



# Heathwood Lower School Newsletter

September 2023

*Our vision for every child is to embed a love for learning, to be passionate about the world around them, to celebrate differences and be kind.*

*Our children will learn important life skills so they leave Heathwood equipped to be successful learners ready for the next steps in their lives.*

## Welcome back!

I 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 all!

I would like to welcome all those children, parents and staff who are new to our school. Starting somewhere new is both exciting and challenging as you learn new routines and make new friendships. I 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; so please do feel free to ask if you would like to know more. If you are uncertain or have any worries, please do not hesitate to contact us or speak to our lovely ladies in the office. 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 😊

During this half-term I will be continuing with treatment and continuing to work from home. I am planning to meet with the children regularly on screen and will be popping into school for short visits and meetings when I can. I hope to return to school as soon as I can safely do so. In the meantime, I would like to thank you all again for your kind words, support and understanding during these difficult times. Staff are in regular contact with me and no doubt I will continue to hear all of the amazing things our Heathwood children are achieving and aspiring to. I miss them all massively and can't wait to get back into school fully; counting down the days now!

Heathwood is an inclusive school where 'kindness is important' and 'a strong emphasis is placed on values such as trust, cooperation and responsibility' (OFSTED 2023). As a school we strive to nurture all of our pupils in order that they become confident, caring, compassionate children, ready to make a positive contribution to the whole community when they leave our care. We work tirelessly to ensure the school continues to flourish and maintains its welcoming, family feel. We 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 of the new term, a positive attitude to learning and a can do approach, and pride in ourselves and our environment; including smartness of school uniform, tidy work books with neat handwriting, and an organised, litter free environment. We 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.

**Jackie Wright**  
Headteacher

## Pre-School News

On behalf of the Preschool team, welcome back to our returning children, and a big welcome to all our new children. We hope you have had an amazing summer, and we are excited to share with you what we have planned for the year.

Our topic for this half-term is 'Me and My Community' and we would like all children to bring/email 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. I would like to say thank you to all those who have already sent in pictures and stars.

I would also like to say a big thank you to a parent that donated the fish tank to the preschool. It is all set up ready for the fish to go into it. Any ideas for names for the fish are welcome.



**Please can all clothes and water bottles be labelled**

## Governors News

The Governors spent a day together over the Summer planning what we would cover over the year ahead and we are meeting next week to carry out elections for the various roles and committees.

We currently have a vacancy for a Parent Governor. If you are interested, please contact the school at [office@heathwood.beds.sch.uk](mailto:office@heathwood.beds.sch.uk). No school or educational experience is needed. We are a very welcoming team and you would get lots of support and a full induction for this very rewarding role.

If you would like an informal chat with one of our Governors, the school office will happily arrange this for you.

## Daily Routines

School starts at 9.00am and finishes at 3.30pm.

The school gates are open in the morning between 8.55am and 9.00am, and in the afternoon between 3.25pm and 3.35pm. Please remember to let your children walk themselves into school from the school gates rather than bring them on to the school playground. Of course children in Class R may be accompanied by an adult whilst they settle into school. You can collect your child from the school playground at the end of the day. The class teachers will look out for you and send your child when they are ready.

If you are late, please bring your child to the Office, where we will mark him/her in. Lateness after 9.05am is unauthorised.

Thank you for your support and understanding in managing these daily routines.

## Play

Research has shown that play is the most important developmental process in any child's life, and 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 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 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.

## Dates for your Diary

### September

5<sup>th</sup> School re-opens for Pre-School and Classes 1-4

6<sup>th</sup> Open afternoon for Class R

7<sup>th</sup> Open morning for Class R

8<sup>th</sup> Class R in all day

11<sup>th</sup> Class 4 visit to The British Museum

15<sup>th</sup> Class 1 visit to The Higgins Museum

16<sup>th</sup> Heathwood PTA Event - Heathstock

21<sup>st</sup> Girls and Boys Football event (KS2)

22<sup>nd</sup> Jeans for Genes Day

27<sup>th</sup> PTA AGM 6pm at school all welcome!

29<sup>th</sup> Macmillan Coffee Morning

### October

5<sup>th</sup> School Photographs

5<sup>th</sup> Run for Fun event (KS1 and KS2)

12<sup>th</sup> Tag Rugby event (KS2)

13<sup>th</sup> Harvest Festival 2.30 - 3.20pm

17<sup>th</sup> & 19<sup>th</sup> Virtual Parents Evening-email to follow

20<sup>th</sup> Heathwood PTA event - Children's discos

23<sup>rd</sup> - 27<sup>th</sup> **Half Term**

## Reading Books

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. They will be given reading books at their previous level until reassessed.

From Monday 11<sup>th</sup> September, a weeks' worth of books will be sent home every Monday and must be returned the following Monday.

In the meantime, don't forget that all children have access to MyON-the online reading platform-check your child's diary for username and password.

**Please return any school books that you have at home.**

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.

### Medicines

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.

