



# Heathwood Lower School Newsletter

September 2021

## Welcome back!

We hope that you have had a super summer break and are ready for a new school year. We have been working hard over the summer to make sure we're ready for you.

I would like to welcome all those children, parents and staff who are new to the school. Starting somewhere new is both exciting and challenging as you learn new routines and make new friendships. We hope you will find our school community friendly and supportive. It is very easy to make assumptions that we all know what happens on a daily basis and at special events. If you are uncertain or have any worries, please do not hesitate to ask. We aim to work in partnership with you for the benefit of all our children.

If you see a new family on the playground, please make an effort to make them welcome 😊

Heathwood is an inclusive school that promotes a set of values; we strive to nurture our pupils in order that they may become confident, caring, compassionate children, ready to make a positive contribution to the wider community when they leave our care. We work tirelessly to ensure the school continues to flourish and maintains its welcoming, family feel. I hope that as many of you as possible will get involved in the life of the school, as by working together we can make sure your sons and daughters enjoy school and develop the skills and knowledge they need to build successful, happy lives.

We will be reminding children about 'The Heathwood Way' during the first few weeks, a 'non-negotiable approach' to learning ('I can do it' attitude), and a pride in ourselves and our environment; including smartness of school uniform, tidy work books with neat handwriting, and an organised, litter free environment. I hope you will join us in supporting and encouraging 'The Heathwood Way' at home.

We have three positive school rules which encompass everything we do:

Be Kind, Be Ready, Be Safe - This is the Heathwood Way.

Have a great month, stay safe.

Susanne Dove

## COVID Update

We are 'back to normal' as much as we can be, but will maintain a sensible approach to keeping everyone safe:

- Staff will continue to undergo Lateral Flow tests twice weekly.
- We ask that you continue to drop your child/children at any one of the staffed gates (8.50-9.00 am) and collect from the playground at 3.30pm and leave promptly (Gates open 3.25-3.35).
- Playtimes and lunchtimes will continue to be staggered, but lunch returns to the Hall this term.
- Enhanced cleaning and Handwashing will continue and Mr Clowes has installed outside wash basins around the playground to support this.
- Ventilation is important. Windows will be open, so make sure your child/children have enough layers (School jumper or cardigan and consider a vest or t-shirt under their shirt).
- Reading Books will now be collected in and new ones given out on a Monday.
- PE Kit to be in on Mondays please - this will be sent home on Fridays for washing.
- Masks are optional on the playground, but we will continue to ask you to wear one if you are coming to speak to someone in the Office or are in the building for any reason.

We have had a number of positive cases amongst our community over the summer and wish anyone who has been poorly a speedy recovery. **We continue to expect you to keep your child/children at home if they are at all poorly, especially with a raised temperature.**

# COVID-19 Guidance for Parents/Carers in Central Bedfordshire Education Settings: 01.09.21

For any **SUSPECTED** or **CONFIRMED** case of COVID-19 in a young person please follow the flow chart below.

**SUSPECTED** case – i.e., if young person has COVID-19 symptoms

### Key symptoms:

- A new continuous cough and/or
- high temperature and/or
- a loss of, or change in, normal sense of taste or smell (anosmia).

**Additional symptoms** that may be early warning signs of COVID-19 in children include: upset stomach, headache, sore throat, unusual fatigue.

Take a **PCR test** as soon as possible.  
Book online via the website:  
[www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)  
Alternatively a PCR test can be ordered by phone on: **NHS 119** for those without access to the internet.

Ensure young person isolates at home **until PCR test result is known.**  
**\*Who else needs to isolate?**  
The rest of the household **does not** need to isolate if they are:

- Under 18yrs and 6 months *and/or*
- Double vaccinated, **at least 14 days since the 2<sup>nd</sup> dose** *and/or*
- Part of a COVID-19 Vaccine trial *and/or*
- Cannot have a COVID-19 vaccine for medical reasons (as confirmed by a medical professional).

