



LABURNUM

PRIMARY SCHOOL & NURSERY

CHALLENGE • ACHIEVE • RESPECT • EFFORT

NEWS

MESSAGE FROM THE HEAD

It has been a fantastic week in school. The children have come back refreshed and positive (and the staff have too) and the vast majority continue to apply themselves well to learning and meet our high expectations of both learning and behaviour. The children continue to make great progress, although we are still catching up on missed learning and therefore it is really important that all children are at school as long as they are well enough. We analyse absence data frequently and have let you know if your child's absence is below 97% (not including any self isolation). This is usually only a concern if absence becomes an ongoing issue, but we are duty bound to keep you informed (even when we know the reasons). If absence becomes persistent, we will then contact you further to find out if there are any underlying reasons that need to be addressed.

COVID-19 Updates

As lockdown 2.0 comes into effect, we find ourselves in the strangest of times. A year ago we had barely heard of Coronavirus: Covid-19. 8 months ago we would scarcely have believed that we were about to enter a period of almost 6 months of school closure. A month ago a further national lockdown was not a certainty. We don't know what the next few months have in store, but for some they will be the most challenging experience. Rest assured that school will be here as a constant. We are really pleased that we have not been closed again and hope that it remains that way. It does of course pose additional challenge and risk to our staff at times, however we have strict measures in place (as you will see in our risk assessment on the school website) to mitigate the risk as much as possible – which is where we also need your help and support as parents. Please do try and avoid contact and prolonged conversations with other parents when dropping off and picking up. We have been advised that technically parents and school age children who walk with or stand and chat with more than one other individual person from another household are in breach of lockdown rules. The government expects all schools to be proactive in discouraging this and I would really rather not be in the position of having to directly challenge parents on Laburnum Road or to further stagger our entry and exit to reduce contact. Thank you for your continued understanding at this difficult time.

POPPY APPEAL

Please send your order and money ASAP if you would like any merchandise - we are extending sales to Wednesday 11 November. Money should be in a sealed named envelope with the amount of money and what your child would like to order written on the outside, and your child should hand it in, within their classroom. Poppy Appeal goods will then be sent home with your child and should remain there. Badges may be worn in school on Wednesday 11th only, when we will hold our school act of remembrance.

Values Education

Our value for November is:

PEACE



Attendance

Beech	97.3%	0 late marks
Elm	94.1%	1 late mark
Cedar	97.9%	0 late marks
Chestnut	91.2%	0 late marks
Willow	97.2%	1 late mark
Sycamore	92.6%	1 late mark
Oak	96.3%	2 late marks

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

Attendance Target: 97%

VALUES CHAMPIONS

Apple	Austin
Beech	Leila C
Elm	Meredith
Cedar	Charlie
Chestnut	Imogen
Willow	Eden
Sycamore	Jacob
Oak	Kathleen

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PARENT/TEACHER CONSULTATION MEETINGS

All parents should have received the ParentMail booking information regarding parent/teacher consultation meetings. Please remember to also complete the form providing contact details and your preference of a 'Google Meet' video conference or a phone call. If Google Meet fails to connect, teachers will phone you immediately. Please bear in mind that all appointments are a maximum of 10 minutes, after which, teachers will need to move to the next parent. Should you require a further or longer conversation this can of course be arranged to happen on an alternative date.

SUMMARY REPORTS TO PARENTS

By the end of today, you will have received a short summary report on your child. These overviews will be sent via Class Dojo and will give you a brief summary of your child's learning, behaviour and attitudes in school. The areas in these reports will be covered in more depth, as appropriate to each child, when you talk to class teachers next week. Hopefully you will find them useful and a supportive way of providing information prior to your formal consultation meetings.

HANDLEY COURT CHRISTMAS COLOURING COMPETITION

As a little way of saying thank you for the letters they received from our pupils during the lockdown Handley Court would like to hold a colouring/art competition for the children for Christmas. They would like to ask any children that wish to join in to draw a picture/colour a picture or make something crafty. The theme is anything that reminds them of Christmas. The closing date for this will be the 11th December and there will be a prize for 1st, 2nd and 3rd place. Please see attached poster for more information. Please also see the fundraising for the NHS colouring competition information attached to this newsletter.

