



LABURNUM

PRIMARY SCHOOL & NURSERY

CHALLENGE • ACHIEVE • RESPECT • EFFORT

NEWS

MESSAGE FROM THE HEAD



This week, Christmas has most definitely arrived at Laburnum! The children have still been focussed on important learning tasks, but more than one classroom has had a coating of glitter and PVA glue as children are also engaged in important seasonal crafting!

I do hope that you have had the opportunity to visit the outdoor Christmas Tree Festival at St. Swithun's Church this year. The trees will be up for the whole of December, so there is still time for a socially distanced visit. Our tree, which celebrates some of the values we teach at Laburnum, is right in the middle of the display. All of the trees

look great and are a fantastic reminder of how well the community in Sandy has come together to celebrate, despite the challenges of 2020.

Today is also a sad day at Laburnum, as Year 6 say goodbye to Mrs Jacobs, who has spent the last 6 weeks with us completing the final part of her teacher training. We wish her well as she returns to resume her duties at her usual school.

COVID-19 UPDATE

Numbers have continued to rise in Sandy and there were 25 cases in the week up to 6th December. Watch this video from Vicky Head, Director of Public Health who is concerned about the increasing cases and is asking everyone to play their part in controlling the virus and protecting others.



CHRISTMAS JUMPER DAY



We had a fantastic Christmas Jumper Day today in aid of Save the Children. It always amazes me that there are so many different designs of Christmas jumper! It really helped us to feel festive and raise money for such a worthwhile charity at the same time. We will update you with the total raised next week, however at the time of writing the online total (not including cash contributions made in school) stands at £144.

Values Education

Our value for December is:

PATIENCE



Attendance

Beech	99.7%	0 late marks
Elm	88.7%	1 late mark
Cedar	93.6%	0 late marks
Chestnut	96.6%	0 late marks
Willow	96.8%	0 late marks
Sycamore		
Oak	98.4%	0 late marks

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

Attendance Target: 97%

VALUES CHAMPIONS

Apple	Kady
Beech	Leo
Elm	Joey
Cedar	Evie
Chestnut	Zach
Willow	Olivia
Sycamore	Ellena
Oak	Lily

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CHRISTMAS JUMPERS NEXT WEEK



Don't forget – everyone can wear their Christmas Jumpers again on Thursday 17th when we have our Christmas Dinner Day (whether you are having a school meal or a packed lunch) – and we have decided you can wear them again on Friday 18th December to celebrate the end of a busy and hardworking term for everyone!

CHRISTMAS GIFTS FOR STAFF

Lots of parents have contacted the school office or members of staff to ask whether we can accept gifts at Christmas during the pandemic. We never expect gifts for staff at Christmas, but this is something that some families choose to do and is always much appreciated by the recipients. **We have decided that it is ok to send gifts in for the staff if you would like to.** The adults in school are following really strict risk assessments and hygiene protocols and as adults are able to manage this risk for themselves. We have advised staff to quarantine gifts for 72 hours prior to opening (they should of course wait until Christmas Day!) to minimise risk. Therefore, in the season of giving should you wish to, then please do send gifts into school. I would like to emphasise that this is a choice, not an expectation and that we would not usually draw attention to gift giving, but felt a whole school message would help all parents to understand our approach (and save time for the office staff).

CONGRATULATIONS TO YEAR 5

Year 5 have been taking part in a sumdog competition and achieved a fantastic 93rd place out of 2,195 classes taking part! Great job Sycamore Class!

