

Henlow Beats

OUR VALUE OF THE WEEK

7th December 2020	Courage
14th December 2020	Christmas

DATES FOR YOUR DIARY

Date	Event	Additional Information
Monday 7th December	Last day to order Christmas dinner	Please make sure you complete this form if your child(ren) would like a Christmas dinner. Dinners are not able to be booked on the actual day. https://docs.google.com/forms/d/e/1FAIpQLSe89qlye6s6S2iVzMILyJxS9XhhFT1Rzf2a2ugSbBduiKtIFA/viewform?usp=sf_link
Wednesday 9th December	Flu vaccinations	Year 5,6 & 7 will be having their flu vaccinations throughout the day.
Wednesday 16th December	A Christmas Carol live stream	All pupils will be watching the performance during the afternoon.

DATES FOR YOUR DIARY

Date	Event	Additional Information
Thursday 17th December	Christmas dinner	If you have not pre-booked a Christmas dinner then please provide your child(ren) with a packed lunch.
Thursday 17th December	Christmas jumper day	Pupils can replace with school jumper with a Christmas jumper. The rest of the uniform should be as normal. Donations can be made to The Need Project or Watoto via the ParentMail app shop.
Friday 18th December	Last day of term	There will be a virtual assembly for pupils during the morning. Pupils may bring in party food—for personal consumption only

REMINDERS

ALL YEARS - We are pleased to be able to refer families to The Need Project for food parcels. If you feel a food parcel would help you please email Mrs Jando at kjando@henlowacademy.org.uk. Please include your details, how many children and adults in the household and permission to share your information with The Need Project.

ALL YEARS - If you would like to order something from our virtual book fair please visit www.primarybooks.co.uk. The school receives 25% of all orders to help buy new books for the library. Please order by Thursday 10th December.

**Central
Bedfordshire**

**VIRTUAL DROP-IN
FOR
PARENTS**

Early Help Team

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

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

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

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

Anger & Behaviour Drop-In

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

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

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

NO QUESTION IS TOO BIG OR SMALL!



**Bedfordshire
Community
Health Services**



SPECIALIST NURSING ADVICE CLINICS:

We provide advice to families of children with additional needs and can offer support with sleep, behaviour, toileting and eating problems.

PLEASE NOTE CHANGES DURING COVID—19 PANDEMIC (in red)

**WE ARE CURRENTLY UNABLE
TO OFFER FACE TO FACE
APPOINTMENTS**

At:
Child Development Centre
Hill Rise
Kempston
MK42 7EB



Telephone Advice:

(No appointment needed)

