



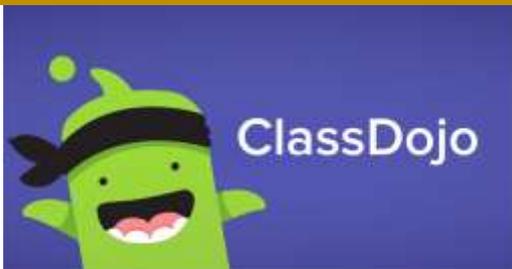
Our (**very much needed**) Value for April is

## CO-OPERATION



Please store our new mobile numbers in your phone. You can call them if you have a safeguarding concern, but Mrs Dawes and I may use them to call parents when we are working from home. If you are struggling and need some help, or are worried about another family from school, please do call us on 07742814635 / 07742827178

The feedback from my letter to parents on Monday has been really positive, thank you. There are so many resources out there at the moment that it can be a bit overwhelming. We tried to simplify things for you and that seems to have been appreciated. The lessons you will encounter on the BBC, White Rose and Oak National Academy are mainly to consolidate your child's learning. We are not aiming that you teach them lots of new concepts – although I know they have all been learning lots, but rather that we try and avoid them losing skills and confidence as learners. Practising previously learnt skills right now is as good an idea as any. The key to almost all learning is reading, so it is really important that your children read often so that they retain this skill. We know you are all doing your best – so thank you.



**Class Dojo** continues to be working really well as a form of communication between parents and teachers. There have been several hundred messages exchanged over the last week. It is also brilliant to see the fantastic things you are up to at home. We'd love to see pictures of anything you get up to. This week we've had pictures and videos of cake baking (and expert egg breaking), couch to 5k parent and child teams (daily exercise), Maths and English activities from White Rose, BBC and the Oak National Academy, Arts and Craft activities, Music practice, bike rides, beautiful moth / butterfly spotting, crystal making, pancakes making,

natural art in the style of Andy Goldsworthy, satellite spotting, junk modelling, planting and growing, learning about space, individual research projects, sewing, construction, knowledge organiser practise and quiz's and lots and lots of reading and writing (and many more things too). To upload content, you need to select your child (use the circular person icon from the top left when you are in Dojo).

### Have you connected on Class Dojo?

If you have not connected yet, please download the APP or go the Class Dojo website and then check your e-mails for your invite. Failing that, you can access the APP/Website and then find Laburnum and request to be connected. Click the Class Dojo image to visit the website.

**Next week we will be contacting all parents who have not connected on Dojo yet to help you overcome any technical issues.**

### We are still here to help you...

Please remember that even though we cannot be in the same building right now, school is still here to support you. You can ring one of the mobile numbers above, email the school office or send a direct message on Class Dojo. We are happy to offer advice, reassurance, point you in the right direction and help get you any support you might need. We cannot do everything, but we usually know someone else who can help, even if we are not the right people.

I am always proud of the children at Laburnum, but this week I thought I would highlight the efforts of the two boys below:

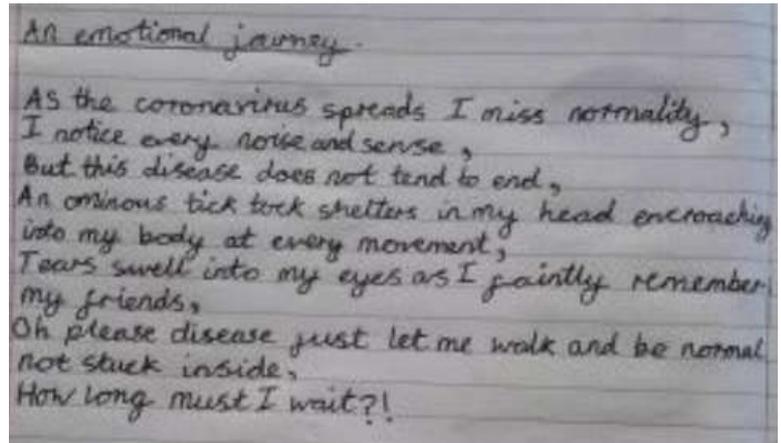


Dylan in Year 3 has been inspired by Captain Tom and is cycling 5km every day in aid of the NHS and has raised £391 so far – well done Dylan. This is the link to his JustGiving page:

<https://www.justgiving.com/fundraising/welovenhsbydylanh>

I have already said what a great effort our children are going to with their home learning, but this poem by Harry R in Year 6 really summarises how many of us are feeling.

Great job Harry!



