

SPRING/SUMMER TERM 2023

PBA PRESS

A round up of this term's news & events

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A message from Mr Adams

Welcome to this half terms edition of PBA Press.

This has been a half term that has flown by incredibly quickly and we now look to the last half term of the year. As is usually the case, the summer term is about preparation for examinations and other events - such as end of term occasions - in addition to thinking about the start of the new academic year.

With the summer term upon us, pupils at PBA have been taking advantage of the usual range of activities and events associated with warmer weather and lighter evenings at school. The PE team continue to surpass themselves offering a host of matches against other schools in Cricket, Rounders and athletics. Pupils continue to throw themselves into these events with vigour and youthful exuberance and it is one of the endearing elements of working in schools to see such excitement in the faces of children when they have enjoyed a competition. For PBA it is about the involvement and we try to make sure that those pupils who attend the training sessions are able to be involved in the competitions.

As I mentioned in our last PBA Press the teaching staff have been appointed for next September. We were also really lucky to have had excellent fields for our support staff positions. These additional staff will continue to help us support and teach the increasing number of pupils joining the school. Heads of department have been appointed to begin the development of curriculum areas leading toward GCSE and beyond. It has been fantastic to meet with staff who are so excited about the opportunity to develop these areas from the very start.

The continued recruitment of pupils into year five for the next few years means we are well placed to provide the expertise within the primary provision ably supported by secondary trained colleagues as the pupils move through the school. I am pleased to say that we are full in year 5 and it will be great to work with these pupils over the next few years. We have also planned our transition events for next half term. These include the usual meet the tutor evening for new year 5 pupils in addition to an opportunity for parents to visit the school, have a tour and meet the teachers. Step up day is planned for Friday the 7th of July and on this day all pupils will be experiencing a little for what next year will be like with most new staff in school.

Work continues to try to develop our provision. Lunchtimes for KS3 now include a grab and go option which has been fantastically popular (with both staff and pupils). We have been able to attract some additional funding from the Trust to provide some more outside shade to enhance that provided last year in addition to hand dryers to try to reduce our environmental impact and mess associated with paper towels.

As always at the end of a half term I can look back on the work undertaken by the pupils and staff and feel proud of their collective efforts. With the continued support of parents and carers we are in the privileged position of seeing young people grow and see their personalities develop. It remains for me to wish you a wonderful half term break and I look forward to seeing you next half term.

KS2

News from Years 5 & 6

Ed Shed Results

Well done to everyone who has completed their EdShed work this week.

Here are the current scores:

Top Spelling Shed Groups

#	Group	Score
1.	Zephaniah	132,942,768
2.	Angelou	51,074,108
3.	Sachar	34,881,314
4.	Gandhi	23,530,260
5.	Shakespeare	22,138,622
6.	Pankhurst	13,303,688
7.	Attenborough	12,989,014
8.	Nightingale	9,268,108
9.	Morpurgo	3,843,351
10.	Austen	1,675,674

YEAR 6

News from Year 6

Update from Mr Cook

Firstly, may I say "well done" to all the Year 6 children, who came through SATs week in excellent spirits.

To celebrate getting to the end of the exams, we held a Celebration Day with a whole range of activities for the children (and the teachers) to enjoy.

All the classes were offered the chance to climb the climbing wall, have a go at an inflatable obstacle course, try archery, complete the "spider's web," and other exciting outdoor activities, and some fun indoor art and library events too.

Well done, Year 6, and have a great half term!



