

# Newsletters

Weekly Newsletter



This month's value is **Respect**

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

**10th November 2023**

Dear parents & carers,

We have had a very busy week at Bushmead. The children worked hard, as have our staff! We received some great training on improving our questioning techniques to enhance learning! The days of hands up if you know the answer are well and truly in the past. Do ask your children what happens in their class.

Thank you, our school attendance is continuing to improve! Well done 1 Hazel.

**Best class - 1 Hazel 100%**

**Whole school - 95.5%**

We held a **Remembrance Assembly** today and our children observed a moment of silent reflection and learnt about the meaning behind the poppy. We referred to our value of respect. A lovely learning point.

Next is Anti - Bullying Week. Children may wear odd-socks on Monday and there will be activities throughout the week to promote positive relationships and our value of the month, respect. You should now have received a copy of your Parent Pack.

It is also World Kindness Day on Monday and we can never have enough kindness!



At the time of writing, 62 of our pupils have raised £2, 246.40 for Children in Need. AMAZING!!  
Imagine if at least some of the other 700 children took part.... every donation helps.

You can sign up here: <https://www.runpudsey.co.uk/school/bushmead-primary-school> THANK YOU.

Have a wonderful weekend,

Joanne Travi

Headteacher

# KINDNESS IS GOOD FOR YOUR:

## MIND



Studies show that the social connection promoted by engaging in acts of kindness is a key predictor of both well-being and recovery from anxiety and depressive disorders.




## BRAIN

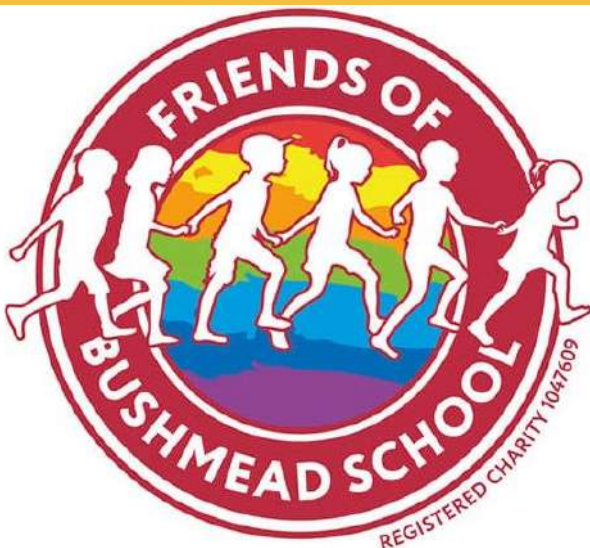
Kindness generates a chemical response in our brains by boosting neurotransmitters in our brains like dopamine and serotonin.



## BODY

Another lesser-known neurotransmitter activated by acts of kindness is oxytocin. It can promote a sense of bonding and connectivity, but it's also considered "cardioprotective."

 @BCBSMICHIGAN



**Thank you to all who attended the FOBS meeting. The next meeting will take place on December 10th (2nd Thursday of the month). This meeting is open to all.**

Next year's Christmas Shop - we are still looking for parents to help organise the shop. Please get in contact with fobs via school office or [fobs@bushmeadprimaryschool.co.uk](mailto:fobs@bushmeadprimaryschool.co.uk) if you would like to help

Christmas Raffle Donations - We are in the process of gathering Christmas raffle donations and have received some amazing prizes so far. If you would like to donate a raffle prize, please get in contact. We will be putting the list of donations received on ParentMail and Facebook.

FOBS 100 Club - Draw will be taking place on the last Friday of the month (25th November)





# CHRISTMAS

AT BUSHMEAD PRIMARY SCHOOL



## CHRISTMAS DISCO

-7<sup>TH</sup> OF DEC

## CHRISTMAS SHOP

-ALL DAY 6<sup>TH</sup> & 7<sup>TH</sup>

## CHRISTMAS RAFFLE\*

-15<sup>TH</sup> OF DEC



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



Well done to our football team. Bushmead V Someries - we didn't win this week, but they played well and fought hard. Great effort.



Year 2 PE - this week the children have been learning an animal dance and combining different movements with freeze frames.





**Staying Safe online**



## What Parents & Carers Need to Know about



In October 2022, the enormously popular social media network Twitter was purchased by tech tycoon Elon Musk. That sparked a host of changes to the platform – not all which have been received positively by its fans. The alterations have continued with each passing month, many of them raising online safety concerns among the 530 million users of Twitter (now rebranded as simply X). With further adjustments reportedly in the pipeline, X has attracted more than its usual share of controversy and caution in recent times.



SWIPE FOR TIPS →



# WHAT ARE THE RISKS?

A BLOCK ON BLOCKING

REDUCED REPORTING FEATURES

INAPPROPRIATE CONTENT

VERIFICATION FOR SALE



A vibrant cartoon illustration of a city street scene. In the background, there are buildings, trees, and a blue sky with birds. In the foreground, several characters are visible: a person in a black hat and trench coat holding a magnifying glass, a person in a red cape, and a person in a blue shirt. There are various signs and symbols scattered around, including a yellow padlock, a red 'X' over a sign, a blue checkmark, a red 'X' over a speech bubble, and a red 'X' over a speech bubble with a checkmark. The overall theme is online safety.

# Advice for Parents & Carers



**PROTECT PRIVACY**

**STAY ALERT FOR IMPOSTERS**



**ONLY FOLLOW TRUSTED ACCOUNTS**



**BE READY TO TAKE ACTION**



**DON'T RISE TO THE BAIT**





**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.**

**Register as a parent at the link below to sign up your child.**

**Bushmead Primary School's unique school code is  
818E**

**[https://www.runpudsey.co.uk/school/bushmead-  
primary-school](https://www.runpudsey.co.uk/school/bushmead-primary-school)**

Remembrance Day pride from our children in uniformed organisations.







