

Our Vision
At Bushmead, children are empowered to be active, confident learners where they are inspired to be creative and excel.



Bushmead Primary School

Newsletter

02/12/2022

Our Value for December is **APPRECIATION**
Our well-being theme this half-term is **Learning Something New**

Dear Parents and Carers,



A huge thank you to the parents & staff that volunteered supported the FOBS discos last night. We also had amazing support from some of our young people, past and present.

The children had a brilliant time. The children, even with high spirits, behaved excellently and respectfully. Our DJ commented on what fantastic children we have at our school.



We couldn't run these events without our core team. Thank you Mrs Shaw, Mrs Prickett & Mrs Raqib for supporting our school, an awful lot of work goes into this behind the scenes.

We really need more people to help. If you would like to help, please contact the school office or fobs@bushmeadprimaryschool.co.uk

The **Christmas Shop** will be open on Wednesday 7th – Friday 9th December.

A reminder please that **children should not bring any products containing nuts to school.** We have seen an increased in packed lunch boxes. We have children with mild to very severe nut allergies in the school and it could cause serious illness. **Please check carefully.** Thank you.



We will have a Christmas / Winter Jumper day on Thursday 8th December for all year groups.

This is just for fun there is no fundraising attached, if you want to contribute to Save the Children Fund please see their website. In addition, Reception have a Christmas jumper day on Monday.

Upcoming dates. Please see our website [calendar](#)

- FOBS Christmas Shop – 7 – 9th December
- Christmas / Winter Jumper Day Thursday 8th
- Reception Christmas Performance – Wednesday 14th (am) & Thursday 15th (pm) December
- Christmas Party clothes & Christmas Party - Thursday 15th
- Staff Panto & end of term movie – Friday 16th December
- Last day of Term – Friday 16th December
- Children return to school on **Wednesday 4th January**

Have a lovely weekend.

Joanne Travi
Headteacher



SCHOOL MEMBER



Congratulations to our Yr 6 Football and Dodgeball Teams we are super proud of you. Thank you to our PE team for all your hard work coaching our children!