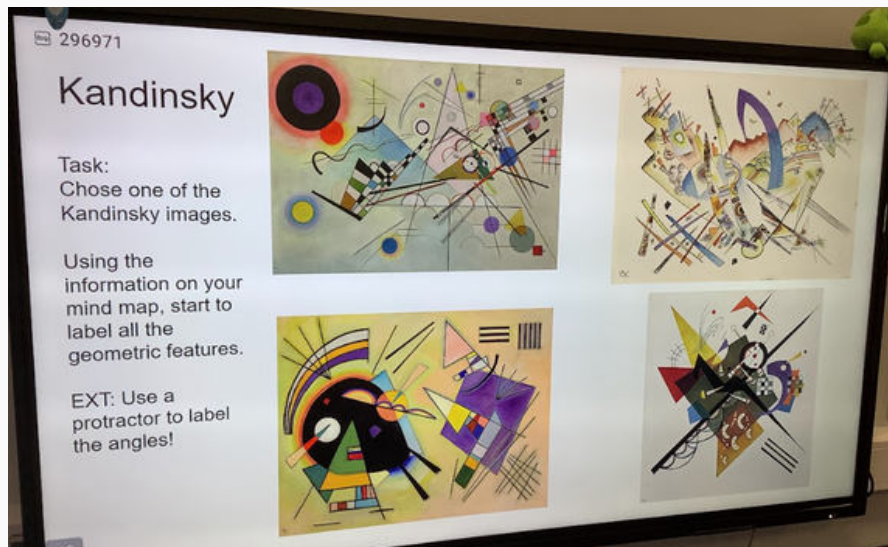
YEAR 6

News from Year 6

It's A "Sine" Of The Times

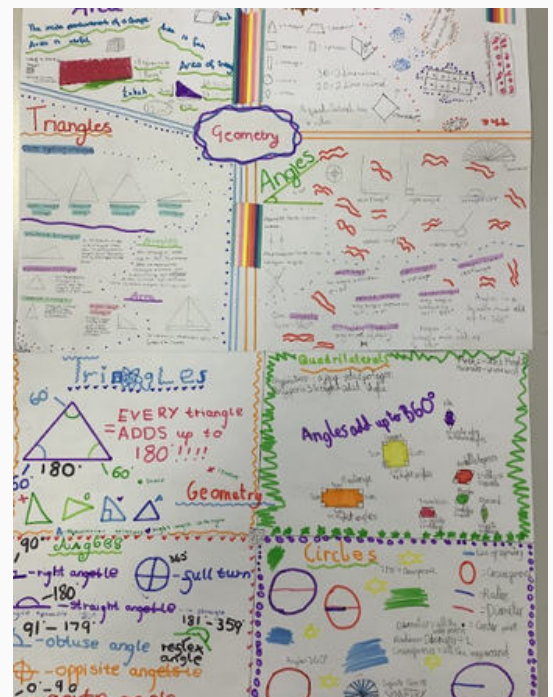
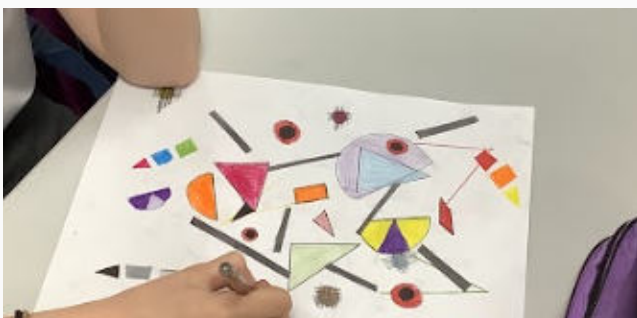
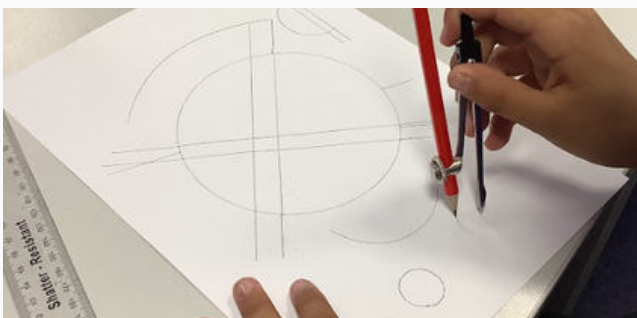
Since sitting the SATs year 6 have been busy applying all their knowledge to a variety of projects.

First, they were challenged to design a garden where they had to work with budgets and measurements, and then they have been applying geometry knowledge to a '**Maths is Art**' project inspired by Kandinsky.



Part of this included learning how to use a compass to draw circles which is a key skill they will need in year 7.

The students have particularly enjoyed this unit and the work they have produced is amazing! Well done Year 6!



KS3

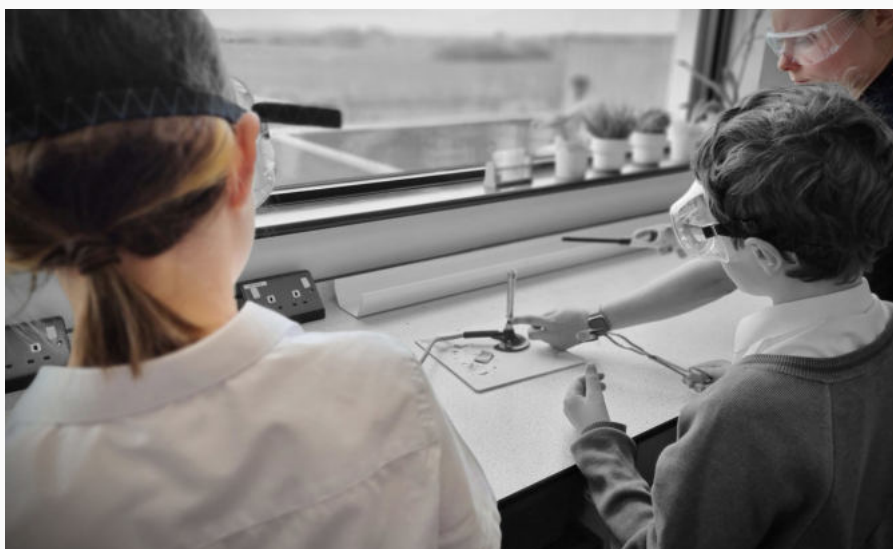
News from Year 7 & 8

Update from Miss Freeman

This term has been an incredibly short one but still had a lot packed into it. We have seen lots of students taking part in the wide range of extra-curricular activities and it is great to see them trying something they maybe haven't before.

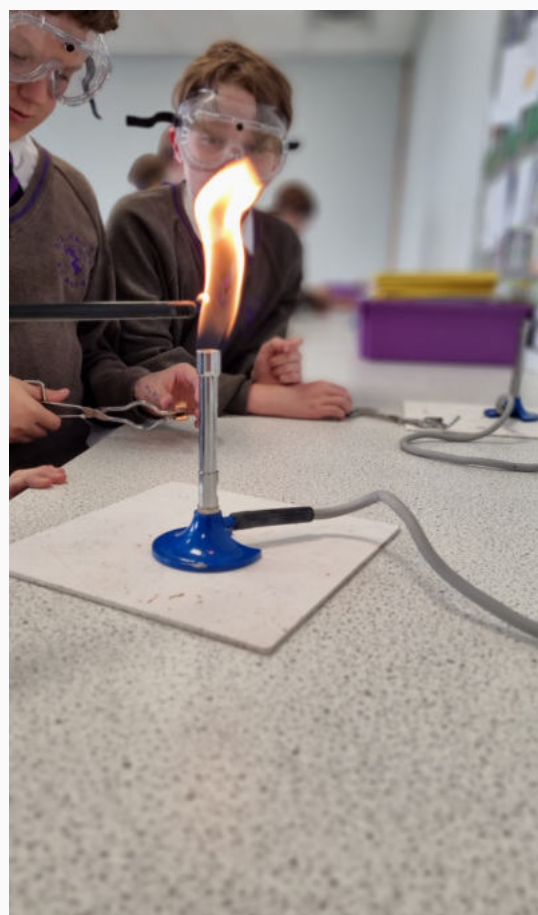
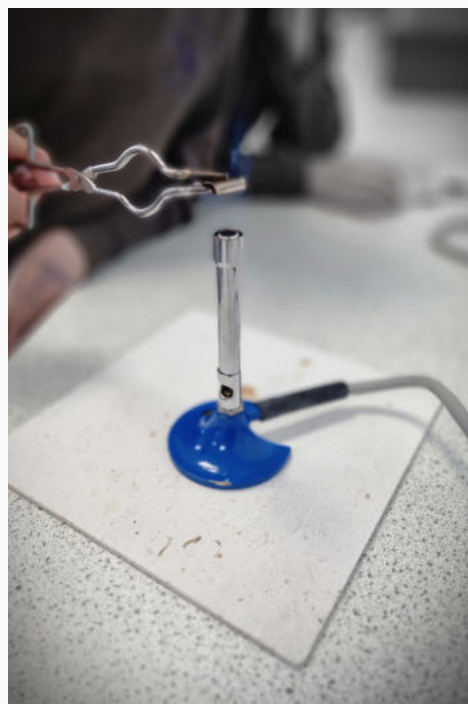
Next term we have several things to look forward to including our end of term trip to Thorpe Park. Final details on this will come out after half term.

