

PBA WEEKLY BULLETIN



Message from Mr Adams

Welcome to the first week back after our summer break. It goes without saying that I hope all had a super break and notwithstanding some fairly average weather everyone managed to find the time to enjoy being together.

We started back on Monday with staff training and with pupils on Wednesday. As so often seems to be the case we have had some unseasonably warm weather for the start of term and all the fans that had been carefully stored away were suddenly back out!

As we enter our fifth year of operation the school feels very different. In September over 30 new members of staff joined the school. Support staff, cleaners and teachers all joined and this has really added to the vibrancy and energy in the school. It also means that the level of teaching expertise has increased again so that our preparations for GCSE can continue apace. This will continue to be the case throughout the course of this year and beyond and we look forward to working with pupils and parents in upper KS3 to consider GCSE option choices.

Of course, it was fantastic to welcome all pupils back and in particular our new year 5 pupils. 180 new faces really does make a difference. We now have five-year groups in the school with 750 young people to work with. In my assemblies this week I talked about the year ahead and the importance of making the most of the time you have in school. It is extraordinary to be talking to our year nine pupils about the future, it really does seem like yesterday that they started at PBA. Looking at the excited faces of the new year five pupils, looking so smart in their new uniform I am reminded that they too will be in the same place before you know it.

Schools are amazing places, full of potential and energy. As we start a new academic year I am determined that we will capture this fantastic resource and use it to enhance the educational experience of our pupils. Given the outstanding start we have had this week I have every reason to be confident that we can do that.

Enjoy the warm weekend.

HAPPY 5TH BIRTHDAY TO PBA!

What a difference 5 years makes!

In 2019, Pix Brook was just a carpark and an architect's blueprint, with everyone waiting breathlessly to see how the new school would look and feel.

This year, we're celebrating **5 years** as a school. The corridors are busy, the classrooms are occupied, and the playground is loud!



But perhaps a bigger change is in our staff. Back in 2019, there were just 8 members of staff, and the school operated out of just a couple of rooms.

Today, we have over **90 staff** working across all the departments: a huge leap in numbers (and now there's a queue for the kettle at break times!).

So, a warm welcome to our new teachers, TAs and support staff, and here's to a fantastic 5th year at Pix Brook.



ACHIEVEMENTS



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@bestacademies.org.uk to be included in the bulletin!

Arlesey Community Action Day

Following on from the previous successful Community Action Days held by Central Bedfordshire Council's Safer Communities and Partnership Team, we are looking forward to holding a similar event in Arlesey on **Friday 15 September between 7:30am and 2pm.**

The aim of a Community Action Day is to have a visible presence, with uniformed officers from Central Bedfordshire Council, the Town Council, and partner agencies such as Bedfordshire Police and Bedfordshire Fire and Rescue Service.

As part of the day, between **7:30am and 9:30am** officers from CBC Community Safety Team and British Transport Police will be at Arlesey Railway Station with **bike marking kits**. Anyone can bring their bike along and receive a free security marking run by Bike Register. Between 10am and 2pm there will be street cleansing, litter picks and other maintenance issues actioned, as well as providing high-visibility patrols, public reassurance, and crime prevention advice.

BICYCLE SECURITY

15th September 2023
7:30am - 9:30am

As part of Arlesey Action Day officers from CBC Community Safety Team and British Transport Police will be at Arlesey Train Station with bike marking kits.

Come and see the Safer Communities and Partnership Team on the day who will also be outside the Town Council Offices on High Street, Arlesey.



Maths Homework

Maths homework will begin week commencing **18th September**. As per last year, work will be set on a Wednesday and will be due in the following Wednesday. Homework will consist of either 10 or 15 minutes on TT Rockstars (students will be made aware of the timings) AND either work set on Dr Frost or a worksheet. We will use Google Classroom to inform the students of the work set.

The department will also run a **KS3 Maths only homework club on a Tuesday lunchtime** in one of the Maths rooms to enable students to complete their homework on time as well as offering support if they need it.

All students have logged into TT Rockstars and Dr Frost Maths in their lessons so we know that there are no issues ahead of homework being set.

If you have any queries, please contact your child's Maths teacher.



Trips and Visits

Please find below a link to a letter outlining how trips and visits will operate at the school this academic year.

[School Trips Letter](#)

MUSIC AT PBA

Violin Lessons

We are pleased to be able to offer violin lessons this year! Please get in touch with Keyleigh if your child would be interested in learning the violin.

I teach in local schools Mondays to Thursday. I would usually like to start lessons in small groups of 2 for 20 mins or 3 for 30 minutes depending on the uptake. I invoice half termly and payment is due by the second lesson. I have several instruments that I am able to lend to new starters, free of charge for the first two terms. You can then choose to hire from me, another outlet or purchase your own.

Small group lessons from £6.75 per week Individual 20 min £12.80 and 30 min individual £18.50

I am very happy to offer an initial 'have a go' session if your child is interested before any commitment to signing up for tuition. Lessons in school can work very well and are undoubtedly easier for busy parents. Indeed, the only reason that I started playing the violin was because I was offered tuition in this way. However, I do also offer lessons from my home studio in Clifton.

More details about me, my experience and qualifications can be found at www.violinandviolakayleigh.uk

Please, if interested, do send me a message, make enquiries through school or contact me directly on kayleigh.tir@gmail.com

Happy practice!
Kayleigh Tir L.R.A.M.

