



EDITH CAVELL PRIMARY SCHOOL

Ambitious, Achieving and Nurturing

Manton Lane, Bedford. MK41 7NH

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<https://www.edithcavellprimary.co.uk/>

Newsletter – January 2025

A message from Miss Cooke

Happy New Year!

A little strange to say in the 4th week of January, but it is the first newsletter of the new calendar year, and it is also just before Chinese New Year on 29th January so still appropriate.

New year is a time of new resolutions and taking stock of things we would like to achieve in this year. This is something that I encourage the children to think about as well. What is it that they cannot do YET, but would like to achieve, improve or develop this year. It could be tying their own shoe laces, learning their 8 x tables, improving their handwriting, reading more or keeping their bedroom tidy. All are things to strive towards, work at and require sustained effort and resilience when it is not achieved at first time of trying. Whatever goals we set ourselves, having a positive mental attitude to achieving those goals is vital in working towards them.

As a school we are striving for and working towards extending our pre-school offer, Little Treasures, to offer all day sessions 8.45am – 3.30pm. Earlier this week we sent out a questionnaire to gather parental opinions and ideas about how we set up and operate the service. Please take the time to respond to the questionnaire, but also please share our extended offer with neighbours, family and friends who you think would be interested in accessing places at Little Treasures.

We have many exciting events planned for this term, all are outlined on the diary dates at the end of this newsletter. Please note down the dates for Parent Consultations and Parent Showcases so you do not miss them.

Please can I request that if you have changed your contact details in any way in the last couple of months that you inform the school office. It is vital that we have up to date contact details for all parents so that we can make contact if your child is unwell in school. Also, if you are not able to access your mobile phone while at work, please ensure that we have the contact details of someone who can be contacted and could come and collect your child if they are unwell. We have had a number of instances recently when we have not been able to contact either parent and unwell children have had to remain in school until the end of the day, distressing the child and increasing the possibility of illness being spread to children and staff.

As ever, if you have any questions or queries please do not hesitate to make contact and make arrangements to meet with me.

Miss Cooke

Class DoJo

Since September 2024, across the whole school we have been using Class DoJo as an interactive reward system. Children can earn Dojo points by demonstrating positive behaviours and displaying school values in their actions. However, children can also lose Dojo points for breaking the Golden Rules, including not respecting themselves or others, not taking care of the property of others or not keeping safe hands and feet.

We are now going to extend the use of Class DoJo and invite parents to join the platform. Once you have signed up you will be able to see what your child is doing in school through the 'Class Story' feature. Class Story will be updated regularly and will include key events and photographs.

We would like all families to join by signing up for a parent account on ClassDojo! You can use it on any device: it's a simple, **free** mobile app for iOS and Android, and can also be accessed from your computer at <https://www.classdojo.com/ul/p/addKid?target=school&schoolID=5ce7e583e065420001dbdf85>

Your child will be bringing home a unique code that when you enter it to the downloaded app will enable you to become part of their class community.

Please look out for the Class DoJo codes and QR codes that your children will be bringing home.

Please note you may get a 'pop up', the first time you sign in, about Class Dojo Plus, this is not necessary and you do not need this to access Class Dojo.



ClassDojo



MedicalTracker

medicaltracker

As part of our commitment to keeping children safe, parents informed and work with parents to support children with long term medical conditions we are taking on and rolling out across the school Medical Tracker. Medical tracker is the industry leading first aid, medication, and care plan software.

Parents will receive notifications if their child has had a 'bump' in school, if their child has received first aid for any reason. These notifications will replace the paper 'bump notes' that can easily be misplaced or lost before they reach parents at the end of the day.

Medical Tracker tracks medication administration and expiration dates of any medicines we hold in school to ensure the safety and well-being of the pupils. Notifications about medication administration and expiration can help parents stay informed and proactive about their child's health needs while at school. From the Start of February we will be moving to using Medical Tracker and away from paper based 'bump notes'

After School Club – Gems

A reminder that After School Club is now open and available to care for children until 6pm.

