

# Henlow Beats

## OUR VALUE OF THE WEEK

5th February	Sharing
12th February	Devotion

## DATES FOR YOUR DIARY

DATE	EVENT	ADDITIONAL INFORMATION
Monday 5th - Wednesday 7th February	Year 5 Parents Evening	4pm—8pm (depending on teacher availability)
Monday 12th - Thursday 15th February	Year 7 Parents Evening	4pm—8pm (depending on teacher availability)
Monday 12th - Friday 16th February	Year 10 Mock Exams	Core subjects only
Monday 19th - Friday 23rd February	Half Term	

# SPRING 1ST HALF TERM CLUB TIMETABLE

		Monday	Tuesday	Wednesday	Thursday
K1 requirements will vary for each sport. Make sure you check with the member of staff running the activity. Check the timings of each club.					
PE	Before School	Year 11 Fitness Suite JMI	Year 10 Fitness Suite RLE	Year 9 Fitness Suite JMI	Year 10 Fitness Suite RLE
		All Years Netball Shooting/Fasting 8:00am RLE Sports Hall	All Years Gymnastics Club 7:45-8:45 JMI/External Coach Sports Hall	Year 5 & 6 Trampoline JMI Sports Hall	Year 7 & 8 GIRLS Badminton (1st Half) RLE Sports Hall
		All Years Cheerleading External Coach Sports Hall	Year 8 Handball (2nd Half) GBA/JMI Sports Hall	Squad Gymnastics LHW Sports Hall	Squad Gymnastics LHW Sports Hall
	Lunchtime	Year 9-11 Trampoline JMI Sports Hall	Year 10 Handball (1st Half) GBA/JMI Sports Hall	Year 7 & 8 BOYS Badminton (2nd Half) RLE Sports Hall	Year 7 & 8 Trampoline JMI Sports Hall
			Key Stage 2 Football RBA Field		
3:45-4:45 - Full PE K1 - Sign the register - Make sure your parents/guardians know you are of the club & arrange to get home safely. Fixtures are by selection only and finishing times will vary.					
Music	After School	Year 5-8 Northants Saints Rugby Training Field	Year 9, 10 & 11 Netball Fixtures RLE Various	All Years - Rugby - Will start 24th Jan GBA/JMI Field	Year 7 - 11 Netball Training RLE MU/GA
		Year 9-11 Badminton RBA Sports Hall	Year 7-11 Girls Football RBA Field	Dance Club RLE	Year 9-11 Northants Saints Rugby Training Field
	Lunchtime	Key Stage 4 Music Support BF Music Room 13:00 Week A Only	All Years Boys Out Loud Week A BF All Years Girls Out Loud Week B BF Music Room 13:00	All Years Young Voices BF Music Room 13:00	Year 9 Music Support BF Music Room 13:00 Week B Only
Library	After School		Henlow Harmony BF Music Room until 4:45		All Years Orchestra Mrs Brown until 4:15 Music Room
	Break Time	All Years Welcome	All Years Welcome	All Years Welcome	All Years Welcome
	Lunchtime	Year 10 & 11 Only Chromeblocks available	All Years Welcome	All Years Welcome	Key Stage 3 & 4 School Newspaper 1:00 CWH
Other		All Years Homework Club (Room TBA) JCA	All Years Homework Club (Room TBA) JCA	All Years Homework Club (Room TBA) JCA	All Years Homework Club (Room TBA) JCA
		All Years Chillax - Must be referred by staff EJA Room 300	All Years Chillax - Must be referred by staff EJA Room 300	All Years Chillax - Must be referred by staff EJA Room 300	All Years Chillax - Must be referred by staff EJA Room 300
	Lunchtime	CREST Superstars KS2 Science 1pm Lab B1	Key Stage 2 & 3 Science Club 1:00pm C1	CREST Club 1:00pm HSA P2	Year 7 Loon Bonds 1pm P2 HSA
		All Years Origami SGO Room 202 1:05pm	All Years Workhammer Club 12:40-13:30 Textiles Room		WEEK B - School Action Group 1pm Room 100 HSH/HWE
			Mindfulness Club 1:00 - 1:30 Room 402 ACU		WEEK A - Year 11 Social Sciences Support 1pm Room 100 HSH/HWE
Key Stage 4 Revision & Subject Support	After School	All Years Homework Club Room 103 3:45 - 5:00	All Years Homework Club Room 103 3:45 - 5:00	All Years Homework Club Room 103 3:45 - 5:00	All Years Homework Club Room 103 3:45 - 5:00
	Before School				GCSE PE/ITEC PE Support 8:00am start Sports Hall
		Key Stage 4 Revision All lunchtime Library	Year 10 & 11 D of E Drop In All lunchtime ICT Suite	Year 11 Art Catch Up 1pm start Art Room	GCSE Computer Science Support All lunchtime ICT Suite
	Lunchtime	Year 11 Food Tech Catch Up All lunchtime Food Tech		GCSE English Language Support 1pm start Room 401	Key Stage 4 Science Revision 1pm start B1
		WEEK A - Key Stage 4 Music Support 1pm start Music Room			WEEK A - Year 11 Social Sciences Support All lunchtime Room 304
After School					WEEK B - GCSE Geography Support 1pm start Room 301
		Homework Club 3:45pm - 5:00pm Room 103	Homework Club 3:45pm - 5:00pm Room 103	Homework Club 3:45pm - 5:00pm Room 103	Homework Club 3:45pm - 5:00pm Room 103
			GCSE Physics Support 3:40pm - 4:30pm P2	Year 11 Food Tech Catch Up 3:45pm - 5:00pm Food Tech	Year 11 Art Catch Up 3:40pm - 4:30pm Art Room
			Year 11 DT Catch Up Design suite - Sign up in advance required	Year 11 Maths Support 3:40pm - 4:45pm Room 102	GCSE Biology Support 3:45pm - 4:30pm B1
				GCSE Chemistry Support 3:45pm - 4:30pm C1	WEEK B - Year 11 Social Sciences Support 3:40pm - 4:30pm Room 304

