

Newsletters

Weekly Newsletter



This month's value is RESPECT

Our well-being theme this half-term is **Learning
Something New**

3rd November 2023

Dear parents & carers,

A great start to this half-term. The children have been working exceptionally hard this week.

I am pleased to say that our attendance has significantly improved. Thank you to our parents and carers for ensuring that children come to school as much as possible. You are helping with your child's academic progress, mental health and well-being. I am still receiving too many Leave of Absence Forms for holidays and trips abroad. These must be taken in school holidays please.

A reminder that if your child is unwell and going to be absent from school, you must contact the school office. Other communication tools, such as Class Dojo, are not sufficient. Many thanks.

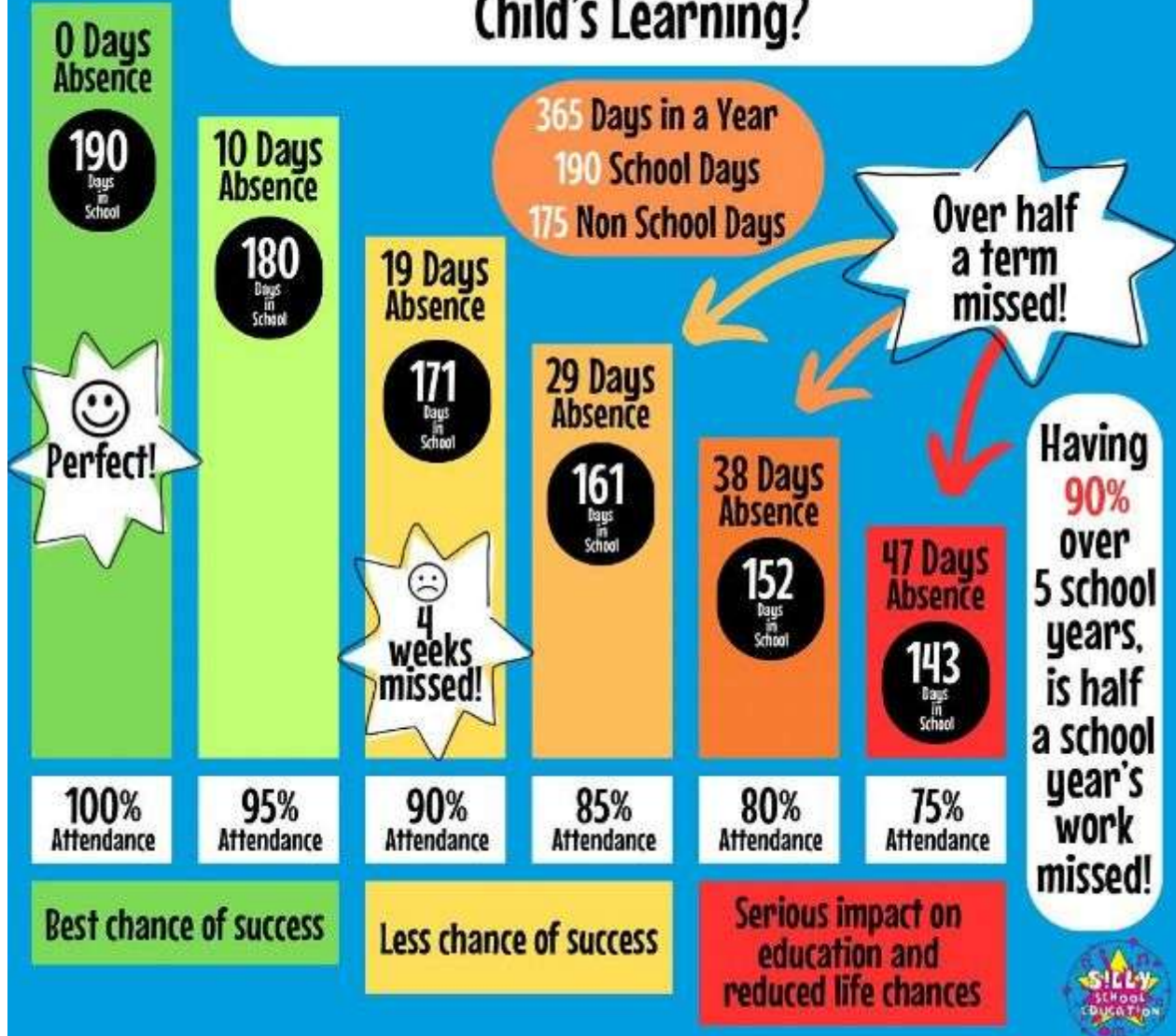
Just before half-term, we invited the National Association for Special Educational Needs ([Nasen](#)) to complete an audit of the SEND provision we give across the school. As a school, we strive to be outward looking and will look for advice as to how to improve. The feedback was very positive, and our systems were highly praised. We look forward to the full report and continuing to improve and expand our work. A big thank you to Ms Clark and Ms Picton, our Inclusion Manager and SENDCo, as well as our team of learning support assistants and all the staff and children that participated.