House Points This Week

Pankhurst	Seacole	Gandhi	Churchill
 209	 211	 206	 185



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

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Wow! Look how your school community
came together last week:



189
messages
sent home



188
stories shared



642
skills
celebrated



100%
positive
feedback



AUTUMN TERM DATES

December

Thursday 17th School Christmas Dinner Day
Friday 18th School closes for Christmas break

January

Monday 4th School closed – Training Day
Tuesday 5th School opens for Spring Term

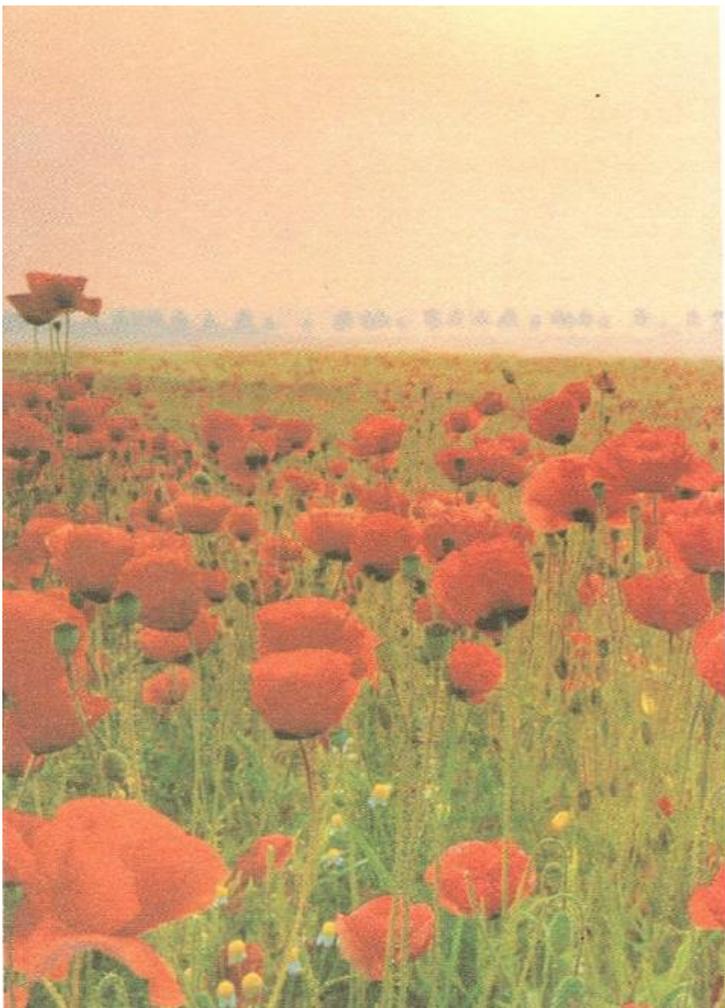


Want 30 hours childcare
next term?

Apply for your code
ahead of Christmas.
childcarechoices.gov.uk

Childcare
ChOICES

HM Government



— **POPPY APPEAL** —
LABURNUM PRIMARY SCHOOL
Thank you very much for helping with our Appeal.

£ 154.90

was collected by you.
Without your help, we would be unable to
continue our vital welfare and benevolent work.

Yours Sincerely

Andy Wells

Local Honorary Organiser

Registered Charity No. 219279

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COVID-19 Snapshot

As of 9th December 2020 (data reported up to 6th December 2020)



Population 288,648

Total individuals tested
72,109
 25.0% of population

Total COVID-19 cases
3,962

Percentage of individuals that tested positive (positivity)
5.5%

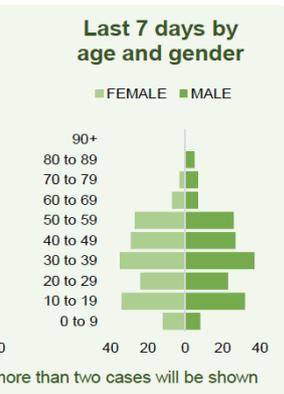
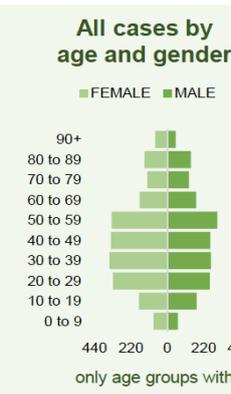
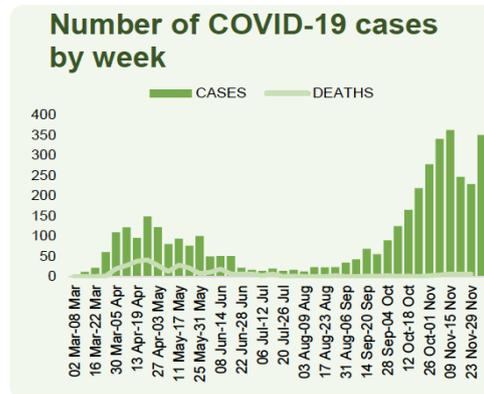
Individuals tested in the last 7 days
2,970 direction of travel
 ↑ +610

