



Dear Parents and Carers,

Welcome to the third newsletter – I hope you found previous newsletters informative and thank you to everyone who provided feedback. This newsletter is now also available on the school website. I have kept a few useful links from previous newsletter such as the Local Offer which has been updated this month. In this edition, I am focusing on the November Awareness Dates below. I will also be sharing an assembly with classes for World Diabetes Day.

My role has slightly changed with Mrs Ewen, our Pupil Wellbeing Worker, recently retiring. I will now also be supporting pupils across the school with any mental health/wellbeing issues. If you have any queries/concerns about your child's learning needs, please speak to their class teacher initially. If you have queries/concerns about your child's wellbeing, please contact me or their class teacher.

Please share any feedback with me on 01767-699806 or email [send@mapletreepriaryschool.com](mailto:send@mapletreepriaryschool.com) Kind Regards, Chris Pond.

### **Calendar for November 2021:**

**Epilepsy Awareness Month**

**13: World Kindness Day**

**14: World Diabetes Day - 100 year anniversary**

### **Epilepsy Awareness Month**

Epilepsy is a condition that affects the brain. When someone has epilepsy, it means they have a tendency to have epileptic seizures. Anyone can have a one-off seizure, but this doesn't always mean they have epilepsy. Epilepsy is usually only diagnosed if a doctor thinks there's a high chance that the person could have more seizures. Epilepsy can start at any age and there are many different types. Some types of epilepsy last for a limited time and the person eventually stops having seizures. But for many people epilepsy is a life-long condition.

For more information please go to:

<https://www.epilepsy.org.uk/>

### **World Kindness Day**

World Kindness Day is a holiday that promotes the importance of being kind to each other, to yourself, and to the world. The purpose of this day is to help everyone understand that kindness is what binds us all together. This understanding has the power to bridge the gap between nations. With kindness, we can overcome the divides of politics, race, religion, gender, and so much more. What began as an effort from the World Kindness Movement at a Tokyo conference 24 years ago is now a global movement reminding everyone of the power of kindness.

For more information please go to:

<https://inspirekindness.com/world-kindness-day>

### **World Diabetes Day -**

This year marks 100 years since the discovery of a treatment that has saved millions of lives around the world – insulin. Helpline: Our team of highly trained advisors are here to provide specialist information and advice on all aspects of life with diabetes, whether you're living with diabetes yourself, supporting a loved one, or worried about your risk. Call us on 0345 123 2399 (Monday to Friday, 9am to 6pm) or email [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk) for answers, support or just to talk to someone who knows about diabetes. Diabetes is a serious condition where your blood glucose level is too high. It can happen when your body doesn't produce enough insulin or the insulin it produces isn't effective. Or, when your body can't produce any insulin at all.

There are two main types of diabetes: type 1 and type 2. When you've got **type 1 diabetes**, you can't make any insulin at all. If you've got **type 2 diabetes**, it's a bit different. The insulin you make either can't work effectively, or you can't produce enough of it. They're different conditions, but they're both serious. For more information please go to: <https://www.diabetes.org.uk/>

### **TECH CORNER:**

Below are a number of apps for iOS and android devices for this month's Awareness dates:

Great Kindness Challenge: 50 item kindness checklist, have fun and show the world that kindness matters!

Diabetic Recipes: Healthy Food: hand-picked healthy diabetic recipes for free.

SeizAlarm: Seizure Detection: Use friendly app which allows those with epilepsy to alert emergency contacts when help is needed.



**CHUMS**  
Mental Health and Emotional Wellbeing Service for Children and Young People

CHUMS are running some psychoeducation workshops for families who are registered at a GP Surgery in Central Bedfordshire or Bedford Borough. Please complete the attached registration form and return to: [fwteam@chums.uk.com](mailto:fwteam@chums.uk.com) along with their preferred dates. There are dates for the same workshops for older children – please let me know if you would like these dates.

**Parent Sleep Workshop (Children aged 12 and under)** - 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.

- Tuesday 7<sup>th</sup> December 17:00-19:00pm

**SENDIAS** - Central Bedfordshire SENDIASS (Special Educational Needs and disability Information, Advice and Support Service) is a statutory service, provided by but working at arm's length from the Local Authority which offers a free, confidential support service for young people with SEND and their parents and carers.

For more info please go to:

<https://cbSENDIASS.org/>

Or look at:

<https://youtu.be/54R4cDbX6L8>

Link to current Central Beds SEND Newsletter containing info about local events and family support:

<https://content.govdelivery.com/accounts/UKCBCC/bulletins/2fa7ace>

## Parents and First Teachers

Parents as First Teachers (PaFT) is a voluntary, early intervention programme for parents of children pre-birth to three years of age.

Parents as First Teachers goals are to increase parent knowledge of early childhood development and improve parenting practices.

### Intentions of PaFT Programme:

Parent child interaction, Child Development, Parenting Behaviours.

Development centered parenting – attachment, sleep, safety, health, nutrition, discipline, transitions.  
Family well-being – Goal setting, resourcing and family needs, mental health, relationships.

**For more information about PaFT please**

**contact [Claire.Racher@centralbedfordshire.gov.uk](mailto:Claire.Racher@centralbedfordshire.gov.uk) or 0300 300 6515 .**

### Theraplay corner:

Theraplay was developed to support healthy child/caregiver attachment. Strong attachment between the child and important adults in their life is believed to be the basis of lifelong good mental health and builds resilience. In each issue I would like to share a couple of Theraplay activities for you to try at home that are used in school ☺

### Together watch the 'Relaxation Techniques' video:

Relaxation Techniques video:

[https://www.youtube.com/watch?v=FswMJi\\_ho-4](https://www.youtube.com/watch?v=FswMJi_ho-4)

If you like, you can pause the video to show how each other what happens to your body when the teacher asks the class to show her in the video.

**Pop the bubble:** Blow a bubble and catch on the wand. Have your child pop the bubble with a particular body part, e.g. finger, elbow, toe, shoulder, knee or ear. See how many bubbles they can pop with a particular body part. Swap roles and parent to have a turn too.

There is a Specialist Nursing and Early Support Service Child Development Centre that can help families with sleep and behaviour issues at Ivel Valley HUB, Ivel Valley School (Primary Site), The Baulk, Biggleswade, SG18 0PT. Last Monday of the month (09.30 – 11.30am). Tel: (01234) 310278



## Worried about your child's talking, listening, interaction or stammering?

**Book a phone, video or face to face consultation  
with the Speech and Language Therapist from  
Sandy and Biggleswade Children's Centre on:**

Wednesday 29<sup>th</sup> September 2021  
Wednesday 13<sup>th</sup> October 2021  
Wednesday 20<sup>th</sup> October 2021  
Wednesday 10<sup>th</sup> November 2021  
Wednesday 24<sup>th</sup> November 2021  
Tuesday 7<sup>th</sup> December 2021  
Wednesday 8<sup>th</sup> December 2021

For more information - or to book- please contact  
[lisa.mitchell26@nhs.net](mailto:lisa.mitchell26@nhs.net)



Check out our website also for information on your child's development

[www.childspeechbedfordshire.nhs.uk](http://www.childspeechbedfordshire.nhs.uk)



**SUPERKIDS A virtual support group for parents  
or carers with children who have a special  
educational need or disability.**

**Thursday Mornings 10.30-11.30am.**

A free online support group facilitated by Sandy and Biggleswade Children's Centre, to share experiences with other parents and carers in a similar situation

A chance to speak to professionals from the CDC, Early Years Support Team, Speech and Language plus more. For more information please contact:

[karen.burton@centralbedfordshire.gov.uk](mailto:karen.burton@centralbedfordshire.gov.uk)

Sandy and Biggleswade Locality Children's Centre

Please have a look at our school website under the 'Inclusion' tab for information about provision for SEND at Maple Tree and also the school's SEND policy and annual SEND Report. There are links to useful websites, in particular, the Central Beds Local Offer (UPDATED) here:

<https://localoffer.centralbedfordshire.gov.uk/kb5/centralbedfordshire/directory/home.page>

It sets out what local support/services are available for Children & Young People with SEND.

# Parentline

A confidential text messaging advice and support line for Bedfordshire parents and carers of children aged 0-19.

**Text: 07507 331456**

Parenting advice and support    Sleep    Contenance

Immunisations    Mental health    Minor illness

Speech    Behaviour    Temper tantrums

Infant feeding    Diet & exercise

Child development    Parenting

and much, much more....

We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we've received your text. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To find out what we do with your information, please internet search: "NHS CCS privacy notice" or use this link [bit.ly/nhsprivacynotice](https://www.nhs.uk/privacy-notice). Prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

[NEWSFLASH!!! Please look up Next Page Books on Facebook..](#)



## Children's bookshop, specialising in neurodiversity

- Opening in Autumn 2021 in beautiful Hitchin, Herts. -



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### About



#### Love books, passionate about diversity?

We are a small fledgling children's bookshop with BIG ideas. A partnership between a children's publishing expert and a teacher/Senco. In a little bookshop in Hitchin, Herts.

We stock children's books from baby to young adult and everything in between. We also have a small but perfectly formed selection for grown-ups and we can order pretty much any book that's currently in print.

We specialise in books that support and celebrate diversity in all its forms, and particularly neurodiversity. We search out books with characters who are autistic, have dyslexia or ADHD, are anxious about school, or who have difficulties with communication and much more! We work with individuals, families, schools and libraries to make sure you can find a book that speaks to you.

**CHUMS Psychoeducation Workshop Registration Form**

Child's First Name	
Child's Surname	
Child's DOB (DD/MM/YYYY)	
Gender	
Parent/ Carer Name and Relationship	
Email Address	
Telephone NO.	
Home Address	
GP Surgery	
Ethnic Origin	
Nationality	
Main Language (Also, if not English do you require a translator?)	
Current School	
New School in September 2021	

Does your child have an Educational Health & Care Plan?	YES / NO
Is your child known to Early Help / Social Services?	YES / NO
If known to Social Services, is your child considered a "Looked After Child"?	YES / NO
Are you currently in the process of completing an Early Help Assessment?	YES / NO
Does your child have any diagnosed learning disabilities (e.g. dyslexia)?	YES / NO
Does your child have a formal diagnosis of ADHD?	YES / NO
Does your child have a formal diagnosis of ASD?	YES / NO
Workshop you wish to attend (Please state parent sleep workshop, 0-5 resiliency etc.)	
Date you wish to attend workshop on	