We have a number of school events coming up. We shall be selling poppies and have a special Remembrance Day assembly next Friday (details below). The following week is anti-bullying week, and we will have a non-uniform day on Friday 17th November and a sponsored run (see below) for Children in Need. There will also be a special maths day!



November is also 'Barvember', a month packed with maths problems. Each problem can be solved using a bar model, a useful tool for helping children visualise and then solve maths problems. You can find out about this method here: <https://thirdspacelearning.com/blog/teach-bar-model-method-arithmetic-maths-word-problems-ks1-ks2/>

How Does School Attendance Affect a Child's Learning?



New Ways November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Get outside and observe the changes in nature around you	2. Respond to a difficult situation in a different way	3. Get outside and observe the changes in nature around you	4. Sign up to join a new course, activity or online community	5. Change your normal routine today and notice how you feel!	6. Try out a new way of being physically active	7. Be creative. Cook, draw, write, paint, make or inspire
8. Plan a new activity or idea you want to try out this week	9. When you feel you can't do something, add the word "yet"	10. Be curious. Learn about a new topic or an inspiring idea	11. Choose a different route and see what you notice on the way	12. Find out something new about someone you care about	13. Do something playful outdoors - walk, run, explore, relax	14. Find a new way to help or support a cause you care about
15. Build on new ideas by thinking "Yes, and what if..."	16. Look at life through someone else's eyes and see their perspective	17. Try a new way to practice self-care and be kind to yourself	18. Connect with someone from a different generation	19. Broaden your perspective: read a different paper, magazine or site	20. Make a meal using a recipe or ingredient you've not tried before	21. Learn a new skill from a friend or share one of yours with them
22. Find a new way to tell someone you appreciate them	23. Set aside a regular time to pursue an activity you love	24. Share with a friend something helpful you learned recently	25. Use one of your strengths in a new or creative way	26. Try out a different radio station or new TV show	27. Join a friend doing their hobby and find out why they love it	28. Discover your artistic side. Design a friendly greeting card
29. Enjoy new music today. Play, sing, dance or listen	30. Look for new reasons to be hopeful, even in tough times					

ACTION FOR HAPPINESS

Happier · Kinder · Together



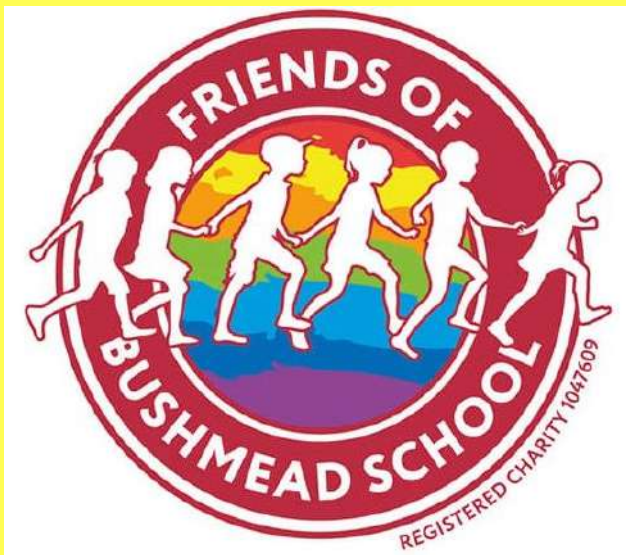
The following items will go on sale from Monday 6th November in aid of the Royal British Legion. They will be on sale every day next week until stocks have gone (School Councillors will be visiting classes).