Fantastic Fire of London learning



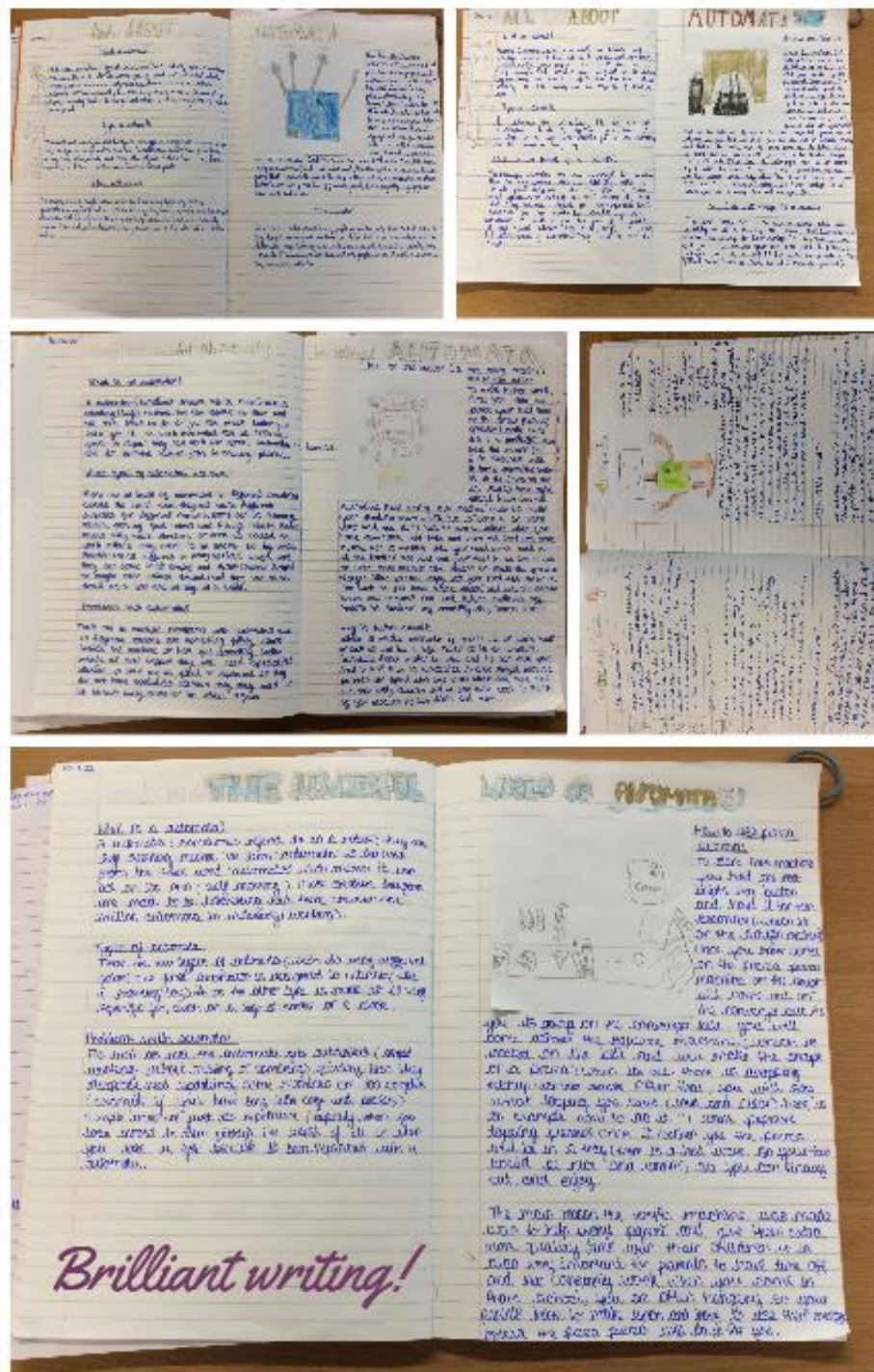


Year 3 walked to Wardown Park and had the best time learning about local history



Last Friday Ms Hand, headteacher at Stopsley High School, came to our Yr 5 & 6 assembly. Two of our students received prizes for their efforts at senior school Open Evening.





Year 5 have been working really hard to write an explanation text all about automata. We are very proud of how hard they have worked and the effort that they have put into their presentation.



My asthma triggers

List the things that make your asthma worse so you can try to avoid or treat them.



Always keep your reliever inhaler (usually blue) and your spacer with you. You might need them if your asthma gets worse.

Last reviewed and updated 2021; next review 2024.

Asthma and Lung UK, a charitable company limited by guarantee with company registration number 0888344, with registered charity number 200733 in England and Wales, SC038493 in Scotland, and 1777 in the Isle of Man.

I will see my doctor or asthma nurse at least once a year (but more if I need to)

Date my asthma plan was updated:

Date of my next asthma review:

Doctor/asthma nurse contact details:

Parents and carers – get the most from your child's action plan

- Take a photo and keep it on your mobile (and your child's mobile if they have one)
- Stick a copy on your fridge door
- Share your child's action plan with their school

Learn more about what to do during an asthma attack asthma.org.uk/child-asthma-attacks

ASTHMA QUESTIONS?

Parents and carers ask our respiratory nurse specialists
Call 0300 222 5800
WhatsApp: 07378 606 728
(Monday-Friday, 9am-5pm over 16 only)

ASTHMA+
LUNG UK

CHILD ASTHMA ACTION PLAN

Fill this in with your GP or nurse

Name and date:

1 My every day asthma care

I need to take my preventer inhaler every day.

It is called:

and its colour is:

I takepuff/s of my preventer inhaler in the morning andpuff/s at night. I do this every day even if my asthma's OK

Other asthma medicines I take every day:

My reliever inhaler helps when I have symptoms.

It is called:

and its colour is:

I takepuff/s of my reliever inhaler when I wheeze or cough, my chest hurts or it's hard to breathe.



If I need my reliever inhaler (usually blue) when I do sports or activity, I need to see my doctor or my asthma nurse.

2 My asthma is getting worse if...

- I wheeze, cough, my chest hurts, or it's hard to breathe **or**
- I need my reliever inhaler (usually blue) three or more times a week **or**
- I'm waking up at night because of my asthma (this is an important sign and I will book a next day appointment with my GP or nurse).

If my asthma gets worse, I will:

- Take my preventer medicines as normal
- And also take puff/s of my reliever inhaler (usually blue) every four hours if needed
- See my doctor or nurse within 24 hours if I don't feel better.

URGENT!

If your reliever inhaler is not lasting four hours, you need to take emergency action now (see section 3)

Remember to use my spacer with my inhaler if I have one.

If I don't have one, I'll check with my doctor or nurse if it would help me.

Other things my doctor or nurse says I need to do if my asthma is getting worse (e.g. check my peak flow)

3 I'm having an asthma attack if...

- My reliever inhaler isn't helping or I need it more than every four hours **or**
- I can't talk, walk or eat easily **or**
- I'm finding it hard to breathe **or**
- I'm coughing or wheezing a lot or my chest is tight/hurts.

