

Newsletters

Weekly Newsletter



This month's value is **Appreciation**

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

8th December 2023

Dear parents & carers,

Our value for December is Appreciation! So, thank you to everyone in our community who upholds our school values. Our ethos at Bushmead is that we not only educate, we also help create polite, well-mannered young people. We do this by modelling that behaviour.

We frequently talk about **the importance of reading**. We often emphasise reading at home with your children. What you don't see is all the reading we do in school.

All children have three specific reading lessons per week, from Little Wandle to Ready for Reading. This is in addition to English lessons, where we teach our core reading texts.

Children may also be involved in reading intervention groups and read 1:1 with an adult. We work hard to make sure there is a balance between fiction and non-fiction and our text choices are cross-curricular, so they match with our history, geography or science learning. This won't be recorded in your child's reading log, but a great deal is happening.

We will continue to work hard right to the end of term, with some Christmas and end-of-term activities too:

- Tuesday 12th - Choir Performance at Bushmead Court
- Thursday 14th and Friday 15th - Reception concerts
- Thursday 14th - Open Afternoon for parents of new children wanting a place at Bushmead in September 2024.
- Friday 15th - Christmas / Winter Jumper Day (non-uniform with a donation to FOBS)
- Monday 18th - Christmas lunch and party day - party clothes may be worn
- Tuesday 19th - Staff Panto
- Tuesday 19th - Trip to the Royal Opera House (invite only)

A great deal to look forward to.

Have a lovely weekend.

Joanne Travi

Headteacher.