**Monday—Friday
(except bank holidays)
09:30—11:30**

And

**Every Thursday
13.30-14.30**

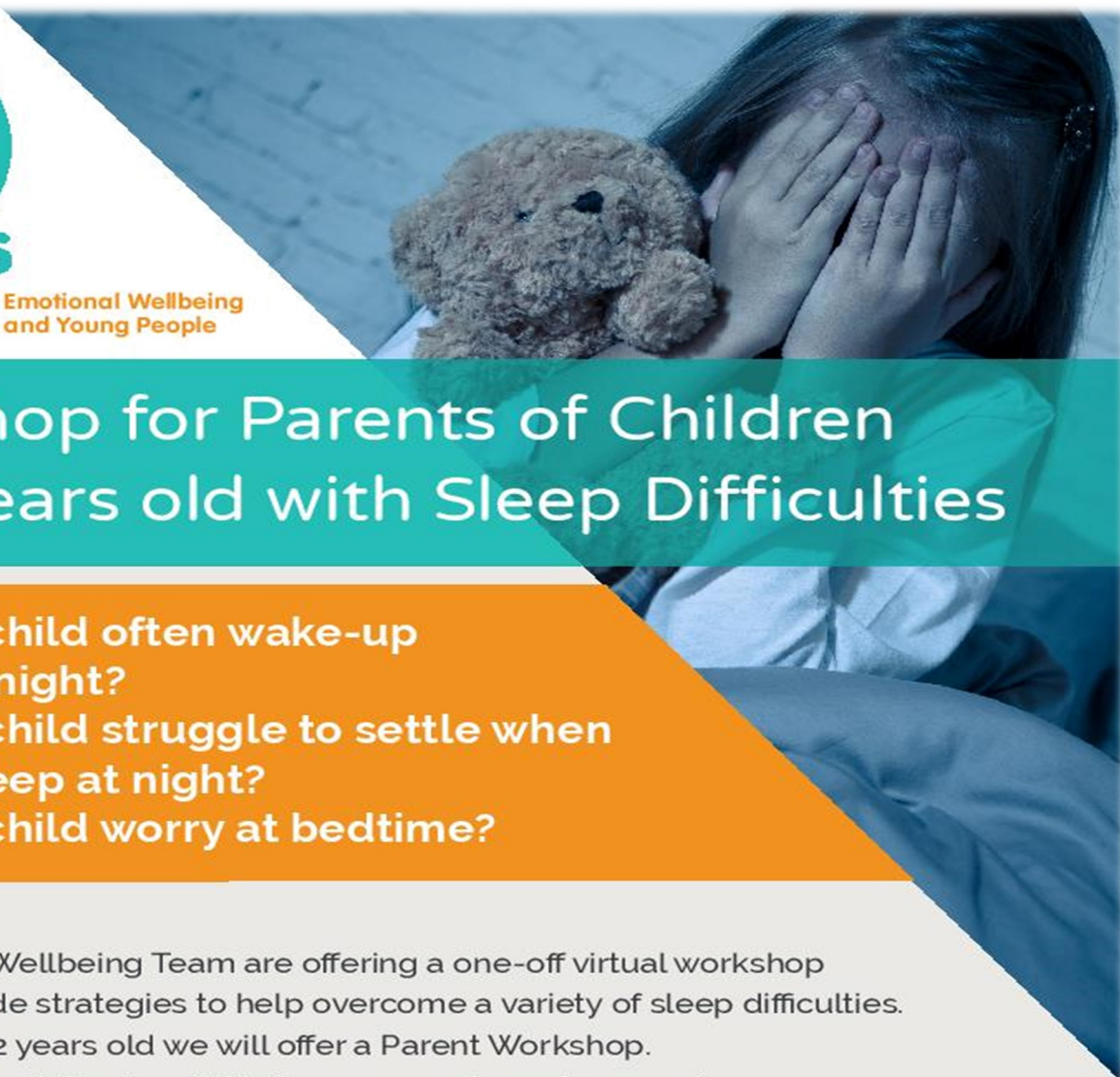
Please call

01234 310271

(appointments cannot be booked on this number)



Mental Health and Emotional Wellbeing
Service for Children and Young People



Workshop for Parents of Children 4-12 years old with Sleep Difficulties

Does your child often wake-up
during the night?
Does your child struggle to settle when
going to sleep at night?
Does your child worry at bedtime?

CHUMS Family Wellbeing Team are offering a one-off virtual workshop which will provide strategies to help overcome a variety of sleep difficulties. For children 4-12 years old we will offer a Parent Workshop.

(A separate sleep workshop is available for young people aged 13 years +)

If you are interested in attending this workshop, please contact us on the email address below and provide parent/carer name, child's name and contact number. Please also state that you are interested in the "Parent Sleep Workshop".

fwteam@chums.uk.com

A Child Wellbeing Practitioner will contact you within 7 working days. Due to COVID-19 social distancing measures, this workshop will be delivered online.

PLEASE NOTE: YOU MUST BE REGISTERED WITH A GP SURGERY IN CENTRAL BEDS OR BEDFORD BOROUGH TO ATTEND THIS WORKSHOP

There are limited spaces for this workshop, please contact us ASAP to avoid disappointment.

CHUMS Main Office: Wrest Park Enterprise Centre, Wrest Park, Silsoe, Bedfordshire, MK45 4HS.
www.chums.uk.com



VIRTUAL WELLBEING DROP-INS

Do you want to learn more about feeling happy and calm at home?

Activities and information will be aimed at all children. Younger children may need support from an adult.

Wednesday 16 th December	Understanding Anxiety	Please book through Eventbrite: https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-understanding-anxiety-tickets-131219776885
---	--------------------------	--

For more information please contact the Early Help team via Eventbrite

Central
Bedfordshire

Promoting Positive Emotional Wellbeing Drop-in

Find ways to support
the children and young
people in your life

Free to attend
Via Microsoft Teams

12:30-13:30

**Gain information,
support and guidance**
Resources will be
sent out after each
session