WATER BOTTLES

A reminder that in line with school policy and NHS advice, children's water bottles should only contain water. No squash, juice or fizzy drinks. When school was able to provide water bottles all children drank water without issue, so please do not let them persuade you otherwise. As children refill their own bottles anyway, if bottles come into school containing anything other than water we will ask for them to be emptied and refilled them with water. Occasionally, there are medical reasons for alternatives and these should be discussed with your child's class teacher.

MEDICAL APPOINTMENTS

Thank you for sending in appointment letters, however, in an attempt to cut down on paperwork and be more 'covid-safe', we would be grateful to receive any appointment letters electronically; you can take a photo with your phone and email it to the school office – office@laburnumprimary.co.uk. Thank you in advance.

SCHOOL CHRISTMAS DINNER

We are happy to announce that School Christmas Dinner day will be Thursday 17 December. You can order online through School Grid. We will have 3 sittings in the Dining Room on that day, with additional cleaning and staffing to maintain social distancing and class bubbles. If you have any questions, please contact the school office at office@laburnumprimary.co.uk or 01767 680691.

REVERSE ADVENT CALENDAR

Children have been told by their teacher which day to bring in their donation for the reverse advent calendar, but donations can be brought in on any day. The Need Project will be collecting all donations on Monday 14 December so we would be grateful to receive all donations by that day.

PHONES

Our new phone system has been partially connected and final installation and set-up should be on Monday 9th November. The school phone number is not changing, but if you need to contact us urgently on Monday 9th or Tuesday 10th November, there is a chance that the line may be disrupted. If you cannot get through, please email the school office or phone the school mobile number (at the bottom of this newsletter).

SUPPORT FOR PARENTS

Being a parent is the most important and challenging job any of us will ever have. Please scroll through the newsletter as you will find all sorts of supportive opportunities for parents who have children with anger or behaviour difficulties, weight management and autism. There is also an opportunity for parents of children with SEND to provide the Local Authority with some feedback.

House Points This Week

Pankhurst	Seacole	Gandhi	Churchill
 154	 219	 137	 148



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

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



93
messages
sent home



21
stories shared



7
skills
celebrated



100%
positive
feedback

AUTUMN TERM DATES

November

Week beginning Monday 9th

Friday 13th

Monday 16th - Friday 20th

December

Friday 18th

January

Monday 4th

Tuesday 5th

Parent / Teacher Consultation Meetings this week (virtual / phone)
– arrangements to be confirmed

Children in Need

Anti-Bullying Week: United Against Bullying



School closes for Christmas break

School closed – Training Day

School opens for Spring Term

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**VIRTUAL DROP-IN
FOR
PARENTS**

Early Help Team

**Special Educational Needs and
Disability (SEND) Drop-In**

**Thursday November 19th 2020
4:30pm – 5:30pm**

Please click on this link to sign-up
to this drop-in session and find
out more information:

<https://www.eventbrite.co.uk/e/early-help-support-for-parents-drop-in-send-tickets-126801008229>

Anger & Behaviour Drop-In

**Thursday December 10th 2020
4:30pm – 5:30pm**

Please click on this link to sign-up
to this drop-in session and find
out more information:

<https://www.eventbrite.co.uk/e/early-help-support-for-parents-drop-in-anger-behaviour-tickets-126831096223>

NO QUESTION IS TOO BIG OR SMALL!

Autism and Behaviour



A workshop for parents/ carers

This workshop provides you with the opportunity to learn more about:

- the difficulties autism may cause in managing behaviours
- how to adapt environments & practices to meet the needs of autistic individuals
- strategies for managing difficult situations

The training will be online, using Zoom.
Once booked on, we will provide you with the details to join.

MORNING SESSION

Date: Monday 19th
October 2020



Time: Log in from 9:45am for
a prompt 10am start,
till 12pm

OR

EVENING SESSION

Date: Tuesday 10th
November 2020



Time: Log in from 6:45pm for
a prompt 7pm start,
till 9pm

Cost: £15 AB Members / £20 non-AB Members

To Book, contact Autism Bedfordshire: call 01234 214871,
or email enquiries@autismbeds.org

LIMITED NUMBER OF SPACES AVAILABLE



AUTISM BEDFORDSHIRE IS A COMPANY LIMITED BY GUARANTEE, REGISTERED IN ENGLAND NO. 04632497

REGISTERED OFFICE: 1 HAMMOND ROAD, ELMS FARM INDUSTRIAL ESTATE, BEDFORD MK41 9UD

REGISTERED CHARITY 1100722

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CHRISTMAS



Art Competition



Calling all Primary School aged children. We are asking you to use your imagination and draw, colour or make something that reminds you of Christmas. There will be a prize for 1st, 2nd and 3rd place which will be judged by our residents.



