

### CALENDAR DATES 2023

13 <sup>th</sup> FEBRUARY 2024	PANCAKE RACES Please see details below
13 <sup>th</sup> FEBRUARY 2024 3:15pm to 6:45pm	PARENTS EVENING – Face to face appointments Details emailed to all parents/carers 8.1.24 – book online
15 <sup>th</sup> FEBRUARY 2024 3:15pm to 5:45pm	PARENTS EVENING – Face to face appointments Details emailed to all parents/carers 8.1.24 – book online
16 <sup>th</sup> FEBRUARY 2024	EARLY YEARS HEIGHT & WEIGHT CHECK Email sent 25.1.24 please follow instructions in letter
19 <sup>th</sup> to 23 <sup>rd</sup> FEBRUARY	HALF TERM – SCHOOL CLOSED
28 <sup>th</sup> FEBRUARY 2024	MAGICAL DAY! Details to follow
1 <sup>st</sup> MARCH 2024	ST DAVIDS DAY – NON UNIFORM - wear red/white/green
7 <sup>th</sup> MARCH 2024	WORLD BOOK DAY Please see details below
8 <sup>th</sup> MARCH 2024	CHILDREN'S AUTHOR LOU TRELEAVEN IS VISITING BEAUDESERT Letter sent 8.2.24
15 <sup>th</sup> MARCH 2024	COMIC RELIEF – RED NOSE DAY – NON UNIFORM Wear something red or all red!
15 <sup>th</sup> MARCH 2024 Starts at 9am	COMIC RELIEF - BEAUDESERT COMEDY SHOW Details to follow
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 Letter sent 17.1.24 – please return your consent forms asap
28 <sup>th</sup> MARCH 2024 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 15 <sup>th</sup> APRIL	EASTER HOLIDAYS – SCHOOL CLOSED
6 <sup>th</sup> MAY 2024	MAY BANK HOLIDAY – SCHOOL CLOSED
15 <sup>th</sup> MAY 2024	SCOOT FIT EXPERIENCE DAY – WHOLE SCHOOL Details to follow
16 <sup>th</sup> & 17 <sup>th</sup> MAY 2024	YEAR 4 CALDECOTTE XPERIENCE – details to follow



## Challenge Champions 2<sup>nd</sup> February 2024



**BOBCAT: Archie**

**1Y: Rheo**

**2M: Alfie**

**3J: Oscar**

**4P: Penny**

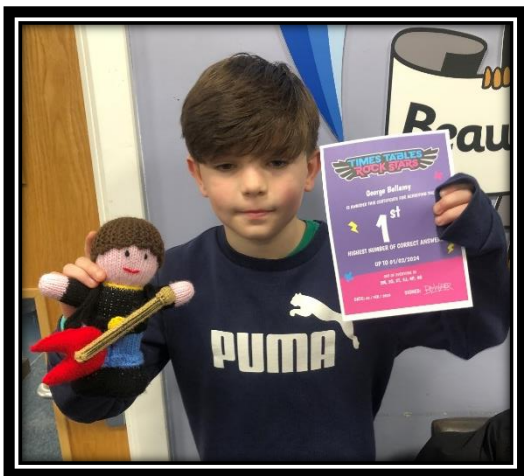
**LYNX: Teddy**

**1M: Jonas**

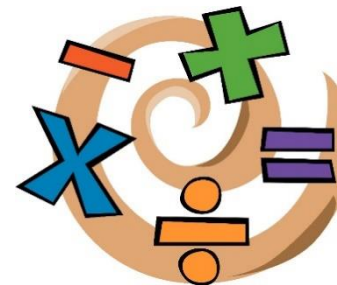
**2O: Harri**

**3T: Olive**

**4G: Ashton**

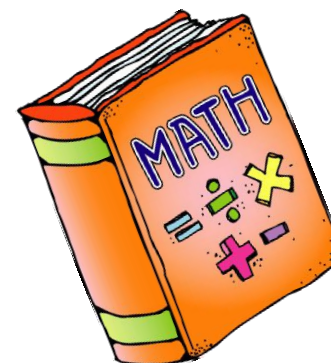
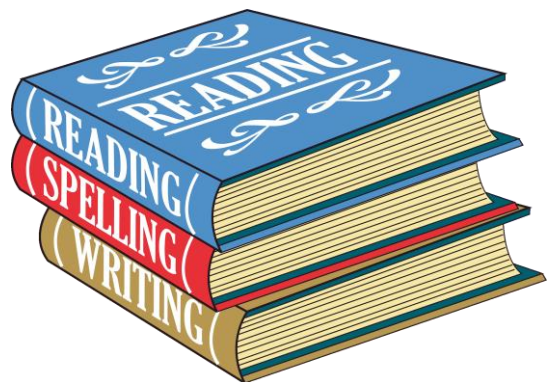