**If none of the above apply, then the household contacts must isolate until PCR test result is known.**

**Result of test**  
(Notify setting as soon as possible)

**NEGATIVE**

**POSITIVE**

Young person can return to setting once well.  
Any household contacts can stop isolating\*.

**CONFIRMED** case following a Positive PCR Test

### Positive PCR Test Result

Inform the setting of positive PCR test result. Young person must self-isolate for 10 days.

**The rest of the household does not need to isolate if they are:**

- Under 18yrs and 6 months *and/or*
- Double vaccinated, **at least 14 days since the 2<sup>nd</sup> dose** *and/or*
- Part of a COVID-19 vaccine trial *and/or*
- Cannot have a COVID-19 vaccine for medical reasons (as confirmed by a medical professional).

**If none of the above apply, then the household contacts must isolate for 10 days.**

Ensure young person isolates at home for **10 days**, along with any members of their household who are **over 18 yrs & 6 months and have not had 2× COVID-19 vaccines.\***  
For **symptomatic** cases, the **day the symptoms began is DAY 0**;  
You need to add 10 further days after DAY 0.  
For **asymptomatic** cases the **date of the test is DAY 0**;  
You need to add 10 further days after DAY 0.

**Isolation ends at midnight on Day 10.** The young person can return to the setting, if well, and any eligible household members\* can stop isolating. If the young person still has a fever, diarrhoea or is being sick, they should continue to isolate until 48hrs after symptoms have ended - as per sickness protocol in the setting.

If anyone else in the household becomes unwell and tests positive for COVID-19, they will need to isolate for the required period of time, as directed on receipt of their test result.  
If any other members of the household have been isolating\*, and remain well, they will **not need to extend their isolation period** after completing the 10 days.

**CONFIRMED** case following a Positive LFD Test

### Positive LFD Test Result

Inform setting of positive LFD test result  
Take a PCR test **WITHIN 2 DAYS** of positive LFD test result. Book online at:  
[www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)  
or phone **NHS 119**

Young person and eligible close contacts\* must self-isolate whilst waiting for the PCR test result.

### Negative PCR Test Result

Young person and eligible close contacts\* can stop isolation and can return to the setting.  
Restart twice-weekly LFD home testing in secondary school-aged pupils.

- We continue to ask families/young people to wash hands regularly, keep spaces well ventilated, and to wear face masks in crowded, public, indoor areas.
- Face masks should continue to be worn on transport to and from education settings.
- **LFD test:** A Lateral Flow Device test is rapid test that can be used at home, and the result is available after 30 minutes.
- **PCR test:** A Polymerase Chain Reaction test can be booked online and is sent to a lab for the result.
- If you have recently (**within 90 days**) had a positive PCR test for COVID-19, you are exempt from testing by both PCR and LFD, **unless you develop new symptoms.**
- LFD tests are used for identifying COVID-19 infections where there are no symptoms, and should **not** be used if you have any symptoms.
- LFD tests are safe to use in pregnancy.
- If you have had a COVID-19 vaccination, you should still take part in LFD testing as you may still transmit the virus.
- If you have been identified as an eligible, close contact\* of a positive case, a **negative LFD test does not mean that you can stop isolating.**
- If you have had a recent nosebleed, or have a nose piercing, use the other nostril to swab for the LFD test.

### Pre-School News

We are, of course, very pleased and excited about the return of all our children and also welcoming our new children. We will be focussing on settling all the children into Pre-School, getting to know them, and supporting their confidence, happiness, learning and development.

Our theme for this half-term is 'Me and the World' and we would like all children to bring in a photograph of themselves with their immediate family; the children love this and enjoy taking their friends to the display to talk about themselves and their home.

Please don't forget, if you, or any parents of our school children, have any objects from different countries around the world which you would be willing to donate to Pre-School we are hoping to create a role play area of a 'world market' and would love to receive them.