- Poppies - 50p
- Zip pulls - 50p
- Poppy reflectors - £1
- Rubber wristbands - £1
- Snap bands £1.50

Money needs to be sent in a small purse/wallet or envelope, **sorry we are unable to give any change.**

There will also be a Remembrance Assembly on Friday 10th November.

Thank you in advance.



Bag2School is back! You will be receiving your bags to fill with unwanted clothes/shoes/coats next week. Please can you leave your clothes-filled bags (any bag will do - bin liners/carrier bags, as well as the bag2school liners) in the 'flowery hut' - near the main entrance.

The final date to leave bags is Tuesday 28th November.

FOBS 100 CLUB

October's draw has taken place, and the winning numbers are as follows:

1st Prize - 86

2nd Prize - 9

3rd Prize - 29

The school office will contact you if you have won and to collect your prize money. Please contact the office if you would like to know your number(s) purchased

It's a triple roll over the 1st prize - which for the November Draw will now be £75!!

You have got to be in it to have a chance to win it! Tickets can be purchased on Parentmail/Payments/Shop 100Club

It will be our amazing parent volunteer Charlotte's final year of running the **Christmas shop** for the children - we are looking for volunteers to help arrange next year's shop - this will include purchasing Christmas Presents (all expenses covered by fobs) and helping with a couple of volunteers to set up and run the shop over 2 days during school hours.

If you are interested in running the shop next year, please get in contact with us via fobs@bushmeadprimaryschool.co.uk or the school office.

Activities for Christmas (see poster below).

Thank you,

FOBS committee



CHRISTMAS

AT BUSHMEAD PRIMARY SCHOOL



CHRISTMAS DISCO

-7TH OF DEC

CHRISTMAS SHOP

-ALL DAY 6TH & 7TH

CHRISTMAS RAFFLE*

-15TH OF DEC



*IF YOU WOULD LIKE TO VOLUNTEER FOR ANY OF THE EVENTS OR DONATE A RAFFLE PRIZE PLEASE
CONTACT FOBS@BUSHMEADPRIMARYSCHOOL.CO.UK OR DROP THE DONATION TO THE SCHOOL OFFICE



For this year's Children in Need fundraiser, we are inviting children to participate in a sponsored fun run as part of runPudsey 2023.

The Great Bushmead Spotacular Fun Run will take place on 17th November on the school site. Participants will complete laps of the fun run course, along with their teachers, in exchange for sponsored donations from family and friends.

All money raised will go to Children in Need.

All participants who sign up and complete The Great Bushmead Spotacular Fun Run will receive a certificate and medal from the runPudsey team.

The top 3 schools in the country with the most amount of fundraising will receive a visit from PUDSEY BEAR. Pudsey will come to the school for a celebration of your achievements, have photos with the children and give them a day they will never forget.

The top 10 fundraisers in the country will receive a packed hamper full of Pudsey Goodies. But it doesn't stop there, the next 280 top fundraisers will receive a cuddly Pudsey Bear.

runPudsey 2023 SPOTACULAR

Register

Sign up as a participant for runPudsey to start raising money and receive your medal. Taking part with a sibling, no problem! You will be able to sign up more than one person during the registration process (please note you will only receive one fundraising page for everyone you sign up to take part).

Share your Fundraising Page

Download our helpful resources and share your page. Get as much sponsorship as possible to help young people across the UK.

Run your challenge

Take part in the challenge that the school has set and remember to share it with your supporter. Use the hashtag #runpudsey23 so Pudsey Bear can see everything you have been up to.

Stay in touch

Talk to your school to ensure you are aware of when and how they are participating with the challenge.

Get your medals

The runPudsey team will calculate the correct number of medals for each school and send them directly to them. (Please note that medals will be sent to the school so that they can hold a celebration of achievement, and medals cannot be sent to individual homes.)



Our Year 6 roving reporters are Seren, Zamin, Mikael & Zoe

Newsround Club meets every Monday morning to discuss school, national and international events.

The club decides the themes for reporting. *All words are their own.*

Copyright: #bushmeadnewsroundclub

Recently, we have all - year group - been focusing on poetry. This means that all of Bushmead's pupils have been writing some poems!

Who is your favourite poet?

Here, some of our teachers have told us their most-liked poets!

Mrs Pugh (6 Curie): "Michael Rosen, because he's just brilliant, and Maya Angelou!"

Mr Hendrickson: "Michael Jackson - his lyrics are in poetry form."

Mrs Travi: "Lemn Sissay."