Violin Lessons

I studied at The Royal Academy of Music and am a professional viola player, teach violin and viola and also play piano. I have a wealth of experience across all age ranges having worked with Barne Hertfordshire and Bedfordshire's music services. I also play locally in concerts, weddings and events and enjoy working with The Element String Quartet.



Singing Lessons

We are excited to be offering singing lessons this year as well, with local teacher Eleanor.

“Eleanor has more than 15 years experience teaching children of all ages in a wide range of musical styles. Her style is fun and friendly with many pupils taking public exams and successfully auditioning for singing courses at a range of reputable post-school institutions.”

For further details, please speak to Mr Weed via school or contact me direct on 07905 225825 or eleanorpugsley@gmail.com



Music Lessons

We also offer the following instrument lessons:

Guitar
Drums
Piano

For further details, please contact the school

Mobile Phones

As you are aware, at PBA we have always operated a policy where students are not allowed to use/carry their mobile phones once they are in school. Many parents/carers have commented upon how they support this approach, as it mitigates many issues in relation to students using their devices for the wrong reasons whilst at school. The protocol we have always run is that students are required to pass their mobile phones to their tutor during morning registration who will return it at the end of the school day. Generally, this is well understood by pupils who cooperate fully.



Unfortunately, we have had a few incidents recently where students have **decided to not pass their mobile phones** to their tutors and instead choose to keep them. This has resulted in some of these students using their devices during school hours. This is contrary to our expectations and as such we will be working with pupils to re-iterate the necessity to hand phones in.

We continually work with pupils to ensure they understand the reasons for handing in their devices and over the next few weeks we will be **undertaking activities to ensure that phones have been handed in**: checking that pupil's phones are in the box; spot checks to ensure phones have not forgotten to be handed in; talking to pupils in tutor time about why handing devices in matters etc.

If a student is found to have not handed in their mobile phone, **they will have their devices confiscated and passed to their tutor**/Head of Year. We will advise parents / carers that this has occurred and ask for your support in ensuring the device is handed in. If their device has to be confiscated again, then parents/carers will be asked to come to school to collect it and the student is likely to face further school sanctions (e.g. after school detentions). Students have been informed of this during their assembly this week.

We would really appreciate your support in this matter by asking you to reinforce the message that your child **must hand in their mobile phones** to their tutors during morning registration. It is also important for students to understand that they cannot use their mobile phones once they are on school premises - this includes the time before morning registration and when they are leaving school premises at the end of the day.

Thank you in advance for your support in this important area.

LUNCHES & CLUBS

Clubs and 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 7 Boys/Girls Basketball (JS)	Year 5/6 Boys/Girls Dance (EI)	Year 5 Boys/Girls Table Tennis (SL)	Year 5 Boys/Girls Badminton (JS)	Year 5 Boys/Girls Basketball (JS)
Year 8 & 9 Boys/Girls Table Tennis (IW)	Year 6 Boys/Girls Basketball (JS)	Year 6 Boys/Girls Badminton (JS)	KS2 Boys/Girls Cheerleading (MW/KM)	Year 6 Table Tennis Boys/Girls (AJ)
Year 7 & 8 Debate Club Mrs Pearce, Room 238	Year 9 Boys/Girls Basketball (JS)	Year 5 & 6 Triolingo (Italian) Miss Power, 006	Year 7 Boys/Girls Table tennis (FC)	Year 7 Cricket (JS/LN)
Year 7 & 8 Debate Club Mr Collins, Room 207	Year 5 & 6 ICT Club Mr Williams, Room 006	Year 5 & 6 Gardening Club Mrs Pearce, Garden	Year 8 Boys/Girls Basketball (JS)	Year 7 and 8 Badminton (AJ/MD)
Year 8 & 9 Astronomy Club Mrs Adams, Room 201	Year 7 & 8 Maths Drop-In Mrs Bryant, Room 140	Year 5 & 6 Beginner's Sign Language Miss Binks, Room 119	Year 7 & 8 Art Club Mrs Poxson, Room 126	Year 5 & 6 EdShed & TTRS Club Mrs Murphy, Room 006
		Year 7 & 8 ICT Club Mr Williams, Room 140	Year 7 & 8 Warhammer Club Mrs Poxson, Room 127	

We have a variety of 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 Clubs

Monday	Tuesday	Wednesday	Thursday	Friday
Year 8 & 9 Boys/Girls Rugby (MD)*	Year 6/7 Boys Football (GW/SPE/AJ/FC)	Year 8/9 Boys Football (MD/JS/AS)	Year 8 Boys Football Fixtures (MD)	Year 5 Boys Football (SPE/SL/FC)
	KS3 Girls Netball (IW/PS)	KS3 Girls Football (AJ)	Year 8 Boys Basketball Fixtures (MD)	
	Year 6 Boys Football Fixtures (MD/SPE)	KS2 Girls Netball (IW/PS)		
	Year 7 Boys Basketball Fixtures (MD)	Year 7 Boys Football Fixtures (JS/FC)		
	Years 6,7,8 Maths in Motion (KBT) Room 233	Year 6, 7, 8 Netball Fixtures (IW)		
		Year 7 Forensics Club (EAS) Room 201		

NEW CLUBS

Forensics Club

Forensics Club

Calling on Year 7

If anyone would be interested in joining our Forensics Club it will be running on **Wednesday** after school from **3.00 - 3.45pm**. We will be looking at a variety of practical forensics techniques ending with a crime scene to investigate and solve.