I wish you all a restful break and look forward to welcoming all the students back on Monday 5th June.



Bunsen Burners

The Year 7s have been having a blast in science lessons this term, using the Bunsen Burners to heat strips of copper to turn it into copper oxide.

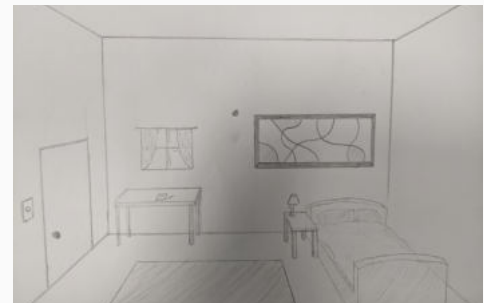
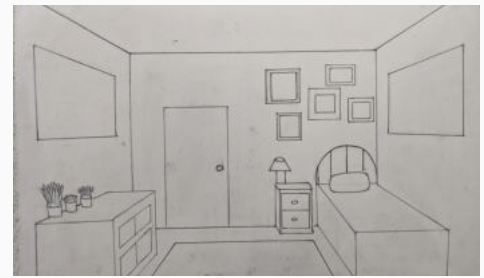
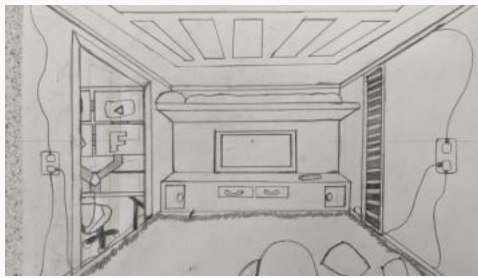


YEAR 7

News from Year 7

A Matter of Perspective...

This term, Year 7 are learning all about perspective drawing in their art lessons. Here are some of their brilliant one-point perspective bedroom drawings.



YEAR 8

News from Year 8

Update from Mr Fleckney

Another half-term closer to the summer holiday's and it has been a heavily disrupted 6 weeks with bank holiday's and further teacher strikes.

With all the disruption throughout the half-term the Year 8 have continued their positive approach to learning and I am sure that this will be reflected at the upcoming parent's consultation evening.

Half of the Year 8 cohort had the fantastic PGL trip to Lincolnshire last week, I must personally thank Mrs Freeman for organising as a lot of time goes into arranging and planning these trips. It was great to see many Year 8's in high spirits and in a challenging environment away from the classroom (even if the rooms weren't neat and tidy at times).

My particular favourite activities were the abseiling and high swing. For those students that stayed behind at PBA well done on your hard work in the different classes over the three days.



It is great to see many of our Year 8 students enjoying the extra-curricular clubs that are on offer this term, including the chess tournament and sporting activities. There is lots to look forward to next half term including the annual Sports Day and the end of year awards ceremony.

One last half-term to go and I challenge the Year 8 cohort to raise the bar even further and I hope many of them will be involved in the LTL awards.

I hope you all have a restful and fun half-term and to any Luton fans like myself reading this – Come on you Hatters!

YEAR 8

News from Year 8

STEM Challenges

Year 8 (b band) students who stayed in school during the PGL trip had loads of fun getting creative with some super science challenges with Mr Hill and Miss Parker.

On Wednesday we channelled our inner Jack Sparrow during **boat wars**. Competing to make the boat which could hold the most booty (copper coins) using just a 0.15m x 0.5m piece of aluminium foil. The winning team, captained by Thomas (with Amir and Alex), created the SS Georgie which held an impressive 27 coins before going under to meet Davy Jones's locker.

On Thursday we were challenged to make a **paper bridge**: the winning team created the Silvergate bridge and was captained by Alexia (with Rosita, Neyli and Dzifa). This impressive feat of engineering spanned a 40cm canyon and held 27 masses before yielding.



Finally, on Friday we did the classic **spaghetti and marshmallow tower challenge** to see who could build the tallest freestanding structure. The patience and perseverance shown by each team was impressive. The eventual winner was the Silver tower by the team which was again captained by Alexia. This superstructure stood tall at a height of 67cm looking like the Burj Kahlifa of spaghetti.

Thank you to everyone involved for making it fun and competing fairly.



SCHOOL NEWS

What's been happening in school this term



Clean Kitchen!

We had an unannounced visit from environmental health on 23rd May, as part of their spot-check work on catering facilities.

I want to congratulate the catering team as they achieved a 5 star rating in what is a very stringent process.

Maths Update

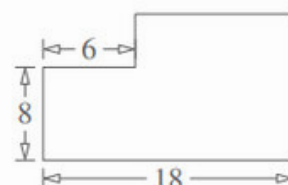
UKMT Junior Maths Challenge

Towards the end of April, nearly 40 students took part in the UKMT Junior Maths Challenge. The aim is to encourage mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems. They are designed to make students think. Most are accessible, yet still challenge those with more experience.

The challenge took place in the library which was set up in exams conditions. The students, from Years 6, 7 and 8, had to answer 25 multiple choice questions in one hour without any help from the adults in the room. The questions got progressively harder! This is question 10:

10. In the diagram, all distances shown are in cm. The perimeter of the shape is 60 cm. What is the area, in cm^2 , of the shape?

- A 192 B 204 C 212 D 232 E 252



and this is the last question:

25. Granny gave away her entire collection of antique spoons to three people. Her daughter received 8 more than a third of the total; her son received 8 more than a third of what was then left; finally her neighbour received 8 more than a third of what was then left.

What is the sum of the digits of the number of spoons which were in Granny's collection?

- A 14 B 12 C 10 D 8 E 6

Answers are at the end of this report...

SCHOOL NEWS

What's been happening in school this term

The results were fantastic this year – 2 students were just one question away from progressing to the next stage.

Well done to **Oisin Barnes** (Year 8) and **Lauren Bone** (Year 7) who came joint 'Top of School' with a gold certificate.

They were very closely followed by **Oz Hilton** (Year 6) who achieved a silver certificate and 'Best in Year' award.

The following students also achieved a silver certificate: **Angelina Costas, Cameron Williamson, Jacob Jarvis, Aayush Patel, Stan Webb** and **James Lamb**.