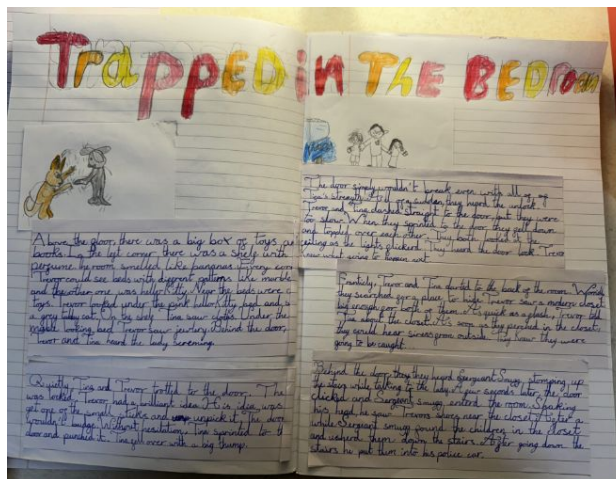


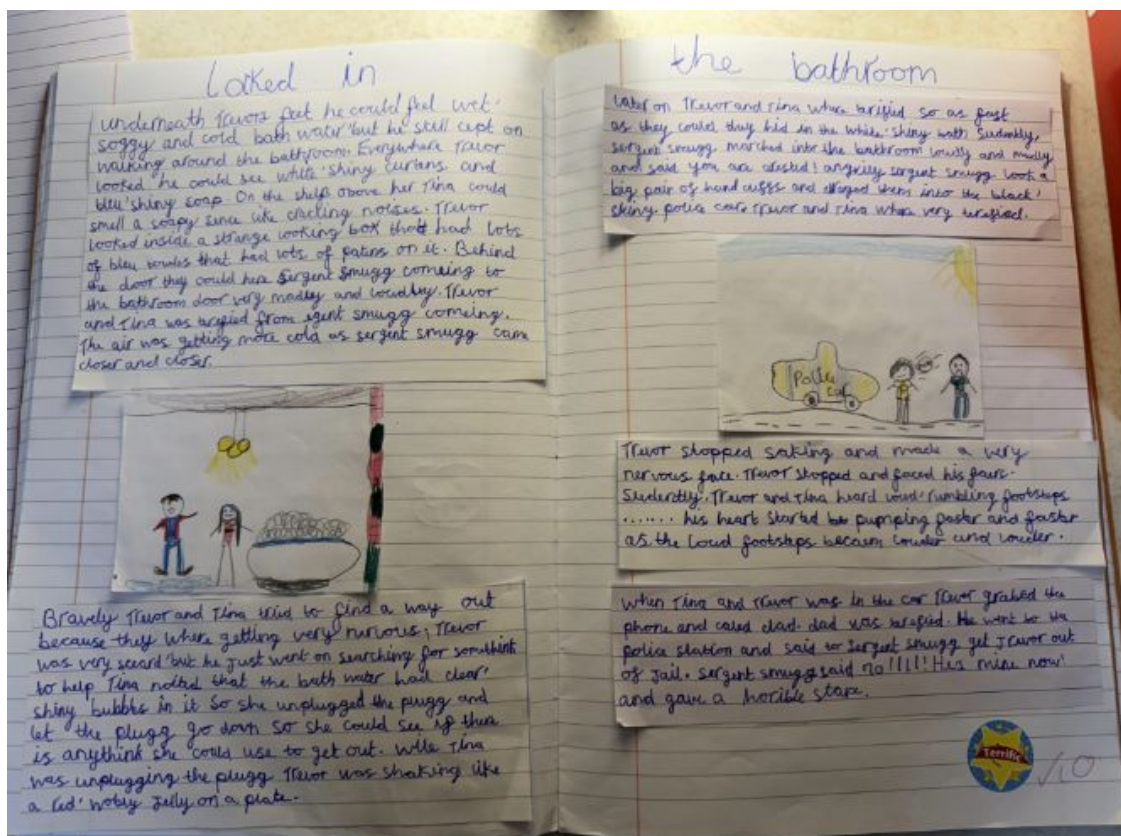
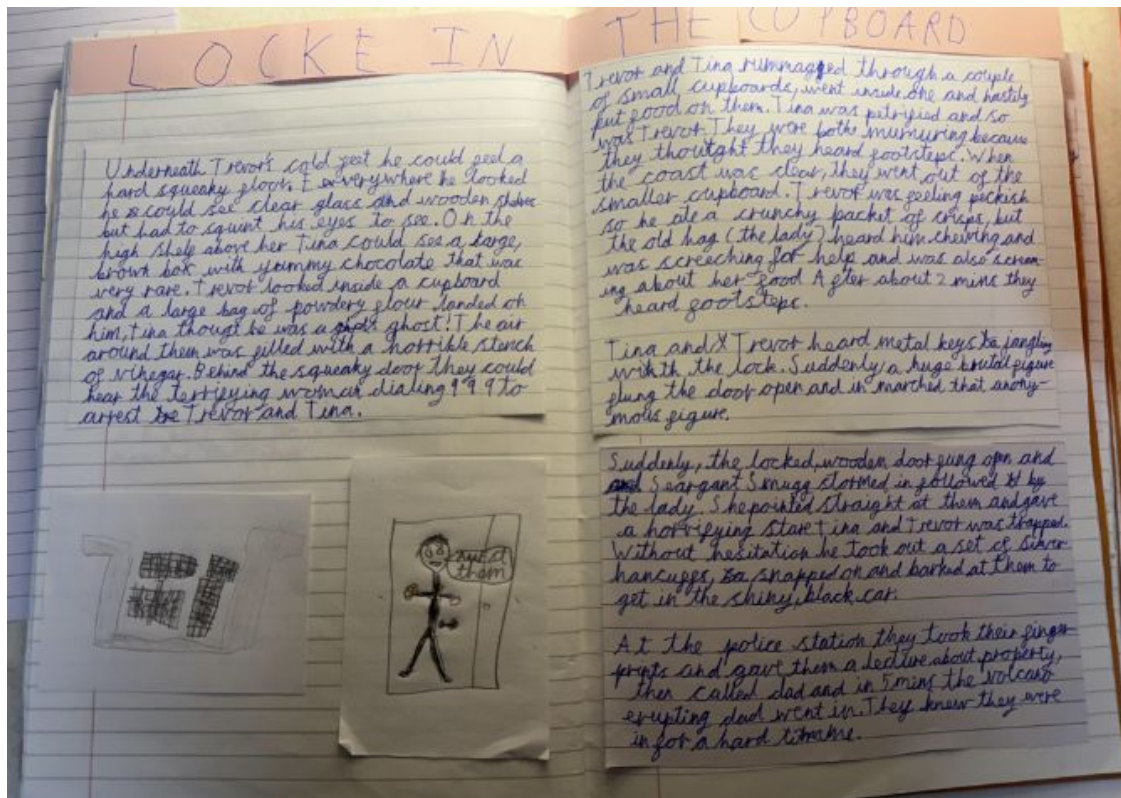
The biggest thank you to Charlotte P and Sue Shaw for organising the disco and the shop this week and to all the brilliant volunteers and staff that ensured they worked.