### New School Garden

The PTA are currently working on a project to provide a garden and pond area for the children. Our aim is for the children to grow their own vegetables, to observe nature and have fun while they learn. There are a number of items that we need to source to bring this project to fruition.

If there are any parents, carers or friends of Heathwood out there who might be able to help with sourcing any of the products below at a discounted price, we would be very grateful. Please email [heathwoodpta@gmail.com](mailto:heathwoodpta@gmail.com) or alternatively call the school on 01525 377096.

Gravel  
Pump for the pond  
Butyl liner  
Compost  
Railway sleepers  
Potting Shed

### Daily Routines

School starts at 9.00am and finishes at 3.30pm.

The school gates are open in the morning between 8.50am and 9.00am, and in the evening between 3.25pm and 3.35pm.

If you are late, please bring your child to the Office, where we will mark him/her in. Only 1 adult is permitted in the Office Reception area at any one time so you may have to wait. Please note that a face covering must be worn in the school foyer.

Lateness after 9.05am is unauthorised.

### Play

Research has shown that play is the most important developmental process in any child's life, and the current health situation has identified the importance of outside learning. We aim to spend time outside everyday in addition to 'playtime' and 'lunchtime'.

Children are waterproof. Lack of outdoor play can be extremely bad for children's health. Outdoor play has recently been linked to improved behaviour and mental health as well as promoting healthy eyesight. We will still play outside in all weathers so please ensure your child has suitable clothing for outdoor play, even if they arrive at Pre-School/school by car.

We are committed to protecting children from serious harm but we also believe that minor bumps and bruises are an important part of growing up. You only have to think back to your own childhoods to know this is true. We will sometimes play games where the occasional bump and bruise is possible because of the enormous benefits these experiences have on the development and well-being of children. Studies have shown that overprotecting children can harm their development and that experiencing controlled risk through play can better prepare them for real life risk.

We believe that we are harming children's resilience if we continue to treat insignificant injuries. We will use a common sense approach to assess which injuries genuinely need attention and those which the child can better deal with by continuing playing. Children with minor bruises will be gently encouraged to carry on playing (just like we all did when we were children) rather than taking up time that could be better spent helping children play. This will help children become more physically and emotionally resilient. We hope you will support us in making play as exciting and fun as possible at a time when many children are not getting sufficient quality play in their lives.

