



Heathwood Lower School
Leighton Buzzard

Heathwood Newsletter



"Our vision is for every child to develop a love of learning, to be curious about the world around them, and to feel a true sense of belonging. We nurture kindness, encourage children to be courteous and respectful, and celebrate the differences that make each individual unique. Through the development of essential life skills, we prepare our children to be confident, successful learners, ready for the next steps in their lives."

October 2025

Diary Dates

October

- 3rd Harvest Assembly 2.45pm
- 6th Kindness Challenge Week
- 9th Tag Rugby event (KS2) 1-4pm
- 10th PTA Magic Show 3.30-6pm
- 17th PTA Quiz Night 6pm
- 22nd Yr 2 Woburn Safari Park
- 23rd KS1 & KS2 Run for Fun 1-4pm
- 27th - 31st Half Term

November

- 4th Virtual Parents Evening 3.45-6pm
- 5th Yr 3/4 Cluster Sports Festival
- 6th Reading & Phonics Workshop 9-10.15am
- 6th Virtual Parents Evening 3.45- 6pm
- 11th Yr4 Remembrance Service All Saints
- 13th Maths Workshop 9-10.15am
- 14th Children in Need
- 20th Yr 3/4 Sports Hall Athletics

December

- 1st Awe & Wonder Day
- 6th PTA Santa's Grotto
- 11th Yr 4 Lower Schools Concert 2-3pm
- 12th Outside Achievement Assembly
- 16th Yrs 1-4 Christmas Performance 2pm
- 17th Hot chocolate with the Headteacher
- 17th Class R Nativity 2.45pm
- 18th Yrs 1-4 Christmas Performance 2pm
- 19th Christmas Jumper Day
- 19th Church Service at St Leonards (all welcome)
- End of Term

Welcome

We have only been back in school just one month but already the summer seems a distant memory! The children have returned full of energy and enthusiasm and I have been delighted by the level of engagement and how the children have embraced their learning in every class. All of our children have settled in well to their new classes and routines. Already we have had lots of opportunities to celebrate fantastic learning and see some great achievements. As we settle into our new routines please can I remind you that school starts at 9am and to support independence, children in Classes 1 - 4 should be dropped off at one of the gates. Please ensure that if your child is dropped off by a grandparent or childminder that they are also aware of this expectation.

It has been a real pleasure to get to know our newest children in Class R, they have settled in really well and we are all very proud of them. I hope you have all been made to feel very welcome and part of our Heathwood family.

Thank you for your continued effort with school uniforms, children are certainly looking very smart and showing how proud they are to belong to Heathwood Lower School. Please can I remind you all of the importance of labelling all of your child's belongings, this is so that should anything get mislaid then it can quickly and easily be returned to its owner.

Thank you to those parents who came along to the PTA AGM and who have joined the PTA. The PTA can not function without the support of parents and so I am extremely grateful for your continued offers of support.

I would also like to say a big thank you to our Rights Respecting Council and Fairtrade Council for their amazing donations of cakes and for making our Tea and Coffee Afternoon a great success. A very big thank you to all of our families for your support at this event. We raised a fantastic £292!

Have a great month of October!
Mrs Wright



Preschool News

Preschool has had a busy start to the year, welcoming our new families to the setting. We have been teaching the children about how families come in all shapes and sizes, and have made a lovely family canopy filled with pictures of all our different families. We have had some lovely family trees created by the children.

We redesigned our reading area and introduced our reading buddy bear.

The children have been making the most of the cosy area and enjoyed reading stories to the bear.



We have been making the most of the last of the warm weather, and the children have especially enjoyed our revamped mud pit. With that being said, Winter is creeping up on us. Please, could children come into Preschool with weather-appropriate clothing. Please label clothing and water bottles, as we have a lot of princesses and superheroes.

In preparation for school readiness, in the next couple of weeks, we will be sending home some Maths and Phonics worksheets to help you support your children's learning at home.

Governors News

The first meeting of the governing board for the new academic year took place in September. Paula Bangs, who had informed the rest of the governors in our July meeting, stepped down as Chair of Governors. The board thanked Paula for the time she had spent as chair and the enthusiasm that she had put into this role.

Elections took place for the roles on the board, Jim Whitaker was elected as Chair, the role of Vice-Chair was put to the meeting and Paula offered to fulfil this role and she was duly elected.