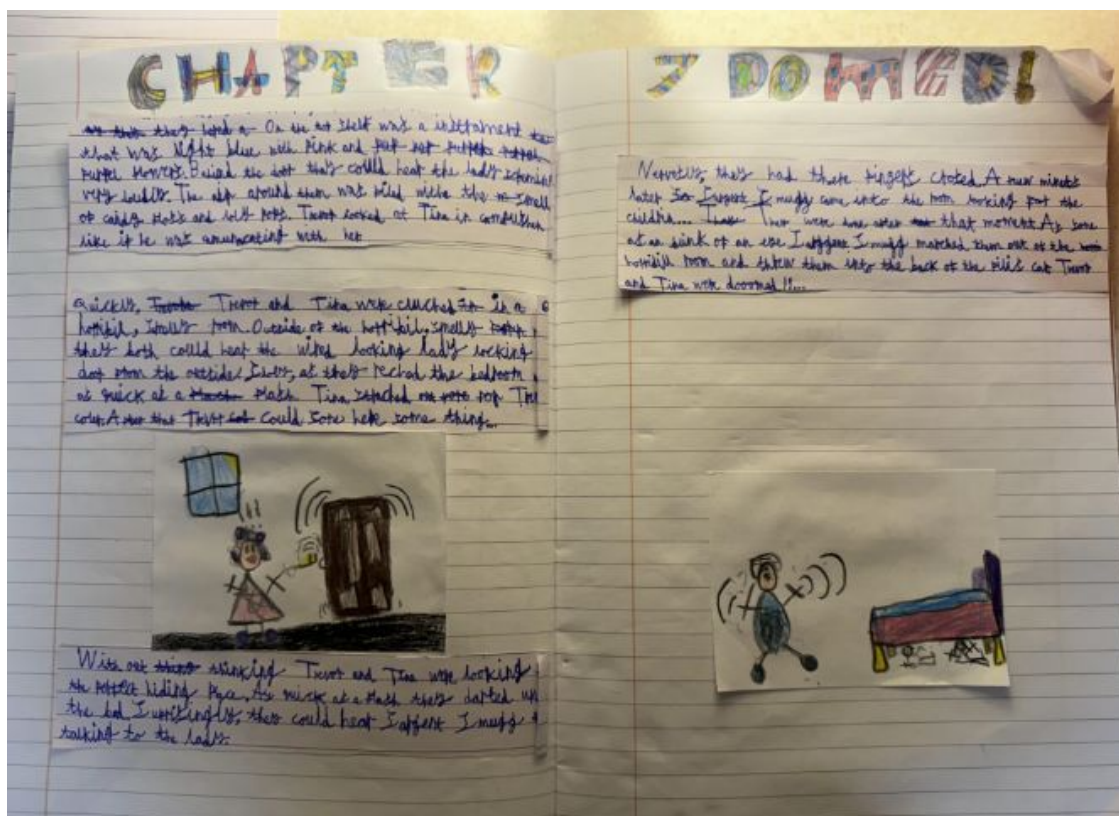
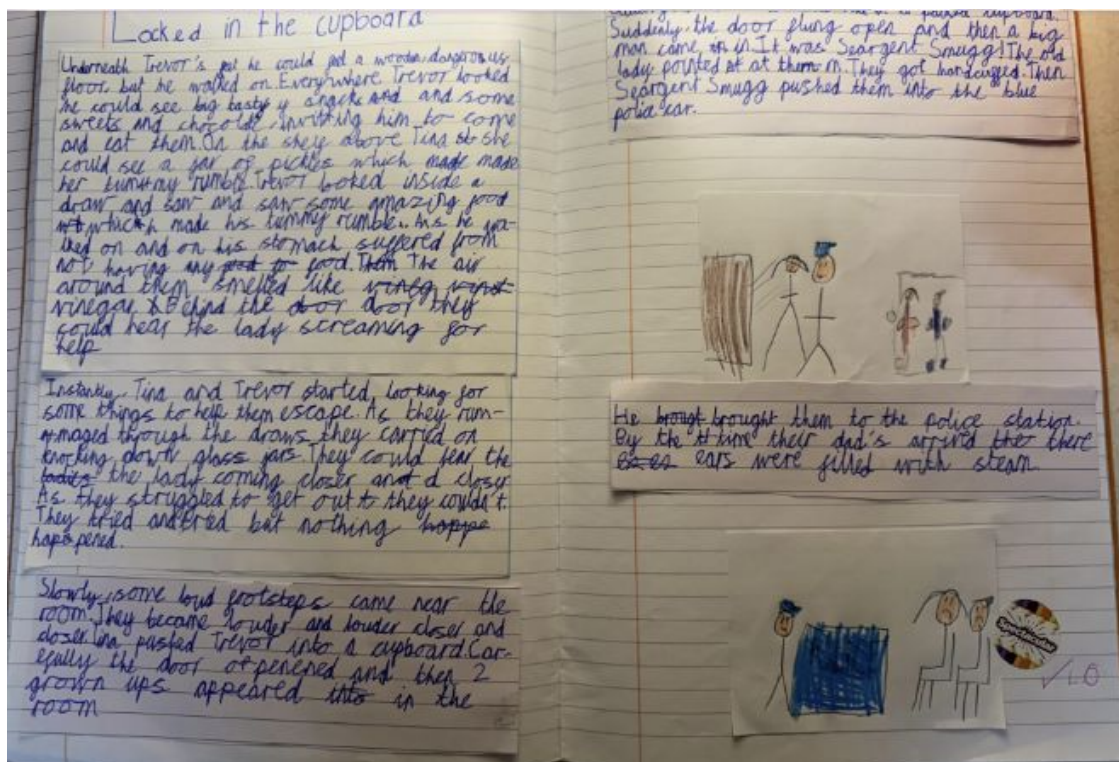
Thank you to all who bought gifts or tickets for the discos. The children had a great time.