Bookings for 5.30pm – 6pm will need to be made by contacting the office. Please phone 01234 345636 or email office@ecls.org.uk

Bookings for up to 5.30pm can be made on ParentPay.

The revised costings are outlined below

	Parent pay booking	Late booking
1 st hour of care 3.30 – 4.30pm or 4.30 – 5.30pm	£5.25	£5.45
2 hours of care 3.30 – 5.30pm	£9.75	£10.45
Post club extended 4.30pm – 6pm	£7.50	£7.95
Extended hours 3.30pm – 6pm	£12.00	£12.95

	<u>If pre-booked</u>	<u>Late Booking</u>
1 st hour of care –	£5.25	£5.45
Per hour after 1 st hour of care –	£4.50	£5.00

We have also introduced a **Late Fee** from 7th January 2025. This will be £5 per child and £5 per child for every 5 additional minutes. If you have booked your child in to After School Club until 4.30pm but do not arrive until 4.45pm you will be charged a **Late Fee**. You will not be able to book future After School Club sessions until the late fee has been paid.

Tax-Free Childcare

Are you aware of Tax-Free Childcare?

Tax-free Childcare is a UK wide offer to eligible working parents with children under 12 who can get up to £2,000 per child, per year towards childcare costs, such as breakfast and afterschool club.

Parents who wish to use the scheme, must open a Tax-Free Childcare account online and for every £8 you pay in, the government will pay £2. More information can be found here: -

<https://www.gov.uk/tax-free-childcare>

For information about how to use Tax Free Childcare to pay for Breakfast of After School Club please see the instructions on the school website or contact the school office.

<https://www.edithcavellprimary.co.uk/information-for-parents/gems-after-school-care/>

Chums – Shine Bright – Wear Bright

To support Children’s mental health week 3rd – 7th February 2025 we will be holding a non-uniform day on **Friday 7th February**. On this day we encourage the children to come to school dressed in bright clothing and make a **minimum donation of £1** to the CHUMS Mental Health and Emotional Wellbeing Service for Children and Young People. Over the week, each class will be thinking about mental health, emotional well-being and how each individual is responsible for their own well-being and mental health.



If a child is not coming to school in uniform, **THEY SHOULD MAKE A MINIMUM DONATION**. This donation can either be made in cash on the day or via Parent Pay.

Safer Internet Day – Tuesday 11th February 2025



National Safer Internet Day will take place on Tuesday 11th February and in school we will be marking this day by undertaking a number of activities that remind the children about how they can be safe online, their responsibilities to report anything that concerns or worries them that they see on line to an adult. The theme for this year’s campaign is **‘Too good to be true?’ Protecting yourself and others from scams online**. Further information about Safer Internet

Day can be found via the following link

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2025>

PE Kit

As a new year resolution, we ask that all families ensure that children have their full and correct PE kit in school every day. This includes correctly fitting footwear.

In recent weeks there have been more and more children without correct PE kit and this is restricting learning. Children may also be having PE lessons outside, so please ensure that they have clothing both suitable to wear indoors and wear outdoors.

If you are having difficulty providing your child with PE Kit, please come and talk to staff so that we may offer support.



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Any children with pierced ears should have earrings removed at home on PE days as no earrings should be worn during PE lessons for Health and Safety reasons. **Also, all long hair MUST be tied up and away from the face so that it does not obscure vision.**

Sponsored Skip - Thursday 27th February 2025.

Last year’s Sponsored Skip was such a success that we have decided that our sponsored event this year will again be a sponsored skip.

Skipping is an activity that can be completed outside, can improve fitness, stamina and be fun with rhymes and games.

Do you remember some rhymes or games that you played when you were younger? Please teach them to your children so they can share them with their friends, class mates and teachers in school.

We are looking to raise funds this year to further update and extend our reading book collection and purchase toys and activities for the playground.