The course runs for 1 term. Please see Mrs Adams in room 201 to sign up next week. Places are limited and are on a first come first served basis. We can repeat the course in Spring if there is sufficient interest.

We will start on **Wednesday 20th September**

Mrs Adams (Head of Science room 201)



Astronomy Club

Calling on Year 8 & 9

If anyone would be interested in joining our Astronomy Club it will be running on **Monday Lunchtimes from 1.20pm**. We will be looking at a variety of exciting astronomy topics with plans to include visits and star gazing sessions later in the year.

Please see Mrs Adams in room 201 to sign up next week. Places are limited and are on a first come first served basis. We will start on **Monday 18th September**.

Mrs Adams (Head of Science room 201)



NEW CLUBS

F1 Club

F1 Maths in Motion Club with Mrs Bryant will run on a **Tuesday from 3pm to 4pm in Room 233**. It is open to years 6, 7 and 8. There is a limit on places and because of that, there is a commitment to attend as many sessions as possible. Our first track race will be Shanghai!

If anyone wants to attend or wants any more information, please contact Mrs Bryant
kbryant@bestacademies.org.uk



Astronomy Club

Calling on Year 8 & 9

If anyone would be interested in joining our Astronomy Club it will be running on

Monday Lunchtimes from 1.20pm. We

will be looking at a variety of exciting astronomy topics with plans to include visits and star gazing sessions later in the year.

Please see Mrs Adams in room 201 to sign up next week. Places are limited and are on a first come first served basis.

We will start on **Monday 18th September.**

Mrs Adams (Head of Science room 201)

SPORTS UPDATES

Sports Fixtures - this term



Competitions:

All Years Cross Country: Oct 6
Year 5/6 Table Tennis: Oct 20
Year 7/8 Table Tennis: Oct 13
All Years Cross Country: Nov 17
Year 7/8 Girls Basketball: Dec 4
Year 7/8 Girls Futsal: Dec 11

KEY STAGE 2

Great First Week For Year 5

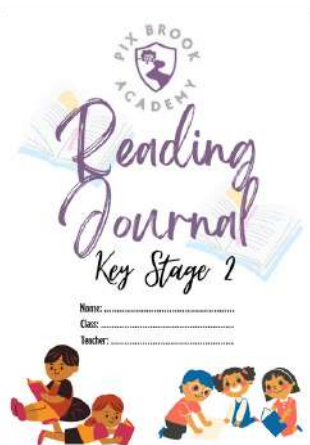
The teachers and staff at PBA would like to say a huge “welcome and well done!” to our new Year 5s, who have had an excellent first week. Watch this space in future bulletins for updates about lessons and activities.



KS2 Reading Journals

All Y5&6 students are being issued with a Pix Brook reading record. This should be brought into school each day as part of their daily equipment.

The expectation is **30 minutes** a day - although we realise this may not always be possible due to other commitments.



Reading allows us to be transported from our own world to another. Between the pages of a book, we can become immersed in the lives of fictional characters and learn about a culture entirely different from our own. We can also learn new words and phrases, experience a range of emotions, and acquire skills and knowledge.

Because of the learning potential, the effects of reading on child development are vast and multiple. Studies have highlighted its benefits. As such, we are in a great position to ensure reading is a key part of your daily routine. It is advised that school aged children read for at least 30 minutes a day to:

- Improve literacy skills
- Build an extensive vocabulary
- Improve concentration
- Obtain higher levels of creativity and imagination
- Gain deeper understanding
- Develop empathy
- Assist cognitive development
- Aid academic performance
- Improve social and communication skills

All of which are vital for success both in school and in later life. Your teachers will be monitoring and testing your reading to ensure you are making essential progress.

- ★ Blue Star – 50 logs in Reading Journal
- ★ Yellow Star – 100 logs in Reading Journal
- ★ Green Star – 150 logs in Reading Journal
- ★ Purple Star – 200 logs in Reading Journal
- ★ Silver Star – 250 logs in Reading Journal
- ★ Gold Star – 300 logs in Reading Journal

Children should log their reading at home and at school and work towards the milestones. For each milestone children will receive a certificate presented in assembly. If you have any questions about this please contact your child's form tutor.

KEY STAGE 3

Year 7 Homework

Please see the homework timetable for Year 7.

Year 7 Homework Timetable 23-24

Subject	Homework set on	Week	Homework due on	Week	Homework Tasks	Duration
English	Monday		Monday		Tasks to complete on Seneca or Read Theory	30-50 minutes
Maths	Wednesday Wednesday Wednesday	Every week	Wednesday Wednesday Wednesday	Every week	Homework will be posted to google classroom weekly and will switch between a combination of DFM, TTRS & paper sheets.	60 mins
Science	Tuesday	Every week	Monday	Every week	Every topic of the 12 topics has 3 homeworks 1) knowledge organiser. 2) creative task 3) Google form quiz	30 - 60 min
History	Friday	Every two weeks	Friday	Every two weeks	Tasks shall involve pre learning tasks for next lesson or confirmation or extension of knowledge	30-60 min
Geography	Wednesday	Set once every 3 weeks	Wednesday the following week	Set once every 3 weeks	Every homework will be set on google classroom. The homework will be a mix of creative homework, online quiz and research	30-60 mins
French	Varies depending on when each class has French in the week	Every week	1 week to complete	Every week	Homework will be set on google classroom. Quizlet, Google form quiz and/or worksheets	30-60 mins
DT	Tuesday Thursday	Every week	Tuesday Thursday	Every week	Range of tasks based on the current DT project (e.g. research a particular process / material). A mixture of paper based tasks and tasks set on Google classroom	30 - 60 min
Art	Day of Art lesson.	Once per half term.	1 week to complete.	The following art lesson.	Homework will be set on Google Classroom and may be a practical or written task. Most homework tasks will see students given a physical worksheet to complete and this will need to be handed in at the start of their next lesson.	30 - 60 mins