Thank you FOBS for your continued support.

In English, Year 3 have been writing their own ending of Chapter 7 from The 100 Mile an Hour Dog by Jeremy Strong. Children have published their work on Purple Mash. Please have a look at their work. Scan the code below.







The ECHP children have been super busy in Bucket Time this week making their very own stockings!

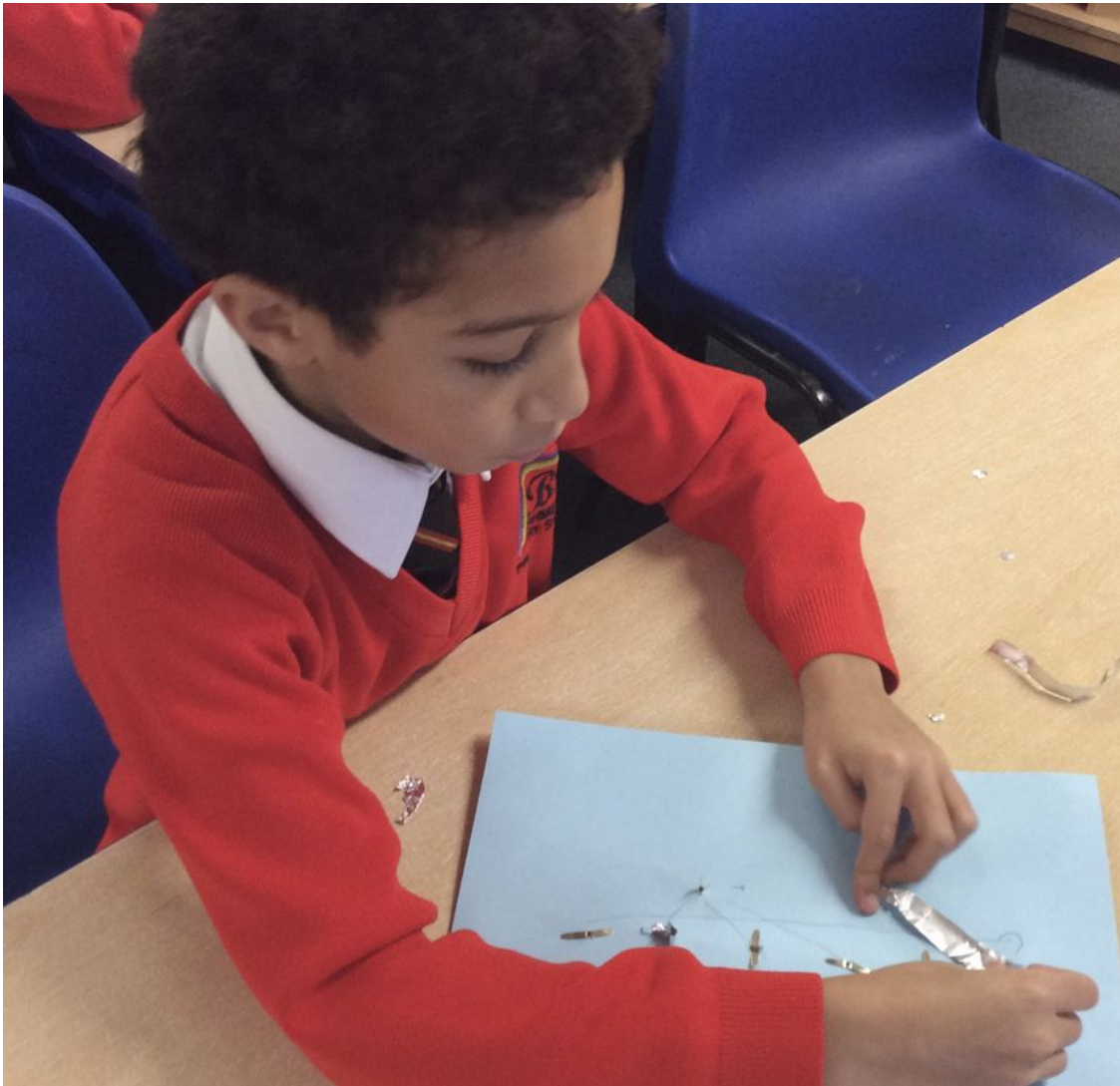


In year 4 we have been using electrical circuits to make our own true or false games.









Staying Safe online

their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Published date: 06/03/19

What parents need to know about AGE RATINGS

bbfc **PEGI**

If you have children, it is understandable to have concerns about the films and TV shows they watch, as well as the games they play. In this guide, we take a look at the two official ways you can assess if a particular title is suitable for your child. Both the BBFC and PEGI have search facilities on their websites that can be used to look up individual titles so you can check their ratings.

RATINGS FOR FILMS, TV & MUSIC VIDEOS

Since 1912, the BBFC (British Board of Film Classification) has informed UK residents of the age suitability of films, TV and music videos - providing parents with the information needed to assess whether or not it is appropriate for their child's age. This applies to cinema releases, DVDs and streaming video services such as Netflix.

WHAT ARE THE BBFC RATINGS?

BBFC ratings are broken down into seven age categories:

U Universal, suitable for all ages	PG Parental Guidance required	12 Suitable for people aged 12 and over	12A Suitable for people aged 12 and over, but only if accompanied by an adult
15 Suitable for people aged 15 and over	18 Suitable for people aged 18 and over	R18 Adult content only available in specialist cinemas and specialist retailers	

WHAT ELSE CAN BBFC REVEAL?

Accompanied with the age suitability rating, BBFC also provide an additional warning regarding the content and what to expect, such as swearing, sexual content, violence and anything you may consider to be inappropriate for your child. In addition to this, the content is also rated in three levels: frequent, mild or strong.

LIMITATIONS OF BBFC RATINGS

It's important to note that there is no obligation on streaming video services to use or display BBFC ratings. Due to this, we advise that you check the rating online before your child streams the content. It may also be a good idea to watch the content first yourself or discuss it with other parents to help you decide whether or not it is suitable for your child.

RATINGS FOR GAMES

PEGI (Pan European Game Information) is a content rating system that ensures all video games are labelled with a minimum age recommendation. These age recommendations are based on the types of content featured within a game. With each game, PEGI also provide a content descriptor that indicates the potential issues and concerns, including sex, violence, bad language and drugs.

WHAT ARE THE PEGI RATINGS?

