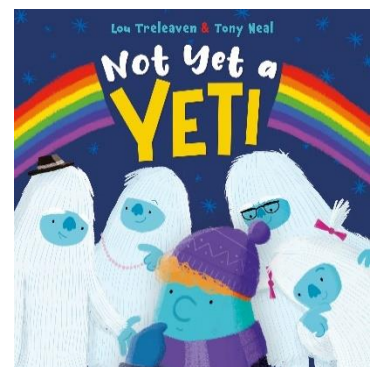
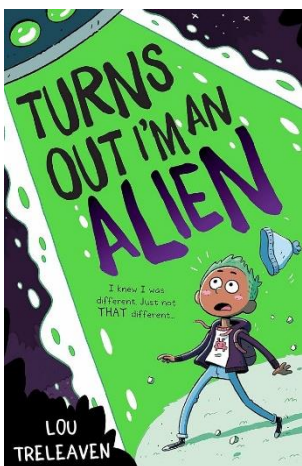
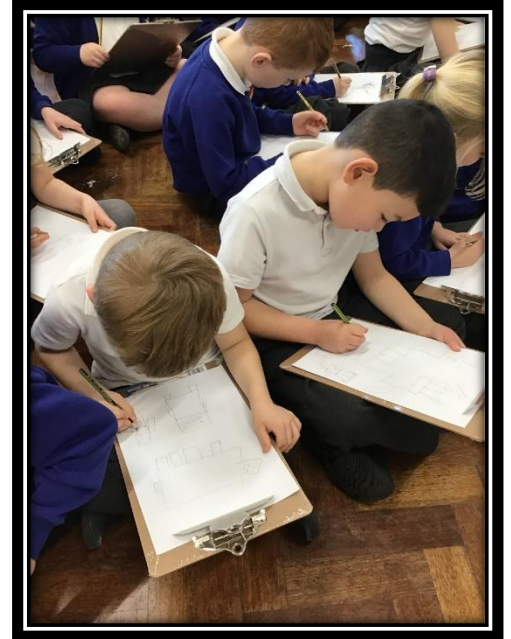
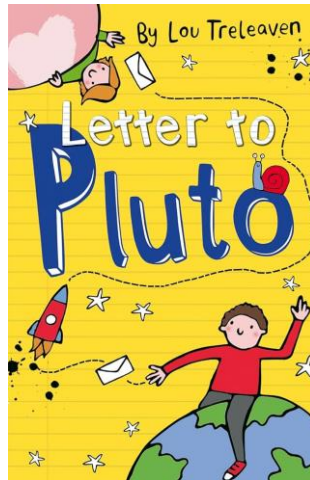
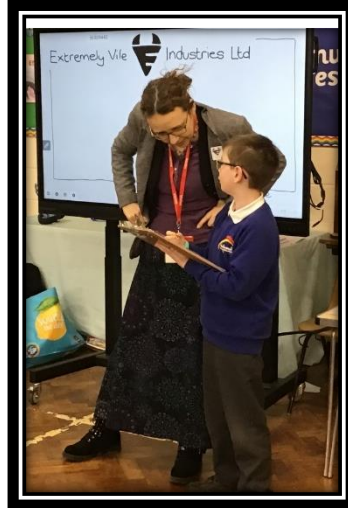
Cricket is also an effective way to develop skills like communication, leadership and perseverance that will benefit them throughout their life. Here are a couple photos from them enjoying their session:



# LOU TRELEAVEN AUTHOR VISIT

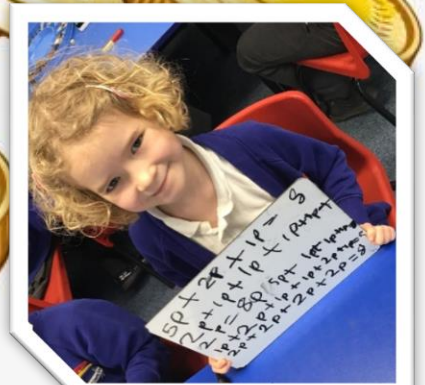
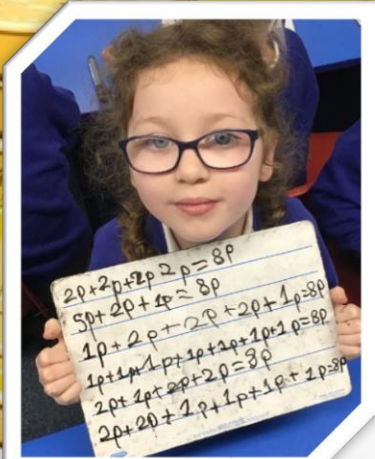
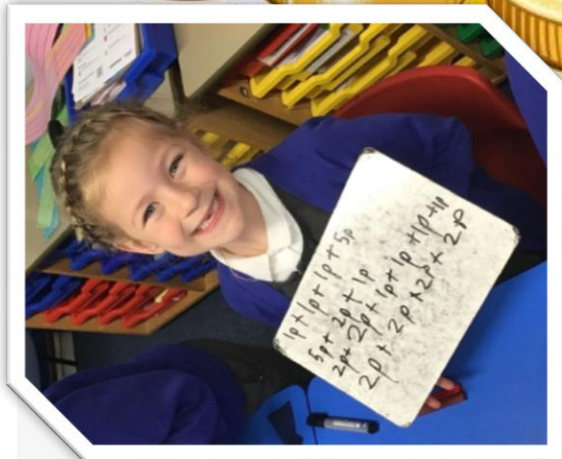
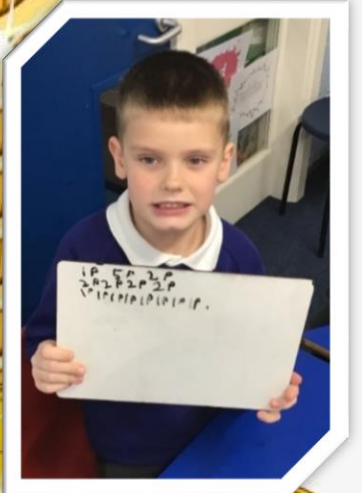
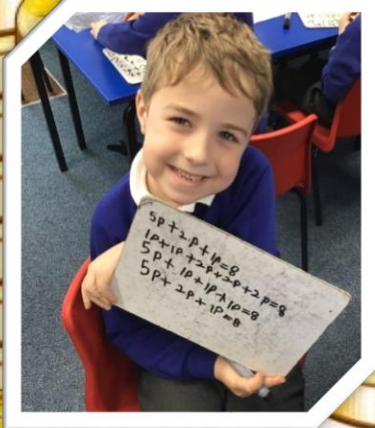
The children had an enriching experience meeting our author Lou Treleven last week! Each class were presented with different themes throughout the day, from story time in Early Years, a Mythical Creatures workshop in Year 1, live poetry creation in Year 2, 'Letter to Pluto' reading activity in Year 3 and lastly Year 4 completed their reading activity based on Lou's book 'Undercover Overload'.

As you can see from the photos the children were busy creating their own master pieces and were keen to show Lou their fabulous work!



# YEAR 1Y

## MATHS LESSON ON MONEY!







# BUNNY HOP DISCO 21ST MARCH



Tickets  
online or at  
the door



**DROP OFF  
RECEPTION -  
COLLECT FROM  
CLASSROOM**

*Live DJ*

**Early years  
3-3:45pm**

**Year 1 &  
Year 2  
4-4:45pm**

**Year 3 &  
Year 4  
5-5:45pm**

**£2**

**TICKET INCLUDES DRINK,  
BISCUIT AND ICE POP**

# 10 Top Tips for Parents and Educators

## DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



Leighton  
Linslade  
**SCHOOL  
GAMES**

**GIRLS ONLY**

**BARCLAYS**  
**GIRLS' FOOTBALL**  
**SCHOOL**  
**PARTNERSHIPS**  
BY ENGLAND FOOTBALL

**FOOTBALL**

*Camp*

**10<sup>AM</sup> - 2<sup>PM</sup>**

**2<sup>ND</sup> - 4<sup>TH</sup> APRIL**

**AGED 8 - 13**

**VANDYKE UPPER SCHOOL**



**£45**

**FOR 3 DAYS**



TO BOOK YOUR PLACE USE QR CODE OR VISIT

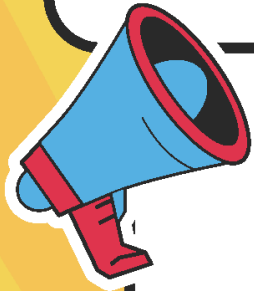
[www.beactivebeds.co.uk/girls-football-camps](http://www.beactivebeds.co.uk/girls-football-camps)



