

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

09/12/2022

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

Dear Parents and Carers,

Another very full and busy week at Bushmead. I am always delighted to see children in my office who show me what fantastic work they have been completing. Our teachers are so proud of their progress this term. Looking at their work from September to now is a joy. It is a credit to their hard work and determination. Thank you to all the parents & the inclusion team for all their provision plan meetings for those children that have a little extra support. On top of their academic studies, our wider curriculum is still in full swing with table tennis and football events this week and a visit to St. John's Church for Yr 2.

Sorry - my regular mention/moan. Some of our families are parking on or blocking our neighbours drives. This isn't respectful or considerate and is deeply frustrating to our local residents who cannot get out and get to work. I appreciate that it is cold and you want to be close to school but please show courtesy to others.



Thank you to our team of volunteers for supporting the Christmas shop and especially Mrs Prickett for all hard working buying and wrapping! We also really appreciate parents buying the presents too. We will put the funds to good use! Brilliant community spirit. THANK YOU.

If you would like to help, please contact the school office or  
[fobs@bushmeadprimaryschool.co.uk](mailto:fobs@bushmeadprimaryschool.co.uk)



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

- Reception Christmas Performance – Wednesday 14<sup>th</sup> (am) & Thursday 15<sup>th</sup> (pm) December
- Christmas lunch, party clothes & party - Thursday 15<sup>th</sup>
- Staff Panto & end of term movie – Friday 16<sup>th</sup> December
- Last day of Term – Friday 16<sup>th</sup> December
- Children return to school on **Wednesday 4<sup>th</sup> January**

Have a lovely weekend.

Joanne Travi  
Headteacher



## Strep A & Scarlet Fever

See advice on our website – [HEALTH & MEDICINE](#) or <https://www.nhs.uk/conditions/scarlet-fever/>



# Luton

Dear Parent(s) / Carer(s),

### Re: Increase in scarlet fever

We are writing to inform you of a recent [national/local] increase in notifications of scarlet fever to the UK Health Security Agency (UKHSA), above seasonal expected levels.

We would like to take this opportunity to remind you of the signs, symptoms and the actions to be taken if you think that you or your child might have scarlet fever.

### Signs and symptoms of scarlet fever

Scarlet fever is a common childhood infection caused by *Streptococcus pyogenes*, or group A Streptococcus (GAS). It is not usually serious, but should be treated with antibiotics to reduce the risk of complications (such as pneumonia) and spread to others. The early symptoms of scarlet fever include sore throat, headache, fever, nausea and vomiting. After 12 to 48 hours, the characteristic red, pinhead rash develops, typically first appearing on the chest and stomach, then rapidly spreading to other parts of the body, and giving the skin a sandpaper-like texture. The scarlet rash may be harder to spot on darker skin, although the 'sandpaper' feel should be present. Patients typically have flushed cheeks and be pale around the mouth. This may be accompanied by a bright red 'strawberry' tongue.

If you think you, or your child, might have scarlet fever:

- contact your GP or NHS 111 as soon as possible
- make sure that you or your child take(s) the full course of any antibiotics prescribed. Although you or your child will feel better soon after starting the course of antibiotics, you must complete the course to ensure that you do not carry the bacteria in your throat after you have recovered
- stay at home, away from nursery, school or work for at least 24 hours after starting the antibiotic treatment, to avoid spreading the infection



You can help stop the spread of infection through frequent hand washing and by not sharing eating utensils, clothes, bedding and towels. All contaminated tissues should be disposed of immediately.

### **Invasive Group A Strep (iGAS)**

The same bacteria which cause scarlet fever can also cause a range of other types of infection such as skin infections (impetigo) and sore throat. In very rare cases, the bacteria can get into the bloodstream and cause an illness called invasive group A strep (iGAS). Whilst still very uncommon, there has been an increase in iGAS cases this year, particularly in children under 10 years old. It is very rare for children with scarlet fever to develop iGAS infection.

As a parent, you should trust your own judgement.