Bronze certificates were awarded to **Harrison Allison, Quinn Fortier-Scott, Alex Lamb, Ralf Patching, Suhana Sajjad, Augustin Bobeica, Fin Boughen, Sophie Cocks, Christopher Corne, Byron Erol-Blyton, Edie Hackett, Olivia Harding, Sami Hussein, Zachary Jenkins** and **Freddie Spicer**.



National Numeracy Day

The 17th May was National Numeracy Day and the aim of the day is to celebrate numbers and how we use them in everyday life. The day is designed to encourage people to feel curious about numbers, explore how they can benefit them in their day to day life and give them the confidence to develop and improve their numeracy skills. So, whilst the majority of Year 8 were away on their PGL trip, the rest of us spent the lesson writing raps! Even Mrs Bryant had a go at rapping (I'll do anything just the once!) and Mr Mannion wrote an excellent rap. The students watched Harry Baker, a poet and rapper, perform his specially written maths rap and then had a go at writing one themselves.

Below are a couple of the completed raps...



SCHOOL NEWS

What's been happening in school this term

Maths Raps

Numbers go hard, add or divide.
Don't matter what you do, they'll just let it slide.
Maths is all over, just look at the time,
So listen to my beats and worship my rhyme.

You may think I'm funny, but I'm getting all that money,
 $1 + 2 + 3 + 4$, numbers won't hurt you or bring you to the floor.
 $3, 6, 9, 12$ - I know my threes; no number will bring you to your knees.

Numbers go hard, add or divide.
Don't matter what you do, they'll just let it slide.
Maths is all over, just look at the time,
So listen to my beats and worship my rhyme.

By Andre and Teddy

Right, let's start with the maths
So let's do this with our cats
Start with the basics
So let's get those bases.

Start with addition, might as well make a petition.
Let's try subtraction, so why don't you feel some traction.
What about multiplication of the nation?
Let's try to divide; now you move to the side.

Right, let's start with the maths
So let's do this with our cats
Start with the basics
So let's get those bases.

What about algebra; go and get a zebra.
Let's get to the masses so get to those classes.
It's time for some weight, so don't be late!
Don't be absurd but don't be a nerd.

By Brody, James and William

SPORTS NEWS

Events and Successes for our Sports Teams



PBA TAKES GOLD

Brilliant results from the PBA Athletics Team's first Championship



PBA Athletics Team

Last Friday, **Isabella P** in Year 7 won **gold** at the annual district athletics championships. After cruising to a easy win in the opening heats, Isabella won by a clear margin in the final!

In other events, Isabella also came 2nd in the long jump, **Maddie F** came 2nd in the discus, **Lauren B** coming 2nd in the 1500m and 3rd in the javelin and lastly **Charlie J** took silver in the high jump.

A brilliant first representation of the school at the event!

Year 6 secure stunning rounders victory

Our Year 6 rounders team had a spectacular start to their rounder season with a 27-10 victory over Marston Vale!

Great job, team!



SPORTS NEWS

Events and Successes for our Sports Teams

Sports Fixtures - first week back



Sports Fixtures This Term

Year 5: = **KS2 Athletics:** 6 June - 27 June (Tues); **Mixed Rounders:** 8 June - 22 June (Thurs);

Year 6: = **Mixed Rounders:** 24 May - 21 June (Weds); **KS2 Athletics:** 6 June - 27 June (Tues);

Year 7: = **KS3 Athletics** 25 April - 16 May (Tues); **Girls Rounders:** 4 May - 18 May (Thurs);
Cricket: 11 May - 25 May (Thurs)

Year 8: = **KS3 Athletics** 25 April - 16 May (Tues); **Girls Rounders:** 26 April - 17 May (Weds);
Cricket: 10 May - 24 May (Weds)

Competitions: **KS2 Boys/Girls Cricket** - Friday 9 June

ACHIEVEMENTS AND STORIES

Extra-curricular Achievements



WELL DONE BOYS!

Congratulations to Eli Woolley, Harry Wood, Harry Massey and Oliver Field who took part in the Norwich Rugby tournament this weekend and Won!



Rugby Win at Norwich

Congratulations to Eli, Harry, Harry and Oliver for their success at the Norwich Rugby Tournament.

Riding to Victory

Grace King, from Year 8, recently took part in an equestrian event with her horse, Jack.

Well done to both of them, they make a great team!



WELL DONE GRACE!

Grace and her wonderful horse Jack won two first places and reserve champions of the day during an Easter Trec Competition



ACHIEVEMENTS AND STORIES

Extra-curricular Achievements

Piano Exam Results



That's Music to our Ears

Some of our students took their piano exams earlier this term with great results.

Well done all of you.

Track Day Success for Harri

Harri Maund from Year 5 took part in the Lee Valley Track Day in early May.

11.38 in 75m (1st place in U11 Boys)

3.24m in Long Jump (2nd place in U11 Boys)

Well done, Harri!



HARRI SMASHES PB

Harri Maund from Year 5 smashed his personal best at the Lee Valley Track Day



ACHIEVEMENTS AND STORIES

Extra-curricular Achievements

Stotfold Jr Winners

Congratulations to Amelia Farrow, Ellie Talbott and Darci Sloan, who won the league cup final for Stotfold Juniors.

Well done, ladies!



CRUK Fundraising

Rosie Fernandez, currently in Year 5, is taking part in a muddy assault course in aid of Cancer Research UK.

To read Rosie's story, or to support her fundraising, please click [here](#).

ACHIEVEMENTS AND STORIES

Extra-curricular Achievements

A Win for William

William Whybrow in Year 7 competed successfully in a country show, achieving 2nd in a big class and reserve male champion of his section with his ram, Hamish. Great job to both of them!



COUNTRY SHOW CHAMPION

William Whybrow from Year 7 wins 2nd place and reserve champion at country show.



UNDER 10S CHAMPION

Benjamin Manderson from Year 5 was named Under 10s Champion at the Letchworth Rugby Club awards event.



Player of the Year Award

Congratulations to Benjamin Manderson in Year 5! Benjamin was awarded U10's Player of the Year at Letchworth Rugby Club at their annual awards day. Well done, Benjamin!

ACHIEVEMENTS AND STORIES

Extra-curricular Achievements

100kms for Miss Power

As part of the lead up to Miss Power's 100km ultra challenge through the Peak District, she has been getting out in the countryside and taking on some training walks. Over the weekend, she clocked 40km, just under half of the distance she will be tackling in July. Miss Power is doing this in aid of the wonderful charity Mind UK. If you would like to donate to Mind, you can follow the link justgiving.com/tarapower1



POWERING THROUGH 100KMS

Miss Power will be trekking 100kms through the Peak District for Mind UK.