If I have an asthma attack I will:

1. Call for help. Sit up – don't lie down. Try to keep calm.
2. Take one puff of my reliever inhaler (with my spacer, if I have it) every 30 to 60 seconds, up to a total of 10 puffs.
3. If I don't have my reliever inhaler, or it's not helping, or if I am worried at any time, **call 999 for an ambulance.**
4. If the ambulance has not arrived after 10 minutes and my symptoms are not improving, repeat step 2.
5. If my symptoms are no better after repeating step 2, and the ambulance has still not arrived, **contact 999 again immediately.**



Even if I start to feel better, I don't want this to happen again, so I need to see my doctor or asthma nurse today.

If you have any questions, please contact our Welfare Officer.
Please make sure we have your child's updated Asthma Action Plan. Thank you.



YOUNG CARERS PROJECT



**"I LOVE CHUMS BECAUSE YOU
MAKE NEW FRIENDS AND DO FUN
THINGS THAT HELP YOU COPE
WITH YOUR PROBLEMS"**

CALLING all YOUNG CARERS!

**Do you provide
regular care by
helping at home
with practical
tasks such as:**

- Health care
- Personal care
- Cooking
- Shopping
- Housework

**Would you like
support through:**

- Support groups
- 1:1 mentoring
- Drop-in sessions
- Activity days



**Mental Health &
Emotional Wellbeing
Service**

VISIT >> CHUMS.UK.COM

**make a referral online or call us for an
informal chat on 01525 863924**



<https://www.childcarechoices.gov.uk/>

This website is incredible helpful in calculating what childcare you may be entitled to. It also includes Help for Households

<https://helpforhouseholds.campaign.gov.uk/>



MENU ≡



HELP PAYING FOR YOUR CHILDCARE



Government help with childcare costs for parents.
Whether you have toddlers or teens, you could get support.

FIND THE RIGHT OFFER FOR YOU

We also have a selection of websites that offer support to our families on our website:

[**Family Support**](#)



SCHOOL
MEMBER



FREE POP UP CLOTHES SHOP

Sat 3rd Dec

12pm-4pm

All Saints Community Centre, 5 All Saints Close (off Solway Road North), Luton, LU3 1FA

Free women's, children's and baby clothes, coats & shoes for anyone in financial difficulty (sorry no men's available)

So that everyone can get something on the day, there may be limits on the number of items each person can have

Baby and children's clothes will be prepacked

Please bring your own bag

Refreshments available



Contact 07311063676



SCHOOL MEMBER





**Learn, laugh and eat
with friends this Christmas!**

**Winter bookings open
from 21st November!**

**Find out about FREE holiday camps and activities for
school aged children up to 16 across Luton.**

**Energise Luton is supported by the Department
for Education's Holiday Activity and Food (HAF2022)
programme for those on free school meals.**

**Find out more and book:
www.energiseluton.co.uk**

Tel: 01582 400272

Or by visiting a local Active Luton leisure centre
To book you will require your free school meal code from your school.



Stopsley Christmas Market

80 stalls selling a range of Christmas gifts, treats & more!

At Stopsley Baptist Church and St Thomas' Church

From 11am - 4pm on Saturday 3rd December!

Free Entry

Follow on Facebook for more information:
@StopsleyChristmasMarket

BBQ & Festive Refreshments
@ St Thomas' Church

Santa's Grotto & The Market Café
@ Stopsley Baptist Church



Grotto
Booking



Market
Information

stopsleychristmasmarket@gmail.com





Holiday Club

CHRISTMAS HOLIDAY CLUBS
Activities for children aged * 2 upwards

HOLIDAY CLUB FUN
FROM
£18
PER SESSION



FREE
places
available

Lots of activities to choose from:
Arts & Crafts, Cookery, Archery, Football,
Climbing Frames, Bouncy Castles, Scooters and much more.

Booking is easy...

Visit www.kidsdawnntildusk.co.uk
to complete your booking. For more information email
holidayclub@kidsdawnntildusk.co.uk
Or call us on **01234 930 505**

Our holiday clubs are available in 4 sessions
FREE Places available - conditions apply

Setting	9am-3pm	8am-5pm	7.30am-6pm	10am-2pm
Bedford Road Primary	✓			
Biggleswade Academy	✓	✓	✓	
Clifton All Saints Academy	✓			
Great Ouse Primary Academy	✓			
Kings Oak Academy	✓			
Lakeview Pre-School, Wixams	✓	✓	✓	
Pirton Hill Primary, Luton				✓
Shortstown Primary	✓	✓	✓	
Thomas Johnson Lower	✓	✓		

All snacks, drinks, breakfast and hot lunch will be provided,
only bring a packed tea if your child is booked in after 3pm.

Visit www.kidsdawnntildusk.co.uk
for prices and for details
of our **Early Bird Discounts**

Discount
for
siblings!