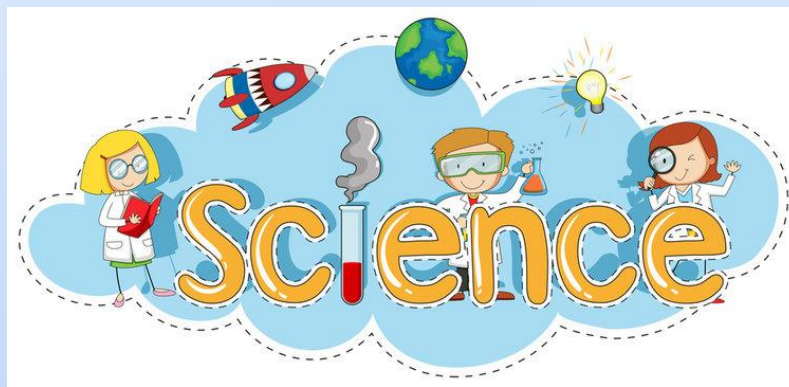
**'Highest Number of Correct Answers'**  
**Well done George on gaining 1<sup>st</sup> Place!**  
**Excellent Work!**



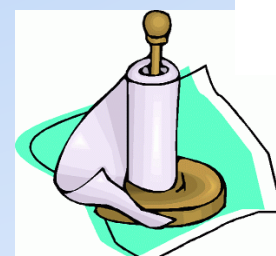
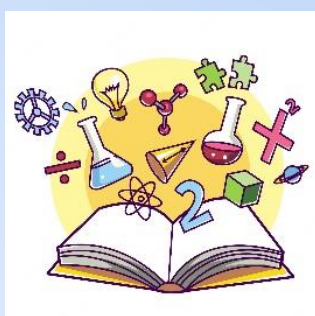
**English Champion of the Week**  
**2<sup>nd</sup> February 2024**

**Maths Champion of the Week**  
**2<sup>nd</sup> February 2024**



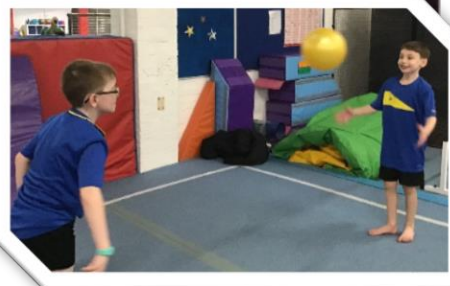


Year 1Y have been learning about the properties of materials and why they are important. This week they investigated which material would be most absorbent and therefore be the best to clean up spilled water with - they thoroughly enjoyed actually getting to spill water on their tables! At the end of the investigation they found that the kitchen roll was the best and foil was the worst!