PBA STUDENT NAMED UK PATTERN CHAMPION

Freya West from Year 7 was named Taekwondo Under 14s pattern champion at the ITF Finals

TaeKwondo Champion

Freya West from Year 7 recently attended The UK ITF finals day in Bristol. She was competing in the U14's for patterns and U14's Welter/Heavy sparring categories, and is now U14's UK National Pattern Champion. She represented the UTA and her Club (Letchworth & Biggleswade TKD) with dignity, self-respect, and spirit.



ACHIEVEMENTS AND STORIES

Extra-curricular Achievements

Comet Reports Crossbar Success

Leo Gawley Green from Year 6 took on a fundraising crossbar challenge to support the charity Pancreatic Cancer UK.

He hit the bar over 100 times during the fundraising event.


The charity has been helping Leo's granny, who was diagnosed with cancer at Christmas 2021.

His story was featured in The Comet.



FUNDRAISING STAR

Leo from Year 6 raises over £1,100 by completing the crossbar challenge.



SUCCESS

DOES YOUR CHILD HAVE A STORY TO SHARE?

Maybe they're fundraising for a good cause, or have achieved an award in a sport or club, or passed a music exam?

Send us an email: pixbrook@bestacademics.org.uk to be included in the bulletin!

SAFEGUARDING, WELLBEING & SEND

Information on wellbeing for students and families

Yoga Classes

Local Yoga leader, Jane, is offering yoga taster sessions for SEND children. Please click [here](#) for more information.



Happy Little Yogi Taster Sessions

Join us for a FREE, fun, yoga/mindfulness session aimed at children with special educational needs and disabilities (SEND).

On Thursday 1st June 2023

14:00 - 14:45 for 5-9 year olds
15:00 - 15:45 for 10-16 years olds

At Jenkins Pavilion, Nr Sandy Sports Centre (off Medusa Way) Sandy, SG19 1BN

Should you have any questions please email Jane (the instructor) on: jane@happylittleyogi.com.

Book now to secure your place: www.happylittleyogi.com/classes/holiday-camps.

Guardians are required to stay for the whole session and are welcome to join in if they wish. Places are limited to 12 per session.

This session is funded by Sports England, National Lottery and Be Active.

A great place to live and work.
Find us online: www.centralbedfordshire.gov.uk [getactivewith](https://www.facebook.com/getactivewith) [1erstalkcentral](https://twitter.com/1erstalkcentral)

There are also yoga classes starting on 1st June, run by the Beds & Luton Eating Disorder Service. Please click [here](#) for more info.



Yoga for Eating Disorders 8 week course

In partnership with NHS Eating Disorder psychology services in Central Bedfordshire and Luton

Dear present and future yogis,

We are preparing to start another one of our 8 week yoga for eating disorder courses and wanted to put the word out!

The next course starts on Thursday, 1st June 2023 at 6.30pm and will take place face to face at Flitwick Football Centre in Flitwick. It will run every Thursday for 8 weeks

Anyone who has been diagnosed with an Eating Disorder in the East of England Region is welcome regardless of prior experience with yoga. If you have attended our course in the past you are very welcome to join again!

Please email the Beds and Luton Eating Disorder Service (elt-tr.eatingdisorder.service@nhs.net) for joining instructions. You can also call on 01582 293 333.

You can find more information here: <https://www.reconnectyoga.co.uk/courses>.

We are looking forward to meeting you!

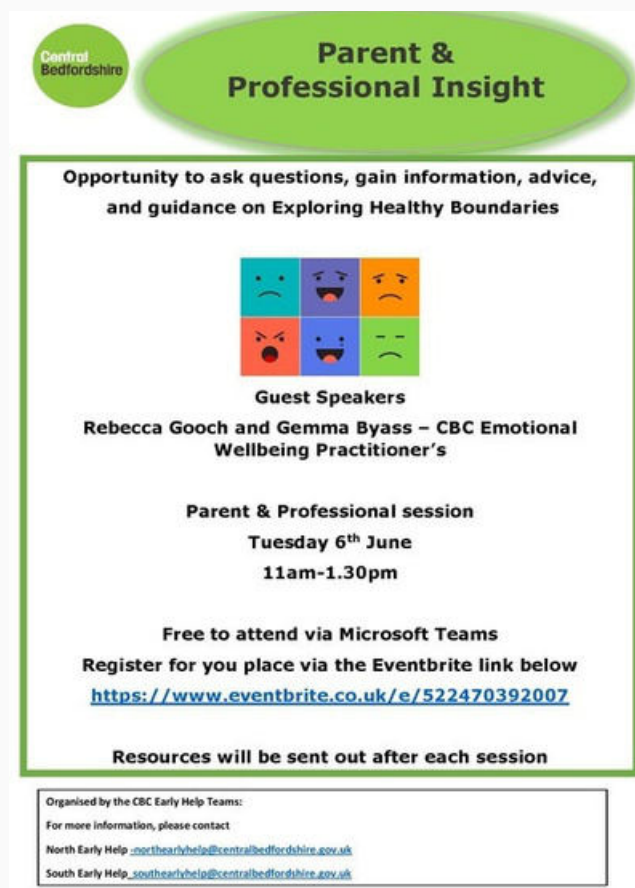
The Yoga team at the Community Eating Disorder Service

Parent & Professional Insight

Text here


The CBC Early Help team are offering some insight sessions for parents and professionals:

- Exploring Healthy Boundaries on 6th June. Click [here](#) for tickets.
- Information, advice and guidance on accessing the HAF programme on 4th July. Click [here](#) for tickets.



Parent & Professional Insight

Opportunity to ask questions, gain information, advice, and guidance on Exploring Healthy Boundaries



Guest Speakers
Rebecca Gooch and Gemma Byass – CBC Emotional Wellbeing Practitioner's

Parent & Professional session
Tuesday 6th June
11am-1.30pm

Free to attend via Microsoft Teams
Register for you place via the Eventbrite link below
<https://www.eventbrite.co.uk/e/522470392007>

Resources will be sent out after each session

Organised by the CBC Early Help Teams:
For more information, please contact
North Early Help northearlyhelp@centralbedfordshire.gov.uk
South Early Help southearlyhelp@centralbedfordshire.gov.uk

SAFEGUARDING, WELLBEING & SEND

Information on wellbeing for students and families

Sensory Processing Awareness Training

Bedfordshire Community Health Services, Paediatric OT team, have launched a new online video presentation to help parents and professionals of children with a sensory challenge.