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](mailto:info@lutonfoodbank.org.uk)

01582 725838

**Luton  
Rising**

**BL  
CF**





# **BEDFORDSHIRE BALLERZ**

## **FOOTBALL ACADEMY**

**OUR WEEKLY TECHNICAL TRAINING CENTRES LOOK TO SUPPORT THE LEARNING AND DEVELOPMENT OF THE PLAYERS THROUGH OUR CREATIVE SESSIONS, WHERE THEY FOCUS ON DIFFERENT TECHNIQUES EACH WEEK IN AN ENJOYABLE AND SAFE ENVIRONMENT**

### **WEEKLY SESSIONS FOCUS**

**DRIBBLING • PASSING • ATTACKING  
DEFENDING • SHOOTING • GAME PLAY**

### **LOCATIONS**

**LUTON • DUNSTABLE • FLITWICK • BEDFORD**

**NEW TERM STARTS ON THE WEEK  
COMMENCING 30TH OCTOBER!**

**BOOK YOUR PLACE BY CLICKING  
BELOW:**

**CLICK HERE!**

### **CONTACT US**



**07711 270986**



**INFO@CREATIVESPORTSCOACHING.CO.UK**

### **FOLLOW US ON SOCIAL MEDIA**



**@BEDFORDSHIREBALLERZ**



**@CSC\_BEDS**



**CREATIVE SPORTS COACHING**

**WWW.CREATIVESPORTSCOACHING.CO.UK**



## Upcoming Events

<b>Anti-Bullying</b> ALL DAY From 13 Nov until 17 Nov	13 November
<b>Newsround Club with Ms Travi</b> 8:15AM – 8:45AM From 18 Sep and on Monday each week except for 23 Oct	13 November
<b>Smart Raspberry Cookery School</b> 3:30PM – 4:45PM From 19 Sep and on Tuesday each week until 05 Dec except for 24 Oct	14 November
<b>School Library Open to families</b> 3:30PM – 4:30PM From 10 Jan and on Tuesday each week except for 14 Feb and for 24 Oct	14 November
<b>Year 5 Film Club</b> 3:30PM – 4:30PM From 19 Sep and on Tuesday each week except for 24 Oct	14 November
<b>Maths Day</b> 8:30AM – 3:30PM	15 November
<b>Year 2 Sportshall Athletics Competition</b> 1:30PM – 4:30PM	15 November

<b>Smart Raspberry Cookery School</b> 3:30PM – 4:45PM From 19 Sep and on Tuesday each week until 05 Dec except for 24 Oct	21 November
<b>Year 5 Film Club</b> 3:30PM – 4:30PM From 19 Sep and on Tuesday each week except for 24 Oct	21 November
<b>School Library Open to families</b> 3:30PM – 4:30PM From 10 Jan and on Tuesday each week except for 14 Feb and for 24 Oct	21 November
<b>Language Club</b> 3:30PM – 4:30PM From 27 Sep and on Wednesday each week until 22 Nov except for 25 Oct	22 November
<b>Year 4 Ballroom Dancing Club</b> 3:30PM – 4:15PM From 01 Nov and on Wednesday each week until 13 Dec	22 November
<b>Owl's Visiting Foundation Stage</b> 9:00AM – 12:00PM	23 November
<b>Smart Raspberry Cookery School</b> 3:30PM – 4:45PM	23 November

		From 21 Sep and on Thursday each week until 07 Dec except for 26 Oct	
<b>Language Club</b>  3:30PM – 4:30PM From 27 Sep and on Wednesday each week until 22 Nov except for 25 Oct	15 November	<b>Diwali</b>  ALL DAY	26 November
<b>Year 4 Ballroom Dancing Club</b>  3:30PM – 4:15PM From 01 Nov and on Wednesday each week until 13 Dec	15 November	<b>Newsround Club with Ms Travi</b>  8:15AM – 8:45AM From 18 Sep and on Monday each week except for 23 Oct	27 November
<b>Year 5 &amp; 6 Girls netball vs Stopsley Primary</b>  8:00AM – 9:00AM	16 November	<b>Smart Raspberry Cookery School</b>  3:30PM – 4:45PM From 19 Sep and on Tuesday each week until 05 Dec except for 24 Oct	28 November
<b>Smart Raspberry Cookery School</b>  3:30PM – 4:45PM From 21 Sep and on Thursday each week until 07 Dec except for 26 Oct	16 November	<b>Year 5 Film Club</b>  3:30PM – 4:30PM From 19 Sep and on Tuesday each week except for 24 Oct	28 November
<b>Children in Need Day</b>  8:00AM – 3:30PM	17 November	<b>School Library Open to families</b>  3:30PM – 4:30PM From 10 Jan and on Tuesday each week except for 14 Feb and for 24 Oct	28 November
<b>Stopsley High School Visit - Prize Giving</b>  2:30PM – 3:30PM	17 November	<b>Year 4 Ballroom Dancing Club</b>  3:30PM – 4:15PM From 01 Nov and on Wednesday each week until 13 Dec	29 November
<b>Newsround Club with Ms Travi</b>  8:15AM – 8:45AM From 18 Sep and on Monday each week except	20 November	<b>Year 3 Science</b>	30 November



for 23 Oct

**Luton Children  
Community Health  
Service Visiting Year  
6**

9:00AM – 12:00PM

20  
November

**Workshop**

1:45PM – 3:15PM

**Smart Raspberry  
Cookery School**

3:30PM – 4:45PM

From 21 Sep and on  
Thursday each week until  
07 Dec except for 26 Oct

30  
November