Year 8 Homework Timetable				Homework will be set on Google Classroom and all students have access. Homework will also be recorded in the student planners. Form Tutors will check planners every Monday to ensure it is being recorded.				
Subject	Teachers	Class	Homework set on	Week	Homework due on	Week	Homework Tasks	Duration
English	Mr Campbell Mr Collins Miss Luck Mrs Howe		Monday		Monday		Tasks to complete on Seneca or Read Theory	30-50 minutes
Maths	Mrs Bryant Mrs Freeman Mr Mannion Mrs Powell	8a/Ma1 8a/Ma2 8a/Ma3 8b/Ma1 8b/Ma2 8b/Ma3	Wednesday Wednesday Wednesday	Every week	Wednesday Wednesday Wednesday	Every week	Homework will be posted to google classroom weekly and will switch between a combination of DFM, TTRS & paper sheets	80 mins
Science	Mrs Adams Mr Hill Dr Hills Miss Parker	8a/Sc1 8a/Sc2 8a/Sc3 8b/Sc1 8b/Sc2 8b/Sc3	Tuesday	Every week	Monday	Every week	Every topic of the 12 topics has 3 homeworks 1) knowledge organiser. 2) creative task 3) Google form quiz	30 - 60 min
History	Mr Brooks Ms Burgin	8a/H1 8a/H2 8a/H3 8b/H1 8b/H2 8b/H3	Friday	Every two weeks	Friday	Every two weeks	Tasks shall involve pre learning tasks for next lesson or confirmation or extension of knowledge	30-60 min
Geography	Mrs Pearce Mrs JP	8a/Go1 8b/Go2 8c/Go3 8d/Go4 8e/Go5 8f/Go6	Wednesday	Set once every 3 weeks	Wednesday the following week	Set once every 3 weeks	Every homework will be set on google classroom. The homework will be a mix of creative homework, online quiz and research	30-60 mins
French	Miss Hallauer Mrs Lewis Mrs Davies	8a/Fr1 8a/Fr2 8a/Fr3 8b/Fr1 8b/Fr2 8b/Fr3	Varies depending on when each class has French in the week	Every week	1 week to complete	Every week	Homework will be set on google classroom. Quizlet, Google form quiz and/or worksheets	30-60 mins
DT	Mr King-Mand Mr Fleckney	8b/Dt2 8a/Dt2	Tuesday Thursday	Every week	Tuesday Thursday	Every week	Range of tasks based on the current DT project (e.g. research a particular process / material). A mixture of paper based tasks and tasks set on Google classroom	30 - 60 min
Art	Mrs Poxon	8a/Ar 8b/Ar 8c/Ar 8d/Ar 8e/Ar 8f/Ar	Day of Art lesson.	Once per half term	1 week to complete.	The following art lesson.	Homework will be set on Google Classroom and may be a practical or written task. Most homework tasks will see students given a physical worksheet to complete and this will need to be handed in at the start of their	30 - 60 mins

Year 8 Homework

Please see the Year 8 Homework timetable

WELLBEING

Reporting an Absence

If your child is absent from school, please report the absence by 8am by either leaving a message on the absence line 01462 416243 (option 1) or by emailing PBA-Absence@bestacademies.org.uk

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.



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 4 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



Mr Scott
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.



Safeguarding, Wellbeing and SEND



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



School Safeguarding Team

If you have any concerns, please contact our Safeguarding Team.

Money Muling

"Money muling" is the term given to people who transfer illegally

Safeguarding, Wellbeing and SEND

This poster gives some excellent advice on financial safety.

All National Online Safety information is available in other languages. Please contact us if you need it translated. This guide focuses on one of many risks which we believe threatened children's safety. However, there are many other risks to children's safety. Please visit www.nationalonlinesafety.com for further advice.

What Parents & Carers Need to Know about MONEY MULING

Money muling involves individuals – very frequently young people – being recruited to transfer legally obtained funds into and out of their bank account on behalf of criminals (often without even realising that's the kind of activity they've become embroiled in), and usually being allowed to keep a certain amount for themselves in a essentially digital form of money laundering. This guide highlights some of the risks associated with money muling and provides parents and carers with useful tips to help safeguard young people against becoming ensnared by this growing online hazard.

WHAT ARE THE RISKS?

LEGAL REPERCUSSIONS

Young people may be lured by the promises of quick, easy money, but by doing so they will become unwitting participants in activities that can have severe legal and financial consequences. Money muling is a serious offence under UK law. Involvement in such schemes can result in imprisonment and fines (or both). Remember, the threshold for criminal responsibility in the UK is 10 years of age.

ONLINE RECRUITMENT

Cyber-savvy criminals are increasingly using various online methods, including social media apps and gaming platforms, in their attempts to recruit young people as potential money mules. The criminals often deploy persuasive, deceptive tactics to gain children's initial interest and attention, then seek to exploit their trust and naivety.