Also each of us - Newsround-club - have looked at different poets.

Below, it says our favorites!

Mikael Rahman: "Michael Rosen because his poems and stories are hilarious! And very fun."

Seren Pestell: "Tim Burton because he's a thrilling genius when it comes to his amazing poems - or Eminem. I love his music."

Zamin Choudhary: "William Shakespeare."

Zoe Ochei: "Lewis Carroll because his famous quote is inspirational."

Staying Safe online

What Parents & Carers Need to Know about

FIVE NIGHTS AT FREDDY'S

AGE RESTRICTION
PEGI 12

Door
LIGHT

CAN YOU SURVIVE

WANTED

Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

NOS National Online Safety®
#WakeUpWednesday

SWIPE FOR TIPS →

WHAT ARE THE RISKS?

- FRIGHTENING THEMES
- IN-GAME SPENDING
- STRESSFUL SITUATIONS
- PLAYING IN ISOLATION
- 18** AGE-INAPPROPRIATE CONTENT

NOS National Online Safety®
#WakeUpWednesday

Advice for Parents & Carers

- USE PARENTAL CONTROLS
- LIMIT SPENDING
- SPOT THE SIGNS
- TALK ABOUT THE RISKS
- TRY IT YOURSELF

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#WakeUpWednesday



Bushmead Book of the Week

Michael Morpurgo and Michael Foreman have teamed up with the Royal British Legion to tell an original story that explains the meaning behind the poppy.

In Flanders' fields, young Martens knows his family's story, for it is as precious as the faded poem hanging in their home. From a poor girl comforting a grieving soldier, to an unexpected meeting of strangers, to a father's tragic death many decades after treaties were signed, war has shaped Martens's family in profound ways - it is their history as much as any nation's.

They remember.

They grieve.

They honour the past.

MICHAEL MORPURGO POPPY FIELD

THE ROYAL BRITISH LEGION
and present a collection of 10p from the sale of this book

IN SUPPORT OF
THE ROYAL
BRITISH
LEGION



Illustrated by
MICHAEL FOREMAN

Cheat Sheet for Parents

Phoneme: The smallest unit of speech sound in a word. The word 'shark' has three phonemes (sh) (ar) (k).

Grapheme: The letter/s that spell the sounds in words. The word 'shark' has three graphemes: sh, ar, k. The word dog has three graphemes: d, o, g.

Phonology: The study of the sound structure in language.

Phonics: A method of teaching people to read by matching sounds (phonemes) with symbols (letters). Phonics has the strongest evidence base there is when it comes to teaching reading and spelling.

Morpheme: The smallest unit of meaning in a word Eg: 'sharks' has 2 morphemes shark + s. The base word is 'shark' and the suffix 's' indicates plurality.

Morphology is the study of meaningful word parts

Sounding Out (decoding): Saying the phonemes (sounds) out loud to get to an accurate pronunciation (and recognition) of an unknown word.

Blending: Saying the sounds quickly, or stretching the sounds to hear the word.

Segmenting: Hearing a word and breaking it into its separate phonemes (sounds) to spell it.

We love to celebrate children's achievements outside of school.