BOOK NOW or FIND OUT MORE



* 2 year old spaces available at
Lakeview Pre-School & Biggleswade Academy

www.kidsdawnntildusk.co.uk

01234 930 505

We are running a holiday club at Pirton Hill Primary School. We offer council funded sessions for free school meal children and children that fit the additional criteria (this includes young carers, SEND children etc.) and paying spaces at £18 for 10am-2pm.

Each school has a code to give to the families who are registered as in receipt of free school meals and a code for additional criteria children.

Below is the link to the Active Luton page with more information on the HAF programme.

<https://www.activeluton.co.uk/energise-luton-holiday-camps>

Also a link to our website for more information about us.

<https://kidsdawnntildusk.co.uk/>





LUTON FOOTBALL COACHING COURSE



AT: DENBIGH HIGH SCHOOL
ALEXANDRA AVENUE, LUTON, LU3 1HE
STARTING: TUESDAY 3RD JANUARY 2023

Tuesdays: Group 1: Reception & Year 1.....5.30pm-6.30pm
Group 2: Year 2 & 3.....6.30pm-7.30pm
Group 3: Year 4, 5, & 6.....7.30pm-8.30pm

OR

AT: STOPSLEY HIGH SCHOOL
ST THOMAS' ROAD, LUTON, LU2 7UX
STARTING: WEDNESDAY 4TH JANUARY 2023

Wednesdays: Group 1: School Years Reception and Year 1.....5.00pm-6.00pm
Group 2: School Years 2 & 3.....6.00pm-7.00pm
Group 3: School Years 4, 5, 6.....7.00pm-8.00pm

Dear Parents,

I am pleased to inform you that, due to the huge success of our football courses over the last **22 years**, we are following up the football coaching programme for the season starting January 2023. The course will run for approximately 12 weeks and the programme is for boys and girls aged between 4 and 12.

About our Course

- The unique practice techniques are specifically designed to work with children of all abilities, ranging from the absolute beginner to the more advanced player.
- The course is run by **F.A qualified coaches**, who are **DBS** checked, and hold an advanced premier skills qualification, they are currently working with children, enabling them to learn essential football techniques, building **CONFIDENCE**, improving **FITNESS** and providing the most important ingredient **FUN!**
- Children will be supervised at all times, although parents are welcome to stay and watch.
- Each child will be provided with a football for individual practice and their progress will be recorded each week.
- It is an **indoor** course held in the sports hall, therefore children may wear trainers and sportswear.
- **Ex Premier League Birmingham City, West Bromwich Albion and Leicester City player Geoff Horsfield** quotes, "I've coached on these courses with the team and they are fantastic in the way they deliver their coaching sessions!"
- **Ex England World Cup star and Sky Sports pundit Paul Merson** quotes, "I have presented trophies to the children on these courses and it's great to see the smiles on their faces and sense of achievement!"
- On the final week of the course we hold a presentation, whereby **EACH CHILD WILL RECEIVE AN ENGRAVED TROPHY.**
- Children also have a chance to win many other special individual awards and trophies for various skills, including 'premier league' and 'penalty shoot out' competitions.
- Parents and friends are most welcome to attend the presentation and watch the children being presented with their awards, as this encourages a fantastic atmosphere.

The cost of the course is £7.50 per week; payment is made in 2 simple instalments, with the first payment of £45.00 for the first 6 weeks due on week 1. (Second payment will not be due until week 7 which will cover the second half of the course). **Please Note:** Places are limited, therefore bookings will be taken on a first come, first served basis.

TO RESERVE PLACES PLEASE TEXT:
DENBIGH + CHILD'S NAME + AGE + GROUP NO. (1, 2 or 3) OR
STOPSLEY + CHILD'S NAME + AGE + GROUP NO. (1, 2 or 3)
and receive confirmation by text to: 07827 322780





MSA LUTON KIDS MUAY THAI KICKBOXING



AGES 6- 16 years of age
£5 a session

<http://www.msaluton.co.uk>

Kru David
Full DBS
Qualified MT
instructor, teacher,
nurse and academic.
07954408089

FUN AND
ENJOYABLE
KICKBOXING
BASED
TRAINING
SESSIONS

BENEFITS OF MUAY THAI FOR KIDS

Improves fitness
Improves confidence
Improves mental strength
Improves self-defence
Improves social skills
Likes most sports kids will warm up each session, engage in different techniques, join group sessions and develop endurance and fitness under the watchful eye of Kru David

Address
Bushmead Community Hub
Hancock Drive
Luton
LU2 7SF

Every Wednesday 6-7pm
Practice makes perfect

MSA
MASTER GREEN
ACADEMY