Sponsor forms will be sent out before half term and we ask that all children attempt to raise some money to support this event as all children will benefit from the new books that we will be able to purchase. Please look out for the sponsor forms.



Advice from DfE and NHS

As expected in the winter months, seasonal illnesses are circulating and to support parents, the UK Health Security Agency (UKHSA) has published [advice](#) on how to reduce their spread.



Schools should continue maintaining high attendance expectations and refer parents to NHS [guidance](#) to know when a child is too ill for school. Pupils should not miss school on a precautionary basis and can normally attend school with a cough or cold, unless they have a fever or diarrhoea and vomiting.

Please see poster below.

Snow Closure

We significantly hope that the Bedford area will not be adversely affected by snow this winter, but if conditions warrant the closure of the school we will report this on our website which can be found at www.edithcavellprimary.co.uk and the Bedford Borough Web Site that can be found at www.bedford.gov.uk/schoolclosures. Please be assured that through any bad weather I will do all that I can to keep the school open and operational so long as it is safe to do so. Even if other schools in the local area are closed, children from Edith Cavell should make every effort to attend school. We will also use the school text service to keep you updated of the situations so please ensure that we hold a current mobile phone number for you, especially if you were fortunate enough to receive a gift of a new mobile phone from Santa!!



For information about using parental controls, please see the leaflet at the end of this newsletter about using and reviewing parental controls.

Advance Warning

World Book Day - Friday 7th March 2025

We will be celebrating World Book Day by inviting children to dress up as their favourite book character. The costumes that the children wear should represent a character that appears in a book. This is not just a general dress up day.

Careers Day

On Friday 14th March we will be holding our inaugural Careers Day. The children will be thinking about the different careers that they might like to consider when they are older. We want to inspire and enthuse the children to think about the different jobs that could be open to them in their future and the paths that they can take to achieve their aspirations. We hope that the children will have the opportunity to meet, talk with and question visitors who are working in a huge range of professions about their career paths, what they enjoy about their work as well as the down sides, unknown or unseen impact or consequences of their jobs. If you can help with this, please get in touch with Miss Cooke.

Parent Showcases – From 2.30pm

Reception – Wednesday 19th March

KS1 – Tuesday 18th March

LKS2 – Monday 17th March

UKS2 – Thursday 20th March

Tuesday 25th March - 1974 Day – Golden Anniversary Day

Edith Cavell School is 50 Years old this academic year!

Edith Cavell Lower School opened its doors in September 1974. We are planning a series of events to help celebrate this milestone for the school.

The first will be a 1974 school day.

On Tuesday 25th March, we will ask the children to dress as children in 1974 would have done. Lessons in school will be in a 1974 style with text books, comprehension and times tables and use of technology!

Lunch will be a special 1974 lunch – when school food standards were not observed and school dinners were quite different. Assembly will include some assembly songs of the time and playtime will use toys of the decade. We may even look at some of the TV from the decade.

Please start to think about costumes for the day.

Mother's Day Breakfast – Friday 28th March 2025

We invite all children to bring their mum, step mum, foster mum, grandma, nanny, important female figure in their life to join us for breakfast on Friday 28th March from 8am.

Bedford Christmas Tree Festival Update

We have received the following from the Committee for the Christmas Tree Festival:

On behalf of the Christmas Tree Festival Committee, I wanted to thank you and the group that you represent for taking such an important role in the Festival by decorating a tree. The trees provide such a wonderful backdrop to the Festival and the many performances that take place, and this year the decoration was amazing. The theme of "The Magic of Christmas" was definitely inspirational.

Nearly 3000 votes were cast, the winner in the child category was Scott Primary School, **with Edith Cavell Primary School as the runner-up**, closely followed by Bromham Livingstone Cub Scouts. Congratulations to them, and we hope that you enjoyed taking part.

We are extremely pleased to let you know that the Festival raised over £23,000, this money will be split equally between St Paul's Church and Bedford Hospital Charity & Friends.