Governors discussed and adopted several policies as well as discussing Safeguarding, The School Development Plan and Health & Safety.

Future Governor training was also discussed at the meeting by the board and several training courses were agreed upon.

The governors would like to welcome into the school the new pupils in Class R and the new members of staff.

Macmillan and Fairtrade Coffee Morning

We were absolutely overwhelmed with the fantastic support for our Macmillan Coffee Morning on Friday 26th September. Myself and Miss Romaine were joined by the children from the Rights Respecting Council and Fairtrade Council to serve tea, coffee and cake to all our visitors from our school and the local community.

The hall was buzzing and it was great to welcome everyone into the school.

The delicious array of cakes meant that we raised £292. £146 for Macmillan and £146 for Fairtrade.

Thank you for your fantastic support!



Council News

Congratulations to all of our newly elected Council members. I am confident that all the Councils will work hard and will have lots of ideas for the forthcoming year.

They Councils have agreed their mottos to the ones below:

School Council: Working Together To Be Kind, To be Ready, and To Be Safe

We promise to make our school the best that it can be, ensuring it is a fun and calm place to learn together and where mistakes help us to grow.

Fairtrade Council: Support Fair Trade, Buy Fairtrade.

We promise to support Fairtrade Farmers by promoting Fairtrade products, having a weekly tuckshop, and taking part in Fairtrade Fortnight. We will continue to support the education of children in other countries.

Rights Respecting Council: A Happy Day, Every Day!

We promise to focus on the following conventions: Everybody has the right to feel safe. Everybody has a right to play. Everybody has a right to education. Everybody has a right to be listened to.

Sports Council: Be More Sporty, Keep Fit and Healthy, Never Give Up!

We promise to help buy new equipment, look after our equipment and to organise clubs. We want to make PE and sport interesting, exciting and help children always try their best.

Eco Council: ECO Saves The Day.

Eco council are delighted to announce that they were awarded A Green Flag with Distinction for their work last year. We hope to do more fun activities this year and make a difference in our community.

Harvest Assembly

We would like to invite you to join us for this celebration at 2.45pm on Friday 3rd October.

Harvest Festival is an annual celebration that occurs around the time of the main harvest.

In Britain, thanks have been given for successful harvests since pagan times. Harvest festival is traditionally held on the Sunday of, or nearest to, the Harvest Moon.

In British schools, people bring in produce from the garden, the allotment or farm. The food is often distributed among the poor and senior citizens of the local community, or used to raise funds for the church, or charity.

We are asking for donations of dried food products, tins and other essentials which we will then donate to the **Leighton Linlade Helpers**.

The charity provides food parcels to vulnerable families in Leighton Buzzard and the surrounding area.

Non-perishable Harvest gifts (including personal care and cleaning items) may be brought into school any time from now onwards, to add to our collection.

Please send your donations between now and the 3rd October.



Application for School

Lower School Applications and Middle School Transfers - Deadline is Thursday 15th January 2026.

School admissions for 2026 are now open, and Central Bedfordshire will be publicising the message widely over the coming months, including making parents aware of all open evenings for prospective pupils.

There is **NO automatic transfer** - parents must apply for all school places to their local authority.

If you have a child born between 1st September 2021 and 31st August 2022 and you are interested in a place at Heathwood, please call the School Office on 01525 377096.

https://www.centralbedfordshire.gov.uk/info/5/school_admissions/497/apply_for_a_middle_school_place



School Milk

If your child would like to have milk at school from 'Cool Milk' please see their website (www.coolmilk.com) for details on how to register.

Can you spot the Heathwood Bear?

Hidden in our Newsletter is the Heathwood Bear, he looks like this!



The first 10 children to find the bear (not the one above) will receive 100 house points. You will need to come and find Mrs Siddon from 2nd October in the office and tell her on which page and which article the bear is hiding in.

Good Luck and happy hunting!

Christmas Card Competition

Alex Mayer MP would like to invite pupils to take part in her annual Christmas card competition.

The winning entry will be made into a Christmas card and sent to organisations across the Dunstable and Leighton Buzzard constituency and beyond.

To enter please use the A4 entry form sent home with your child.

Please return to the school by **Monday 3rd November**.

We will then compile and send all entries together from school.

Please make sure that the child's name and details are printed clearly on the entry form.