### Early Help: Under 7's Virtual Promoting Positive Well-being Drop-in - Friday 1st May

This virtual workshop run by the Central Bedfordshire Early Help Team is designed to promote positive emotional wellbeing. The session will have age appropriate information about social distancing and covid-19. It will mainly be focused around stories. There will also be an opportunity to practice some relaxation techniques together. These sessions are designed for under 7's and their parents or carers. Older siblings are more than welcome to join in with you. Please sign up using the link below. An email with join instructions will be sent the day before the session. <https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-under-7s-tickets-103501459652>

### Early Help: Promoting Positive Well-being Virtual Event

We are continuing the success of the well-being drop-in's pre-COVID 19, with virtual sessions taking place weekly on Thursdays 11:30-12:15, starting next week. This virtual workshop is designed to promote positive emotional wellbeing. The session will focus on fears and anxieties around covid-19 and self-care in isolation. These sessions are designed for the whole family and there will be information on self-care for parents and children of all ages. Please sign up using the link below. An email with join instructions will be sent the day before the session (the link will change each week):

<https://www.eventbrite.co.uk/e/promoting-positive-emotional-wellbeing-tickets-103340899412>



**Do not leave home if you or someone you live with has either:**

- a high temperature
- a new, continuous cough

[Check the NHS website if you have symptoms](#)

## Coronavirus (COVID-19): what you need to do

### Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home

You can spread the virus even if you don't have symptoms.

[Staying at home and away from others \(social distancing\)](#)

**STAY AT HOME**

**PROTECT THE NHS**

**save lives**

# LABURNUM PRIMARY SCHOOL

Laburnum Road, Sandy, SG19 1HQ

T: 01767 680691/07948 026230

E: [office@laburnumprimary.co.uk](mailto:office@laburnumprimary.co.uk)

W: [www.laburnumprimary.co.uk](http://www.laburnumprimary.co.uk)

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# THE NOAH ACADEMY

TRAINING AND EMPLOYMENT



## Staying Well During Isolation

A three week online course to help build resilience to stress, anxiety and depression through positive psychology and develop coping strategies whilst living in isolation.



Would you like to:

- **Develop mental and physical strategies to manage anxiety and stress**
- **Identify activities to do at home to improve wellbeing**
- **Stay socially connected during isolation**
- **Learn and practice mindfulness techniques**

This course is **FREE** and funded through Bedford Borough Council, Central Bedfordshire Council, the Skills Funding Agency and the European Social Fund.



Central Bedfordshire Council  
and Bedford Borough Council  
working together



Apprenticeship



Education & Skills  
Funding Agency



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# COMMUNITY UPDATES



## Introduction..

*As the number of Covid-19 cases continues to rise across the globe, stress and anxiety around the virus have risen right alongside them. Most working professionals spend a third of their time at work, and to have to adapt to sudden changes is extremely difficult for the mind, body and soul. The Bedfordshire and Luton Recovery College would like to support your Mental Well-Being during this uncertain time, keep everyone together and inform you of updates in this weekly newsletter.*

*For all Mental Health Helplines, please go to [www.nhs.uk/conditions/stress-anxiety-depression](http://www.nhs.uk/conditions/stress-anxiety-depression) Or Bedfordshire Rural Communities Charity has some amazing tips and help for you on this website: [www.yourwellbeingbedfordshire.org.uk](http://www.yourwellbeingbedfordshire.org.uk)*

## Updates in your area CLOSURES

- Citizens Advice Bureau closed - Please go to website [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) for information.
- All playgrounds closed. Including skateparks, Multi-Use Games Areas, and outdoor gym equipment.
- Outreach team on streets, prioritizing people with health conditions. Hostels and supported housing still continuing. At some point will close referrals.
- LAWC (Luton All Women's Centre) - All groups and activities suspended. Phone and E-mail only. Taking referrals. Email: [support@lawc.org.uk](mailto:support@lawc.org.uk) or call 01582 416783
- Carers Lounges at Bedford Hospital and L&D closed. Call support workers: 0300 1111919 9:30am-4:30pm. Email: [Contact@carersinbeds.org.uk](mailto:Contact@carersinbeds.org.uk)
- Carers in Bedfordshire- events, cafes and training suspended until further notice.
- All Libraries closed Virtual books available.

### IN THIS ISSUE

UPDATES THAT YOU NEED TO BE AWARE OF IN YOUR AREA

INFORMATION ON WHO TO CONTACT FOR SUPPORT

CRISIS CONTACT INFORMATION

ELDERLY AND ISOLATION

STAYING WELL TOGETHER!