# CENTRAL BEDFORDSHIRE MENTAL HEALTH SUPPORT TEAMS



## A-Z MENTAL HEALTH RESOURCES FOR CHILDREN & YOUNG PEOPLE



Free Padlet containing:

Apps

Self-help resources

Coping with exams

Phone lines and text services

Self-esteem

Sleep

Transitions to Middle & Upper School

[Click here for a  
link to the  
resources](#)



Scan me!!



East London  
NHS Foundation Trust

# A-Z of Mental Health Resources for Parents and Caregivers

Central Bedfordshire Mental  
Health Support Teams Free Padlet



East London  
NHS Foundation Trust



Signposting to local  
and national  
services, apps,  
podcasts, books,  
LGBTQ+, sleep,  
EHCPs, tool-kits  
and much more!



Scan me!!

[Click here for a link to the  
Resources](#)

# REMINDERS

Thank you to all parents/carers who continue to show (reciprocated) courtesy and kindness in their interactions with school staff.  
This notice is a reminder that any aggressive, rude or abusive behaviour will not be tolerated. Whether in person or on the phone, contact will be terminated immediately.

## Start & Finish Times for September 2023

| Year        | Start time | Finish time |
|-------------|------------|-------------|
| Years 3 & 4 | 8.40am     | 3.00pm      |
| Years 1 & 2 | 8.40am     | 3.00pm      |
| Reception   | 8:40am     | 3:00pm      |

**PLEASE FOLLOW THE WAY SYSTEM AROUND THE SCHOOL, EVEN IF THIS MEANS YOU WALKING BACK AROUND THE BUILDING FOR A 2<sup>ND</sup> LAP.**



### Change of contact details/address

If you have changed your address or phone number recently, please let the school office know your new details. Thank you.



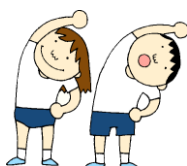
### Absences/lateness

***Can all parents ensure that all absences are reported to the School Office by 9.30am on the day of absence.*** It is also very important for the school to know if your child is sick, or if they have a medical appointment. If your child arrives into school late (after 8.45am), Parents are asked to please bring their child to the school office.



### School App

We now have a school app. It is available to download free from the App Store on any mobile device. Search for '**mySchoolApp**'. Please be sure to download the app onto your phone as it will be our main method of communicating via text with Parents.



### PE Kit

**September 2023** – Please can all children bring in their PE kits at the beginning of the week so they can change into them during school time on their nominated days.



### **School Lunches**

Ordering and paying for school lunches is now done on [www.parentpay.com](http://www.parentpay.com). Parents should have received letters that features login details. Please order all school lunches by Thursday for the following week. If you have any queries, please call 01908 615705. **Beauesert has a strict 'No Nuts' policy, and we ask parents to not send in food items such as peanut butter, cakes or biscuits that may contain nuts!**



### **Breakfast Club and After School Club**

Advance bookings for **both the Breakfast club and After School Club** need to be made online at <https://www.kidzzoneclub.com/>. For same day bookings please can parents email [hello@kidzzoneclub.com](mailto:hello@kidzzoneclub.com) or call the office on 01525 591036 (between 9am and 3pm). Please note a parent/guardian must complete a 'Kidz Zone' child registration form either online via the website or with a member of the Kidz Zone team for the booking to be accepted – this information is required to meet Ofsted regulations.



### **Bikes and Scooters**

**Please can everyone remember to dismount bikes and scooters whilst on the school grounds, as accidents can occur on pathways at busy times.**



### **Car Parking**

Just a reminder for some parents when parking outside of the School that it is very important to park as considerately as possible. Parents and carers dropping their children off at school should not be parking on pavements. Car number plates may be reported to the Police if this continues to happen. **Can parents also remember that parking in the Staff car park or the Kitchen car park is also not permitted. Thank you.**