

CALENDAR DATES 2024

23 rd DECEMBER to 3 rd JANUARY 2025	CHRISTMAS HOLIDAYS – SCHOOL CLOSED
6 th JANUARY 2025	STAFF TRAINING DAY – SCHOOL CLOSED
7 th JANUARY 2025	ALL CHILDREN RETURN TO SCHOOL
9 th JANUARY 2025 2:30pm	YEAR 4 RESIDENTIAL MEETING
9 th JANUARY 2025 to 27 th MARCH 2025	YEAR 3 SWIMMING Details emailed 22.11.24 – please send your consent via the SchoolAPP Please note no swimming on the following days: 20 th Feb Half Term & 6 th March World Book Day
17 th JANUARY 2025 9am to 10am	WHOLE SCHOOL MATHS WORKSHOP FOR ALL PARENTS/CARERS Details to follow
28 th JANUARY 2025	EARLY YEARS HEARING TEST Details emailed 11.11.24 – please follow instructions in the NHS letter
28 th JANUARY 2025 9:05am to 10:05am	CAHMS MHST COFFEE MORNING Please see the poster below for all details
6 th MARCH 2025	WORLD BOOK DAY Details to follow
1 st APRIL 2025	WHOLE SCHOOL CLASS PHOTOS
12 th & 13 th MAY 2025	YEAR 4 KINGSWOOD GREEN PARK Further details to follow



Merry Christmas!

Challenge Champions Last Week



Lynx: Whole Class

1M: Aaysha

2M: AJ

3DR: Jaxon

4G: Stefan

Bobcats: Whole Class

1P: Archie

3J: Alfie

4P: Angel



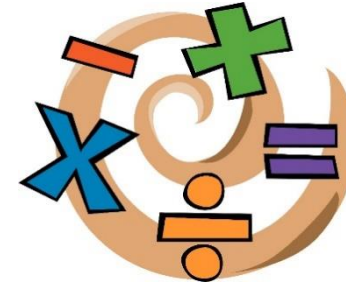
Well done everyone for achieving such great results!

Fantastic Work!

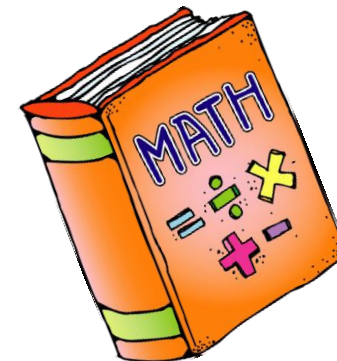
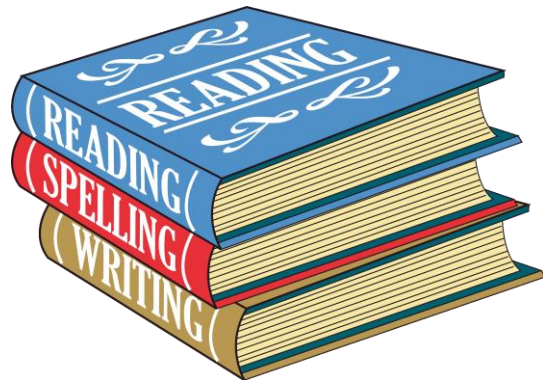




English Champion of the Week
13th December 2024



Maths Champion of the Week
13th December 2024



CHRISTMAS JUMPER DAY



**Thank you to
everyone who kindly
donated
to our
charity**



You helped us raise a total of £72.95!



Congratulations to Mrs Lambert
who won our Pupil Premium Prize Draw Hamper!



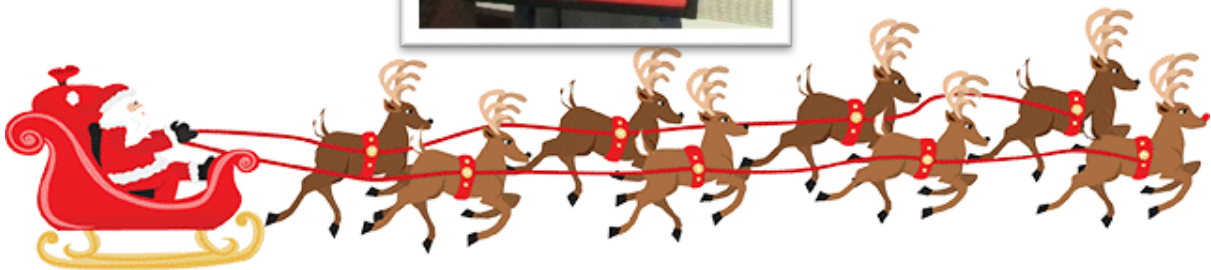
Congratulations Evelyn!

Some children from Beaudesert entered the Christmas Card competition run by Alex Mayer, the MP from the Dunstable and Leighton Buzzard constituency.

Evelyn from 3DR was one of the winners!

