



# LABURNUM

## PRIMARY SCHOOL & NURSERY

CHALLENGE • ACHIEVE • RESPECT • EFFORT

# NEWS

### Year 4 Shakespeare Festival



Preparations for the Shakespeare festival are going well. The children rehearsed again last Friday at Sandy Secondary School and are engaging with and really enjoying this fantastic opportunity.

### Appreciation Assembly

On Tuesday we held our annual appreciation assembly. The children really enjoyed saying thank you for the much valued contributions of our many volunteers and friends. Please remember that we always appreciate additional support in school. If you have any spare time you would like to give we will make you very welcome.



### Parent/Teacher Meetings

Please remember that Parent/Teacher Meetings are on February 26<sup>th</sup> and 27<sup>th</sup>. Bookings will open on ParentMail from 4pm on Friday 8<sup>th</sup> February.

### Book Fair

From the 13<sup>th</sup> to the 20<sup>th</sup> March, after school in the dining room, we will be holding a book fair in school. This time we are trying a 'book people' book fair, so the selection of books will be different. We look forward to seeing you there.

### CHUMS Shine Bright – Wear Bright

Thank you all so much for your support for the CHUMS Shine Bright, Wear Bright day. The fundraising total from non-uniform and wrist band sales currently sits at £257.50. Any further donations would be gratefully received and we will still have wrist bands available after the half term break (£2 each).



### Friends of Laburnum Psychic Night

The Psychic Evening, last night was a great success – although we could have foreseen that before! A fantastic £250 profit was raised. Thank you to the FLS for all of their efforts.

### Hazard Alley



Year 4 had a great day at Hazard Alley this week. They explored different hazards and how to stay safe.

## Values Education

Our value for February is:

### Tolerance

#### Spring 2019:

- Jan: Appreciation  
Feb: Tolerance  
Mar: Responsibility  
Apr: Collaboration & Co-operation



### This Week's Attendance

Apple	90.8%	-
Beech	96.0%	1 late mark
Elm	93.3%	2 late marks
Cedar	95.2%	2 late marks
Chestnut	96.7%	5 late marks
Willow	98.1%	2 late marks
Sycamore	96.4%	0 late marks

### Attendance Target: 97%

### Co-op Fundraising Update

Keep reminding your friends and family to sign up and support us too!



**£485.75**  
**raised so far!**

Friends of Laburnum School  
Education & Skills

**SUPPORT OUR  
SCHOOL LIBRARY**

# 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) Page 1 | 13



## Upcoming Dates:

### February:

Mon 18th	School opens for Spring Term
Thurs 21st	FLS Film Night
Tues 26 <sup>th</sup> 3:30-6pm	Parent/Teacher Meetings
Weds 27 <sup>th</sup> 5-8pm	Parent/Teacher Meetings

### March:

Tues 5 <sup>th</sup> 9am	Sycamore Class Assembly
Thurs 7 <sup>th</sup>	Word Book Day – Character Dress Up
Fri 15 <sup>th</sup>	Red Nose Day
Fri 22 <sup>nd</sup>	KS2 Tag Rugby Tournament
Tues 26 <sup>th</sup> 9am	Chestnut Class Assembly
Mon 25 <sup>th</sup> – Fri 29 <sup>th</sup>	FLS Mother's Day Present Room
Thurs 28 <sup>th</sup>	Y5 Sandy Cluster Hockey Tournament
Fri 29 <sup>th</sup> 2-3:30pm	FLS Mother's Day Afternoon Tea

## Achievements this week:

### Apple Class

**Collaboration & Co-operation:** Edward, Brooke  
**Excellence:** Jenaya, Nevaeh  
**Kindness:** Lucian,  
**Respect:** Ted  
**Sharing:** Becky  
**Tolerance:** Lacey-Mai

### Beech Class

**Collaboration & Co-operation:** Kian  
**Courage:** Rudy  
**Effort:** Roman, Avaani, Lily-Eve, Rudy  
**Helpfulness:** Evie, Frankwilliam, Penelope  
**Patience:** Kian  
**Perseverance:** Roman, Lara, Tex  
**Responsibility:** Kian  
**Golden Ticket:** Sophia