Well done Archie, on receiving your yellow belt!
A great deal of discipline and

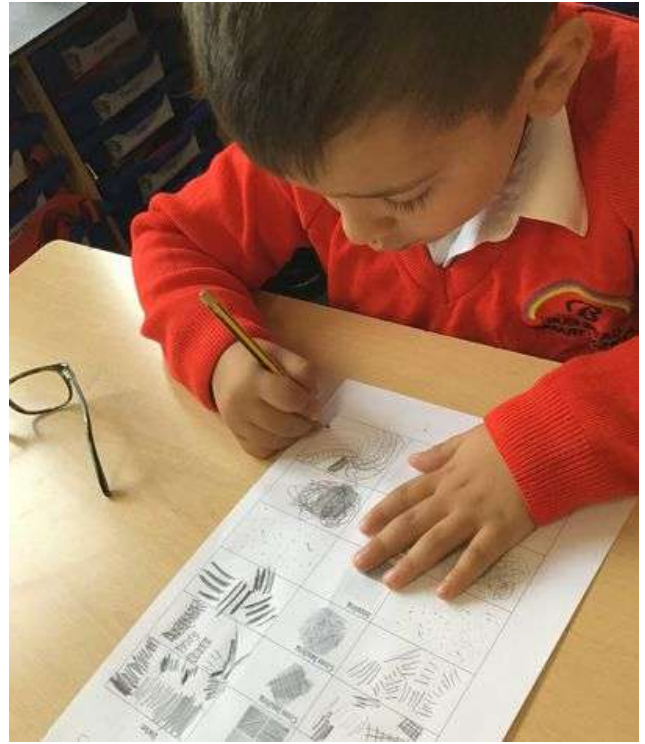
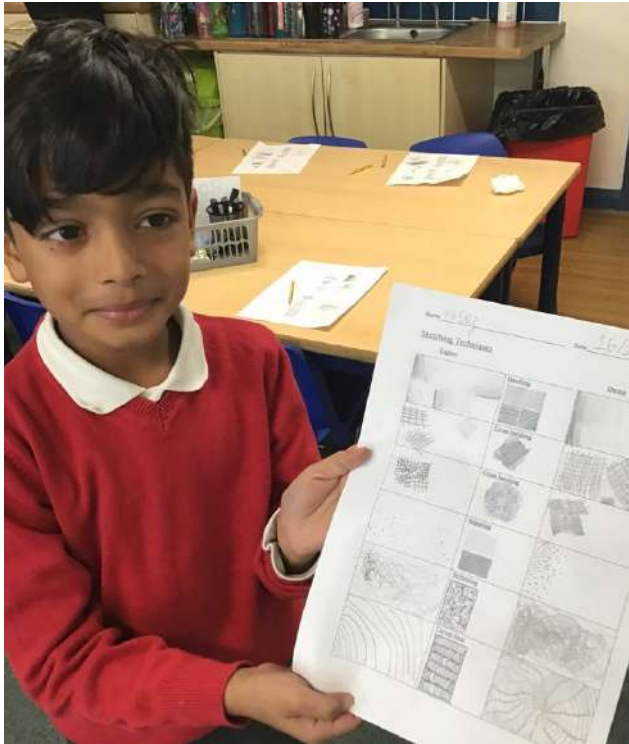
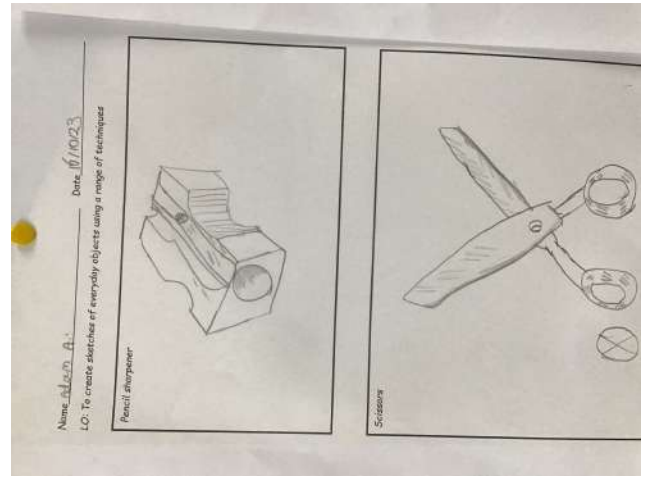
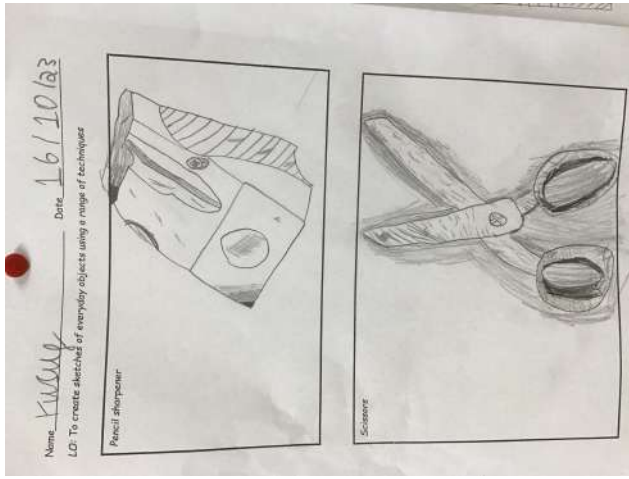


As part of Black History Month, Year 6 had a great time taking part in some Afro Dance!