Enriching our Curriculum

At Heathwood we take great pride in our curriculum and we aim to provide a rich, broad and stimulating curriculum which can be accessed by all of our children. However, we also place great importance on enriching our curriculum and supporting the personal development of all of our children.

There are many ways in which we do this including:

- Electing children on to one of five school councils
- Enrichment morning every Friday
- After school activities
- Visits to enhance learning both in the local area and wider afield
- Celebrating success
- Supporting charities through fundraising
- Visitors to the school, e.g. Fairtrade, Police, Fire Services, RNLI & MPs
- Our behaviour curriculum
- School values

In school Workshops

We would like to invite all parents to the following workshops taking place in school this term. These will be held in the hall from 9-10.15am. Come along and see how the children learn and how you can help them at home.

Reading & Phonics Workshop followed by a live phonics lesson with children. Thursday 6th November.

Maths workshop followed by a Maths retrieval lesson. Thursday 13th November.

Pupil Premium Grant

If you believe that you may be entitled to claim Pupil Premium Grant for your child and you do not already do so, or if you are not sure, please contact Central Beds Council to lodge an application.

Tel: 0300 300 8306 or
customers@centralbedfordshire.gov.uk

If your family is 'hard pressed' you may be eligible for this grant; **the school uses this funding to support your child's learning in a variety of ways, it can also cover some of the cost of Wrap Around Care and school meals.**

Do please speak in confidence to Mrs Wilkins in the Office.

Money Raised for Charity

We have recently raised £170 for Jeans for Genes Day by wearing denim to school. Thank you for all of your kind donations.



Heathwood Behaviour Curriculum

We are very excited to be introducing our brand new Behaviour Curriculum with the children, which is linked to our Therapeutic Thinking approach to behaviour. Every week in Assembly the behaviour focus for that week is discussed with the children and they are explicitly taught what this would look like and what the 'valued' expectations are for that area. Then, back in class, the focus is reiterated, modelled by the adults and the children are praised and rewarded when they show the 'valued' behaviours detailed in the curriculum.

We have been focusing on these areas this month including our Be Kind, Be Ready, Be Safe motto. The children have been showing us some great examples of these around the school. Please feel free to discuss with your children about the behaviours below and how they have practiced these around the school or at home.

Respect - Manners

- Always use our manners (such as please) when you are asking for something
- Always say thank you when you receive something or when someone does something nice for you
- Let any waiting adults through a doorway before you walk through or say thank you if an adult waits for you
- Welcome adults positively if an adult speaks to you
- Give eye contact to a person that is talking to you, as this is polite
- Use the phrase 'excuse me' if you want to pass someone who is blocking your path
- Understand and demonstrate that being responsible means being able to be trusted to do the valued things that are expected of you, without supervision

Moving to a Line and Lining Up

- Walk to a line sensibly and calmly
- We put our chair under a table when we move to a line or when we leave our work space
- When we walk to another space in our line, we do this calmly and walk sensibly
- We line up in register order

Assembly

- Walk when you enter and exit the hall quietly in register order
- Our uniform is worn correctly with ties straight and shirts tucked in
- Know the sitting area and where to sit
- Follow the expectations for sitting (cross legged, facing the front)
- Face the assembly leader and listen to what is being said and celebrated
- Use hands up when we want to contribute
- Use our manners when we speak
- Participate in assembly actively, for example when singing

The Dining Hall

- We wash our hands before eating
- We line up quietly when we are waiting for our dinner at the kitchen hatch
- We say please and thank you when we receive our dinner
- When we are eating, we sit sensibly and using a quiet, 'indoor' voice
- We use a knife and fork to eat our dinner, we do not use our fingers to eat and we cut up our food
- We use our table manners when we are eating, for example not speaking when we have food in our mouth
- We put our hand up when we are seeking an adult's attention
- When we want to leave the table, we raise our hand and ask to leave politely (using the phrase 'please may I leave the table')
- When we have finished our school dinner, we scrape off any scraps into the bin, and place our plate and dirty cutlery in the places provided to be washed up
- When we are moving around the dinner hall we walk
- If we have had a packed lunch we take our empty wrappers home or throw them in the bin

Our Value in October is Responsibility

- The ability to make and act upon appropriate and sensible decisions
- To recognise the consequences of one's actions
- To take care of oneself and one's property

In school our pupils are often given jobs to do which they are encouraged to see through and do to the best of their ability. We will consider the importance of looking after ourselves and our possessions. We will stress the need to take responsibility for the way we behave and encourage our pupils to make the right choices.

Responsibility in a global sense will be discussed and consideration given to how we as a school could make the world a better place, At home during this month you may like to assign your children small jobs which they are responsible for completing eg. keeping a tidy bedroom, setting the table, dusting, feeding pets etc. They could also be responsible for making sure they have everything they need for school each day. All that is needed is praise for a job well done!

"We are made wise not by the recollection of our past, but by the responsibility for our future" George Bernard Shaw



WOW



Let us know how your child has demonstrated this month's Value of Responsibility at home.





PTA NEWS

Autumn Term 2025

PTA Committee

Thank you to all that joined us at our AGM on Friday, we had a great turn out!

We are pleased to announce that your PTA committee now consists of:

- Chair: Shamina Rushton-Cato
- Vice Chair: Amelia Wallace
- Secretary: Emma Faulkner
- Treasurer: Andrew Carroll
- Member: Kelly Wilson
- Member: Akritti Masih
- Member: Kelly Simmons
- Member: Carmen Radford
- Member: Jo Forsyth

Get in touch/Follow us

✉ Email: heathwoodpta@gmail.com



Dates For The Diary

- **10th Oct - Magic Show.**
- **13th Oct - Children's Raffle.**
- **TBC - Bake Sale.**
- **17th Oct - Quiz Night.**
- **6th Dec - Santa's Grotto.**

Let us know if you can help with any of these events, or if there are any events you would like to see!

Tickets on Sale

We are so excited that tickets for the following events are live:

- Magician 10th October
- Quiz Night 17th October

Tickets for the Children's Raffle to be drawn on 13th October will go live on 6th October.

We are also pleased to announce that tickets for Santa's Grotto will go live on 6th October too. We recommend booking early to avoid disappointment!

PTA Events

Heathwood PTA Present
Amigo's Magic Show
10th October 3.45 - 4.45pm & 5.30 - 6.30pm
(Doors Open 15 mins early)



60 Minutes of Magic, Mayhem & Comedy!
Magic & Joke Stall Available
Real Rabbit & Illusions by a Member of The Magic Circle
One Lucky person to be Sawn in Half
Tickets £6 per Person Family Ticket (4) £20
Tickets -
<https://heathwoodpta.charityhive.co.uk/tickets/19/amigos-magic-show>



Do you have what it takes to be the Heathwood quiz champion? Then, gather your friends and join us for Quiz Night! This is your chance to show off your knowledge and have fun in a friendly competition.

Teams are made up of six. Tickets are £10pp - which includes a grazing platter for the table and glass of prosecco on arrival.

FRIDAY 17TH OCTOBER
19.30-22.00 | HEATHWOOD LOWER SCHOOL

The winners will go home with a bottle of wine each, whilst the losing team will get spoons!

If you need a team, please buy a single ticket and email us at heathwoodpta@gmail.com, so that we can allocate you to a team.

Buy your tickets using the below link -
[HTTPS://HEATHWOODPTA.CHARITYHIVE.CO.UK/TICKETS/20/0/QUIZ-NIGHT-2025](https://heathwoodpta.charityhive.co.uk/tickets/20/0/QUIZ-NIGHT-2025)

This event is for adults only and is BYOB.

<https://heathwoodpta.charityhive.co.uk/tickets/19/amigos-magic-show>

<https://heathwoodpta.charityhive.co.uk/tickets/20/quiz-night-2025>



Santa's Grotto
is coming to Heathwood.
Save the Date
6th December 2025

Calling all good girls and boys to come and meet Santa and his elves at Heathwood Lower School.
Tickets will go on sale Autumn 2025.

PROTECTING YOUR FAMILY ONLINE: CYBER SECURITY FOR PARENTS

FRAUD & CYBER
PROTECT
EASTERN REGION




Join the ERSOU Cyber Protect Team for a free two-part webinar series designed to help parents understand and manage online safety for their children. Learn practical tips, tools, and strategies to keep your family safe in the digital world.