The training is available for everyone, no referral needed, and parents and professionals can learn about sensory preferences, help with developing resilience using sensory smart strategies and how to adapt tasks to increase participation.

Click [here](#) to access the training.



Do you know a child with sensory challenge?

- Training for everyone - no referral needed
- Learn about your child's sensory preferences
- Learn sensory smart strategies to help develop resilience
- Learn how to adapt tasks to increase participation



Access the online training video package here:
www.cambscommunityservices.nhs.uk/sensory-processing-awareness-training

To contact the service email: ccs.sensoryawarenesstraining.ot@nhs.net

Children & Young People's Centre
 Redgrave Garden's, Luton, LU3 3QN

Child Development Centre
 Kempston, Hill Rise, MK42 7EB




Text here

Half-Term Activities

Autism Bedfordshire are running a series of half-term activities. For more information, please visit their [website](#).

CHILDREN'S SERVICES
EXCLUSIVE GYM PLAY SESSION
MAY HALF TERM

MK Springers Gymnastics Centre
 16 Carters Lane, Kilm Farm, Milton Keynes, MK11 3ES

Date: Tuesday 30th May 2023
 Time: 12.30pm - 2.00pm

Cost: £3.50 per child (AB members)
 £4.50 per child (non AB members)
 Siblings welcome

Children must be supervised at all times by Parents/Carers.

For ages 5-12 years

Book Now
enquiries@autismbeds.org
 01234 214871 (general enquiries)



CHILDREN'S SERVICES
EXCLUSIVE SOFT PLAY SESSION
MAY HALF TERM

John Bunyan Sports & Fitness Centre
 Mile Road, Bedford, MK42 9TS

Date: Friday 2nd June 2023
 Time: 1.30pm - 3.00pm

Cost: £4.00 per child (AB members)
 £5.00 per child (non AB members)
 Under 1s go free, siblings welcome

Children must be supervised at all times by Parents/Carers.

For ages 0-12 years

Book Now
enquiries@autismbeds.org
 01234 214871 (general enquiries)



CHILDREN'S SERVICES
EXCLUSIVE SWIM SESSIONS
MAY HALF TERM

Leo Manor Recreation Centre
 Northwell Drive, Luton, Bedfordshire, LU3 3TL

Date: Thursday, 1st June 2023
 Timeslots: 12.30pm-1.30pm
 2.00pm-3.00pm

Cost: £3 per person

Additional Information:

- Please arrive 15 minutes before your session to change.
- You will be responsible for your child/en at all times.
- Parents/Carers must be in the pool with their child/en.

For ages 5-12 years

Book Now
enquiries@autismbeds.org
 01234 214871 (general enquiries)



CHILDREN'S SERVICES
EXCLUSIVE GYM PLAY SESSION
MAY HALF TERM

Salto Gymnastics Centre
 98 Comford Way, Luton, LU3 3AN

Date: Wednesday 31st May 2023
 Time: 12.30pm - 2.00pm

Cost: £3.50 per child (AB members)
 £4.50 per child (non AB members)
 Siblings welcome.

Important Information:

- Children must be supervised 1:1 at all times. Additional adults must attend if children are groups of 10 or more.
- Only 10 participants is available and the others are left with for safety as they do not have inflatable slides. An Autism Beds staff member will oversee this with a visual timer.
- Other activities available include games inflatable slide, team gym, balance beams, spring boards, soft play apparatus and more!

For ages 5-12 years

Book Now
enquiries@autismbeds.org
 01234 214871 (general enquiries)



SAFEGUARDING, WELLBEING & SEND

Information on wellbeing for students and families

Young Person's Sanctuary

Young Person's Sanctuary is a drop-in evening service for young people aged 14-17 in crisis or mental distress. It is a safe, non-judgemental space. You will be met by a trained mental health worker who will listen and help you identify ways to address the problems you are facing.

To contact Young Person's Sanctuary, please email yps@mind-blmk.org.uk

Young Person's Sanctuary
Supporting young people with mental health across Bedford

there is always someone there who will listen

14-17yrs

OPENING TIMES
See below

A safe, non-judgemental, and relaxed space

Location:
CAMHS, 5-7 Rush Court, Bedford MK40 3JT

Monday - Friday (5.00pm - 10.00pm)
Saturday & Sunday (4.00pm - 10.00pm)

To find out more:
0300 330 0648
yps@mind-blmk.org.uk

mind BLMK
www.mind-blmk.org.uk
Charity No. 1068724

Young Person's Sanctuary

Our Young Person's Sanctuaries are safe, non-judgemental spaces that you can come to if you find yourself in crisis or mental distress in the evenings. You will be met by a trained mental health worker who will listen and help you identify ways to address the problems you are facing.

Who are the Young Person's Sanctuaries for?

- Young people (14-17yrs) who are experiencing severe mental distress or crisis. Young people are welcome to bring anyone from their support system.
- Young people do not need to be known to mental health services to attend.

What can you expect?

- A safe, non-judgemental, and relaxed space.
- A confidential one-to-one session with a trained mental health worker

- Support to identify coping mechanisms and building emotional resilience
- A step-by-step tailored guide on how to access support and keep safe

Do you need an appointment?
Each Young Person Sanctuary is now operating a drop-in service and an appointment is not required.

Find your nearest YPS and opening times by scanning the above QR code.

For more information please contact:
yps@mind-blmk.org.uk
0300 330 0648

mind BLMK
www.mind-blmk.org.uk

Young Person's Sanctuary

CAMHS, 5-7 Rush Court, Bedford MK40 3JT

Monday - Friday (5.00pm - 10.00pm)
Saturday & Sunday (4.00pm - 10.00pm)

For more information please contact:
yps@mind-blmk.org.uk
(for enquiries only, no referral is necessary)
0300 330 0648

mind BLMK
www.mind-blmk.org.uk
Charity No. 1068724

NHS East London NHS Foundation Trust

SAFEGUARDING, WELLBEING & SEND

Information on wellbeing for students and families

CHUMS



We just wanted to update you with the summer term virtual workshops which CHUMS are offering to families in Bedfordshire and Luton. All workshops are delivered via Microsoft Teams video call and last 2 hours approx.