PEGI ratings are split into age restriction and content descriptors. Additional 'content descriptors' help parents and children to understand the type of content featured within a particular game, including sex, fear, bad language, discrimination, gambling, drugs, violence, and in-game purchases. In combination, the two different ratings can provide a good level of information to help make informed decisions regarding the suitability for your child.

PEGI age ratings are broken down into five categories:

3 www.pegi.info	7 www.pegi.info	12 www.pegi.info	16 www.pegi.info	18 www.pegi.info
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PEGI content descriptors are broken down into eight categories:

VIOLENCE	BAD LANGUAGE	SEX	DRUGS	GAMBLING	DISCRIMINATION	FEAR	IN-GAME PURCHASES
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LIMITATIONS OF PEGI RATINGS

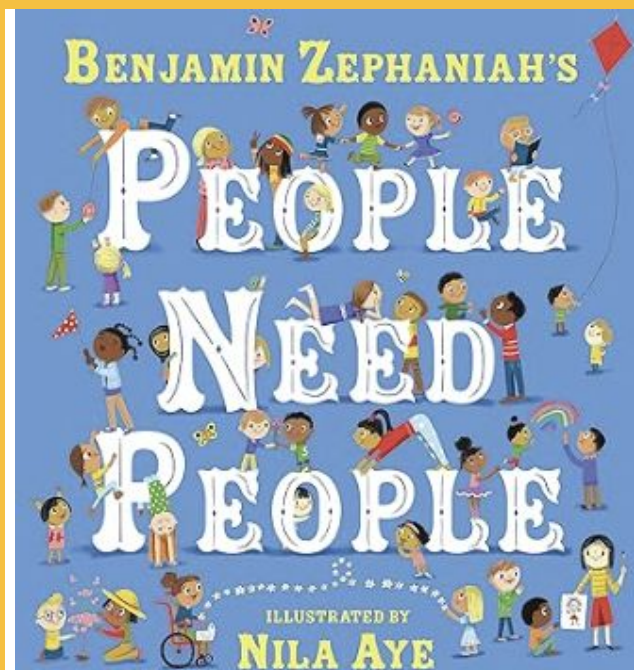
It's possible for young people to buy games online without a required proof of age, opening them up to age-inappropriate content without you knowing. We advise that you regularly monitor your child's gaming activities and maintain a honest and healthy dialogue with them about the online world.

PARENTAL CONTROLS

It is a good idea to put in place parental controls for all online accounts which your child may use to purchase or download online games e.g. The App Store, Google Play Store, PlayStation Store and Microsoft Xbox Store etc.

Source: www.bbfc.co.uk Source: www.pegi.info

www.nationalonlinesafety.com Twitter: @natonlinesafety Facebook: /NationalOnlineSafety



Our book of the Week had to be written by Benjamin Zephaniah

All of his children's poetry is worth a read!

This book is all about being kind to each other.



📍 bedsfire.gov.uk
 📍 Southfields Road
 Kempston, Bedford
 MK42 7NR
 📞 bedsfirealert.co.uk
 📱 @bedsfire

For the attention of Parents and Guardians

Children/Young People's safety around lakes, rivers and bodies of open water

Dear Parents,

We want to alert parents and young people of the potential dangers and risk to life of playing near and on frozen bodies of water in Bedfordshire.

We would ask all parents and carers to remind their children of the dangers of ice, and why they must keep away from it.

Last year an incident within the West Midlands sadly claimed the lives of four young people after they fell through the ice of a frozen lake. This incident is a stark reminder to us all of the dangers of open water, especially during the winter months.

During the winter months the cold weather can lead to sections of our rivers, lake ponds and canals freezing over. Due to the relatively mild winter climate within the UK frozen bodies of water should always be treated as a significant hazard.

Whilst we understand the temptation to walk across or play on the frozen water, last year's incident in the West Midlands serves as a stark reminder of the dangers associated with frozen water.

The advice of the Bedfordshire Drowning Prevention Group is **to never go on to the ice under any circumstances**. Whilst the ice may appear to look stable at the bank side, the thickness of the ice can change significantly within a very short distance. If you were to fall through the ice it can be extremely dangerous due to the cold temperatures of the water and the possibility of currents pushing you under unbroken ice.

The Royal Life Saving Society UK offer advice for winter water safety, with simple steps to keep safe during the winter:

1. Never go onto the ice to play, to retrieve an object, or a pet.
2. Never enter the ice to rescue somebody, call 999 and ask for the Fire and Rescue Service.