POSSIBLE EXPLOITATION

Money muling is frequently carried out in tandem with other organised criminal activities, such as the drugs trade or human trafficking. Not only is money muling a criminal offence in its own right, therefore, but it could also expose young people to harmful situations as well as potentially putting them in contact with some extremely dangerous individuals.

EDUCATE AND COMMUNICATE

Talk to your child about the risks and consequences of money muling, emphasising the importance of making informed decisions and seeking guidance if they need it. Create an open, non-judgemental space which encourages them to share their concerns and experiences, assuring they feel comfortable getting help if they suspect they may have become involved in money muling.

STAY INFORMED

Criminal' methods and approaches to recruiting young people as money mules frequently evolve to reflect the online landscape. Try to stay up-to-date with current criminal trends by regularly checking out resources provided by schools, law enforcement and financial organisations. The Don't Be Fooled Campaign (www.moneymules.co.uk) has plenty of useful information and advice.

Meet Our Expert

Kate Savage has proven track record in countering financial crime, having spent 15 years with the police, including working in money laundering investigations and asset recovery from organised criminal groups. Her role includes visiting asset protection at various corporations and delivering cyber-enabled training and awareness to government and private sector clients worldwide.

Source: www.moneymules.co.uk, <https://nationalonlinesafety.gov.uk/money-muling/>, www.dontbefooled.org.uk/resources/reviewed-parents-united-help-avoid-be-child-money-mules

Advice for Parents & Carers

MONITOR ONLINE ACTIVITIES

If you have concerns, you might want keep a closer than usual eye on your child's online presence, including their profiles on social media and any gaming platforms that they use. These can often serve as useful early warning systems which might help you to detect any signs of attempted recruitment by criminals or other types of suspicious behaviour.

TALK ABOUT MONEY

Discussions about avoiding being recruited as a money mule are also good opportunities for a refresher with your child about financial responsibility and good money management. It's also a helpful starting point for highlighting the importance of earning their money by honest means and the potential consequences of getting involved in illegal activities, both online and offline.

REPORT YOUR SUSPICIONS

If you have reason to believe that your child, one of their friends, or someone they know has been recruited into a money muling operation, seek support and then report your suspicion. For your own safety, please don't attempt to directly confront anyone you suspect of organising money muling. Instead, contact Crimestoppers anonymously on 0800 555 111.

FINANCIAL LOSSES

If they (even unbeknowningly) transfer funds that are traced back to criminal activities, money mules can face considerable financial losses: their bank may freeze their accounts, and they can be held liable for any illegally obtained funds. People involved in money muling often also find themselves at greater risk of becoming entangled in other forms of criminal financial exploitation and fraud.

LONG-TERM CONSEQUENCES

Involvement in money muling can have a lasting negative impact on a young person's reputation, education and employment prospects, and place colossal strain on their family life. A conviction for financial fraud would significantly damage a young person's future opportunities: they could be blacklisted from opening a bank account, taking out a mortgage or even securing a phone contract.

@nationalonlinesafety | NationalOnlineSafety | @nationalonlinesafety | national_online_safety

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WELLBEING

Home-Start Courses

Home-Start Central Beds offers a variety of courses for parents. For more information, send an email to: office@home-startcentralbeds.org.uk

Safeguarding, Wellbeing and SEND



Do You Have An Autistic Child?

Being a Parent of an Autistic Child is a free course for local parents and carers of children with autism (they do not have to have received a diagnosis).

This interactive and informal course is delivered online via Zoom. It is run over ten weeks by trained parent group facilitators who have first-hand experience of the joys and challenges of having a child with ASD.

In the course, we will explore:

- The experience of being a parent of an autistic child
- Understanding your autistic child
- Help with communication, interaction and playing with your autistic child

- Everyday strategies and routines to assist your autistic child
- Understanding your autistic child's behaviour so you can meet their needs
- Understanding 'overwhelm/meltdowns' to prevent and helpfully manage recovery.

By the end of the course, you will have:

- Increased confidence in your parenting
- Positive parenting skills to improve the quality of the interactions you have with your child.

Course Dates

Tuesday 13th September - 28th November from 10 - 11.30 am or evenings from 8 - 9.30 pm.

Talk to us today to find out more and book your place on this free course.

Call: 01582 660061
Email: office@home-startcentralbeds.org.uk
Visit: www.home-startcentralbeds.org.uk

Home-Start Central Bedfordshire,
The Annex, Downside Neighbourhood Centre,
Dunstable,
Bedfordshire, LU5 4AS.

Charity Registration no. 1109262



Are You A Parent?

Being A Parent is a free course for local mums, dads and carers of children aged up to 11 years old. Run over eight weeks by trained parent group facilitators who have first-hand experience of the joys and challenges of being a parent, the interactive and informal course is delivered online via Zoom.

On the course, you will learn:

- Strategies for effective communication with your child
- Methods to help reduce negative child behaviour
- How to better understand your children's feelings
- How to have better, more resilient family relationships
- Methods for managing family stress.

By the end of the course, you will have:

- Increased confidence in your parenting
- Positive parenting skills to improve the quality of the interactions you have with your child.

Course Dates

9th October - 27th November on Monday evenings from 8 - 9.30 pm.

Talk to us today to find out more and book your place on this free course.