Families must be registered to a GP surgery in Central Bedfordshire, Bedford Borough or Luton to be accepted onto a workshop.

If you wish to attend any workshop, you can complete a registration form and email it to **fwteam@chums.uk.com**.

Please note, families must sign up **at least a week** before the workshop they wish to attend and places are allocated on a first-come, first served basis. The form can be downloaded [here](#).

Parent Sleep Workshop (Children aged 12 and under) : Tuesday 6th June; 17:00-19:00pm

The workshop will cover the following topics; why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to help overcome sleep problems.

Teenage Sleep Workshop (Children aged 13+): Tuesday 20th June; 16:00-18:00pm

The workshop will cover the following topics; why sleep is important, what is 'good' sleep, sleep hygiene tips and strategies for managing worries at night.

Parent Self-esteem workshop (Children aged 12 and under): Tuesday 4th July; 17:00-19:00pm

The workshop equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.

Teenage self-esteem (Parents and young people 13+): Monday 12th June; 16:00-18:00pm

One off workshop which equips teenagers with an understanding of self-esteem and tools to build confidence through thought challenging, relaxation and activities to celebrate strengths and successes. Workshop also offers parental tips for building self-esteem in adolescence.

0-5 Resiliency Workshop (Parents of children aged 0-5) : Wednesday 19th July; 17:00pm-19:00pm

The workshop will look at the importance of relationships, healthy attachment and how children are constantly learning from those around them. It will cover emotional regulation and how parents/carers are in a prime position to model healthy emotional regulation and behaviours. The workshop will also cover strategies and techniques to help build resiliency in children.

Secondary Resiliency Workshop (Children aged 13+): Monday 27th June; 16:00-18:00pm

The workshop will cover the following topics; mental health vs mental health problems, emotional regulation, psychoeducation around anxiety and low mood, and strategies for relaxation.

Secondary Resiliency Workshop (Children aged 13+): Monday 27th June; 16:00-18:00pm

The workshop will cover the following topics; mental health vs mental health problems, emotional regulation, psychoeducation around anxiety and low mood, and strategies for relaxation.

Transition Workshops:

Lower-Middle transitions (parent only) – Wednesday 9th August 17:00pm-19:00pm

Primary-Secondary/Middle-Upper transitions (Parent and young person) – Friday 18th August 9:30am-11:30am

One-off psychoeducation workshops that provides anxiety /behavioural strategies based on guided self-help to help children with transitions to new schools / reintegration back to school.

–

JOB VACANCIES

Current vacancies in school

Science Technician

A rare and exciting opportunity has arisen and we are now looking for a Science Technician to join our excellent Science Department, working flexibly across a range of functions and supporting science teachers with daily science needs.

Click [here](#) for vacancy details.

Closing date: Midnight 4th June



SEND Admin

We are excited to be looking for a 'people person' to join our SEND team to support the day-to-day operational work of the SENDCo & Assistant SENDCo..

Click [here](#) for vacancy details.

Closing date: Midnight 14th May.

JOB VACANCIES

Current vacancies in school

TA

A rare and exciting opportunity has arisen and we are now looking for a Science Technician to join our excellent Science Department, working flexibly across a range of functions and supporting science teachers with daily science needs.

Click [here](#) for vacancy details.

Closing date: Midnight 11th June



KS2 Primary Teacher

This position would suit a new or experienced teacher who is looking to develop their career in a highly supportive and forward-thinking school.

Click [here](#) for vacancy details.

Closing date: Midnight 11th June



GENERAL INFORMATION

Useful to know!

Clubs & Societies

Our lunchtime sports clubs and societies aim to give the children a range of activities and interests to enjoy.

Monday	Tuesday	Wednesday	Thursday	Friday
Year 5/6 Dance Club (EI)	Year 5 Cricket (JS/MD/LN)	Year 6 Cricket (JS/LN)	Year 5 Running Club (JS)	Year 6 Running Club (MD)
Year 5 Badminton (JS/MD/LN)	Year 6 Rounders (PS)	Year 5 Rounders (MD)	Year 6 Dodgeball (MD/LN)	Year 5 Dodgeball (JS/LN)
Year 7 and 8 Rounders (IW)	Year 5 & 6 ICT Club Mr Williams, Room 006	Year 7 and 8 Running Club (PS)	Year 7 & 8 Art Club Mrs Poxson, Room 126	Year 7 Cricket (JS/LN)
Year 8 Cricket (JS/MD/LN)	Year 7 & 8 Maths Drop-In Mrs Bryant, Room 140	Year 5 & 6 Triolingo (Italian) Miss Power, 006	Year 7 & 8 Warhammer Club Mrs Poxson, Room 127	Year 7 and 8 Badminton (AJ/MD)
Year 7 & 8 Debate Club Mrs Pearce, Room 238		Year 5 & 6 Gardening Club Mrs Pearce, Garden		Year 5 & 6 EdShed & TTRS Club Mrs Murphy, Room 006
Year 7 & 8 Debate Club Mr Collins, Room 207		Year 5 & 6 Beginner's Sign Language Miss Binks, Room 119		
		Year 7 & 8 ICT Club Mr Williams, Room 140		

We have a variety of sports clubs that meet after school. Please contact the school if you would like your child to take part in any of our clubs.

After School Sports Clubs

Monday	Tuesday	Wednesday	Thursday	Friday
All Years Athletics (JS/AJ/IW/PS/LN)	KS2 Trampoline (IW/AJ)	Year 6 Mixed Rounders Fixtures (AJ/MD)	Year 5 Mixed Rounders Fixtures (IW)	
Year 7 Cricket Net Practice (MD)	KS2 Athletics (JS/AJ/MD/PS/LN)	Year 8 Girls Rounders Fixtures (AJ/MD)	Year 7 Girls Rounders Fixtures (IW)	
	KS3 Athletics (JS/AJ/MD/PS/LN)	Year 8 Cricket Net Practice (JS)	Year 7 Cricket Fixtures (MD)	
		Year 8 Cricket Fixtures (JS)		



Pix Brook Academy

SAFEGUARDING TEAM

We are here to keep you safe

Who can you speak to if you feel worried?

You can speak to **any adult** that works in our school about **anything** that is worrying you or making you feel upset at any time.