What to do if YOU accidentally fall through ice:

- Stay calm and shout for help.
- Spread your arms out across the surface of the ice in front of you.
- Lie flat and use your arms to pull yourself over the ice towards the shore.
- If the ice on the water breaks, try to make your way to the bank or shore, breaking ice in front of you as you go.
- If you find yourself stuck and unable to escape, wait for help. Stay as still as possible to conserve your energy. Bring your arms close to your sides and keep your legs together, while keeping your head out of the water.



Bedfordshire
Fire & Rescue Service

bedsfire.gov.uk
Southfields Road
Kempston, Bedford
MK42 7NR
bedsfirealert.co.uk
@bedsfire

- When you are safely out of the water it is important to go to hospital for a check-up.

What to do if you see SOMEONE ELSE fall through the ice:

- Shout for help, call 999 and – if the incident involves inland water – ask for the Fire Service. At the coast, ask for the coastguard.
- Do not go onto the ice to attempt a rescue.
- Call out to the casualty and encourage them to stay calm.
- To try to reach the person from the bank, use a rope, pole, tree branch, clothes tied together or anything else that can extend your reach.
- Lie down flat on the bank, to avoid slipping or being pulled in.
- If you cannot reach them, try sliding something that floats – like a football or large plastic bottle – to them, to help them float.
- If the casualty is too far away, DO NOT try to rescue them yourself. Wait for the emergency services to arrive. Continue to remain calm and reassure the person.

Please also see the attached Factsheet [The Dangers of Frozen Water Factsheet](#) | [StayWise](#)

Visit WWW.Staywise.co.uk for more learning resources that you can use at home provided by the Emergency [Services](#).



what3words

We are encouraging everyone to download what3words as this helps us to identify a location when it is not addressable e.g. by a lake or a rural country road. The App can be downloaded for free onto a mobile phone. More information can be found at www.what3words.com

- If you are in a rural area and are unsure of the exact location, try using what3words.
- This will give you 3 keywords to give to the 999-call operator. This enables emergency services to know your exact location and the best access point to send help.

Despite the obvious safety risks, Fire Service have no authority to stop people being near open water, but if you have concerns of safety or anti-social behavior, we would ask you to report this through to the Police non-emergency number on 101.

If someone is in trouble and needs help in an emergency, please call 999.

Kind Regards

Stacey Moore
Community Safety Officer
Bedfordshire Fire and Rescue Service



Bedfordshire
Fire & Rescue Service

bedsfire.gov.uk
Southfields Road
Kempston, Bedford
MK42 7NR
bedsfirealert.co.uk
@bedsfire

THE DANGERS OF FROZEN WATER

Every year children are at risk when they are tempted to play on the ice formed on open waters and adults find themselves at risk as they attempt to save them. Over 50 % of ice related drowning involved an attempted rescue of another person or a dog.

Areas with frozen waters can be beautiful to look at but they are also extremely dangerous. Here are some useful tips to help you enjoy these areas safely.

TOP TIPS TO STAY SAFE

NEVER GO ON THE ICE UNDER ANY CIRCUMSTANCES

This includes attempting to rescue another person or animal who may have fallen through the ice.

ONLY USE WELL LIT AREAS

Try to take walks in the daylight but if you must walk in the evening, only use well lit areas and avoid anywhere with water.

KEEP AWAY FROM THE EDGE OF THE WATER

Never go close to the edge or lean over to touch the ice. You may overbalance or trip and fall in.

ALWAYS WALK WITH AN ADULT OR A GROUP OF FRIENDS

Look out for each other and if someone does fall through the ice there will be others around to raise the alarm and get help.

WHAT TO DO IF YOU FALL THROUGH THE ICE

Keep calm and shout 'help'.

Spread your arms across the surface of the ice in front of you.

Try to kick your legs and pull yourself out of the water and on to the ice.

Lie flat, spreading your weight across the surface and pull yourself to the bank, you may find it easier to roll.

If you cannot climb out, wait for help and keep as still as possible. Keep your head above the water, press your arms by your side and keep your legs together.

Once you are safe, it is important that you go to hospital immediately for a check up.