### School Diaries

This year's school diary is coming home soon 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. **Please spend time with your child looking through and signing the appropriate pages at the front of your child's diary.**

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.

### Playtime Snack

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.

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.



### Harvest Festival

Harvest Festival is an annual celebration that occurs around the time of the main harvest. In Britain, thanks have been given for successful harvests since pagan times. Harvest festival is traditionally held on the Sunday of, or nearest to, the Harvest Moon.

In British schools, people bring in produce from the garden, the allotment or farm. The food is often distributed among the poor and senior citizens of the local community, or used to raise funds for the church, or charity.

We will be celebrating the Harvest Festival in school on Friday 13th October and then donating the gifts from our Harvest Festival to the Leighton Linlade Helpers. The charity provides food parcels to vulnerable families in Leighton Buzzard and the surrounding area.

Parents are invited to attend the event from 2.30pm. Children from each class will be taking part and presenting a song, poem or prayer.

Non-perishable Harvest gifts (including personal care and cleaning items) may be brought into school any time from now onwards, to add to our collection.

### Rewards and Celebration

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.

Merit certificates are awarded for Active Learning (eg. asking a good question, working as part of a team, persevering), and the two highest attaining Merit earners in each class at the end of each term, are invited to 'Hot Chocolate with the Headteacher'. Merits are awarded in assembly and recorded in your child's diary.

On Fridays at 1:30pm we hold a Celebration Assembly, this is to recognise 'Good Work' and 'Star Writer' or 'Amazing Mathematician' or 'Remarkable Reader'. We continue to award a pencil to the 'Star Writer', a mathematical reward to the 'Amazing Mathematician' and a 'Reading Tag' in each class every other week.

'Heathwood the Bear' is awarded in Monday Assemblies to the Class with the best weekly attendance.

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.





Welcome back to our School Challenges. Please continue to send in photos of your creations using the office (office @heathwood.beds.sch.uk) e-mail addresses or bring them straight to me and I will place them all on display in the hall.

Where have you been during the Summer? Could you create a poster to share with everybody the favourite place you visited? Could you make a model or a sculpture of a place you visited? Could you produce a painting or some artwork to show where you have been? Try to be as creative as you can to show where you went in the Summer holiday. You could also produce a short piece of writing to explain where you went and why you loved it.

How many different words can you think of that are spelt the same forwards and backwards. For example, mum, dad, nan and wow are all spelt the same forwards as backwards. These are called palindromes. How many can you find?

Finally, for all you foodies and bakers out there. Can you make an edible 3D shape and send me a photo of what you cooked or baked? Could you make an edible pyramid? Could you bake a cake and decorate it in the shape of a cube? What other 3D shape could you make that you can eat? Once you've made them and sent me the photo, have fun eating your creation.

Get Creative

Mr Paul Dicker

### School Dinners

School dinners for children in Reception, Class 1 and Class 2 are **free**, funded by the government (UIFSM-Universal Infant 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.

For children in Years 3 & 4 the price for school dinners has been increased and is **£2.45 per day / £12.25 per week / £83.30** for the September/October half term

Payment for school meals will now be on School Money This will be updated weekly to record the meals that your child has had. You can make payments weekly or you can add money to your account and check your balance.. Any money which has been paid into the bank account has been added to your school money accounts. If you have any queries, please contact the school office.

### Tuck Shop

Fairtrade Council sells tuck ( Chocolate Cookie) on Fridays.

This is £7 for the Autumn term. Tuck shop is available to pay on School Money. If your child was absent on a Friday during Summer Term the credit has been applied to your child's account for the Autumn Term.

Class R children will start Tuck shop on Friday 15th September. Payment will be available to pay on School Money on Friday 8th September.

### Term Dates 2023/24

#### Autumn

Tuesday 5<sup>th</sup> September 2023 - Friday 20<sup>th</sup> October 2023

Monday 30<sup>th</sup> October 2023 - Wednesday 20<sup>th</sup> December 2023

#### Spring

Thursday 4<sup>th</sup> January 2024 - Friday 16<sup>th</sup> February 2024

Monday 26<sup>th</sup> February 2024 - Thursday 28<sup>th</sup> March 2024

#### Summer

Tuesday 16<sup>th</sup> April 2024 - Friday 24<sup>th</sup> May 2024

Monday 3<sup>rd</sup> June 2024 - Friday 19<sup>th</sup> July 2024

#### INSET Days

Friday 1<sup>st</sup> and Monday 4<sup>th</sup> September 2023

Wednesday 3<sup>rd</sup> January 2024

Monday 15<sup>th</sup> April 2024

Monday 1<sup>st</sup> July 2024

Monday 6<sup>th</sup> May 2024 - May Day Bank Holiday



## First Aid Skills for Primary School Pupils

Midcounties Coop have selected Heathwood as their partner working with the Community Heartbeat Trust to increase the first aid skills of primary aged pupils.

From September 2023-May 2024 the store will be fundraising and then in the summer term they will deliver first aid training resources to the school.