<p style="text-align: center;"><b>Dates for your Diary</b></p> <p><b>September</b>  6<sup>th</sup> School re-opens for Pre-School and Classes 1-4  8<sup>th</sup> Open afternoon for Class R  9<sup>th</sup> First full day for Class R  17<sup>th</sup> Jeans for Genes Day</p> <p><b>October</b>  7<sup>th</sup> - Individual Photographs  25<sup>th</sup> - 29<sup>th</sup> Half Term</p> <p><b>November</b>  12<sup>th</sup> Children in Need</p>	<p style="text-align: center;"><b>Reading Books</b></p> <p>During the first week back, children in Classes 1-4 will be assessed for updated Reading levels - please bear with us while we spend time on this.</p> <p>From Monday 13<sup>th</sup> September, a weeks' worth of books will be sent home every Monday and must be returned the following Monday.</p> <p style="text-align: center;"><b>Please return any school books that you have at home.</b></p> <p>In Class R, we will be sending home books in due course. Initially, we will be sending home books that you, as parents, can read to your child or picture books that you and your child can talk about and make up a related story. In line with the rest of the school, these will go home on a Monday and must be returned the following Monday.</p>
<p style="text-align: center;"><b>Medicines</b></p> <p>Medicines kept in school must be prescribed for the child by a GP. Inhalers and Epipens must be in date and provided in the original box with instructions for use. All medicine must be named clearly. A form must be completed at the OFFICE if your child is prescribed any medicine that needs to be administered in school.</p>	<p style="text-align: center;"><b>School Diaries</b></p> <p>This year's school diary is coming home next week and contains reading records, targets and merits, as well as lots of school information all in one place. We expect these diaries to be in school every day and taken home every evening. <b>Please spend time with your child looking through and signing the appropriate pages at the front of your child's diary.</b> Please encourage your child to look after their diary, they are costly and we will have to charge £3.50 for any that are lost.</p>
<p><b>Playtime Snack</b></p> <p>Children in Class R, 1 and 2 will receive a fresh fruit snack daily as part of the Government's 'Schools Fruit and Vegetables Scheme'. As a school, we have decided to extend this scheme and provide a fresh fruit snack for Classes 3 and 4 paid for by us. Please do not send in any other snack.</p> <p>Fairtrade Council sell Fairtrade tuck on Fridays at playtime. Tuck costs 50p. We encourage children to have a water bottle in school every day which can be refilled (water only please - NO squash or juice). Don't forget that we don't allow single use plastic - Heathwood water bottles are on sale for £2 from the School Office.</p>	
<p><b>Rewards and Celebration</b></p> <p>At Heathwood we have a House Point system, our 'Houses' are Squirrels, Foxes, Rabbits and Badgers - your child will know which house they are in. Points are awarded at any time of the day and by all adults in class, in assembly, at playtimes and lunchtimes. The points are collected and counted weekly by the House Captains and celebrated on Fridays. We have a mufti day at the end of each term for the House with the most points.</p> <p>Merit certificates are awarded for Active Learning, and the two highest attaining Merit earners in each class at the end of each term, are invited to 'Hot Chocolate with the Headteacher'.</p> <p>On Fridays at 9.30am we hold a Celebration Assembly, this is to recognise 'Good Work' and 'Star Writer' or 'Amazing Mathematician'. We continue to award a pencil to the 'Star Writer', and a mathematical reward to the 'Amazing Mathematician' in each class every other week. These assemblies will take place 'virtually' with children in their classrooms.</p> <p>Heathwood the Bear is awarded in Monday Assemblies to the Class with the best weekly attendance.</p> <p>Children earn Values Stars which are collected on their own Rosette in each class. Stars are counted at the end of each month and The Good Conduct Cup is awarded to the class with the most Values Stars.</p>	



# CHALLENGE

Welcome back to our School Challenges. I know the last few weeks of term seemed to disappear very quickly as has the Summer break. As I have not received any challenges from July I am running them again as I would love to see

what you can do with them .... Please send in photos of your creations using the office (office@heathwood.beds.sch.uk) or Pre-School ([preschool@heathwood.beds.sch.uk](mailto:preschool@heathwood.beds.sch.uk)) e-mail addresses.

- **Design challenge:** Using items from around your home, can you make a small catapult. You could use lolly sticks, pencils, cardboard tubes, a spoon, milk bottle top and elastic bands. Have a look at the examples on the challenge board and have a go. Use a small playdough ball, scrunched up paper, pom pom etc. and send in a photo to show me your catapult in action.
- **Creative Shape Challenge:** This month's challenge is to turn a shape into a Super Hero. Show me your creation and record the shape's super power ... be as creative as you can and use your best handwriting.

Parents: If you would like more ideas and helpful examples, we have added the challenge Board posters to our website. If you go to our website, click on the drop down menu for children and then click on Monthly challenge; you will find them there. 😊

Please remind your children that they can earn themselves some house points by setting any of the challenges; just send in an email or a note to me saying what they want to challenge the children to do. Have a super time challenging yourself and enjoy this first month back at school!

Mrs Elaine Dicocco

## School Dinners

School dinners for children in Reception, Class 1 and Class 2 are **free**, funded by the government (UFSM-Universal Free School Meals). We are very proud of our super school meals (**have a look at the menu on the school website**), We work really hard to provide a nutritious and delicious selection of food every day. I would encourage all children to have a free meal at lunchtime instead of bringing a packed lunch.