There are also 3 adults who have the really special job of keeping you safe. They are known as the **Designated Safeguarding Lead** and **Deputy Safeguarding Leads**. Their special job is to listen, support and help you at any time of the school day.



Mr King-Mand
Designated Safeguarding Lead



Miss Harding
Deputy Safeguarding Lead



Mr Fleckney
Deputy Safeguarding Lead

Tell us if you feel worried or upset about anything. For example, you should speak to us:

- If you feel upset or worried about anything at all (even if you think it is not important)
- If someone has hurt you physically, emotionally or mentally
- If you are being threatened or forced to do things
- If someone has done something to you without your permission
- If you feel unsafe in school, at home or when you are out and about
- If you feel uncomfortable in any way
- If you know of another pupil who is worried, upset or being hurt (even if they have told you to keep it secret)
- If you are scared or worried about going home

There are special organisations you can contact if you need to speak to someone when you are not at school. Their job is to also listen, support and help you.



Lunch Menu

w/c 8th May, 22nd May, 12th June, 26th June, 10th July

Menu 6 WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	Macaroni Cheese(V) (JS/MD) Garlic Bread (JS/LN) Veg	Southern fried Chicken (MD) Wedges (JS/LN) Veg	Sausages (14g) (Pork) Roast Potatoes (12g) Yorkshire pudding (12g) Gravy and veg	Chicken Curry (12g) (Chicken) Naan Bread (12g) Veg	Battered Fish (12g) (Pork) Chips (12g) Baked Beans (12g)
VEGETARIAN	Quorn Balls (V) (16g) Rice (12g) Veg	Cheese & Onion Lasagne (V) (12g) Wedges (12g) Veg	Quorn Sausages (12g) (Chicken) Roast Potatoes (12g) Gravy Veg	Veggie Burgers (12g) (Chicken) Herb Diced (12g) Baked Beans (12g)	Cheese and tomato Pizza (12g) (Chicken) Chips (12g) Baked Beans (12g)
DESSERT	Pancakes & Sauce (12g) (Chicken) Yoghurt (12g) Fresh Fruit (12g)	Doughnut (12g) (Chicken) Yoghurt (12g) Fresh Fruit (12g)	Rice Krispie Cake (12g) (Chicken) Yoghurt (12g) Fresh Fruit (12g)	Flapjack (12g) (Chicken) Yoghurt (12g) Fresh Fruit (12g)	Ice Cream (12g) (Chicken) Yoghurt (12g) Fresh Fruit (12g)
JACKET POTATOES	Jacket Potatoes (12g) (Chicken) Beans (12g) Cheese and Beans (12g) Tuna (12g) Salad selection	Jacket Potatoes (12g) (Chicken) Beans (12g) Cheese and Beans (12g) Tuna (12g) Salad selection	Jacket Potatoes (12g) (Chicken) Beans (12g) Cheese and Beans (12g) Tuna (12g) Salad selection	Jacket Potatoes (12g) (Chicken) Beans (12g) Cheese and Beans (12g) Tuna (12g) Salad selection	Jacket Potatoes (12g) (Chicken) Beans (12g) Cheese and Beans (12g) Tuna (12g) Salad selection

Dates:

w/c 15th May, 5th June, 19th June, 3rd July, 17th July

Menu 6 WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	Fish Fingers (12g) (Chicken) Wedges (12g) Beans (12g)	BBQ Chicken (12g) Rice (12g) Veg	Roast Turkey (12g) Roast Potatoes (12g) Gravy Veg	Meatballs (12g) (Pork) Rice Veg	Hot Dog (12g) (Pork) Chips (12g) Baked Beans (12g)
VEGETARIAN	Vegetarian Bolognese & Pasta (12g) (Chicken) Veg	Vegetable Curry (V) (12g) Rice (12g) Veg	Quorn Roast (V) (Chicken) Roast Potatoes (12g) Gravy Veg	BBQ Quorn Cubes (12g) (Chicken) Noodles (12g) Veg	Vegetable Nuggets (V) (12g) (Chicken) Chips (12g) Baked Beans (12g)
DESSERT	Chocolate Brownie (12g) (Chicken) Yoghurt (12g) Fresh Fruit (12g)	Shortbread Biscuits (12g) (Chicken) Yoghurt (12g) Fresh Fruit (12g)	Pineapple Upside down Cake (12g) (Chicken) Yoghurt (12g) Fresh Fruit - (12g)	Chocolate Sponge (12g) (Chicken) Yoghurt (12g) Fresh Fruit (12g)	Mousse (12g) (Chicken) Yoghurt (12g) Fresh Fruit (12g)
JACKET POTATOES	Jacket potatoes (12g) (Chicken) Beans (12g) Cheese and Beans (12g) Tuna (12g) Salad Selection	Jacket Potatoes (12g) (Chicken) Beans (12g) Cheese and Beans (12g) Tuna (12g) Salad Selection	Jacket Potatoes (12g) (Chicken) Beans (12g) Cheese and Beans (12g) Tuna (12g) Salad selection	Jacket potatoes (12g) (Chicken) Beans (12g) Cheese and Beans (12g) Tuna (12g) Salad selection	Jacket Potatoes (12g) (Chicken) Beans (12g) Cheese and Beans (12g) Tuna (12g) Salad selection

Although Pix Brook Academy aim to be a nut-free school, we cannot guarantee that foods purchased from our suppliers have not been in contact with nuts during the manufacturing process.

If you think you meet the free school meals eligibility criteria, please call 0300 300 8306.

To add money to your ParentMail account please follow the instructions [here](#). Please be reminded that we are a **nut free school**: please do not include nut products in your child/children's snack or packed lunch. This includes Nutella.
Thank you.

Diary & Term Dates

Date	Year Group	Event
May		
Monday 29th - Friday 2nd	Whole School	Half Term Break
June		
Thursday 8th	8	Subject Consultation
w/c Monday 19th	KS3	End of cycle assessments starts
Wednesday 21st	Whole School	Scholastic Book Fair
Friday 23rd	7	End of Year trip to Thorpe Park
July		
Tuesday 4th	4	New Year 5 Intake Information Evening
Friday 7th	Whole School	Step-Up Day
Tuesday 11th	6	SATs Results
Thursday 13th	7 & 8	Big Bang Science Fair
Thursday 13th	6	Parent's Evening
Date TBC	Whole School	Sports Day
Friday 21st	Whole School	LAST DAY OF TERM (NO after school clubs/PBA Extra)