### Lunchtime Cup



The Lunchtime cup was presented to Chestnut Class

### Elm Class

**Challenge:** Ryleigh  
**Effort:** Imogen, Oakley  
**Excellence:** Amelia, Jayden, Erin, Zachary  
**Patience:** Kasey, Tristan, Alfie  
**Respect:** Ethan, Mia, Zachary  
**Tolerance:** Eileen, Jack, Connor, Olympia  
**Bronze Award:** Jayden, Oakley, Hannah, Regina

### Cedar Class

**Excellence:** Howard-James, Dylan, Max, Marcus, Hannah, Claire, Aleeya, Noah, Betsy, Eden  
**Helpfulness:** Mila  
**Kindness:** Lenny  
**Patience:** Georgina  
**Responsibility:** Logan O  
**Bronze Award:** Max, Georgina, Dominic, Logan C  
**Golden Ticket:** Dylan, Eden, Georgina, Lois

### Superstar

The Superstar Award was presented to Lottie in Apple Class



### Chestnut Class

**Courage:** Mary  
**Excellence:** Scarlett, Jordan, Ethan, Emma, Isla, Ellena, Hannah, Tobias, Sapphire, Tabitha  
**Helpfulness:** Millie  
**Kindness:** Ryan, Oliver, Quinn, Tobias  
**Bronze Award:** Ethan, Aaron, Jacob

### Willow Class

**Challenge:** Eloise, Keira, Macey  
**Effort:** Amelia  
**Excellence:** Reece  
**Helpfulness:** Chloe L  
**Kindness:** Kayla, Lola, Alyssa  
**Perseverance:** Amelia  
**Sharing:** Alyssa

### Sycamore Class

**Collaboration & Co-operation:** Emily, Rosie, Harry R, Lily  
**Helpfulness:** Zac, Tyler, Harry W  
**Patience, Perseverance and Respect:** Ellie, Dylan, George B, Charlie, Olivia, Harry W, Harvey, Amelia  
**Trust & Honesty:** Charlie  
**Bronze Award:** George S, Evie, Ryan  
**Golden Ticket:** Scarlet, Sky

## House Points

### Pankhurst



147

### Seacole



148

### Gandhi



139

### Churchill



164

# LABURNUM PRIMARY SCHOOL

Laburnum Road, Sandy, SG19 1HQ

T: 01767 680691/07948 026230

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

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

Page 2 | 13





**DEADLINE 19TH FEB**

# FLS MOVIE NIGHT

**THURSDAY 21ST  
FEBRUARY**



**HOTDOG  
DRINK AND  
SNACK £4.00**



**AVAILABLE FOR YEARS  
1,2,3,4,5.**

**FLS@LABURNUMPRIMARY.CO.UK**

**LABURNUM PRIMARY SCHOOL**

Laburnum Road, Sandy, SG19 1HQ

T: 01767 680691/07948 026230

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

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

Page 3 | 13







I \_\_\_\_\_ (parent/carer) give permission for my child/ren nabelow to take part in the film night and watch the film I have named below.

Collection will be prompt at 5.45 from the under cover area, my child/ren will be collected by \_\_\_\_\_ (name of adult collecting)

ONLY AVAILABLE TO CHILDREN IN YEARS 1-5

Name \_\_\_\_\_ Year \_\_\_\_\_

Film selected \_\_\_\_\_

Name \_\_\_\_\_ Year \_\_\_\_\_

Film selected \_\_\_\_\_

I include a total amount of £ \_\_\_\_\_ (£4.00 per child)

Office notes : PAYED BACS CHEQUE CASH

**VOLUNTEER**  
 IF YOU ARE ABLE TO VOLUNTEER PLEASE LET US KNOW ON THIS FORM OR VIA EMAIL OR THE FACEBOOK PAGE-  
 fls@laburnumprimary.co.uk

NAME \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

**FRIENDS OF SANDY  
SECONDARY SCHOOL  
INVITE YOU TO OUR**



**FRIDAY  
8TH MARCH 2019**

**@**

**SANDY SECONDARY  
SCHOOL**

**7PM FOR 7:30PM**

**£6 PER HEAD  
MAX TEAMS OF EIGHT**



**L  
I  
C  
E  
N  
S  
E  
D  
  
B  
A  
R**

**INCLUDES A PLOUGHMANS SUPPER**

**BOOK YOUR TEAM AT: -**

**[www.jumblebee.co.uk/fosssquiznight-mar2019](http://www.jumblebee.co.uk/fosssquiznight-mar2019)**

For more information about Friends of Sandy Secondary School

Facebook <https://www.facebook.com/friendsofsandysecondaryschool/>

Email [friendsofsandysecondaryschool@hotmail.com](mailto:friendsofsandysecondaryschool@hotmail.com)