The price for school dinners has not been increased and is **£2.30** per day / **£11.50** per week / **£80.50** for September/October half term for **Years 3 and 4 only** and should be paid for in advance weekly, half-termly or termly.

Please pay for school meals in advance online to NatWest account name: Heathwood Lower School, sort code 60-02-13 account number 62411632

Please reference with your child's name prefixed with 'SM' e.g. SMJackDove

## Term Dates 2021/2022

### Autumn

Monday 6<sup>th</sup> September 2021 - Friday 22<sup>nd</sup> October 2021  
Monday 1<sup>st</sup> November 2021 - Friday 17<sup>th</sup> December 2021

### Spring

Wednesday 5<sup>th</sup> January 2022 - Friday 11<sup>th</sup> February 2022  
Monday 21<sup>st</sup> February 2022 - Friday 1<sup>st</sup> April 2022

### Summer

Wednesday 20<sup>th</sup> April 2022 - Friday 27<sup>th</sup> May 2022  
Monday 6<sup>th</sup> June 2022 - Friday 22<sup>nd</sup> July 2022

### INSET Days

Wednesday 1<sup>st</sup>, Thursday 2<sup>nd</sup> and Friday 3<sup>rd</sup> September 2021  
Tuesday 4<sup>th</sup> January 2022  
Tuesday 19<sup>th</sup> April 2022

Monday 2<sup>nd</sup> May 2022 - May Day Bank Holiday

## School Uniform

We are looking forward to seeing the children next week looking very smart in their new school uniform. May I remind you that we are now in the Autumn Term, so back to shirts and ties please (**no summer uniform**).

We are proud of our uniform and I expect children to have their top button fastened, shirt tucked in and tie correctly tied at all times. Please ensure that your child is smartly dressed as they leave home.

I know how expensive uniform can be - please make sure it is all named so that we can return any mislaid items to you promptly!! Please also ensure that your child has a full named P.E kit and trainers in school every day.

Long hair must be tied back.

Earrings must be removed or covered for P.E. (please provide your own tape). No jewellery.

**P.E kits will be sent home every Friday for you to wash and return every Monday.**

## Pupil Premium

If your family is 'hard pressed' you may be eligible for a Pupil Premium grant; the school uses this funding to support your child's learning in a variety of ways, it can also cover some of the cost of trips, school clubs, school uniform or music lessons.

If you believe that you may be entitled to claim a Pupil Premium grant for your child and you do not already do so, or if you are not sure, please come and speak to Mrs Wilkins in the Office or contact Central Beds Council to lodge an application.

Tel: 0300 300 8306 or [customers@centralbedfordshire.gov.uk](mailto:customers@centralbedfordshire.gov.uk)

### School Milk

If your child would like to have milk at school in the coming term from 'Cool Milk' please see their website ([www.coolmilk.com](http://www.coolmilk.com)) for details on how to register.

### Genes for Jeans

We are again supporting Jeans for Genes (Friday 17<sup>th</sup> Sept) which raises funds to support children affected by genetic disorders. There are around 6,000 genetic disorders and it is estimated that one in 25 children is affected by a genetic disorder. 30,000 babies and children are newly diagnosed in the UK each year. Some genetic disorders are apparent at birth while others are diagnosed at different stages throughout childhood, and sometimes into adolescence.

Wear jeans/denim skirt with normal school uniform on top (i.e. jumper/cardi, shirt and tie).

Bring in a £1 donation please or, to be more COVID friendly, donate online at <https://www.jeansforgenesday.org/pay-in-your-money>

## Our Value for September is **PRIDE**

**A feeling of deep pleasure or satisfaction derived from one's own achievements, the achievements of one's close associates, or from qualities or possessions that are widely admired.**

**In school** we will be concentrating on 'The Heathwood Way', taking pride in ourselves, and being especially proud of our learning and our environment. We continue to celebrate great learning and to show and tell each other how proud we are. We will discuss what pride looks like and how it makes us feel.