# THE DANGERS OF FROZEN WATER

Every year children are at risk when they are tempted to play on the ice formed on open waters and adults find themselves at risk as they attempt to save them. Over 50 % of ice related drowning involved an attempted rescue of another person or a dog.

Areas with frozen waters can be beautiful to look at but they are also extremely dangerous. Here are some useful tips to help you enjoy these areas safely.

## TOP TIPS TO STAY SAFE

### NEVER GO ON THE ICE UNDER ANY CIRCUMSTANCES

This includes attempting to rescue another person or animal who may have fallen through the ice.

### ONLY USE WELL LIT AREAS

Try to take walks in the daylight but if you must walk in the evening, only use well lit areas and avoid anywhere with water.

### KEEP AWAY FROM THE EDGE OF THE WATER

Never go close to the edge or lean over to touch the ice. You may overbalance or trip and fall in.

### ALWAYS WALK WITH AN ADULT OR A GROUP OF FRIENDS

Look out for each other and if someone does fall through the ice there will be others around to raise the alarm and get help

## WHAT TO DO IF YOU FALL THROUGH THE ICE

Keep calm and shout 'help'

Spread your arms across the surface of the ice in front of you

Try to kick your legs and pull yourself out of the water and on to the ice

Lie flat, spreading your weight across the surface and pull yourself to the bank. you may find it easier to roll

If you cannot climb out, wait for help and keep as still as possible. Keep your head above the water, press your arms by your side and keep your legs together

Once you are safe, it is important that you go to hospital immediately for a check up



## WHAT TO DO IF YOU SEE SOMEONE FALL THROUGH THE ICE

Shout for **'HELP'** and dial **999** or **112** if you can

**DO NOT** walk on to the ice to attempt a rescue

Shout to the person to **'KEEP STILL'** and offer reassurance.

If they are close enough, **LIE DOWN TO AVOID OVERBALANCING** and falling onto the ice, and try to reach them with a tree branch clothing tied together or anything else which can extend your reach.

If you cannot reach them, **SLIDE SOMETHING** which floats across the ice, such as a plastic bottle or a football, so that they can hold on to it to stay afloat whilst help is on the way.

If they are too far away, **WAIT FOR THE EMERGENCY SERVICES** and reassure the casualty from the safety of the bank.

**StyWise**



### Keeping the Child in Mind

A nurturing 4-week course focusing on relationships within the family, and particularly the influence of parental relationships on children.

**Bookable course call for more information.**

### First Aid

#### Emergency Paediatric First Aid – 2-hour course

Bookable course £10 cash per person to secure place @ Shefford Children's Centre. Certificate provided.

**27<sup>th</sup> January 9-11am**

**23<sup>rd</sup> March 9-11am**



### Drop ins.

Support and information covering all aspects about your baby or child. Mondays at Stotfold Library and Fridays at Shefford Children's Centre. All ages welcome. **Self-weighing scales available.**

### Military Drop in's

Stay and play for military families, all ages welcome. Self-weighing scales available.