Yr 2 - Mark making using different tools and techniques and sketching skills, followed by observational drawings of everyday objects.





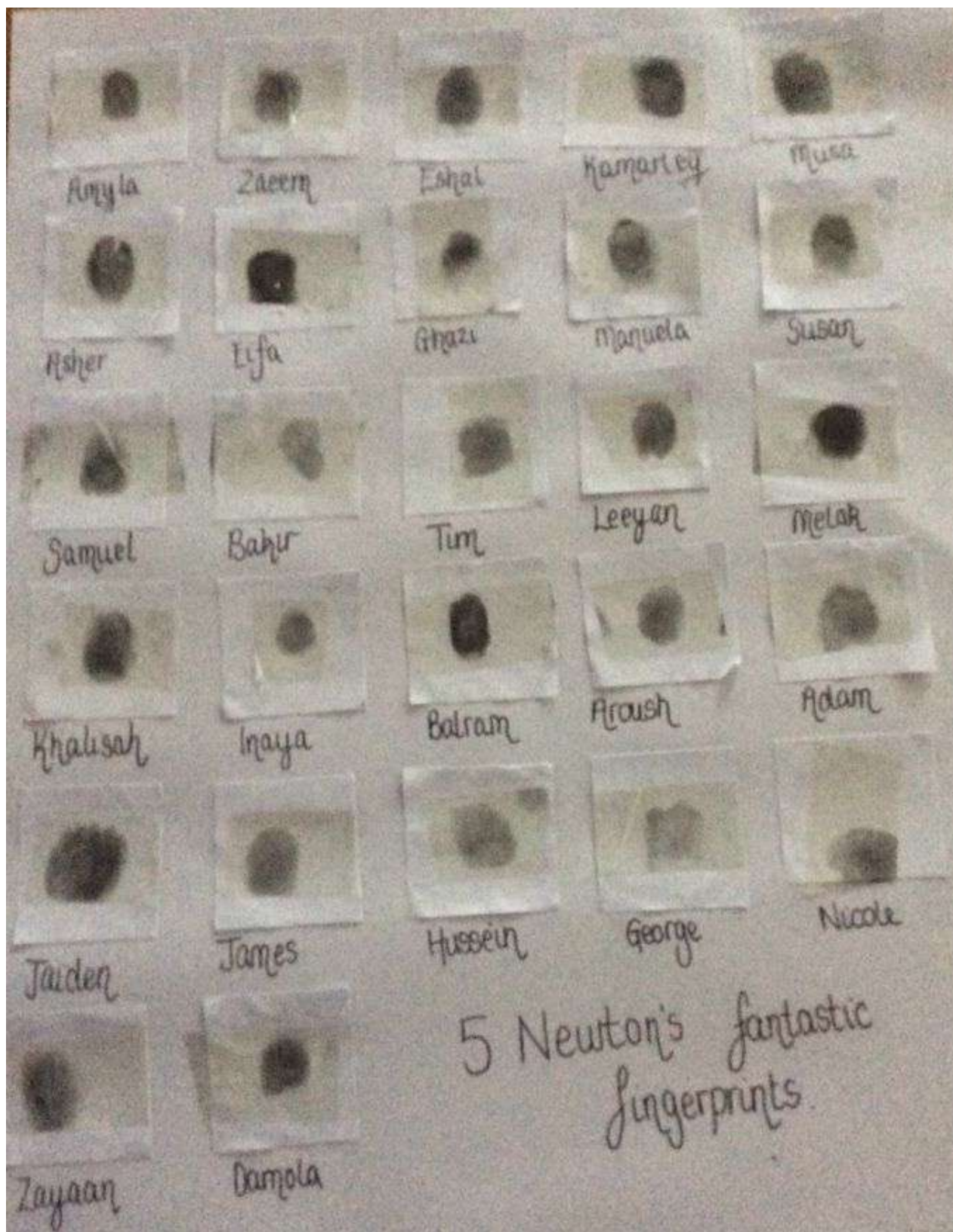
Children that attend the Rainbow Hub have been working on Autumn Art!





For our Science Day we have been discussing stereotypes and conducting experiments.