Covid-19 cases in the last 7 days
350 direction of travel
 ↑ +125

Test positivity in the last 7 days
11.8% direction of travel
 ↑ +2.3%

Direction of travel compares current snapshot against previous snapshot

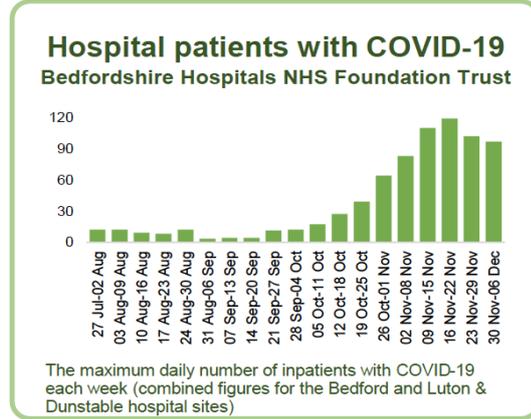
key: ↑ Increasing ● no change ↓ decreasing



Most affected wards in the last 7 days

Ward	Number of cases
Dunstable-Icknield	27
Sandy	25
Dunstable-Northfields	24
Barton-le-Clay	22
Houghton Hall	21
Toddington	18
Caddington	17
Cranfield and Marston Moretaine	15
Leighton Buzzard South	14
Westoning, Flitton and Greenfield	14
Amphill	13
Biggleswade South	11
Dunstable-Watling	11
Shefford	11
Stotfold and Langford	11
Biggleswade North	10
Parkside	10
Dunstable-Central	9
Dunstable-Manshead	9
Leighton Buzzard North	8
Arlesey	7
Flitwick	7
Linslade	7
Potton	7
Tithe Farm	5
Silsoe and Shillington	4
Aspley and Woburn	3
Eaton Bray	3
Heath and Reach	3
Houghton Conquest and Haynes	3

only wards with more than two cases will be shown



Number of weekly positive cases per 100,000 population

Previous 7 day snapshot 23-Nov - 29-Nov	Last 7 days 30-Nov - 6-Dec	Direction of travel
77.9	121.3	↑ +43.4

rates based on ONS mid year population 2019

Total deaths registered involving COVID-19 since 1st January 2020
308

Deaths registered involving COVID-19 21-Nov to 27-Nov
6

Direction of travel (compared to previous 7 days)
 ● +0

(current snapshot against previous snapshot)

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Are you struggling to cope?

Advice and support are available, so please ask for help.

The Coronavirus pandemic is tough on all of us. It can be especially hard for people living on their own and people who cannot get out and about as much as others.

Help with getting food

The easiest way to get food without visiting a shop is to order online for delivery. Perhaps you can ask family and friends to help you to do this if you are unsure.

If you already have a priority delivery slot, that will continue; you don't need to do anything further.

If someone else is going to the shops for you, most major supermarkets have ways you can pay for your shopping, such as e-vouchers or gift cards. You can buy these online and the person shopping for you can use them in store. To find out about payment options, visit your supermarket's website.

If you don't have anyone who can help you with your shopping, contact your local Good Neighbour Scheme or local volunteer scheme for help (see below).