WHAT TO DO IF YOU SEE SOMEONE FALL THROUGH THE ICE

Shout for '**HELP**' and dial **999** or **112** if you can.

DO NOT walk on to the ice to attempt a rescue.

Shout to the person to '**KEEP STILL**' and offer reassurance.

If they are close enough, **LIE DOWN TO AVOID OVERBALANCING** and falling onto the ice, and try to reach them with a tree branch clothing tied together or anything else which can extend your reach.

If you cannot reach them, **SLIDE SOMETHING** which floats across the ice, such as a plastic bottle or a football, so that they can hold on to it to stay afloat whilst help is on the way.

If they are too far away, **WAIT FOR THE EMERGENCY SERVICES** and reassure the casualty from the safety of the bank.

StyWise

FREE
Dental pop-up clinic
for Under 8s



Access to
Obex dental
services

Fluoride
available


Oral
health
advice


**Wednesday
22 November**


1pm to 4.30pm
**Luton Central Library,
LU1 2NG**



Scan the QR
code for dental
health tips

 **Obex
Dental**

Flying Start 

 **early
years
alliance**

Luton



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**



Festive Swap Shop

Pre-loved Clothes Swap



**Saturday
16
December
11 am - 3 pm**



**Adult Evening
and Partywear**



**Festive Jumpers and
Tops**



**Baby and
Children's
Partywear**



16 December - Unit 55 the Mall @ 11 am - 3 pm
Next to Tesco



**Waste Less
Recycle More**



Luton



We can only accept good quality clean clothes

A fun way to be kind to the environment!

Bring up to 5 items

We are accepting donations even if you don't want to swap

Easy way to save money

We are asking you to drop items off before the 16th, on the dates & times below to give our team time to sort them.

When you drop off your items you will be issued with tickets that will indicate the type of item you will be able to swap with.

Please note - there is no guarantee that you will find what you are looking for in your size.

Drop off your items at Unit 55 next to Tesco on any of the following dates and times

4 Dec	10 am - 12:30 pm	11 Dec	10 am - 12:30 pm
5 Dec	2 pm - 4 pm	12 Dec	2 pm - 4 pm
7 Dec	12 pm - 2 pm	14 Dec	10 pm - 12 pm

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

10% off all January bookings



Contact us
Email: enquiries@swiftswimmers.co.uk

 Instagram – @swift_swimmers

 Facebook – swiftswimmersswimschool

Enquire Today!

www.swiftswimmers.co.uk

Upcoming Events

Newsround Club with Ms Travi 8:15AM – 8:45AM From 18 Sep and on Monday each week except for 23 Oct, 04 Dec, 25 Dec, and for 01 Jan	11 December
Year 5 & 6 Morning Netball Club 7:45AM – 8:40AM From 21 Nov and on Tuesday each week until 12 Dec	12 December
Choir Performing at Bushmead Court 1:30PM – 3:00PM	12 December
School Library Open to families 3:30PM – 4:30PM From 10 Jan and on Tuesday each week except for 14 Feb, 24 Oct, 26 Dec, and for 02 Jan	12 December
Year 5 Film Club 3:30PM – 4:30PM From 19 Sep and on Tuesday each week except for 24 Oct, 26 Dec, and for 02 Jan	12 December
Bushmead Christmas Shop ALL DAY	13 December
Reception Christmas Concert Dress Rehearsal ALL DAY	13 December
Year 4 Ballroom Dancing Club 3:30PM – 4:15PM From 01 Nov and on Wednesday each week until 13 Dec	13 December
Reception Christmas Concert 2:30PM – 3:30PM From 14 Dec and on Thursday each week until 14 Dec	14 December
Year 3 & 4 Football Club 3:30PM – 4:30PM From 30 Nov and on Thursday each week until 14 Dec	14 December
Friends of Bushmead Christmas Jumper Day and Raffle	15 December

ALL DAY	
Reception Christmas Concert for Parents 9:30AM – 10:30AM From 15 Dec and on Friday each week until 15 Dec	15 December
Newsround Club with Ms Travi 8:15AM – 8:45AM From 18 Sep and on Monday each week except for 23 Oct, 04 Dec, 25 Dec, and for 01 Jan	18 December
Last day of term ALL DAY	19 December
Royal Opera House Visit ALL DAY	19 December