**LABURNUM PRIMARY SCHOOL**

Laburnum Road, Sandy, SG19 1HQ

T: 01767 680691/07948 026230

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

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

Page 5 | 13







*Calling all active & energetic  
boys and girls!*

# NON CONTACT RUGBY FOR 1½-7 YR OLDS

WOULD YOU LIKE YOUR CHILD TO RUN OFF SOME  
ENERGY AND MAKE NEW FRIENDS? PLAY AS A TEAM AND  
LEARN SOME AMAZING SPORTS SKILLS?

Little Scrumpers Rugby non-contact rugby classes are not only fun,  
exciting and professional; they also help to improve your child's gross  
motor skills, sporting ability and confidence. Classes have a positive effect  
on communication, behavioural, and social skills by encouraging team  
work and sharing. Come along and have a try!



OUR CLASSES ARE  
AT A VENUE NEAR YOU

0330 088 1172

WWW.LITTLESKRUMMERS.COM  
MAIL@LITTLESKRUMMERS.COM

TURN OVER TO  
FIND OUT MORE! 

## LABURNUM PRIMARY SCHOOL

Laburnum Road, Sandy, SG19 1HQ

T: 01767 680691/07948 026230

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

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







## Central Bedfordshire Council SEND Parent & Young Person Partnership Service



### *Who we are:*

We are a statutory service that provides FREE confidential, impartial information, advice and support for parents, carers, children and young people (0 to 25 years) in relation to Special Educational Needs and Disability (SEND) in an educational setting. This is available for all residents of Central Bedfordshire.

We are a small team with 2 Partnership Officers & an Administrator in addition to experienced volunteers that also can provide support.

### *What we do:*

We can support in a number of ways including giving advice over the telephone, attending school meetings with you, talking to you at a drop in session\* that we run monthly, helping you to understand paperwork, offer a range of information leaflets, completing paperwork with you, supporting you if your child or young person is going through the Statutory Assessment process and signposting to relevant organisations that also may be able to provide you with support.

We may be contacted by phone, email, text, Facebook, Twitter and through an on-line self-referral form on the Central Bedfordshire website.

### *Contact us: (Monday-Friday 07.30-4pm):*

Tel: 0300 300 8088 (message service available)

Email: [cbcsendpypps@centralbedfordshire.gov.uk](mailto:cbcsendpypps@centralbedfordshire.gov.uk)

Online referral: [https://www.centralbedfordshire.gov.uk/officeforms/Parent\\_Self\\_Referral.ofml](https://www.centralbedfordshire.gov.uk/officeforms/Parent_Self_Referral.ofml)

Facebook: <https://www.facebook.com/CBCSENDPYPPS>

Twitter: @SENDPartnership <https://twitter.com/sendpartnership>

### *Link to Local Offer & our service:*

<http://www.centralbedfordshire.gov.uk/children/sen-disability/send-partnership/overview.aspx>

### *Drop Ins\*:*

<http://www.centralbedfordshire.gov.uk/children/sen-disability/send-partnership/events.aspx>

### *Information leaflets:*

<http://www.centralbedfordshire.gov.uk/children/sen-disability/send-partnership/newsletters.aspx>



# Kidslingo Spanish at Laburnum School



¡Hola! Did you know that Kidslingo has a Thursday after-school Spanish club at Laburnum School, with our new tutor Alejandro (Alex)?

Learning a language at a young age helps children to grow in self-confidence and boosts their natural creativity. There is a fantastic window of opportunity during early years' development where children can absorb a language without even realising it!



At Kidslingo, we are dedicated to teaching Spanish to children through fun. We use stories, games, songs and drama to bring the language to life and inspire our learners.

- 60 minute classes on Thursdays – 3:30-4:30pm
- Next block starting on Thursday 28th February 2019 and runs for 6 lessons, with a maximum of 10 children
- £5.00 per class and half termly commitment
- We will issue vocabulary, provide reward certificates and worksheets

To register your child, please go to the following link

<http://bit.ly/2sUqVSS>

**Please book early to avoid disappointment as places are limited!**

If you have any problems with registering or have any questions, please email me at [nishav@kidslingo.co.uk](mailto:nishav@kidslingo.co.uk) or contact 07787542346.



[www.kidslingo.co.uk](http://www.kidslingo.co.uk)

Nisha

07787 542346

Facebook (@KidslingoSpanishCentralBedfordshire)

*Nisha & Alex are fully trained, insured and hold an enhanced DBS certificate.*

A Kidslingo Franchise owned and operated under licence by Nisha

## LABURNUM PRIMARY SCHOOL

Laburnum Road, Sandy, SG19 1HQ

T: 01767 680691/07948 026230

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

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



Concerned about your child's speech and language development? Pop in to Come and Play to see Lisa Mitchell, Speech and Language Therapist on:

Tuesday 22nd January 10.00am - 11.30am

Tuesday 19th February 10.00am - 11.30am

Tuesday 19<sup>th</sup> March 10.00am - 11.30am

### Save a Baby's Life

First Aid courses for parents/grandparents/carers

Saturday 16<sup>th</sup> February 2019 10-12 Noon

Saturday 18<sup>th</sup> May 2019 10 – 12 Noon

Saturday 27<sup>th</sup> July 2019 10-12 Noon

Spaces are limited so please ring to book your place.

A charge of £3.50 per person is payable on the day. All money is given to the Save a Baby's life charity. You are welcome to bring very young babies but there is limited space for play.

### Health Visitor Pop Ins

Sandy Children's Centre

3rd Tuesday of month 2.00pm-3.15pm

Biggleswade and District Children's Centre

2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month 1.30pm-2.45pm

Shefford Children's Centre

3<sup>rd</sup> Wednesday of each month 1.00pm – 3.00pm

**Please note: Babies only need to be weighed monthly up to 6 months unless you have a concern about their weight.**

We are looking forward to seeing you all at the Children's Centre.

Please note, there is no parking on the road outside the Children's Centre, however parking is available on Robert Hunt Gardens and the public part of Laburnum Road. As we are promoting healthy lifestyles initiatives, we see the lack of parking as positive. We hope that you will too!

Enjoy the walk!



# Sandy Community Children's Centre

Managed by Laburnum Primary School Governors  
Laburnum Road, Sandy SG19 1HQ



### Timetable

2<sup>nd</sup> January 2019 – 5<sup>th</sup> April 2019

For further information and to book on to any of our courses/activities

Call the Centre on 01767 699019

See our Facebook page  
Sandy Community Children's Centre

Visit our website  
[www.sandychildrenscentre.co.uk](http://www.sandychildrenscentre.co.uk)



email: [sandychildrenscentre@laburnumprimary.co.uk](mailto:sandychildrenscentre@laburnumprimary.co.uk)

### Support & Advice

The Centre staff can also offer support and advice on **breast feeding**, **parenting**, **choosing childcare**, **FREE 2 year funded pre-school places**, **weaning**, **toilet training**, **stop smoking**, oral health, **training/education**, **budgeting/finance** and lots more. Please ask a member of the team or contact us by phone or email.