PARENT/ CARER WORKSHOPS

For families living in Milton Keynes, Bedfordshire and Luton

AUTUMN 2023 VIRTUAL WORKSHOPS

23/11/23 Autism & Sensory Processing 10am-1pm
28/11/23 Autism & Demand Avoidance 10am-1pm

SPRING 2024 VIRTUAL WORKSHOPS

11/1/24 Autism & Behaviour 10am-1pm
16/1/24 Autism & Demand Avoidance 10am-1pm
16/2/24 Autism, Women & Girls 6pm-9pm
27/2/24 Autism & Eating Disorders 10am-1pm
14/3/24 Autism & Mental Health 6pm-9pm

SUMMER 2024 VIRTUAL WORKSHOPS

18/4/24 Autism & Sensory Processing 10am-1pm
26/4/24 Autism & Behaviour 6pm-9pm
1/5/24 Autism, Women & Girls 10am-1pm
7/5/24 Autism & Eating Disorders 6pm-9pm
6/6/24 Autism & Mental Health 10am-1pm

FREE

TO BOOK PLEASE CONTACT ENQUIRIES:

☎ 01234 214871

✉ enquiries@autismbeds.org

5 WEEK COURSE

FACE-TO-FACE

Suitable for: A course for pre-diagnosed and newly diagnosed families

When: Wednesdays, 11am - 2pm

Dates: 28th Feb, 6th March, 13th March
20th March & 17th March 2024

Venue: TBC (Milton Keynes)

Course topics: Week 1: Diagnosis journey
Week 2: What is Autism?
Week 3: Sensory Needs
Week 4: Communication
Week 5: Behaviour & local support

TRAINING OVERVIEWS

Autism and...

ANXIETY & BEHAVIOUR

A course providing information about the underpinning causes of differing behaviours in autistic individuals of all ages and how they may best be supported. To explore:

- the differences autistic individuals may experience in regulating behaviours
- how to adapt environments and practices to meet the needs of autistic children and adults
- some possible ways to support during difficult situations

WOMEN & GIRLS

A course providing an understanding of how autism may present in a more internalised way in females (and some males!) To explore:

- the way autism may present more subtly in females and why this may delay diagnosis
- how to adapt environments and practices to meet the specific needs of autistic females
- resources and strategies for supporting autistic females

MENTAL HEALTH

A course explaining the impact of poor mental health on autistic individuals and those who have co-existing mental health conditions and/or dual diagnoses. To explore:

- an overview of co-existing mental health and some neurological conditions commonly experienced by autistic people and how these affect their individual needs
- how to proactively adapt environments and practices to prevent needs escalating
- resources and strategies for supporting individuals

DEMAND AVOIDANCE

A course to increase understanding of the demand avoidant presentation of autism, with advice on how to support those with this challenge. To explore:

- what is meant by 'demand avoidance' in relation to autism and the controversy over the 'PDA' diagnosis
- the role of anxiety in creating demand avoidant behaviour
- how to work collaboratively with children and young people to minimise demand avoidant behaviour

EATING DISORDERS

A course to understand the complicated relationship autistic individuals may have with food and eating, due to both sensory processing and thinking differences. To explore:

- the impact of autism on the way autistic individuals experience food and eating
- sensory processing differences and how these specifically relate to eating challenges
- anxiety and its impact on autistic individuals (including demand avoidance)
- some resources and strategies that may be helpful to support autistic individuals with eating challenges

SENSORY PROCESSING

A course explaining the relationship between autism and sensory processing differences, in autistic people of all ages. To explore:

- the impact of sensory processing differences on the lives of autistic individuals
- resources and strategies to support health and wellbeing due to sensory challenges
- when to ask for professional input





Santa's little helpers NEEDED

Instructions for Christmas Card Competition

- This Christmas card competition is running until the Thursday **30th November**.
- The pupil who creates the winning design will be given a supply of the printed cards with their design on to give to family and friends this festive season, they will also receive a very special prize!
- Please try to use coloured pens, pencils and / or paint only and no glueing so we can print your card.

This competition is run by your School Catering provider - abm Catering.

Please can all entries be collated and sent to the following address by no later than **30th November** for inclusion in the competition:

Marketing Department
abm Catering Limited,
Eagle Court,
63 - 67 Saltisford,
Warwick,
CV34 4AF





Santa's little helpers

NEEDED

Christmas Card Design Competition

Please advise pupils to design their Christmas card in the bottom section of this page, and please complete this top section and submit the full document.



School Name: _____
Pupils Name: _____
Pupils Year: _____
Contact at abm Catering: _____



If you are experiencing financial difficulties, Luton Foodbank can provide you with food parcels.