Please send a picture of your entry by email to Nikki-Leigh.Dipper@Housing21.org.uk or alternatively you can send your entries to:

Managers Office, Handley Court, Bunyan Road, Sandy SG19 1BJ



Please remember to include your Name, age and a contact number.

CHRISTMAS POSTER COMPETITION

Please complete and return this form along with your poster to our Fundraising team:
Fundraising@ldh.nhs.uk

Alternatively please post to: *The Fundraising Team, Luton and Dunstable Hospital,
Lewsey Road, Luton, LU4 0DZ*

Any queries call us on *01582 718289* or *07812 493445*



School Name:.....

Number of Entries:.....

Email Address:.....

Postal Address:

To enter please pay **£0.50p per poster**, all proceeds are going to our Helipad Appeal.

Please write age category on poster:

4-7 8-11 12-16 17+

You can pay via:

Just Giving Cheque Cash Phone(Card) BACs

Just Giving Page:

<http://www.justgiving.com/The-Bedfordshire-Hospital-s-Christmas-Poster-Competition>

BACs: Please pay to Luton and Dunstable Hospital Charitable Fund
Sort Code: 60-13-28 Account Number: 78434580 – Please reference GPC2020

Cheque must be made payable to: Luton and Dunstable Hospital Charitable Fund.



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE

Satisfaction of SEND Services Survey

Please complete our survey
Survey link

We need to understand what is working well and what issues remain since we carried out our previous survey.

We will report our findings to OFSTED CQC, the DfE, CBC, the BCCG and to our members.

All feedback data will be anonymised.

You can enter into our prize draw. We have three vouchers to give away a £50, £25 and £10 M&S e - gift card.



**YOUR FEEDBACK
MATTERS**

CHILDREN, YOUNG PEOPLE AND FAMILIES



FREE WEIGHT MANAGEMENT PROGRAMMES BY MORELIFE

- MoreLife has 20 years of experience in helping children, young people and their families to improve their health and wellbeing.
- Specialised, tailor-made support and advice to help the whole family be healthier and more active.
- Fun physical activity sessions for children and teens.



BEDFORD
BOROUGH COUNCIL



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All our programmes are free to any child above the 91st centile on the growth chart.

Our fun programmes are led by trained practitioners, and include sessions such as creating healthy meals, trying new foods and understanding portion sizes.

The focus of our groups is always on maintaining a healthy lifestyle, rather than on weight loss, whilst also making new friends and enjoying fun activities focused on healthy living!

FOR MORE INFO OR TO BOOK A PLACE:

0808 208 2340

morelife.bedsmk@nhs.net

 more-life.co.uk/Bedford

 [MoreLifeBedsMK](https://www.facebook.com/MoreLifeBedsMK)

 [@MoreLifeBedsMK](https://twitter.com/MoreLifeBedsMK)

MORE Life



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23RD - 27TH NOVEMBER 2020

CHILDREN'S SERVICES ONLINE CONFERENCE 2020

Following the success of our 2019 conference, we have arranged a week-long online conference this year for parents and carers across Bedfordshire.



Udon Ekwunye
The Impact of COVID-19 on Mental Health and ASD & OI's



Emily Beale-White
Laughter Therapy to Combat Stress & Anxiety



Susan Cole
Mindfulness: Relax and Just Breathe

Martyn Lee
Teen Brain Matters



Paula Pakoul and Sharon Thomson
Eating difficulties - a parent psychoeducation group



Louise Don
Understanding the SEN Process (EHCPs)

Sharon Allome
Sleep Workshop



Dr Frances Daniels
ASD Assessment: What to expect



Jenny Wilson
Autism, behaviour & anxiety



Mandy Hogg
PDA - Pathological Demand Avoidance

Deborah Power
Top Tips for communication



Devine Richardson
Toilet training for autistic children



Josly Colver
Asperger's: Identifying, understanding and managing autism acceptance

Book Now!
Supporting a child with communication: the Early Years and school aged children

Information taken from local SENDASS and Parent Carer Forums (some are still TBC)

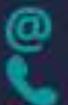
Your online ticket will allow you access to any of the talks, presentations and workshops available throughout the week (see weekly schedule for more info on times and presentation content). You will be sent log-in details closer to the event.