Help with medicine

In the first instance, ask a friend, family member, carer to collect your medicines for you. If no-one else is available to collect your medicines, contact your local Good Neighbour Scheme for help (see below).

Good Neighbour and local volunteer schemes

We have a network of volunteer-led groups and local Good Neighbour Schemes, who might be able to assist you with shopping, collecting medication and checking that you are OK.

You can contact them directly at gns@bedsrcc.org.uk or call 01234 838771.

You can also locate other volunteer schemes that cover your area at www.cvsbeds.org.uk or contact Advice Central (see contact details opposite).

Help if you are self-isolating

Making sure those who have COVID-19 (and those who have been in close contact with them) can self-isolate is one of our most powerful tools for controlling the spread of coronavirus.

Self-isolating, where friends and family or delivery services bring supplies to your door, helps prevent your family, friends and community from catching the virus, as well as helping to protect the NHS.

The government has introduced a new grant to support people in work on low incomes to self-isolate. You may be able to claim a £500 lump sum payment if you cannot work from home and are required to self-isolate.

For more information visit www.centralbedfordshire.gov.uk/self-isolation-payments

Financial advice and support

- Department for Work and Pensions - www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/#east
- Advice Central – www.advicecentral.org.uk or call 0300 303 6666
- Citizens Advice (Dunstable) - www.dunstablecab.org.uk or call 01582 670003 or 07367 457 834
- Citizens Advice (Mid Bedfordshire) - www.midbedscab.org.uk or call 01525 402742, 01525 841217 and 01767 601368
- Citizens Advice (Leighton Linlade) - www.leightonlinladedcab.org.uk or call 01525 373878
- Bedford Credit Union - www.bedfordcreditunion.org.uk or call 01234 346352
- Money Matters Credit Union (Luton) - www.mmcu.co.uk or call 01582 666877

Food banks

- Biggleswade Baptist Church – www.bbchurch.org.uk or call 01767 312667
- Preen (Biggleswade) - www.facebook.com/PreenCIC or call 01767 600332
- Dunstable Foodbank – www.dunstable.foodbank.org.uk or call 07874 200056
- Leighton Linlade Community Foodbank - www.llhsblackhorse.org.uk or call 01525 381129

Looking after yourself

The pandemic is a worrying time and it is natural to feel overwhelmed. You may feel lonely, low, worried, anxious, or be concerned about your health or that of those close to you. These are all common reactions to the difficult situation we face.

The NHS website Every Mind Matters has lots of advice, tips and guides on how to deal with stress and anxiety. www.nhs.uk/oneyou/every-mind-matters

Tips for looking after your mental health

- Stay connected – keep in touch with your friends and family by phone and video call if you cannot meet them
- Be active – physical health can have a big impact on how you feel. Simply going for a walk can help lift your mood.
- Get your sleep – good quality sleep makes a big difference to how you feel mentally and physically
- Focus on the present – try not to worry about what might happen in the future, focusing on the present can help manage your feelings
- Help others – helping someone else can help you as well as them, it can give you focus and purpose

Need help right now?

There is always someone you can talk to. The following websites and helplines may be helpful to you.

- NHS – call 111
- Samaritans – www.samaritans.org or call 116 123
- MIND – www.mind-blmk.org.uk or call 0300 330 0648
- Bedfordshire Wellbeing Service - <https://bedfordshirewellbeing.nhs.uk> or call 01234 880400
- Shout Crisis (text line) – text Shout to 85258
- Silverline (older people helpline) – call 0800 470 8090
- Child and Adolescent Mental Health Support (CSMHS) – <https://camhs.elft.nhs.uk> or call 01234 310800 (north) or 01234 893300 / 01234 893301 (South)
- CHUMS (children and young people) – <http://chums.uk.com> or call 01525 863924
- Kooth - www.kooth.com
- National Domestic Abuse Helpline 0808 2000 247. If you suspect domestic abuse and don't want to reveal your identity, call CrimeStoppers on 0800 555 111 or complete an online form at <https://crimestoppers-uk.org/domesticabuse>
- Information and support for carers is available from Carers in Beds <https://carersinbeds.org.uk/> or call 0300 111 1919

Alternative ways to celebrate Christmas



The safest way to protect yourself and others this Christmas is to stay within your current bubble. It's tough, but ultimately if you want to reduce the risk of spreading coronavirus, staying at home is the best option.