Call: 01582 660061
Email: office@home-startcentralbeds.org.uk
Visit: www.home-startcentralbeds.org.uk

Home-Start Central Bedfordshire,
The Annex, Downside Neighbourhood Centre,
Dunstable,
Bedfordshire, LU5 4AS.

Charity Registration no. 1109262

Kinship Carer group

Kinships/ guardians support group will be the 3rd Monday of the month at Shefford Morrisons Community Room, scheduled between 10.00 to 11.30.
[Click here for details](#)



Are you a kinship carer?

A kinship carer is someone who is raising a relative's or friend's child.

We're starting a group for kinship carers to come together.

A chance to meet, listen, share and support one another.

When: Central Beds Kinship Carers
The 1st Thursday of every month
10:00 AM to 11:30 AM

Where: Morrison's Community Room
High Street
Shefford
SG17 5DZ

Please contact Carol on the email below.
All new group members will be asked to register after arrival.

Interested to find out more?
Scan with your phone camera for more info
Centralkinship@gmail.com

www.kinshippeersupport.org.uk
www.kinship.org.uk

Kinship is the working name for Guardianship Plus, which is a company limited by guarantee registered in England and Wales under number 0464972 and registered as a charity under number 1043072



Need support? shout

in partnership with

Text **REFLECT** to **85258** to start a free, confidential text conversation with a trained volunteer, who can help with issues such as:

- Anxiety
- Stress
- Depression
- Suicidal thoughts
- Self-harm
- Abuse
- Relationship problems
- Bullying
- Panic attacks
- Loneliness

Texting is anonymous and will not appear on your phone bill. You will not be charged for using this service.

For support while we connect you, visit: giveusashout.org/get-help/resources.

If your life is at risk, please call 999 for immediate help.

Text RELFECT to 85258
for free and confidential support 24/7

"The conversation we had made me feel so much better"

Need Extra Support?

Contact REFLECT for free, confidential help and advice.

Autism Bedford Sports Course

Autism Bedford are once again offering their popular 6-week multi sports course for young adults between the age of 8-17 years old and Tennis for 10-17 years old at Bedford. Please contact them for more details



CHILDREN'S SERVICES Autism Bedfordshire

6 WEEK TENNIS COURSE

Children/Young People must be supervised at all times by Parent/Carer

Riverside Tennis Club
Goldington Road, Bedford MK40 3EA

Every Tuesday from 12th September to 12th October

5.30pm - 6.30pm
Please arrive at 5.25pm for a prompt start to the session

£15.00 per person (AB Member)
£20.00 per person (non AB Member)

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

For ages 10-17 years



CHILDREN'S SERVICES Autism Bedfordshire

MULTI-SPORTS COURSE 6 weeks

Castle Newnham School (Sports Hall)
Polhill Avenue, Bedford MK41 9DT

Every Thursday from 2nd November to 7th December

4.45pm - 5.45pm

Cost: £15.00 per child (AB members)
£20.00 per child (non AB members)
Siblings welcome to attend.

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

For ages 8-17 years

Parents/Carers must stay on site and supervise their children at all times.

Autism Bedfordshire in partnership with Blue Foundation



CHILDREN'S SERVICES Autism Bedfordshire

MULTI-SPORTS COURSE 6 weeks

Castle Newnham School (Sports Hall)
Polhill Avenue, Bedford MK41 9DT

Every Thursday from 14th September to 19th October 2023

4.45pm - 5.45pm

Cost: £15.00 per child (AB members)
£20.00 per child (non AB members)
Siblings welcome to attend.

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

For ages 8-17 years

Parents/Carers must stay on site and supervise their children at all times.

Autism Bedfordshire in partnership with Blue Foundation

Young Person's Sanctuary

Supporting young people with mental health across Bedford

there is always someone there who will listen

OPENING TIMES
See below

14-17yrs

A safe, non-judgemental, and relaxed space

Location:

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



Bedford

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



To find out more:

0300 330 0648

yps@mind-blmk.org.uk



www.mind-blmk.org.uk

Charity No. 1068724

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

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:

e: yps@mind-blmk.org.uk

t: 0300 330 0648



www.mind-blmk.org.uk

Where?
Bedford

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:
e: yps@mind-blmk.org.uk
(for enquiries only, no referral is necessary)
t: 0300 330 0648