**RAF Henlow Alternate Monday 1<sup>st</sup> and 3<sup>rd</sup>**

**1.30-3pm @ The Hive**

**JFC Chicksands 2<sup>nd</sup> and 3<sup>rd</sup> Wednesday 1-2.30pm**

**@ Gilbertine Centre**

### One to one Support

Our friendly team welcome you to pop by anytime to the centre if you would like support.

We support with parenting workshops, behaviour advice, managing relationships, Breast feeding info and support, Domestic abuse and parental conflict, budgeting, housing and so much more. Pop in for a cuppa and chat, call or fill out a request for services form.

### Need Project Food Bank Drop in



Stotfold Monday, Tuesday, Thursday and Friday's 11-12.30 @ 36 High Street Stotfold

Shefford Every Wednesday 9.30-11am @ Methodist Church Hall Amptill Road Shefford

**Shefford Children's Centre** School Lane, Shefford SG17 5XA.

Open 8.30am to 4.30pm Located behind Shefford Lower School.

### Outreach Locations

**Stotfold Library** Hitchin Road Stotfold, England SG5 4HP

**Arlesey Youth Centre** High Street Arlesey SG15 6SN

**Stondon Baptist Church** Baptist Church Hall Station Road Lower Stondon SG16 6JL

**Stotfold Midwife Hub** Rook Tree Lane Stotfold SG5 4DL **0300 300 8185**

**FIND US**



Find out what's on at your local Children's Centre



What do you think? Feedback



Would you like support? Self-refer here



Register to use our services.



**Shefford and Stotfold Children's Centre**

**0300 300 8112 Mobile 07585888983**

**Shefford Children's Centre SG17 5XA**

**great prospects**

**HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM**

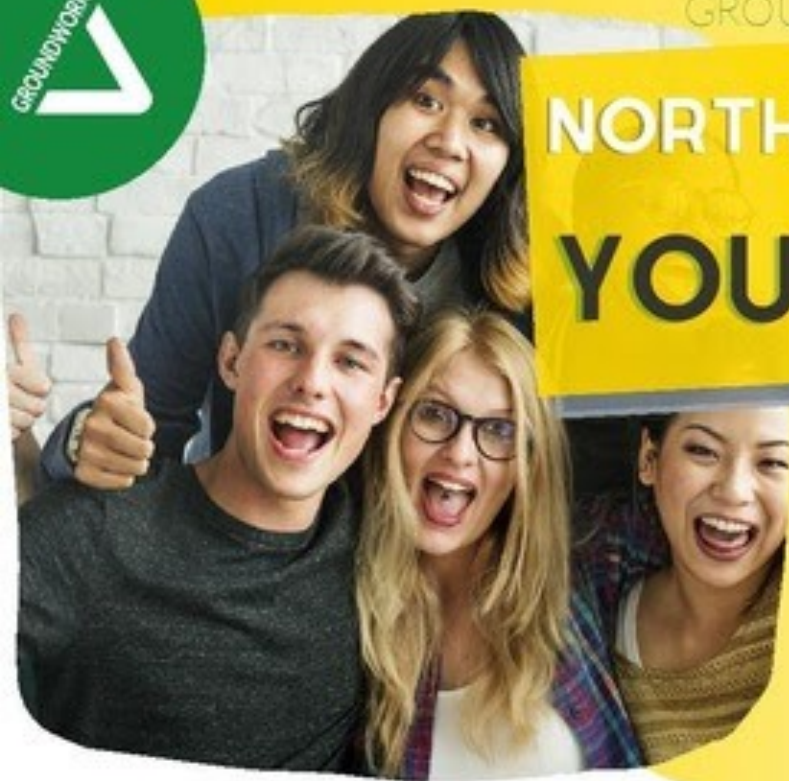




GROUNDWORK PRESENTS

# NORTH BEDFORDSHIRE YOUTH CLUBS

**FOR 12-18 YEAR OLDS**  
(UP TO 25 WITH ADDITIONAL NEEDS)



## ARLESEY

HIGH STREET  
SG15 6SN  
TUESDAYS  
6PM - 8PM

## BIGGLESWADE

ADDITIONAL NEEDS NIGHT  
MEAD END  
SG18 8JU  
MONDAYS  
5.30PM - 7.30PM

## SANDY

SWANSHOLME GARDENS,  
SG19 1JD

MONDAYS  
CREATIVE NIGHT  
6.30PM - 8PM

WEDNESDAYS  
6.30PM - 8PM



## MORE INFO:

e: [youth.referrals@groundwork.org.uk](mailto:youth.referrals@groundwork.org.uk)  
t: 07736 132870

Thanks to funding from:



Central  
Bedfordshire  
Council



@gweyouth  
@northbedsync

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM