



LABURNUM

PRIMARY SCHOOL & NURSERY

CHALLENGE • ACHIEVE • RESPECT • EFFORT

NEWS

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

I hope that you have all had a positive week, whether at home or work and that your children (and you) are adjusting to the many recent changes. It is fantastic to see the images and videos of home learning that have been shared on Class Dojo and great to see that the resources we have provided are being used so creatively. Where parents cannot print, many have written the questions directly into the exercise books your children brought home. Others have focused on reading and keeping a daily diary and some are focussed on using the online games and activities. We have even seen images of cakes, biscuits, children making their own lunch and all sorts of artistic challenges. Everything has value, but by far the most important thing you are doing, is showing an active interest in your child and their learning. Every research study completed has shown that children's achievement in school / education is better if their parents value it, show interest and engage with their child. Conversely, children do less well if their parents do not value learning or actively engage. I am really proud of the way our school community has pulled together and made the best of the biggest social/educational/life-style and health crisis we have had to face within most of our life-times. Well done and thank you for your continued support.

We have shared ideas and resources via Class Dojo and ParentMail to help you to support your child through this difficult time, however it is also a challenging time for many adults. Please scroll down for ideas to keep adults mentally well during self-isolation / lockdown and sources of support if you feel you are nearing a crisis point.

Next week is the Easter Break... a strange concept, given the unusual times we are living in. Even though school is closed for the majority of pupils, school staff have continued to work, either in school or at home. For their own mental health and well-being, I have asked all school staff (aside from providing childcare in school for critical workers' children) to ensure that they take a proper break from work over the next 2 weeks. Feel free to add to your portfolio, but please do not contact teachers directly on Class Dojo during this period. Please remember that the Easter Break is a great time to give you and your child a mental break and a recharge if you have been working hard at home. The school office e-mail address will be monitored throughout, so if you have an issue or emergency that cannot wait, please do email the office or phone one of the safeguarding mobile numbers above. If you are struggling, we can help you with finding out how to access wider support services and referrals to food banks etc.



LABURNUM PRIMARY SCHOOL

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T: 01767 680691/07948 026230 E: office@laburnumprimary.co.uk W: www.laburnumprimary.co.uk Page 1 | 7





ClassDojo

The majority of parents have now activated their Class Dojo account and can access additional support, message teachers for help and upload some of their child's home learning. 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 ClassDojo image to visit the website.

The BBC, working with the government, has devised some additional online and 'red button' based learning that will be available from the 20th April onwards. Whilst we have been supporting you with online activities, downloads and suggested learning/challenges, it has never been the intention of the government that we should attempt to emulate school at home or that teachers should be setting regular activities etc. This is something that we have chosen to do and will continue to support you with, however now that the longer term BBC offering will be available and you also have access to a wide range of other online resources, we will not necessarily be providing additional challenges and advice as frequently. However, if you are stuck, please do not hesitate to contact your child's teacher via Class Dojo – and please do keep posting to your portfolio. Teachers will respond to this when they get the opportunity, but please remember that some staff will be in school, others working from home and some may be unwell or self-isolating, so responses are unlikely to be immediate. Click the image below for more information on BBC home learning:



Daily lessons coming soon

Beginning Monday 20 April, BBC Bitesize will publish daily online lessons for all ages. We'll also have a new dedicated TV channel full of learning content, podcasts on BBC Sounds and loads of educational video on iPlayer.

[More about home learning](#)



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 \(social distancing\)](#)



The link below takes you to all of the government rules and advice regarding coronavirus.

It also explains how people who have been forced to stop working can seek help from their employer or for themselves if they are self employed.

<https://www.gov.uk/coronavirus>

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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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COURSE INFORMATION

Monday and **Wednesdays** from **13:00 - 16:00** for **three** weeks.

Start Dates:

Monday 6th April 2020

Monday 27th April 2020

Course runs using an online website or application. Must have access to a phone, smartphone, tablet or laptop and an email account

WHO?

This course is designed for anyone struggling with isolation who would like help to manage stress and anxiety through mindfulness

INTERESTED?

Please contact us you wish to book a place for yourself or a friend.

academy@noahenterprise.org

01234 581108



Central Bedfordshire Council
and Bedford Borough Council
working together



Apprenticeship



Education & Skills
Funding Agency



NOAH Academy, 20-22 High Town Road, Luton LU2 0DD.

Charity Registration Number 1059672

Course information updated 24/05/2019

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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 Or Bedfordshire Rural Communities Charity has some amazing tips and help for you on this website: www.yourwellbeingbedfordshire.org.uk

Updates in your area CLOSURES

- Citizens Advice Bureau closed - Please go to website 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 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
- 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

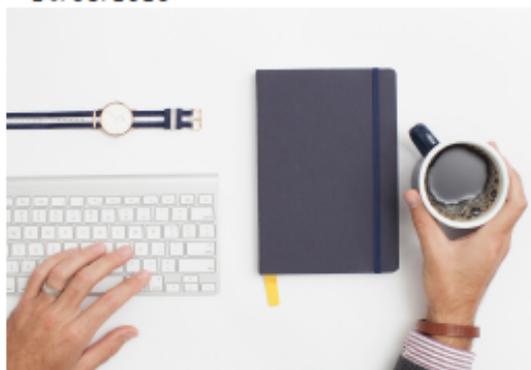
INFORMATION ON WHO TO CONTACT FOR SUPPORT

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 - 01234838771
- 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 or call 01234 365955.
8:30am - 1pm
- Directories: Luton- www.luton.gov.uk - Central Beds www.centralbedfordshire.gov.uk/directory - Bedfordshire - www.bedford.gov.uk
- MIND BLMK - Well-Being Calls - Call 0300 330648
- IDVA (Domestic Violence) - Call: 01234 763785 Email: idva.luton@victimsupport.org.uk (Luton)
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

CRISIS INFO

- Age UK Bedfordshire: Call 01234 360510 - Email: enquiries@ageukbedfordshire.org.uk
- Age Concern Luton: E-mail 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
- National Domestic Abuse Helpline - 0808 2000247 or E-mail BDAP@centralbedfordshire.gov.uk
- Foodbank- Luton- Please see website lutonfoodbank.org.uk - call 01582 211066 - Email: emergencysupport@crisisaid.org.uk- For Bedford E-mail info@bedford.foodbank.org.uk or call 01234 268569
- Citizens Advice Bureau - 0844 2451285 - www.citizensadvice.org.uk
- Salvation Army - Emergency support E-mail: emergencysupport@crisisaid.org.uk or call 01582 211066 (Luton) or 01234 217747 (Bedford)
- Bedfordshire Emergency Volunteers - Telephone Welfare Checks - Email robert.labe37@ntlworld.com

ELDERLY AND ISOLATION

- Ampt Hill Good Neighbours support - Call 07833 314903
- Email: ampthillgn@gmail.com - Volunteering opportunities go to 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
- 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