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

NHS
East London
NHS Foundation Trust

LUNCHES

School Lunches

Please note, the lunch menu for this week is **Week 2**

Weeks commencing: 4/9, 18/9, 2/10, 16/10

Menu 7 WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	Chicken Nuggets (16g) (Gluten (w)) Crispy Cubed potatoes (21g) (Gluten) Baked Beans (15g)	Tuna and Tomato pasta bake (25g) (Gluten, Fish,) Veg	Sausages (18g) (Pork and Beef) (Gluten, soya, sulphite) Roast Potatoes (31g) Yorkshire puddings(10g) (Gluten(w), egg, milk) Gravy and veg	Chicken Curry (9g) (Gluten, Celery, Mustard, Milk and Soya) Naan Bread (25g) (Gluten) Veg	Battered Fish (19g) (Gluten(w), Fish) Chips – (40g) (Soya) Baked Beans – (15g)
VEGETARIAN	Meat free Sausage Roll (15g) (Gluten (w)) Crispy Cubed Potatoes (21g) (Gluten) Baked Beans (15g)	Cheese and Tomato Pizza (20g) (Gluten, Milk) Wedges (17g) Veg	Quorn Sausages (18g) (Gluten(w), soya, milk) Roast Potatoes (31g) Gravy Veg	Cauliflower Cheese (3g) (Gluten, Mustard, Milk) Garlic Bread (17g) (Gluten, milk, Soya) Veg	Vegetable Burger (28g) (Gluten, mustard) Chips – (40g) (Soya) Baked Beans – (15g)
DESSERT	Chocolate Brownie (43g) (Gluten, egg, milk) Yoghurt (20g) (milk) Fresh Fruit (5g)	Iced Sponge (38g) (Gluten, egg) Yoghurt (20g) (Milk) Fresh Fruit (5g)	Chocolate Cracknell (24g) (Gluten, Milk) Yoghurt-(20g) (Milk) Fresh Fruit – (5g)	Blueberry Muffins (49g) (Gluten, Egg, Soya) Yoghurt (20g) (Milk) Fresh Fruit (5g)	Mousse (22g) (Milk) Yoghurt – (20g) (Milk) Fresh Fruit – (5g)
JACKET POTATOES	Jacket Potatoes Cheese (milk) Beans (15g) Cheese and Beans (milk) Tuna (fish) Salad selection	Jacket Potatoes Cheese (milk) Beans (15g) Cheese and Beans (milk) Tuna (fish) Salad selection	Jacket Potatoes Cheese (milk) Beans(15g) Cheese and Beans(milk) Tuna (fish)	Jacket Potatoes Cheese (milk) Beans (15g) Cheese and Beans (milk) Tuna (fish)	
PASTA and SAUCE Available Daily					

Weeks commencing: 11/9, 25/9, 9/10, 23/10

Menu 6 WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	Macaroni Cheese(V) (15.5g) (Gluten, Dairy, Egg, Milk, Mustard) Garlic Bread (17g) (Gluten, Milk, Soya) Veg	Southern fried Chicken (38g) (Gluten, Dairy, Egg, Milk and Mustard) Wedges (17g) (Gluten, Soya) Veg	Sausages (18g) (Pork) (Gluten, Eggs, sulphite) Roast Potatoes (31g) Yorkshire puddings(10g) (Gluten(w), egg, milk) Gravy and veg	Chicken Curry (9g) (Gluten (w), Dairy, Egg, Mustard, Milk, Soya) Naan Bread (25g) (Gluten (w), Soya) Veg	Battered Fish (19g) (Gluten(w), Fish) Chips (40g) (Soya) Baked Beans (15g)
VEGETARIAN	Quorn Balls (V) (6g) (Soya, egg) Rice(22g) Veg	Cheese & Onion Lattice (V) (11g) (Gluten, Soya, Milk, Mustard, Sulphite) Wedges (17g) (Gluten, Soya) Veg	Quorn Sausages (18g) (Gluten(w), soya, milk) Roast Potatoes (31g) Gravy Veg	Veggie Burgers (28g) (Gluten, mustard) Herbie Diced(22g) (Gluten, Soya) Baked Beans (15g)	Cheese and tomato Pizza (20g) (Gluten, milk) Chips (40g) (Soya) Baked Beans (15g)
DESSERT	Pancakes & Sauce(15g) (Gluten, Egg, Milk, Soya) Yoghurt (20g) (Milk) Fresh Fruit(5g)	Doughnut (31g) (Gluten, Egg, Milk, Soya) Yoghurt(20g) (Milk) Fresh Fruit (5g)	Rice Krispie Cake (24g) (Gluten, Milk) Yoghurt-(20g) (Milk) Fresh Fruit (5g)	Flapjack (31g) (Gluten, Soya) Yoghurt (20g) (Milk) Fresh Fruit (5g)	Ice Cream (14g) (Milk) Yoghurt (20g) (Milk) Fresh Fruit (5g)
JACKET POTATOES	Jacket Potatoes (45g) Cheese (milk) Beans (15g) Cheese and Beans (milk) Tuna (fish) Salad selection	Jacket Potatoes (45g) Cheese (milk) Beans (15g) Cheese and Beans (milk) Tuna (fish) Salad selection	Jacket Potatoes (45g) Cheese (milk) Beans(15g) Cheese and Beans(milk) Tuna (fish) Salad selection	Jacket Potatoes (45g) Cheese (milk) Beans (15g) Cheese and Beans (milk) Tuna (fish)	

