



# LABURNUM

PRIMARY SCHOOL & NURSERY

CHALLENGE • ACHIEVE • RESPECT • EFFORT

# NEWS

## MESSAGE FROM THE HEAD

I don't know about you, but this week I have noticed how tired everyone around me seems. We are all still rebuilding our stamina and 5 weeks into term the children and staff (and I'm guessing the parents) are more tired than usual. It doesn't help that the light seems to be rapidly disappearing after school – although we are not quite at the stage where we leave and go home in the dark. I have certainly needed my resilience this week and to give us all a boost, have included the Action for Happiness 'Optimistic October' calendar later in the newsletter. Today's message is a really positive piece of advice: *'Avoid blaming yourself or others. Just find the best way forward.'*

## MINOR ACCIDENTS IN SCHOOL

As you are aware, parents and carers are now being notified of first aid accidents and intimate care in school via email. This helps us to be efficient, COVID safe and environmentally friendly. Please be assured that if your child has a more serious accident or incident, we will always ring you.

## SCHOOL GRID ACCOUNT

If your child has a food allergy or requires a special diet, we would be grateful if you update your account on School Grid. This will ensure that menu items containing restricted foods are removed from your child's choices and helps to keep your child safe. Should you need to, you can contact Dolce directly regarding special or restricted diets. Thank you.

## COVID-19 UPDATE

I have had some concerns raised regarding unsupervised children before and after school being in the road, getting too close to adults/families and not socially distancing and also mixing with other children across bubbles. Please can parents closely supervise their children in the area immediately outside of school and try to leave the immediate area as soon as you have picked up to reduce contact. If you are standing and chatting before or after school in groups larger than 6 you are not adhering to the most recent government guidance, which is enforceable by law. The guidance document '*Coronavirus (COVID-19): Meeting with others safely (social distancing)*' on [www.gov.uk](http://www.gov.uk) states:

*Limits on the number of people you can see socially have changed. When meeting friends and family you do not live with (or have formed a support bubble with) you must not meet in a group of more than 6, indoors or outdoors. This is against the law and the police will have the powers to enforce these legal limits, including to issue fines (fixed penalty notices) of £200, doubling for further breaches up to a maximum of £6,400.*

## FACE MASKS IN SCHOOL

Just a reminder that we are encouraging all parents and carers to wear face masks at school drop off and pick up. To keep our whole school community safe, it is really important to remember that parents and carers entering the school site or any school buildings, including for Nursery drop-off and in the office lobby area, are now required to wear a face mask (unless they are exempt).

## PARENT/TEACHER CONSULTATION MEETINGS

Due to the installation of a new digital phone system, these meetings have now been moved to the week beginning 2<sup>nd</sup> November. Meetings will use Google Meet or be a phone call (you will be asked for your preference when booking).

## Values Education

Our value for October is:

# RESILIENCE



Values-based Education  
VbE Quality Mark

## Attendance

Beech	98.7%	0 late marks
Elm	96.9%	0 late marks
Cedar	98.2%	1 late mark
Chestnut	94.6%	1 late mark
Willow	95.8%	1 late mark
Sycamore	92.7%	2 late marks
Oak	99.3%	5 late marks

Attendance figures do not include any absences due to COVID-19 self-isolation / awaiting test results.

**Attendance Target: 97%**

## VALUES CHAMPIONS

Apple	Xavier
Beech	Amelia D
Elm	Lana
Cedar	Camden
Chestnut	Ryleigh
Willow	Max
Sycamore	Mary
Oak	Jimmy

# LABURNUM PRIMARY SCHOOL

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## House Points This Week

Pankhurst	Seacole	Gandhi	Churchill
 <span style="font-size: 2em; font-weight: bold; color: red;">197</span>	 <span style="font-size: 2em; font-weight: bold; color: yellow;">233</span>	 <span style="font-size: 2em; font-weight: bold; color: green;">176</span>	 <span style="font-size: 2em; font-weight: bold; color: blue;">196</span>



**If your child has:  
a high temperature  
a new, continuous cough, or  
a loss of, or change in, sense of  
smell or taste**

This could be a sign of  
coronavirus

**Book a test**

**If your child has:  
a runny nose, is sneezing or  
feeling unwell  
But they don't have:  
a high temperature  
a new, continuous cough, or  
a loss of, or change in,  
sense of smell or taste**

These are  
**not normally symptoms of  
coronavirus**

Seek advice from a pharmacy, dial  
111 or see your GP

### AUTUMN TERM DATES

#### October

Thursday 15<sup>th</sup>  
Friday 23<sup>rd</sup>

Flu Vaccinations (**deadline for submitting consent form 13.10.20**)  
FLS Non-Uniform / Halloween Dress Up Day  
School closes for half term break

#### November

Week beginning Monday 2<sup>nd</sup>  
  
Monday 2<sup>nd</sup>

Parent / Teacher Consultation Meetings this week (virtual / phone)  
– arrangements to be confirmed  
School opens for Autumn 2  
Reverse advent calendar begins – Further information to follow  
Children in Need  
Anti-Bullying Week: United Against Bullying

Friday 13<sup>th</sup>

Monday 16<sup>th</sup> - Friday 20<sup>th</sup>

#### December

Friday 18<sup>th</sup>

School closes for Christmas break

#### January

Monday 4<sup>th</sup>

Tuesday 5<sup>th</sup>

School closed – Training Day  
School opens for Spring Term



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# ACTION CALENDAR: OPTIMISTIC OCTOBER 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**"Choose to be optimistic.  
It feels better" - Dalai Lama**



**1** Write down your most important goals for this month

**2** Look for reasons to be hopeful even in difficult times

**3** Take the first step towards a goal that really matters to you

**4** Be a realistic optimist. See life as it is, but focus on what's good

**5** Start your day with the most important thing on your list

**6** Do something constructive to improve a difficult situation

**7** Remember that things can change for the better

**8** Make progress on a project or task you have been avoiding

**9** Avoid blaming yourself or others. Just find the best way forward

**10** Take time to reflect on what you have achieved this week

**11** Focus on a positive change that you want to see in society

**12** Look for the good intentions in people around you today

**13** Put down your To-Do list and let yourself be spontaneous

**14** Do something to overcome an obstacle you are facing

**15** Look out for positive news and reasons to be cheerful today

**16** Thank yourself for achieving the things you often take for granted

**17** Share your most important goals with people you trust

**18** Make a list of things that you are looking forward to

**19** Set hopeful but realistic goals for the week ahead

**20** Find the joy in completing a task you've put off for some time

**21** Let go of the expectations of others and focus on what matters

**22** Share an inspiring idea with a loved one or colleague

**23** Write down 3 specific things that have gone well recently

**24** Recognise that you have a choice about what to prioritise

**25** Plan a fun or exciting activity to look forward to

**26** Start the week by writing down your top priorities & plans

**27** Be kind to yourself today. Remember, progress takes time

**28** Ask yourself, will this still matter a year from now?

**29** Find a new perspective on a problem you face

**30** Set a goal that links to your sense of purpose in life

**31** Think of 3 things that give you hope for the future



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/optimistic-october](http://www.actionforhappiness.org/optimistic-october)

Keep Calm · Stay Wise · Be Kind