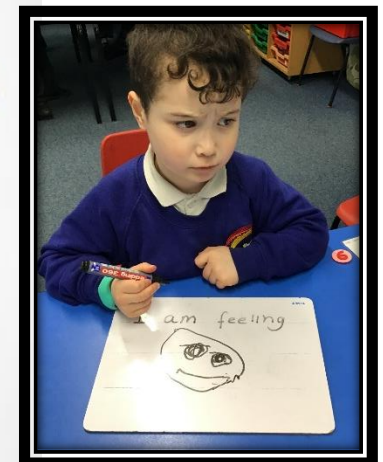
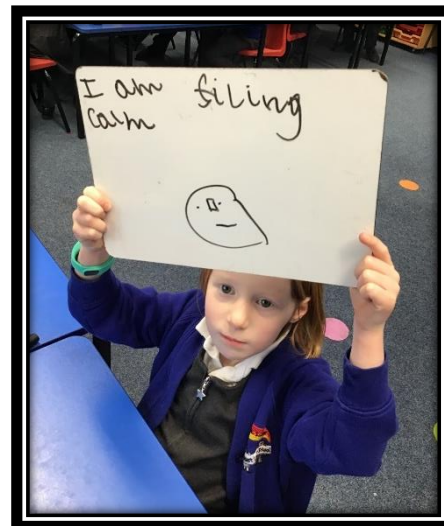
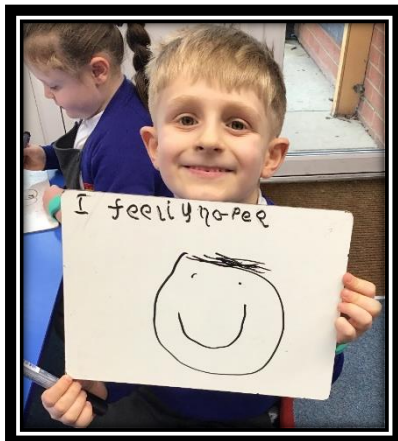
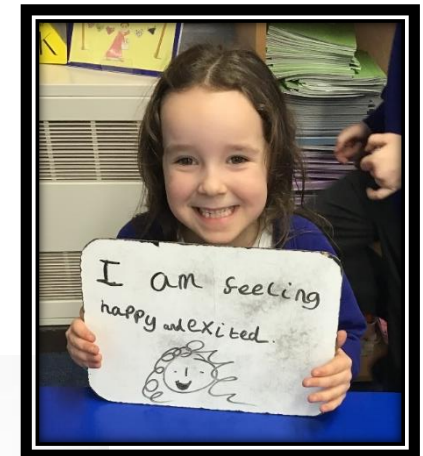
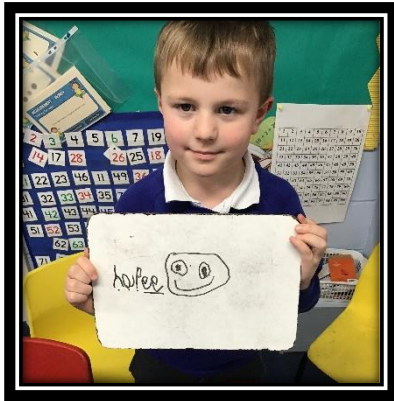
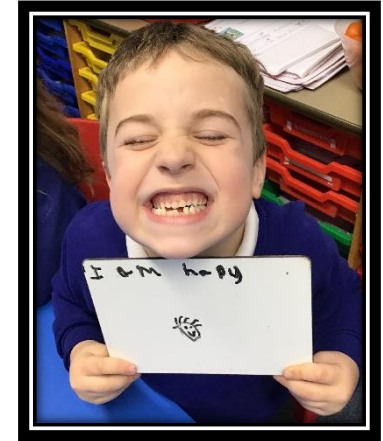
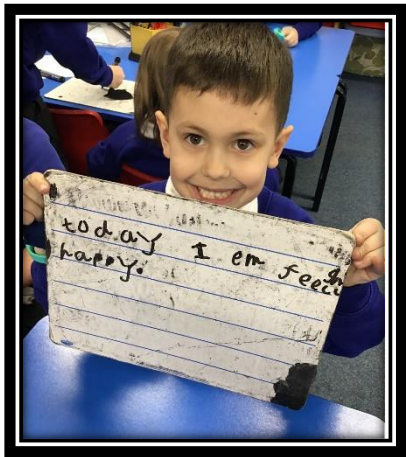
# Gymnastic Festival at Harlequin Gym

A few Year 2 & 4 children participated in the local Gymnastics Festival this week. They all had an amazing time, trying all the various apparatus. Well done to everyone!



# Year 1Y PHSE Lesson

As part of mental health awareness week, 1Y spent some time talking and validating their own emotions which they loved! They even watched a clip from the film "Inside Out" where they were able to reflect on the impact of emotions in real life situations.