Each food parcel lasts up to three days, and is nutritionally balanced.

We can also help you get wider support with:

- rent and council-tax arrears
- poor housing
- debts and rising bills

Contact us

info@lutonfoodbank.org.uk

01582 725838

**Luton
Rising**

**BL
CF**



Learn to Swim with Swift Swimmers in Luton



SWIFT SWIMMERS
SWIM SCHOOL

Lealands High School

- Thursday, Saturday & Sunday

Keech Hydro Pool

- Monday, Friday and Saturday

- Small group sizes
- Fully qualified swim teachers with experience
- Learn to swim programme
- Family run swim school

Learn to Swim!



Contact us

Email: enquiries@swiftswimmers.co.uk



Instagram - @swift_swimmers



Facebook - swiftswimmersswimschool

Enquire Today!

www.swiftswimmers.co.uk



Liz Wilson

Helpline Project Manager

Helpline Number: 03303 530 541

thesleepcharity.org.uk



Winner of The Queen's
Award for Voluntary
Service 2020



**SLEEP
FOR ALL**

brought to you by
The Sleep Charity

Friday 23rd February - Paediatric Sleep

Saturday 24th February - Adult Sleep

Book now to guarantee your place

thesleepcharity.org.uk/sleep-conference

Title

Newsround Club with Ms Travi 8:15AM – 8:45AM From 18 Sep and on Monday each week except for 23 Oct	06 November
Open Morning for Reception 2024 9:00AM – 10:30AM	07 November
Girls Year 5 & 6 Football Event 1:00PM – 4:00PM	07 November
Somerries vs Bushmead Football Event Years 5 & 6 3:00PM – 5:00PM	07 November
Smart Raspberry Cookery School 3:30PM – 4:45PM From 19 Sep and on Tuesday each week until 05 Dec except for 24 Oct	07 November
Year 5 Film Club 3:30PM – 4:30PM From 19 Sep and on Tuesday each week except for 24 Oct	07 November
School Library Open to families 3:30PM – 4:30PM	07 November

Anti-Bullying ALL DAY From 13 Nov until 17 Nov	13 November
Smart Raspberry Cookery School 3:30PM – 4:45PM From 19 Sep and on Tuesday each week until 05 Dec except for 24 Oct	14 November
School Library Open to families 3:30PM – 4:30PM From 10 Jan and on Tuesday each week except for 14 Feb and for 24 Oct	14 November
Year 5 Film Club 3:30PM – 4:30PM From 19 Sep and on Tuesday each week except for 24 Oct	14 November
Maths Day 8:30AM – 3:30PM	15 November
Language Club 3:30PM – 4:30PM From 27 Sep and on Wednesday each week until 22 Nov except for 25 Oct	15 November
Year 4 Ballroom Dancing Club 3:30PM – 4:15PM From 01 Nov and on Wednesday each week until 13 Dec	15 November

From 10 Jan and on Tuesday each week except for 14 Feb and for 24 Oct			
Year 3 Science Event 10:00AM – 11:00AM	08 November	Smart Raspberry Cookery School 3:30PM – 4:45PM From 21 Sep and on Thursday each week until 07 Dec except for 26 Oct	16 November
Language Club 3:30PM – 4:30PM From 27 Sep and on Wednesday each week until 22 Nov except for 25 Oct	08 November	Children in Need Day 8:00AM – 3:30PM	17 November
Year 4 Ballroom Dancing Club 3:30PM – 4:15PM From 01 Nov and on Wednesday each week until 13 Dec	08 November	Newsround Club with Ms Travi 8:15AM – 8:45AM From 18 Sep and on Monday each week except for 23 Oct	20 November
EFL CUP YEARS 5 & 6 9:30AM – 5:00PM	09 November	Smart Raspberry Cookery School 3:30PM – 4:45PM From 19 Sep and on Tuesday each week until 05 Dec except for 24 Oct	21 November
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Remembrance Day ALL DAY	10 November	School Library Open to families 3:30PM – 4:30PM From 10 Jan and on Tuesday each week except for 14 Feb and for 24 Oct	21 November
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8:15AM – 8:45AM
From 18 Sep and on
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for 23 Oct

22 Nov except for 25 Oct

**Year 4 Ballroom
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3:30PM – 4:15PM
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22
November