**Thought for the month:** "Vanity and pride are different things, though the words are often used synonymously. A person may be proud without being vain. Pride relates more to our opinion of ourselves, vanity to what we would have others think of us."— Jane Austen, *Pride and Prejudice*

**At home** you could make a point of talking about pride in each other in your family, particularly telling children why you are so proud of them - 'I'm really proud of the way you waited so patiently', 'I'm proud that you are so kind to your brother' etc.



Values Stars are awarded to every child demonstrating the Value of the month - collect stars for your class to have the chance to be awarded The Good Conduct Cup!

### WOW!



Let us know how your child has demonstrated this month's Value of Pride at home.



### **Council News...**

At Heathwood we are very proud of our active School, Fairtrade, Sports, Rights Respecting and Eco Councils. Mrs Dove assists with the School Council, Mrs Wright with the Fairtrade and Rights Respecting, Mr Dicker with the Sports Council and Mrs Wilkins with the Eco Council.

All our Councils are elected by the children in their classes. After listening to a short speech prepared by potential councillors, the children vote for the candidate of their choice.

The Councils pride themselves on being the voice of their peers, bringing issues raised to monthly meetings. They run coffee mornings for parents and the local community, and raise money for school resources and charities of their choice. A weekly Fairtrade tuck shop uses its profits to invest in a Shared Interest Bank that offers low-interest loans to farmers in developing countries and to support the education of two children in Sierra Leone.

If you would like to represent your class on one of the councils, please write a speech to be read out in class and for your peers to vote for you - tell us which council you'd like to be on and what difference you think you could make.

### **School Council, Fair Trade, Sports Council, Rights Respecting and Eco Council Representatives**

Tell us ...Your name..... Class.....

- Which council would you like to be on?
- What will you hope to do as a member of the council?

- How could you make our school even better?

**Bring this back to school and hand it to your class teacher on Monday 6<sup>th</sup> September please.**

## Staff Vacancies

We are currently looking to recruit for the following vacancies to join our friendly team::

**Cleaner - 5 hours per week**

**Teaching Assistant SEND 1 to 1.**

**Pre School SEND 1:1 (minimum 6 hrs per week)**

If you would like an application pack or more information, please contact the School Office on 01525 377096 or via email at [office@heathwood.beds.sch.uk](mailto:office@heathwood.beds.sch.uk)

## Morrisons 'It's Good to Grow'

Morrisons are giving away FREE gardening equipment for schools!

On Monday 6th September they will be launching 'It's Good to Grow'. The programme aims to encourage school children to get outdoors and get growing, helping them to understand where their food comes from and how to grow their own fruit and vegetables, in order to make healthier food choices now and in the future.

How will this work?

- Between Monday 6th September and Sunday 24th October for every £10 spent in store or online, customers will get 1 Grow Token which they can donate to their chosen school
  - Exclusions apply, including tobacco and fuel sales
- Customers will use their My Morrisons app or card when paying to collect their Grow Tokens
  - Token cannot be retrospectively added to a customers account
- Customers can select the school they'd like to donate their tokens to within their My Morrisons account
- From 1<sup>st</sup> November schools will be able to redeem their Grow Tokens against a wide variety of gardening equipment
- Schools will start receiving their order between the end of January and the end of March

## Community News

The Parish Church of St Leonard's, Heath and Reach

are seeking a

### **CHURCH ADMINISTRATOR AND HALL MANAGER**

10 hours per week to be worked over 3 days £10 per hour

Further information and a job description is available from the Secretary, Ann Gomersall, [anngomersall@hotmail.com](mailto:anngomersall@hotmail.com); telephone 01525 376572.

Applications should be sent to Ann Gomersall, either by email, or in writing c/o the Parish Office, St. Leonard's Church Hall, Leighton Road, LU7 0AA. Closing date 20 th September.

We are also seeking a hall cleaner - 3 hours per week (flexible) - £9 per hour.