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 AND TERM DATES

Date

Year Group

Event

September

Monday 4th

Whole School

Inset Day

Tuesday 5th

Whole School

Inset Day

Tuesday 6th

Whole School

Autumn Term begins

October

November

Wednesday 29th

Whole School

Scholastic Book Fair

BEST Academic Calendar 2023/2024

School Holiday

Bank Holiday

Pupil Day

Training Day



September 2023	October 2023	November 2023	December 2023
Mon 4 11 18 25	Mon 2 9 16 23 30	Mon 6 13 20 27	Mon 4 11 18 25
Tue 5 12 19 26	Tue 3 10 17 24 31	Tue 7 14 21 28	Tue 5 12 19 26
Wed 6 13 20 27	Wed 4 11 18 25	Wed 1 8 15 22 29	Wed 6 13 20 27
Thu 7 14 21 28	Thu 5 12 19 26	Thu 2 9 16 23 30	Thu 7 14 21 28
Fri 1 8 15 22 29	Fri 6 13 20 27	Fri 3 10 17 24	Fri 1 8 15 22 29
Sat 2 9 16 23 30	Sat 7 14 21 28	Sat 4 11 18 25	Sat 2 9 16 23 30
Sun 3 10 17 24	Sun 1 8 15 22 29	Sun 5 12 19 26	Sun 3 10 17 24 31
January 2024	February 2024	March 2024	April 2024
Mon 1 8 15 22 29	Mon 5 12 19 26	Mon 4 11 18 25	Mon 1 8 15 22 29
Tue 2 9 16 23 30	Tue 6 13 20 27	Tue 5 12 19 26	Tue 2 9 16 23 30
Wed 3 10 17 24 31	Wed 7 14 21 28	Wed 6 13 20 27	Wed 3 10 17 24
Thu 4 11 18 25	Thu 1 8 15 22 29	Thu 7 14 21 28	Thu 4 11 18 25
Fri 5 12 19 26	Fri 2 9 16 23	Fri 1 8 15 22 29	Fri 5 12 19 26
Sat 6 13 20 27	Sat 3 10 17 24	Sat 2 9 16 23 30	Sat 6 13 20 27
Sun 7 14 21 28	Sun 4 11 18 25	Sun 3 10 17 24 31	Sun 7 14 21 28
May 2024	June 2024	July 2024	August 2024
Mon 6 13 20 27	Mon 3 10 17 24	Mon 1 8 15 22 29	Mon 5 12 19 26
Tue 7 14 21 28	Tue 4 11 18 25	Tue 2 9 16 23 30	Tue 6 13 20 27
Wed 1 8 15 22 29	Wed 5 12 19 26	Wed 3 10 17 24 31	Wed 7 14 21 28
Thu 2 9 16 23 30	Thu 6 13 20 27	Thu 4 11 18 25	Thu 1 8 15 22 29
Fri 3 10 17 24 31	Fri 7 14 21 28	Fri 5 12 19 26	Fri 2 9 16 23 30
Sat 4 11 18 25	Sat 8 15 22 29	Sat 6 13 20 27	Sat 3 10 17 24 31
Sun 5 12 19 26	Sun 9 16 23 30	Sun 7 14 21 28	Sun 4 11 18 25

Term 1 – 75 days. Term 2 – 55 days. Term 3 – 65 days. = 195.
Pupil contact will amount to 190 of the 195 days. Schools will be closed on 5 of the 195 days. In accordance with Teachers' Conditions of Service, five days will be used to enable teacher training to take place.

Training days set are as follows: 4th September 2023, 5th September 2023, 5th January 2024, 15th April 2024 and 22nd July 2024.

BEST Academic Calendar 2023/2024

School Holiday

Bank Holiday

Pupil Day

Training Day



September 2023	October 2023	November 2023	December 2023
Mon 4 11 18 25	Mon 2 9 16 23 30	Mon 6 13 20 27	Mon 4 11 18 25
Tue 5 12 19 26	Tue 3 10 17 24 31	Tue 7 14 21 28	Tue 5 12 19 26
Wed 6 13 20 27	Wed 4 11 18 25	Wed 1 8 15 22 29	Wed 6 13 20 27
Thu 7 14 21 28	Thu 5 12 19 26	Thu 2 9 16 23 30	Thu 7 14 21 28
Fri 1 8 15 22 29	Fri 6 13 20 27	Fri 3 10 17 24	Fri 1 8 15 22 29
Sat 2 9 16 23 30	Sat 7 14 21 28	Sat 4 11 18 25	Sat 2 9 16 23 30
Sun 3 10 17 24	Sun 1 8 15 22 29	Sun 5 12 19 26	Sun 3 10 17 24 31
January 2024	February 2024	March 2024	April 2024
Mon 1 8 15 22 29	Mon 5 12 19 26	Mon 4 11 18 25	Mon 1 8 15 22 29
Tue 2 9 16 23 30	Tue 6 13 20 27	Tue 5 12 19 26	Tue 2 9 16 23 30
Wed 3 10 17 24 31	Wed 7 14 21 28	Wed 6 13 20 27	Wed 3 10 17 24
Thu 4 11 18 25	Thu 1 8 15 22 29	Thu 7 14 21 28	Thu 4 11 18 25
Fri 5 12 19 26	Fri 2 9 16 23	Fri 1 8 15 22 29	Fri 5 12 19 26
Sat 6 13 20 27	Sat 3 10 17 24	Sat 2 9 16 23 30	Sat 6 13 20 27
Sun 7 14 21 28	Sun 4 11 18 25	Sun 3 10 17 24 31	Sun 7 14 21 28
May 2024	June 2024	July 2024	August 2024
Mon 6 13 20 27	Mon 3 10 17 24	Mon 1 8 15 22 29	Mon 5 12 19 26
Tue 7 14 21 28	Tue 4 11 18 25	Tue 2 9 16 23 30	Tue 6 13 20 27
Wed 1 8 15 22 29	Wed 5 12 19 26	Wed 3 10 17 24 31	Wed 7 14 21 28
Thu 2 9 16 23 30	Thu 6 13 20 27	Thu 4 11 18 25	Thu 1 8 15 22 29
Fri 3 10 17 24 31	Fri 7 14 21 28	Fri 5 12 19 26	Fri 2 9 16 23 30
Sat 4 11 18 25	Sat 8 15 22 29	Sat 6 13 20 27	Sat 3 10 17 24 31
Sun 5 12 19 26	Sun 9 16 23 30	Sun 7 14 21 28	Sun 4 11 18 25

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