So, how can you still make the most of Christmas but keep a healthy distance between you and others? Here are a few ideas to inspire you.

Ring those bells

On Christmas Eve, join in as children across the country head to their doorsteps at 6pm to [make some noise](#) in anticipation of Father Christmas' arrival.

Go virtual

- ask family and friends to read Christmas books to children over the phone
- set up video calls for present opening
- watch festive films and the big events together while video calling (Queen's speech at 3pm anyone?)
- eat dinner together virtually (you'll need to allow screens at the table)
- get quizzical. Host a virtual Christmas quiz

Go wild

- although not completely risk-free, spending time in the great outdoors (while social distancing) can reduce viruses spreading
- try to avoid busy areas and other people
- if you have children, walking activities can keep them busy on your trek (such as animal spotting, leaf rubbings and photo challenges)
- why not go alfresco with the turkey and trimmings? Take Christmas onto the patio, with blankets and log burners

Volunteer your time

Even in normal years, Christmas can be a tough and lonely time. This year for many it is going to be harder. If you have the time and feel you are in a good position to support others, many charities and organisations are looking for volunteers. Find links to volunteering organisations [via our website](#).

TIER 2

HIGH ALERT

FROM 2 DEC

MEETING FRIENDS AND FAMILY  <p>No mixing of households indoors, apart from support bubbles. Maximum of six outdoors.</p>	BARS, PUBS AND RESTAURANTS  <p>Pubs and bars must close, unless operating as restaurants. Hospitality venues can only serve alcohol with substantial meals. Venues must stop taking orders at 10pm and must close by 11pm.</p>	RETAIL  <p>Open.</p>	WORK AND BUSINESS  <p>Everyone who can work from home should do so.</p>
EDUCATION  <p>Early years settings, schools, colleges and universities open. Childcare, other supervised activities for children, and childcare bubbles permitted.</p>	INDOOR LEISURE  <p>Open.</p>	ACCOMMODATION  <p>Open.</p>	PERSONAL CARE  <p>Open.</p>
OVERNIGHT STAYS  <p>Permitted with household or support bubble.</p>	WEDDINGS AND FUNERALS  <p>15 guests for weddings, civil partnerships, wedding receptions and wakes; 30 for funerals.</p>	ENTERTAINMENT  <p>Open.</p>	PLACES OF WORSHIP  <p>Open, but cannot interact with anyone outside household or support bubble.</p>
TRAVELLING  <p>Reduce the number of journeys you make and walk or cycle if possible. Avoid busy times and routes on public transport. Avoid car sharing with those outside of your household or support bubble. Avoid entering a Tier 3 area, other than where necessary such as for work or education. Further exemptions apply.</p>	EXERCISE  <p>Classes and organised adult sport can take place outdoors, but cannot take place indoors if there is any interaction between people from different households. Organised activities for elite athletes, under-18s and disabled people can continue.</p>	RESIDENTIAL CARE  <p>COVID-secure arrangements such as substantial screens, visiting pods, and window visits. Outdoor/airtight visits only (rollout of rapid testing will enable indoor visits including contact).</p>	LARGE EVENTS  <p>Sport, live performances and business meetings limited to 50% capacity or 2000 people outdoors (whichever is lower) and 50% capacity or 1000 people indoors (whichever is lower)</p>

Find out what support you can get

For example, if you're out of work, need to get food, or want to take care of your mental health.

[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

If you have any coronavirus symptoms:

A high temperature • A new, continuous cough
A loss of, or change to, your sense of smell or taste.

Get a test and stay at home

For more information and detailed guidance visit:
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