The winning entries have been made into Christmas cards and have been sent to organisations across Dunstable and Leighton Buzzard, as well as to the Prime Minister at 10 Downing Street and Kings Charles III at Buckingham Palace!

Congratulations Evelyn!



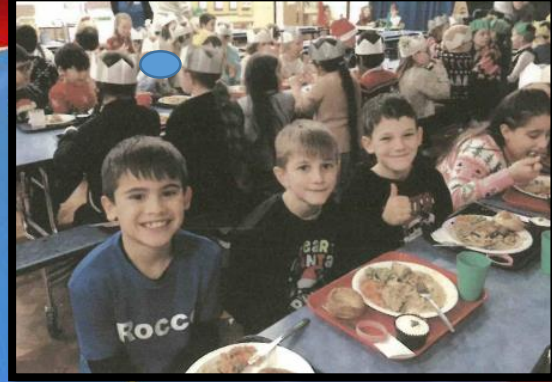
Santa Challenge Winner!



A big CONGRATULATIONS to AJ in 2M who won the Santa Challenge Scooter!



Beaumont Christmas Lunch



EARLY YEARS NATIVITY – CHRISTMAS COUNTS



EARLY YEARS

Mrs Jones our Year 3 teacher spoke to the children about Christmas traditions.



Year 1M Santa Painting

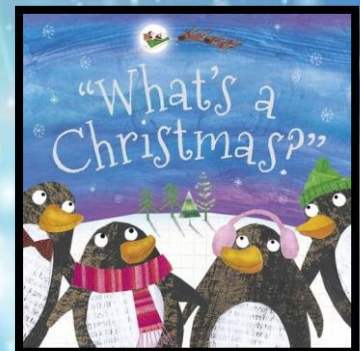
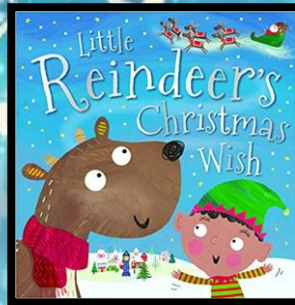
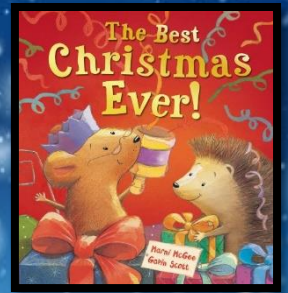


YEAR 20 CHRISTMAS PARTY!



Twinkle McJingles

having cosy story time with each class



good luck!

we will miss you

We would like to thank Miss Murtagh for being such a wonderful teacher!

Good luck in your new career, we will all miss you!

Carrington House Care Home Christmas Carols

Beaudesert were delighted to be able to take some Year 4 children to one of our local care homes to sing some Christmas Carols. The residents were overwhelmed by their beautiful voices! Well done everyone!



Well done to Rheo and Pippa for their positive attitude and attendance!

HELLO!

Coffee Morning

COME AND MEET THE CAMHS MHST



28TH JANUARY 2025
09:05AM-10:05AM

Come and meet Harley from the
Mental Health Support Team
(MHST) at Beaudesert Lower
School.

Join us for a coffee to find out
more about us and our service.



East London
NHS Foundation Trust

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerningly common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