# Sandy Children's Centre Timetable 2<sup>nd</sup> January 2019 – 5<sup>th</sup> April 2019

MONDAY	Potty Training Talk	9.15am – 10.15am	Sandy Children's Centre	21 <sup>st</sup> Jan, 18 <sup>th</sup> March	Advice on Potty Training your child with 0-19 Team Nursery Nurse	Booking
	Baby Sign with Lizzie	10.00am – 11.00am	Sandy Children's Centre	28 <sup>th</sup> Jan, 4 <sup>th</sup> and 11 <sup>th</sup> Feb	A three week course designed to introduce you and your baby to signing. Suitable for families with babies aged 0-1.	Booking
	Starting Solids Talk	10.30am - 11.30am	Sandy Children's Centre	21 <sup>st</sup> Jan, 18 <sup>th</sup> Feb, 18 <sup>th</sup> March, 15 <sup>th</sup> April	Advice and support around starting solids from 0 – 19 Team Nursery Nurse	Booking
	Starting Solids Picnic	11.30 am-12.15 pm	Sandy Children's Centre	18 <sup>th</sup> Feb, 15 <sup>th</sup> April	Picnic for babies over 6 months starting solid food. Babies under 6 months welcome to observe. Food provided by Children's Centre	Booking
	Baby Brasserie	1.00pm - 2.00pm	Sandy Children's Centre	Weekly	Café style group for Breastfeeding mums and mums to be	Drop-in
	Bumps to Babes	2.00pm - 3.15pm	Sandy Children's Centre	Weekly	Come along for a chat and a cuppa and meet other parents/carers. For Babies who are not yet walking up to 12 months	Drop-in
TUESDAY	Job Centre Plus	9.00am - 11.30am	Sandy Children's Centre	Weekly	Employment and benefit advice for single parents/carers. Call 01767 275734 to book.	Booking Drop-in
	Come and Play	10:00am - 11:30am	Sandy Children's Centre	Weekly ( <b>Term Time only</b> ) 8 <sup>th</sup> Jan – 5 <sup>th</sup> Feb 19 <sup>th</sup> Feb – 2 <sup>nd</sup> April	Weekly Stay and play group 0 – 5 years	Drop-in
	Health Visitor Pop In	2.00pm -3.15pm	Sandy Children's Centre	3 <sup>rd</sup> Tuesday in each month	Monthly Pop In for children 0 – 5 and parents. Health Team available for advice and support with Child Health issues.	Drop In
WEDS	Midwife Clinic	9.30am -11.30am	Sandy Children's Centre	Weekly	Post Natal Clinic from birth to 28 days, for post-natal checks, weight and breastfeeding advice. To book appointment call 01767 224173	Booking
	Baby Days	1.00pm – 3.00pm	Sandy Children's Centre	9 <sup>th</sup> Jan – 13 <sup>th</sup> Feb 27 <sup>st</sup> Feb – 3 <sup>rd</sup> April	A 6 session course for new parents and babies 0 – 3 months covering sleep, feeding, baby brain development and childhood illnesses.	Booking
THURSDAY	CBC SEND Partnership	9:30am - 11.00am	Sandy Children's Centre Laburnum Dining Room	1 <sup>st</sup> Thursday of Month (Term Time Only)	Advice and support for parents/carers of children with Special Educational Needs.	Drop-in
	Bumps, Birth and Baby Stuff One day course	9.00am – 5.00pm	Sandy Children's Centre	3 <sup>rd</sup> Thursday of each month 17 <sup>th</sup> Jan, 21 <sup>st</sup> Feb, 21 <sup>st</sup> March, 18 <sup>th</sup> April	Prepare for your new arrival. Come and find out more about birth, feeding and caring for you and your baby. Ideally, expectant mums should be at least 30 weeks gestation or more to attend this session and they MUST be a resident of Central Bedfordshire Council. Partners are encouraged to attend too. <b>To book, visit <a href="http://www.bumpbirthandbaby-cbc.eventbrite.com">www.bumpbirthandbaby-cbc.eventbrite.com</a></b>	Online Booking
	Baby Massage with Lizzie	12.30pm-1.30pm	Sandy Children's Centre	24 <sup>th</sup> 31 <sup>st</sup> Jan 7 <sup>th</sup> and 14 <sup>th</sup> Feb	A 4 week course for babies 4 weeks to pre-mobile to support bonding, attachment and promote sleep. Also supports babies with colic. £5 charge	Booking
	Baby Yoga with Lizzie	2.15pm – 3.15pm	Sandy Children's Centre	24 <sup>th</sup> , 31 <sup>st</sup> Jan, 7 <sup>th</sup> Feb	A 3 week course for pre-crawling babies 20 weeks + to support physical development of core strength, sitting, crawling and standing. £5 charge	Booking
	Parent Puzzle Parenting Workshops	9.30am – 11.30am	Sandy Children's Centre	24 <sup>th</sup> , 31 <sup>st</sup> Jan, 7 <sup>th</sup> , 14 <sup>th</sup> Feb	4 Workshops including: Understanding children's behaviour, Praise & encouragement, Boundaries, Time out, Dealing with stress and Conflict.	Booking
FRI	Adult Education ESOL classes	9.30am -11.30am	Sandy Children's Centre	Term Time Only Ends May 2019	English classes for speakers of other languages.	Booking
SAT	Dad's Club	10.00am -11.30am	Sandy Children's Centre	5 <sup>th</sup> Jan, 2 <sup>nd</sup> Feb, 2nd March	Stay and play session for Dads and male Carers and their children 0-5 years (older siblings up to 8 years welcome).	Drop-in



# DINNER TIMES

PIZZA & PASTA

AROUND THE WORLD

WEDNESDAY ROAST

SCHOOL FAVOURITES

FISHY FRIDAYS

V = Vegetarian  
GF = Gluten Free

## Week 1

Weeks starting:  
31st Dec | 21st Jan | 11th Feb | 4th Mar | 25th Mar

## Week 2

Weeks starting:  
7th Jan | 28th Jan | 18th Feb | 11th Mar | 1st Apr

## Week 3

Weeks starting:  
14th Jan | 4th Feb | 25th Feb | 18th Mar | 8th Apr

BREAD AND SALAD  
BAR AVAILABLE  
DAILY

Pizza Margherita (v)  
Spaghetti Bolognaise  
Sweet Chilli Chicken Baguette  
Jacket Potato (Choice of Fillings) (gf)  
Garden Peas, Sweetcorn, Salad Bar  
Ice Cream (gf)  
Yoghurt (gf)  
Fresh Fruit Salad (gf)

Pizza Margherita (v)  
Quorn Chilli (v)  
Tuna Mayo & Cucumber Baguette  
Jacket Potato (Choice of Fillings) (gf)  
Rice, Garden Peas, Sweetcorn, Salad Bar  
Arctic Roll  
Yoghurt (gf)  
Fresh Fruit Salad (gf)

Pizza Margherita (v)  
Cheesy Lentil Pasta (v)  
Chicken Mayo Baguette  
Jacket Potato (Choice of Fillings) (gf)  
Garden Peas, Sweetcorn, Salad Bar  
Strawberry Delight (gf)  
Yoghurt (gf)  
Fresh Fruit Salad (gf)

Chicken Korma (gf)  
Vegetable Korma (v) (gf)  
Quorn Cottage Pie (v)  
Jacket Potato (Choice of Fillings) (gf)  
Rice, Carrots, Cauliflower, Salad Bar  
Apple & Sultana Crumble with Custard  
Yoghurt (gf)  
Fresh Fruit Salad (gf)

Beefburger in a Bun  
Vegetable Burger in a Bun (v)  
Salmon & Garden Pea Penne  
Jacket Potato (Choice of Fillings) (gf)  
Potato Wedges, Seasonal Roast Vegetables, Tomato Ketchup, Salad Bar  
Spiced Apple Crumble & Custard  
Yoghurt (gf)  
Fresh Fruit Salad (gf)

Authentic Chicken Curry (gf)  
Vegetable Tikka Masala (v) (gf)  
Country Beef Casserole (gf)  
Jacket Potato (Choice of Fillings) (gf)  
Rice, Cabbage, Carrots, Salad Bar  
Peach Crumble & Custard  
Yoghurt (gf)  
Fresh Fruit Salad (gf)

Roast Chicken Breast (gf)  
Cauliflower Cheese (v)  
Egg Mayo Baguette (v)  
Jacket Potato (Choice of Fillings) (gf)  
Roast Potatoes, Swede, Cabbage, Gravy, Salad Bar  
Iced Lemon Sponge  
Yoghurt (gf)  
Fresh Fruit Salad (gf)

Roast Chicken Breast (gf)  
Quorn Fillet (v)  
Italian Tomato Penne (v)  
Jacket Potato (Choice of Fillings) (gf)  
Roast Potatoes, Cabbage, Carrots, Gravy, Salad Bar  
Oat Cookies  
Yoghurt (gf)  
Fresh Fruit Salad (gf)

Roast Chicken Breast (gf)  
Quorn Sausages (v)  
Macaroni Cheese (v)  
Jacket Potato (Choice of Fillings) (gf)  
Roast Potatoes, Cauliflower, Carrots, Gravy, Salad Bar  
Pear & Chocolate Sponge  
Yoghurt (gf)  
Fresh Fruit Salad (gf)

Baked Chicken Sausages  
Quorn Sausages (v)  
Vegetable and Bean Casserole (v) (gf)  
Jacket Potato (Choice of Fillings) (gf)  
Mashed Potato, Broccoli, Carrots, Gravy, Salad Bar  
Lancashire Cookie  
Yoghurt (gf)  
Fresh Fruit Salad (gf)

Mexican Chicken  
Mexican Bean Bake (v)  
Omelette (v) (gf)  
Jacket Potato (Choice of Fillings) (gf)  
Vegetable Rice, Carrots, Garden Peas, Salad Bar  
Banana Bread  
Yoghurt (gf)  
Fresh Fruit Salad (gf)

Turkey Meatballs & Tomato Sauce  
BBQ Beef Chilli  
Creamy Mushroom Pasta (v)  
Jacket Potato (Choice of Fillings) (gf)  
Sauté Potatoes, Swede, Cabbage, Salad Bar  
Oat & Sultana Cookies  
Yoghurt (gf)  
Fresh Fruit Salad (gf)

Fish Fingers  
Breaded Fish Fillet  
Quorn Nuggets (v)  
Chicken, Mayo & Sweetcorn Baguette  
Potato Wedges, Baked Beans, Sweetcorn, Tomato Ketchup, Salad Bar  
Apple & Syrup Sponge with Custard  
Yoghurt (gf)  
Fresh Fruit Salad (gf)

Fish Fingers  
Fish Cakes  
Vegetable Nuggets (v)  
Cheese Salad Baguette (v)  
Potato Wedges, Spaghetti Hoops, Sweetcorn, Tomato Ketchup, Salad Bar  
Chocolate Sponge  
Yoghurt (gf)  
Fresh Fruit Salad (gf)

Fish Fingers  
Breaded Fish Fillet  
Pasta Margherita (v)  
Egg & Cress Baguette (v)  
Potato Wedges, Baked Beans, Garden Peas, Tomato Ketchup, Salad Bar  
Cherry Shortbread  
Yoghurt (gf)  
Fresh Fruit Salad (gf)





Travel to



@CBTravelChoices travelchoiceshub  
facebook.com/TravelChoices  
www.cbtravelchoices.co.uk

Designed by Pindar Creative  
www.pindarcreative.co.uk  
©vecteezy.com for people illustrations

## Why walk to school?

Walking is a great way to get to school. It's simple, you don't need any equipment and it's something everyone can do.

You get plenty of fresh air and time to talk to your family. Maybe you could arrange to meet up with your friends on the way.

If you are walking then you are exercising, which is good news for your health. Walking is also good for the environment, helping to cut traffic and pollution.



## Public transport

If your house is not within walking or cycling distance to the school, you may like to take the bus. You'll be helping to make it safer around the school gates, and with fewer cars on the road, there will be less pollution and congestion.

For details of bus services visit [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk) and search for public transport.

## Active travel

Walking, scooting and cycling are excellent forms of active travel. When this is not possible, Park and Stride is a great compromise.

Children who travel actively to school are road aware and confident. The risks of developing health problems such as type 2 diabetes, asthma and mental health disorders are also reduced.

Active travel to school counts towards the recommended daily physical activity targets for children and adults. People who are active feel fresher and healthier throughout the day. They are also less likely to take time off sick and are more likely to be productive.

## Cycling and scooting

Riding your bike or scooter to school is easy, fast and fun. Bikes and scooters are available for adults too, so it's something you can do together. It's a low-impact form of exercise which means it helps you to get fitter but is gentle on your joints. Look out for scooter and cycle training sessions happening at your school.

## Park and Stride

If you live a long distance from the school, you may sometimes need to use the car. Park and Stride is a scheme where parents and carers park a short distance from the school, enabling you to walk the rest of the way. This reduces congestion and pollution around the school, making it safer for everyone. Ask your school whether they have a Park and Stride scheme.

**On average, it takes around 10 minutes to walk 1,000 steps.**



**Travel choices**

**Central Bedfordshire has some great countryside – what can you spot on your journey to school?**



**Exercising in the morning can help you feel happier and concentrate more.**