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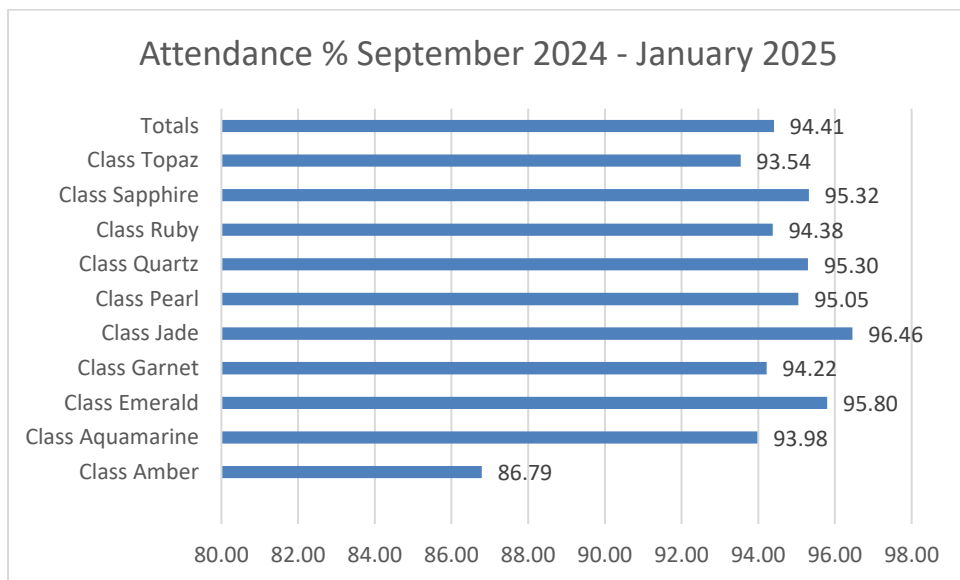
Pre-Loved Uniform

We urgently need larger sizes of jumpers and cardigans, size 26 and above.

If you have any of the above uniform that is still in good condition with plenty of life still in it, we would be very happy to accept clean donations.

Any donations please bring to the school office.

Attendance



Stars of the Weeks

Stars of the Week

Amber	Whole Class	Whole Class			
Topaz	Whole Class	Ella			
Emerald	Prabnoor	Olivia			
Jade	Olivia	Artur			
Aqua	Whole Class	Whole Class			
Garnet	Emmanuel	Elsie			
Ruby	Aka	Berdzhan			
Sapphire	Nabila	Whole Class			
Quartz	Whole Class	Isheunesu			
Pearl	Whole Class	Whole Class			

Important Dates - Spring 2025

Wed 22 nd Jan	FoEC – Lego club
Wed 29 th	FoEC – Lego club
Mon 3 rd Feb	Children’s Mental Health Week
Wed 5 th	FoEC – Lego club
Thur 6 th	8am – Governors meeting
Fri 7 th	Shine Bright – Wear Bright – non-uniform
Tue 11 th	Safer Internet Day
Thur 13 th	FoEC Discos
Friday 14 th	Half Term
Mon 24 th Feb	First Day back at school
Thur 27 th	Sponsored Event
Tue 4 th March	New to Edith Cavell Parent meeting – 9.10am NSPCC Speak out – Stay safe workshops – Y2, Y5 & 6
Wed 5 th	Coffee Morning – 9.10am FoEC – Lego club
Thur 6 th	LKS2 – Visit to St Albans
Fri 7 th	World Book Day
Mon 10 th	Reception & KS1 Parent Consultations – From 2pm
Tue 11 th	Ruby – Sports festival KS2 Parent Consultations – From 2pm
Wed 12 th	Parent Consultations – From 3.45pm FoEC – Lego club
Fri 14 th	Careers Day
Mon 17 th	LKS2 Showcase – 2.30pm
Tue 18 th	KS1 Showcase – 2.30pm
Wed 19 th	Rec Showcase – 2.30pm FoEC – Lego club
Thur 20 th	UKS2 Showcase – 2.30pm
Fri 21 st	Red Nose Day
Tue 25 th	1974 Day – Golden Anniversary Day
Wed 26 th	Jade class – Sports festival FoEC – Lego club
Thur 27 th	8am – Governors Fri 28 th Mother’s Day Breakfast - 8am
Fri 4 th April	End of Term – Early finish



Should I keep my child off school?



Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this; filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devices safer for young people.

1 KNOW THE TYPES

While parental control software can apply to an entire device, it also pays to know about options on individual apps and websites. TikTok, for example, has Restricted Mode for limiting unsuitable videos, while Snapchat lets you keep an eye on who a child has been talking to. Check the settings of any new app young users want and review your options.

2 COVER ALL DEVICES

Knowing what parental controls cover is crucial, as remaining unaware can run the risk of 'blind spots' in the device's safety measures. Controls on a phone will apply whenever a child's on that device, for instance – but you'll want to ensure that parental controls are set up across any laptops, tablets and potentially other phones, too. Remember, buying a new device may require you to set everything up again.

3 DON'T NEGLECT SHARED TECH

While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that's not a weak point in your safety measures. Parental controls for your router, that cover everything connected to your Wi-Fi, are one option – or you can just be thorough with each device and online account. Just ensure that unprotected laptops, phones and tablets are password locked.

4 CONSIDER TIME CONTROLS

Even safe internet content can be harmful if it's viewed in excess. Not only are certain apps addictive enough to distract from other duties, but late-night usage can badly disrupt sleep, which is vital for adolescent brain development. Most parental controls offer some kind of time limit – either blocking access at certain hours or capping the number of minutes it can be used per day – so be sure to consider these.

5 BLOCK APP SPENDING

Seemingly free apps can sometimes include microtransactions: purchases that can be made using real money. While plenty of developers implement these fairly, some companies attempt to manipulate children into paying for additional features or content, which can soon add up to hundreds of pounds if a child gets carried away. Thankfully, iOS and Android's settings allow you to block in-app purchases, preventing any huge bills.

6 NO CONTROLS ARE PERFECT

Parental controls can be very useful, but they're far from infallible. Some unpleasant content can and unfortunately will slip through the net, so remember that setting up these measures isn't a substitute for taking an active interest in young people's digital lives. Talk to them, and make sure they're aware of the risks of the internet as well as its benefits.

7 MIND THE GAPS

There'll undoubtedly be some gaps in parental controls, no matter how thorough you intend to be. For example, if you use router-level parental controls, bear in mind that these won't cover WiFi outside the home. For that reason, it's important to keep an open dialogue with children about the many unpalatable aspects of social media and the web.

8 KEEP THINGS SECURE

Some children can react poorly to parental controls and feel tempted to circumvent them. It's important to ensure that the passwords to these settings remain unknown to children, otherwise they can easily modify the restrictions without you knowing. Similarly, make sure your phone isn't left unlocked and unattended.

9 REVIEW CONTROLS REGULARLY

Parental controls shouldn't be a 'set and forget' deal. Not only can parental summaries provide you with a frequent overview of a child's digital life – to let you spot any warning signs – but companies often add new features, and some of these may be useful to enable (or disable). Regularly checking in ensures that if a child has found a way to wiggle out of the controls, you'll be the first to know.

10 KNOW WHEN TO LET UP

The parental controls you install on a computer for a seven-year-old probably wouldn't be appropriate for a child of 16 – and as young people approach adulthood, bubble wrapping the internet can do more harm than good. Consider relaxing parental controls as children get older, so they can learn to manage the risks of the internet themselves, without so many training wheels.

Meet Our Expert

Alan Martin is an experienced technology journalist and the former deputy editor of technology and internet culture website Alphr. Now freelance, he has contributed articles to publications including the New Statesman, CNET, the Evening Standard, Wired, Rock Paper Shotgun, Gizmodo, Pocket Gamer, Stuff, T3, PC Pro, Macworld, TechRadar and Trusted Reviews.



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10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



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