24/03/2020



## Make time daily for your Well-Being

# Self Love

15 WAYS TO PRACTICE

### MIND

1. Write yourself a letter
2. Make a list of 10 things you're grateful for
3. Make some flowers out of things around the house
4. Re-read your favourite book
5. Create a vision board for your dreams

### BODY

1. Do a 30 minute home workout
2. Take a long relaxing bubble bath
3. Try relaxing yoga
4. Nourish your body with a healthy home cooked meal
5. Get yourself up, showered and changed everyday

### SOUL

1. Create loving, positive affirmations for yourself
2. Slow down, be present and mindful
3. Make a list of 30 things you love about you
4. Unplug for the whole day from any tech
5. Meditate

Recovery College:

@rcluton

@RC\_BedsLuton

01582 708917 - Luton

01234 880340 - Bedford



## LOCAL SUPPORT

- Most supermarkets running dedicated times for elderly, NHS staff and the vulnerable. [news.sky.com/story/coronavirus](https://www.news.sky.com/story/coronavirus)
- Bedford Rural Communities Charity: E-mail: [info@bedsccc.org.uk](mailto:info@bedsccc.org.uk) - 01234838771  
- [yourwellbeingbedfordshire.org.uk/self-isolating-need-something-to-do](https://yourwellbeingbedfordshire.org.uk/self-isolating-need-something-to-do)
- NOAH Homelessness day centre (Luton) 01582 728416  
8:15am - 3:45pm
- SMART Prebend Centre for the homeless (Bedford)  
Email [prebend@smartcjs.org.uk](mailto:prebend@smartcjs.org.uk) or call 01234 365955.  
8:30am - 1pm
- Directories: Luton- [www.luton.gov.uk](http://www.luton.gov.uk) - Central Beds [www.centralbedfordshire.gov.uk/directory](http://www.centralbedfordshire.gov.uk/directory) - Bedfordshire - [www.bedford.gov.uk](http://www.bedford.gov.uk)
- MIND BLMK - Well-Being Calls - Call 0300 330648
- IDVA (Domestic Violence) - Call: 01234 763785 Email: [idva.luton@victimsupport.org.uk](mailto:idva.luton@victimsupport.org.uk) (Luton) [idva.bedfordshire@victimsupport.org.uk](mailto:idva.bedfordshire@victimsupport.org.uk) (Bedford)
- The Hope Programme continue to run telephone counselling - Call 0300 3561045
- Debt Advice Service - Call 01582 343699 (Luton)
- Debt advice (Bedford) Salvation Army [www.bedfordsalvationarmy.org.uk/debt-advice](http://www.bedfordsalvationarmy.org.uk/debt-advice)

## CRISIS INFO

- Age UK Bedfordshire: Call 01234 360510 - Email: [enquiries@ageukbedfordshire.org.uk](mailto:enquiries@ageukbedfordshire.org.uk)
- Age Concern Luton: E-mail [admin@ageconcernluton.org.uk](mailto:admin@ageconcernluton.org.uk) - Call: 01582 456 812
- Alzheimer's Society Helpline 0300 222 11 22 or 01582 470910 (Luton)
- Crisis Cafe running remotely - Tues- Fri- 5pm - 11pm  
Call 01525 722225
- Samaritans - Call 116 123 - Email: [Jo@samaritans.org](mailto:Jo@samaritans.org)
- National Domestic Abuse Helpline - 0808 2000247 or E-mail [BDAP@centralbedfordshire.gov.uk](mailto:BDAP@centralbedfordshire.gov.uk)
- Foodbank- Luton- Please see website [lutonfoodbank.org.uk](http://lutonfoodbank.org.uk) - call 01582 211066 - Email: [emergencysupport@crisisaid.org.uk](mailto:emergencysupport@crisisaid.org.uk)- For Bedford E-mail [info@bedford.foodbank.org.uk](mailto:info@bedford.foodbank.org.uk) or call 01234 268569
- Citizens Advice Bureau - 0844 2451285 - [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)
- Salvation Army - Emergency support E-mail: [emergencysupport@crisisaid.org.uk](mailto:emergencysupport@crisisaid.org.uk) or call 01582 211066 (Luton) or 01234 217747 (Bedford)
- Bedfordshire Emergency Volunteers - Telephone Welfare Checks - Email [robert.labe37@ntlworld.com](mailto:robert.labe37@ntlworld.com)

## ELDERLY AND ISOLATION

- Ampt Hill Good Neighbours support - Call 07833 314903
- Email: [ampthillgn@gmail.com](mailto:ampthillgn@gmail.com) - Volunteering opportunities go to [www.ampthillgoodneighbours.info](http://www.ampthillgoodneighbours.info)
- Free food deliveries for Farley Hill residents. Weekdays 5:30pm-7pm - Call 01582 726562
- Free Dog Walking Service for 75+ in Biggleswade. Call Lewis (Collared Pet Services) 07976674165
- Befriending Service 24hr/365 for 65+ [www.thesilverline.org.uk](http://www.thesilverline.org.uk)
- Barton Food Deliveries - 01582 881302
- Bedford Council Community Hub for elderly, shopping, collecting prescriptions, have a chat - 01234 718101

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## Luton & Bedfordshire Crisis Support during Corona Virus