Contact NHS 111 or your GP if:

- your child is getting worse
- your child is feeding or eating much less than normal
- your child has had a dry nappy for 12 hours or more or shows other signs of dehydration
- your baby is under 3 months and has a temperature of 38C, or is older than 3 months and has a temperature of 39C or higher
- your baby feels hotter than usual when you touch their back or chest, or feels sweaty
- your child is very tired or irritable

Call 999 or go to A&E if:

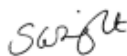
- your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- your child's skin, tongue or lips are blue
- your child is floppy and will not wake up or stay awake

### **Stop the spread**

During periods of high incidence of scarlet fever, there may also be an increase in outbreaks in schools, nurseries and other childcare settings. Children and adults with suspected scarlet fever should stay off nursery / school / work until **24 hours** after

the start of appropriate antibiotic treatment. Good hygiene practice such as hand washing remains the most important step in preventing and controlling spread of infection.

Yours sincerely,



Sally Cartwright  
Director of Public Health





## Yr 2 Making Angels at St John's Church



Year 2's Great Fire of London Day. They made bread rolls and created some beautiful artwork.







# Thank you for your support

Your support has made a real difference to those in the  
Armed Forces community.

To find out more about how your donation helps,  
please visit [rbl.org.uk/poppyappeal](http://rbl.org.uk/poppyappeal)



To BUSHMEAD PRIMARY SCHOOL

Thank you for supporting the Royal British Legion Poppy Appeal

You raised an amazing amount of £1035.23

In total Luton Schools raised a whopping £18,771.85

Registered charity number: 218119



SCHOOL  
MEMBER



# Luton Adult Learning

## Enrolling now for the new year!

Are you interested in working in a support role in school or working with young children in an early years setting? Do you already volunteer or work in school or nursery?

If so, we have a range of courses starting in the new year that will help you to progress in your career.



Supporting Teaching and Learning in Schools				
Course title	Delivery mode / venue	Day	Dates	Time
Becoming a Teaching Assistant	Online	Tuesday	10 January - 7 February 2023	7pm to 9pm
Becoming a Teaching Assistant	Online	Friday	6 January - 10 February 2023	9.15am to 11.15am
Level 2 Award	Online	Tuesday	28 February - 4 July 2023	9.15am to 11.45am
Level 2 Certificate	Online	Tuesday	28 February 2023 - 13 February 2024	9.15am to 11.45am
Childcare				
Becoming a Childcare Practitioner	Arndale House	Wednesday	4 January - 8 February 2023	9.15am to 11.15am
Level 1 Award in Caring for Children	Arndale House	Starting end of February—dates to be confirmed.		

For more information visit our website:

Supporting in schools: <https://www.luton.ac.uk/learn-with-us/supporting-in-schools.html>

Childcare: <https://www.luton.ac.uk/learn-with-us/childcare-66730.html>

**To register interest and to book an assessment and interview:**

- ✉ email us at [info@luton.ac.uk](mailto:info@luton.ac.uk)
- ☎ call us on 01582 490033
- 📍 drop into our centre

Follow us on ....  
[Facebook](#) & [Instagram](#)  
[FamilyLearningLuton](#)

*You will find us in Arndale House, 2nd Floor, above The Mall shopping centre in Luton. Access is via the entrance by Chopstix Noodle Bar.*



### 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 08003814, with registered charity number 2207320 in England and Wales, SC038440 in Scotland, and 1177 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](https://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 take ..... puff/s of my preventer inhaler in the morning and ..... puff/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 take ..... puff/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





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

**Winter bookings open  
from 21<sup>st</sup> 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](http://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.







# 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](http://www.kidsdawnntildusk.co.uk)  
to complete your booking. For more information email  
[holidayclub@kidsdawnntildusk.co.uk](mailto: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](http://www.kidsdawnntildusk.co.uk)  
for prices and for details  
of our **Early Bird Discounts**

**Discount**  
for  
siblings!

**BOOK NOW or FIND OUT MORE**



Discount for siblings!

We accept childcare vouchers

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

[www.kidsdawnntildusk.co.uk](http://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 3<sup>RD</sup> 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 4<sup>TH</sup> 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 SIKEN  
ACADEMY



SCHOOL  
MEMBER





# Friday Evening Warm Hub

Join us for a relaxing  
time on a Friday evening  
between 7:00 and 9:30.

We offer the chance to  
play table tennis,  
pool, table football,  
board games  
or a hot drink and a chat.



Under 18's to be accompanied by an adult