WEBINAR SCHEDULE

Part 1: Introduction to Cyber Choices and Online Risks

 8th September 2025
14:00–15:00

 16th October 2025
16:00–17:00

 25th November 2025
10:00–11:00

Part 2: Tools and techniques to improve the cyber security of your family

 15th September 2025
14:00–15:00

 23rd October 2025
16:00–17:00

 2nd December 2025
10:00–11:00

Who Should Attend?

Parents, guardians, and carers of children and teens who use the internet, social media, or connected devices.

How Do I Register?

Visit the Eastern Region Protect website:
www.easternprotect.org/webinars

Contact Us:



cyberprotectersou@beds.police.uk



www.easternprotect.org



Our online workshops are designed as a starting point for families with children who have low level difficulties. These are one-off 2-hour sessions conducted virtually via Microsoft teams.

Please note these workshops do not support moderate/severe difficulties and will not address risky behaviours (self-harm, suicidal ideations).

SLEEP WORKSHOPS

TEEN SLEEP

12/11/25 @ 4PM - 6PM

(For young people aged 13+ years, parents also welcome to attend)

One off workshop - explores why sleep is important, what is 'good' sleep, sleep hygiene tips and strategies for managing worries at night.

PARENT SLEEP

17/11/25 @ 9:30AM - 11:30AM

(For parents of young people aged 4-12 years old)

One-off workshop which focuses on why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to overcome sleep problems.

BEHAVIOUR WORKSHOPS

29/9/25 @ 9:30AM - 11:30AM

2/10/25 @ 1PM - 3PM

(For parents of young people aged 5-11 years old)

A one-off workshop that covers the following topics: Emotional development in children, emotional regulation, common behaviour difficulties and strategies to promote positive behaviours.

PARENT ANXIETY WORKSHOPS

22/10/25 @ 9:30AM - 11:30AM

10/11/25 @ 1PM - 3PM

(For parents of young people aged 5 - 11 years old)

One-off workshop exploring emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.

SELF ESTEEM WORKSHOPS

TEENAGE SELF-ESTEEM

12/1/26 @ 4PM - 6PM

(For young people aged 13+, parents also welcome to attend)

One off workshop which equips teenagers with an understanding of self-esteem and tools to build confidence through thought challenging, relaxation and activities to celebrate strengths and successes. Workshop also offers parental tips for building self-esteem in adolescence.

PARENT SELF-ESTEEM

21/1/26 @ 9.30AM-11.30AM

(For parents of children aged 5 - 12 years old)

One off workshop which equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.

EXAM STRESS WORKSHOPS

9/12/25 @ 4PM - 6PM

4/12/25 @ 4PM - 6PM

(For young people aged 12+ and parents)

One off workshop which equips teenagers with an understanding of exam stress, strategies for managing exam stress, revision tips and self-care. The workshop also offers parental tips for supporting their adolescent's exam stress.

MENTAL HEALTH AND STIGMA WORKSHOPS

12/2/26 @ 4PM - 6PM

(For young people aged 12+, parents also welcome to attend)

One off workshop for young people focusing on mental health awareness and stigma. Follows a range of topics including puberty, male mental health, LGBTQ+, ethnicity and social media.

To register for any of our workshops, please fill in the standard referral form in the 'Any other relevant information' section, state that the referral is for a workshop and include the workshop date.

<https://chums.uk.com/emotional-wellbeing-service/#workshops>

Join Home-Start Bedfordshire

Right now, a family with young children in your community struggles alone with sickness, disability, mental ill-health, isolation, bereavement, and more. You can make a lasting difference in their lives. You don't need any special qualifications, just real-life experience caring for children. You just need a couple of hours available on a week day, once a week.

Our local volunteers are parents,

grandparents, and caregivers from all walks of life who want to help others. Join us today because childhood can't wait. Visit www.home-startbedfordshire.org.uk and get in touch. We would love to speak to you!



St Leonard's Church Heath and Reach



St Leonard's Holiday Club Thursday 30th October

*Visit to the Curly Tails Pig Sanctuary
Newton Longville*

Meet at St Leonards Church Hall at 10am
*then travel to The Thatched House, 19 Drayton Road Newton
Longville MK17 0BH – parking at venue*



*We will return to the church hall for lunch
Activities for 3-11 year olds
with accompanying adult*



COME AND ENJOY THE FUN

Booking Essential – phone:
Rosemary Young 01525 237345,
or Vera Paul 01525 375095