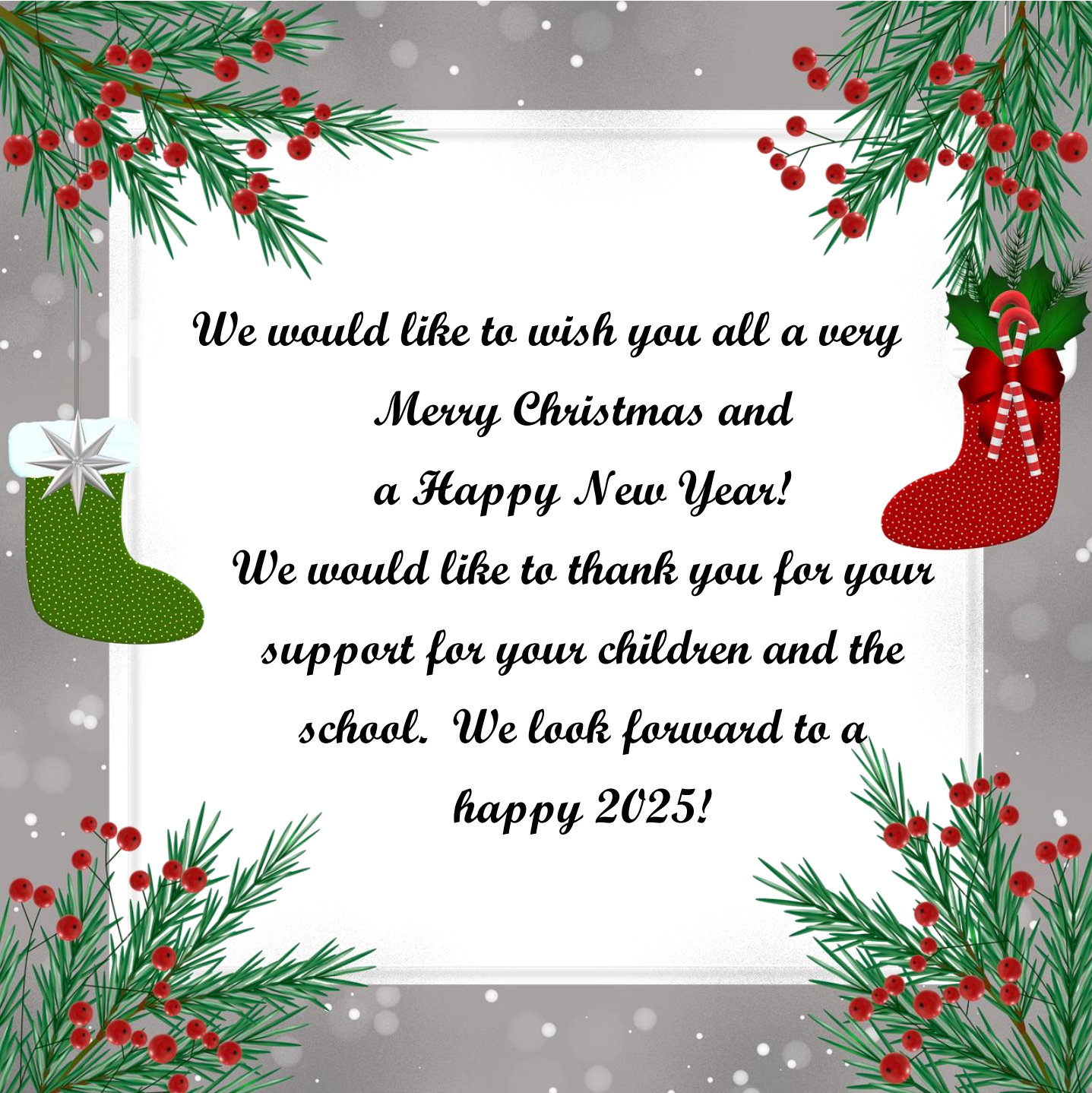
John Inley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>



*We would like to wish you all a very
Merry Christmas and
a Happy New Year!*

*We would like to thank you for your
support for your children and the
school. We look forward to a
happy 2025!*

REMINDERS

Start & Finish Times for September 2024 – July 2025

Year	Start time	Finish time
Years 3 & 4	8.40am	3.00pm
Years 1 & 2	8.40am	3.00pm
Reception	8.40am	3.00pm

PLEASE FOLLOW THE WAY SYSTEM AROUND THE SCHOOL, EVEN IF THIS MEANS YOU WALKING BACK AROUND THE BUILDING FOR A 2ND LAP.



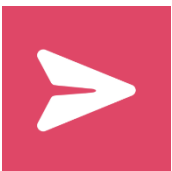
Change of contact details/address

If you have changed your address or phone number recently, please let the school office know your new details. Thank you.



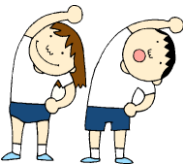
Absences/lateness

Can all parents ensure that all absences are reported to the School Office by 9.30am on the day of absence. It is also very important for the school to know if your child is sick, or if they have a medical appointment. If your child arrives into school late (after 8.45am), Parents are asked to please bring their child to the school office.



School App

We now have a new school app. It is available to download free from the App Store on any mobile device. Search for '**reach more parents by weduc**'. Please be sure to download the app onto your phone as it will be our main method of communicating via text with Parents.



PE Kit

September 2024 – Please can all children bring in their PE kits at the beginning of the week so they can change into them during school time on their nominated days.



School Lunches

Ordering and paying for school lunches is now done on www.parentpay.com. Parents should have received letters that features login details. Please order all school lunches by Thursday for the following week. If you have any queries, please call 01908 615705.

Beaudesert has a strict 'No Nuts' policy, and we ask parents to not send in food items such as peanut butter, cakes or biscuits that may contain nuts!



Breakfast Club and After School Club

Advance bookings for **both the Breakfast club and After School Club** need to be made online at <https://www.kidzzoneclub.com/>. For same day bookings please can parents email hello@kidzzoneclub.com or call their office on 01525 591036 (between 9am and 3pm). Please note a parent/guardian must complete a 'Kidz Zone' child registration form either online via the website or with a member of the Kidz Zone team for the booking to be accepted – this information is required to meet Ofsted regulations.



Bikes and Scooters

Please can everyone remember to dismount bikes and scooters whilst on the school grounds, as accidents can occur on pathways at busy times.



Car Parking

Just a reminder for some parents when parking outside of the School that it is very important to park as considerately as possible. Parents and carers dropping their children off at school should not be parking on pavements. Car number plates may be reported to the Police if this continues to happen. Can parents also remember that parking in the Staff car park or the Kitchen car park is also not permitted. Thank you.