Cost for an online ticket (per person):

£25 Autism Beds members

£30 non-members

TO BOOK YOUR PLACE, PLEASE CONTACT A MEMBER OF THE CHILDREN'S SERVICES TEAM



enquiries@autismbeds.org

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MONDAY SCHEDULE

23rd November 2020

Autism Bedfordshire
Children's Services
Online Conference 2020

09:30 - 10:00 Mindfulness: Relax and 'Just Be'.

Susan Collini - *Qualified Mindfulness teacher working with adults, children and families.*

30 minutes of guided mindfulness at the start of the day. An opportunity to experience some soothing 'Me Time'.

10:00 - 10:45 Covid 19: Impact on mental health and tips on how to stay sane

Dr Uttom Chowdry - *Consultant in Child and Adolescent Psychiatry*

This talk will cover latest research on the effects of Covid 19 on mental health and Autism. General advice will be given on how to manage in these uncertain times.

11:00 - 11:45 Laughter Therapy to combat stress & anxiety

Katie Rose White - *Laughter Facilitator and founder of The Best Medicine*

Laughter is an amazing stress reliever and it's playful nature taps into the inner child in everyone. In this lively workshop you will learn strategies to help you use laughter and various other therapeutic techniques to combat stress and anxiety.

*THERE ARE A LIMITED NUMBER OF SPACES ON THIS WORKSHOP. WHEN BOOKING, PLEASE STATE SPECIFICALLY IF YOU WOULD LIKE TO ATTEND THIS SESSION.

13:00 - 13:45 Being Face to Face

Deborah Powers - *Highly Specialist Speech and Language Therapist*

How being face to face supports communication whatever your level of development. This workshop will look at the building blocks for communication and how families can support their young children's skills through everyday activities.

19:00 - 20:30 Autism, behaviour & anxiety

Jennifer Wilson - *Principle Psychologist - Child, Adolescent and Adult Autism Specialist*

The content of the session will focus on: Anxiety, Managing Challenging Behaviour and Communication

TO BOOK: GET IN TOUCH WITH A MEMBER OF THE CHILDREN'S SERVICES TEAM

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TUESDAY SCHEDULE

24th November 2020

Autism Bedfordshire
Children's Services
Online Conference 2020

09:30 - 10:00 Mindfulness: Relax and 'Just Be'.

Susan Collini - qualified Mindfulness teacher working with adults, children and families.

30 minutes of guided mindfulness at the start of the day. An opportunity to experience some soothing 'Me Time'.

10:00 - 11:30 ASD Assessments – What to expect

Dr Francesca Omisakin - Consultant Community Paediatrician

What to expect at the paediatrician appointment; how parents, schools, and other agencies can support the assessment process; some of the difficulties and challenges with the assessment process.

12:00 - 13:00 Asperger World - Masking, gaslighting, thriving and autism acceptance

Joely Colmer - multiworld and national award winning advocate, motivational speaker and best selling author of 'AspergerWorld'.

Joely may not always 'look' autistic, but diagnosed at two, she definitely is. Joely, who also has ADHD, used to be nonverbal and partially deaf, was told by experts she'd never communicate, love or contribute to society. Now, Joely is an expert in her own right, and although she can't leave her home without 121 aid or tie her shoe laces, Joely adores to share her story nationwide, as a writer and speaker.

Always smiling, Joely's biggest passion is to empower understanding of the hidden depths of autism, challenge misconceptions, and raise awareness of the unintentional gaslighting of autistic people. It's challenging, but Joely wouldn't change her autism for the world - she loves her AspergerWorld after all.

13:00 - 14:00 Sleep Workshop

Sharon Albone - Specialist Community Nursery Nurse

This workshop will cover what sleep is, why sleep is important and how to promote sleep.

19:00 - 20:30 Autism Spectrum Disorders and Girls

Dr Uttom Chowdry - Consultant in Child and Adolescent Psychiatry

This workshop will be a chance for parents of girls with ASD to come together, hear latest research and share their stories. At the end of the workshop participants will hopefully get a better understanding of the difficulties facing girls with ASD.

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WEDNESDAY SCHEDULE

25th November 2020

Autism Bedfordshire
Children's Services
Online Conference 2020

09:30 - 10:00 Mindfulness: Relax and 'Just Be'.

Susan Collini - Qualified Mindfulness teacher working with adults, children and families.

30 minutes of guided mindfulness at the start of the day. An opportunity to experience some soothing 'Me Time'.

10:00 - 12:00 Pathological Demand Avoidance (PDA)

Mandy Higgs - Autism Trainer

This workshop will cover:

- What is meant by 'demand avoidance' in relation to autism and the controversy over the 'PDA' diagnosis
- The role of anxiety in creating demand avoidant behaviour
- How to prevent and manage demand avoidant behaviour

12:30 - 13:30 Toilet Training for autistic children

Davina Richardson - RGN/RSCN Children's Specialist Nurse

The session will talk about why toilet training is important. It will suggest practical approaches that families can use at home to help their child learn to use the toilet appropriately. Information will also be provided about resources that are available to families to help them if they are finding any aspect of toilet training difficult.

19:00 - 20:30 Understanding the SEN Process (EHCPs)

Laura Carr - Solicitor, HCB Solicitors Ltd

This seminar is aimed at parents/carers who are:

- Considering applying for a statutory assessment
- Going through the assessment process
- Due a review of their child's EHCP
- Wanting their special school placement funded by the Local Authority

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THURSDAY SCHEDULE

26th November 2020

Autism Bedfordshire
Children's Services
Online Conference 2020

09:30 - 10:00 Mindfulness: Relax and 'Just Be'.

Susan Collini - Qualified Mindfulness teacher working with adults, children and families.

30 minutes of guided mindfulness at the start of the day. An opportunity to experience some soothing 'Me Time'.

10:00 - 10:45 Supporting social communication in the early years

Ruth Irving - ASD Specialist Speech and Language Therapist

This presentation will cover strategies to support your child with social communication and interaction skills. It will cover topics including emotional regulation and using visual support with children.

11:00 - 11:45 Luton SENDIASS Talk

A talk for Luton Borough Families about who SENDIASS (Special Education Needs and Disabilities Information Advice Support Service) are and what services they offer.

12:00 - 12:30 SNAP Parent Carer Form Talk

A talk for Central Bedfordshire Families about who SNAP Parent Carer Forum are and what support they offer.

12:30 - 14:30 Teen Brain Matters

Martyn Lee - Early Help Professional, Bedford Borough Council

A workshop discussing the significant changes that occur in the teenage brain and how this impacts behaviour, relationships and development.

Teen Brain Matters is a 2 hour workshop for parents developed by Professor John Coleman for Bedford Borough Council. This workshop brings together the latest understanding of neuroscience and psychology. Parents will learn about the changes their children are going through in adolescent brain development to help them motivate and support young people in an emotionally healthy context.

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FRIDAY SCHEDULE

27th November 2020

Autism Bedfordshire
Children's Services
Online Conference 2020

09:30 - 10:00 Mindfulness: Relax and 'Just Be'

Susan Collini - *Qualified Mindfulness teacher working with adults, children and families.*

30 minutes of guided mindfulness at the start of the day. An opportunity to experience some soothing 'Me Time'.

10:00 - 10:45 Supporting social communication in school aged children

Ruth Irving - *ASD Specialist Speech and Language Therapist*

This presentation will cover strategies to support your child with social communication and interaction skills. It will cover topics including emotional regulation and using visual support with children.

11:00 - 12:00 Eating difficulties: a psychoeducation parent group

Paola Falcoski - *MSc, Pg Dip, BSc (Hons), RD | Advanced Specialist Eating Disorders Dietitian*

Sharon Thomson - *Specialist Eating Disorder Nurse*

This presentation will be covering: How eating difficulties can be presented; unhelpful things to do; what to expect; 32 steps to eating; treatment options and resources

12:30 - 13:30 The wellbeing benefits of nature immersion

Susan Collini - *Qualified Mindfulness teacher working with adults, children and families.*

There are significant benefits to be gained through regular nature immersion, whether in relation to improving mood, emotional regulation or building self-esteem.

This presentation will share the story of how the social enterprise OutdoorTribe CIC works with families to benefit their health and wellbeing through nature immersion sessions.

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