### School Uniform

We are looking forward to seeing the children 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 (**summer uniform can be worn during the first week back due to the extreme temperatures we are expecting**).

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)

### Parents' use of Social Media

Heathwood Lower School understands and appreciates the benefits of social media; however, there may also be some significant negative impacts, such as cyber bullying, which the school does not tolerate.

For us to set the best example possible to pupils at the school, we would like to invite parents to also lead by example. The school urges parents to review our Social Media Code of Conduct, which outlines how to act when using social media (available on the Policies section of the school website).

Should the school be subject to any online abuse, we will take the appropriate action, which may include considering our legal options to deal with any defamatory or libellous activity on social media. If any parents do have any concerns to raise, or would like to discuss this subject further, please contact your child's class teacher in the first instance. Mrs Wright can be contacted via the school office.

### 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.

### Jeans for Genes Day

We are again supporting Jeans for Genes (Friday 22nd 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 donate via the link:

<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 Wright assists with the School Council and the Fairtrade Council, Miss Romaine with the Rights Respecting Council, 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.

# WORLD'S BIGGEST COFFEE MORNING

We are pleased to announce that we will be holding a coffee morning in support of Macmillan Cancer Support on 29th September at 9am in the school Hall. Everyone welcome. More information to follow.

## Operation Encompass

The school continues to have the opportunity to take part in a project that will run jointly between schools, Central Bedfordshire and Bedfordshire Police

Operation Encompass is the reporting to schools, prior to the start of the next school day, when a child or young person has experienced or been exposed to any domestic abuse.

Operation Encompass will ensure that a member of the school staff, known as a Key Adult, is trained to allow them to liaise with the police and to use the information that has been shared, in confidence, while ensuring that the school is able to make provision for possible difficulties experienced by children, or their families, who have been experienced a domestic abuse incident.

We are keen to offer the best support possible to all our pupils and we believe this will be extremely beneficial for all those involved.





**FREE  
ENTRY**

# Heathstock

## festival FAMILY FUN DAY



**SATURDAY  
16TH  
SEPTEMBER**  
•  
**12PM TO 3PM**  
•  
**HEATHWOOD LOWER  
SCHOOL**  
•  
**ENTRY VIA  
CHILTERN GARDENS  
& COTEFIELD DRIVE**

**MUSIC**  
•  
**JAZZ SINGER  
NATASHA  
SEALE**  
•  
**INFLATABLES**  
•  
**THE  
BOOK TRAIN**

**GAMES**  
•  
**PIMMS  
BEER  
CIDER**  
•  
**FLOOR IS  
LAVA**

**PICNICS  
WELCOME**



Central  
Bedfordshire

## Professional Insight

### Childhood Mental Health



**Guest speakers from PoetsIN a Creative Mental Health Charity.**

A Charity Created For People Struggling With Their Mental Health By Two Poets Who Have Struggled Too.

#### **Professional Session**

**Monday 25th September 2023**

**4-5pm**

<https://www.eventbrite.co.uk/e/694081094237?aff=oddtcreator>

**Resources will be shared after the workshop.**

Central  
Bedfordshire

## Parent Insight

### Childhood Mental Health



**Guest speakers from PoetsIN a Creative Mental Health Charity.**

A Charity Created For People Struggling With Their Mental Health By Two Poets Who Have Struggled Too.

**Parent Session**

**Thursday 28<sup>th</sup> September 2023**

**4.30-5.30pm**

<https://www.eventbrite.co.uk/e/694086420167?aff=oddtcreator>

**Resources will be shared after the workshop.**

# Emotional Wellbeing Workshops

Early Help - Central Bedfordshire Council  
September - December 2023

Workshop	Date	Link to Book
Building Self-Esteem and Self-Confidence	Tuesday 19th September 10:30am	<a href="https://www.eventbrite.co.uk/e/703178223997?aff=oddtcreator">https://www.eventbrite.co.uk/e/703178223997?aff=oddtcreator</a>
Supporting Emotional Regulation	Wednesday 25th October 6:00pm	<a href="https://www.eventbrite.co.uk/e/703264913287?aff=oddtcreator">https://www.eventbrite.co.uk/e/703264913287?aff=oddtcreator</a>
Managing Anxiety	Thursday 12th October 10:30am	<a href="https://www.eventbrite.co.uk/e/703266447877?aff=oddtcreator">https://www.eventbrite.co.uk/e/703266447877?aff=oddtcreator</a>
Emotionally Based School Avoidance	Thursday 9th November 10:30am	<a href="https://www.eventbrite.co.uk/e/703269587267?aff=oddtcreator">https://www.eventbrite.co.uk/e/703269587267?aff=oddtcreator</a>
Managing Transitions	Wednesday 6th December 6:00pm	<a href="https://www.eventbrite.co.uk/e/703297280097?aff=oddtcreator">https://www.eventbrite.co.uk/e/703297280097?aff=oddtcreator</a>

All workshops are delivered virtually via MS Teams and are aimed at parents/carers of children or young people in Central Bedfordshire. Workshops will run each term.