# **PANCAKE RACES**

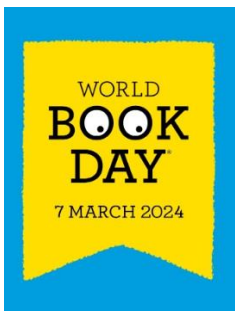
**TUESDAY 13<sup>th</sup> FEBRUARY 2024**



**We are having a fun morning doing pancake races!**

**Please can we ask for all the children to bring in a readymade pancake, double wrapped in foil or cling film so they can still eat them if they get dropped.**

**Thank you**

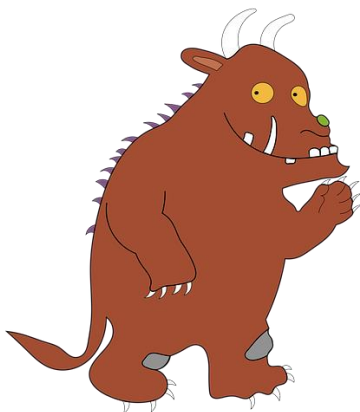


**WORLD BOOK DAY 7<sup>th</sup> March 2024**

**Who are you going to be....?**

We will be celebrating World Book Day on Thursday 7<sup>th</sup> March! Children are invited to dress up as a character from one of their favourite books plus there will be lots of activities on the day!

The £1 book tokens will be sent home with the children on Friday 16<sup>th</sup> February.





**MONDAY AFTER SCHOOL CLUB SESSION  
HERE AT BEAUDESERT LOWER SCHOOL**

## **FEBRUARY - MARCH 2024**

**YEAR 1, 2 & 3 AFTER SCHOOL CLUB,  
MONDAYS, 3.00 - 4.00PM**

TERM DATES ARE AS FOLLOWS -

26TH FEBRUARY

4TH, 11TH, 18TH, 25TH MARCH

THE COST WILL BE £5.00 PER SESSION RUNNING FOR 5 WEEKS. **£25.00 IN TOTAL.** THE CHILDREN WILL NEED PE KIT, WATER BOTTLE AND TRAINERS TO TAKE PART.

THERE ARE 16 PLACES AVAILABLE, FIRST COME FIRST SERVED BASIS. TO RESERVE A SPACE PLEASE E-MAIL US AT - [BEDSBUCKS@BRAZILIANSOCCERSCHOOLS.CO.UK](mailto:BEDSBUCKS@BRAZILIANSOCCERSCHOOLS.CO.UK)

SUBJECT HEADING - 'BEAUDESERT ASC'

PLEASE INCLUDE ON THE EMAIL -  
YOUR CHILDS NAME.  
CLASS & YEAR GROUP.  
EMERGENCY CONTACT NAME.  
EMERGENCY CONTACT NUMBER.  
ANY MEDICAL CONDITIONS.

ON YOUR CONFIRMATION EMAIL BACK, WE WILL FORWARD OVER PAYMENT DETAILS AND WAYS TO PAY. "PLEASE NOTE" - UNLESS YOU HAVE EMAIL CONFIRMATION BACK FROM US OF YOUR PLACE ON THE CLASS & PAYMENT IS MADE, YOUR SPACE IS NOT SECURED.

PLEASE BOOK ON QUICKLY AS SPACES ARE LIMITED. WE LOOK FORWARD TO A GREAT TERM OF FOOTBALL.

BRAZILIAN SOCCER SCHOOLS TEAM.



**TO BOOK PLEASE -**

**EMAIL: [BEDSBUCKS@BRAZILIANSOCCERSCHOOLS.CO.UK](mailto:BEDSBUCKS@BRAZILIANSOCCERSCHOOLS.CO.UK)**

**SUBJECT HEADING - 'BEAUDESERT ASC'**



# What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

## WHAT ARE THE RISKS?

### POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

### MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

### PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

### PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

## Advice for Parents & Carers

### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

### Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College



National Online Safety®

#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.01.2024

LEIGHTON PARK RANGERS F.C.

**SCHOOL YEARS 1&2**



**JOIN GIRLS  
FOOTBALL!**

For more information email:  
**[leopards@leightonparkrangers.com](mailto:leopards@leightonparkrangers.com)**



**Join the LPR Girls!**  
**Girls currently aged 6 and 7**

# 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.**



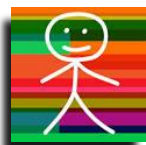
### Change of contact details/address

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



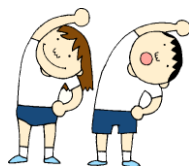
### Absences/lateness

***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. Beaundesert 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.kidzzzoneclub.com/>. For same day bookings please can parents email [hello@kidzzzoneclub.com](mailto:hello@kidzzzoneclub.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.