

April 2022

THE PEAKE POST



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Message from the Head Teacher

I wanted to thank you for your support this term and to wish you a very peaceful Easter. This is such a hopeful time of the year, and this holiday pause gives us time to reflect on our lives.

The most joyful season in our calendar is upon us, as we look forward with hope and faith to the celebration of the resurrection of our Saviour, Jesus Christ. During Lent, we were called to reflect on who we are and whom we would like to become, to foster a closer relationship with God, and to focus on the needs of those who are less fortunate. Many of our pupils, staff, and parishes have given up things we normally enjoy.

It has been wonderful to have our community back together, learning, caring for each other and being safe in our environment.

Miss Z.J.Linington

BIG DRAW WINNERS

Congratulations to:

Y5

Cameron



Y6

Harry



Y7

Emmanuel

Y8

Sophie



Uniform and basic equipment reminders

Every pupil is asked to provide the following basic items of equipment for every lesson:

- **Black/blue handwriting pen (not a biro or cartridge pen)**
- **Pencil**
- **Colouring pencils/fine fibre tips**
- **Calculator**
- **Pencil eraser**
- **Pencil sharpener**
- **A4 plastic wallet for homework**
- **30cm ruler (non-bendy)**
- **Water bottle**
- **Reading book**



Uniform reminders

Uniform should always be practical and hard wearing and provide children with proper protection from the British weather throughout the year.

Pupils should come to school with an appropriate coat particularly in the winter months.

Hoodies are not acceptable in place of a coat.

Skirts must be at least knee-length. Tight fitting and skater skirt styles are not acceptable. Children grow throughout the school year and a skirt that is an appropriate length and fit at the start of the school year may not be so as the school year continues.

Tights must be plain black or grey. Tights should not be patterned.

Trousers should be grey, black or dark blue. They should be a tailored fit. Tight-fitting, skinny fit trousers, jogging bottoms, jeans or leggings are not acceptable.

Shoes should be formal in style, medium cut (meaning below the ankle) and leather or leather like. They should be robust and have appropriate fastening: velcro straps, laces or buckles. Ballerina shoes, trainers, boots or canvas shoes are not acceptable footwear. Pupils will no longer be provided with plimsolls.

All hair below shoulder length should be tied up. Large and excessive hair slides and headbands (for examples JoJo bows) are not acceptable. Pupils should not have dyed hair. Pupils are not permitted to wear makeup, nail varnish or false nails.



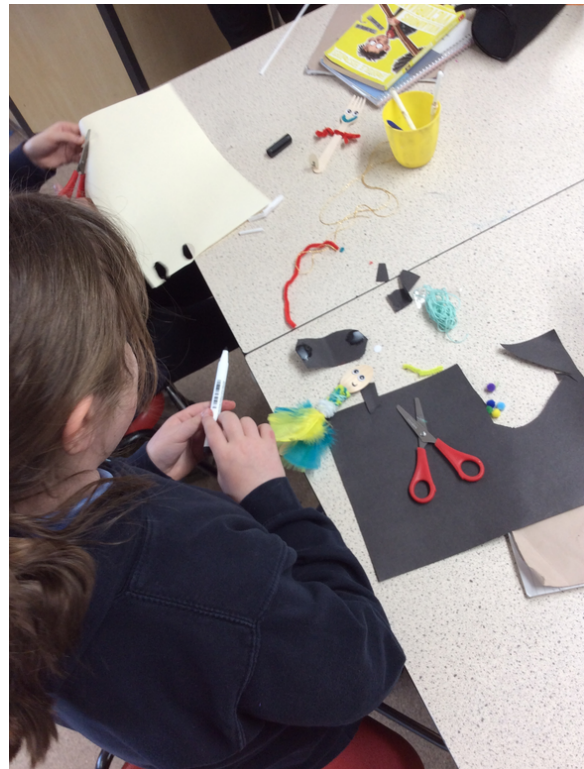
Wellbeing Day

All members of our community had the opportunity to take part in a series of exciting and interesting activities.

The sun was shining down on Edward Peake as we took the opportunity to reflect on our own well-being. Thank you to Mrs Jeffs for organising such a superb day.



Wellbeing Day



KEY DATES

All pupils return to school

Tuesday 19 April

SATS practice week

Tuesday 19 - Friday 22 April

Bank holiday

Monday 2 May

SATS week

Monday 9 - Friday 13 May

Energetic Edward Peake Week

Monday 16 - Friday 20 May

School production

Monday 23 - Wednesday 25 May

Year 5 lifepath trip

Thursday 26 May

Half term

Monday 30 June-Friday 3 July

Additional public holiday in 2022 on Friday, 3 June, to mark the Queen's Platinum Jubilee.

The date falls within the half term break and so schools have been asked to allocate an alternative day off within term time instead.

Therefore, at the end of the May half term, Edward Peake will remain closed for one extra day on Monday, 6 June 2022.

The second half of the summer term will commence on Tuesday, 7 June 2022.

Values Day

Thursday 7 July

Transition Days

Thursday 7 and Friday 8 July

End of term

Thursday 22 July

Fame and fabulous food!

Celebrity chef Gordon Ramsay sent one of his own team to work in our school kitchen - after a plea on national radio.

Kitchen manager Ms Clarke called in after listening to the chef talk about his latest BBC TV show, Future Food Stars on the Radio 2 Breakfast Show.

Rob Roy Cameron arrived in a taxi all the way from London to assist with a very busy lunch service. Mid week roast was on the menu and the cauliflower cheese he prepared was superb!

Mrs Clarke has become somewhat of a celebrity over the last two weeks. Appearing on the one show, BBC Look East, BBC Radio 2 and 4...the list goes on.

We think the kitchen team are fabulous as they have coped so well during the last two weeks.



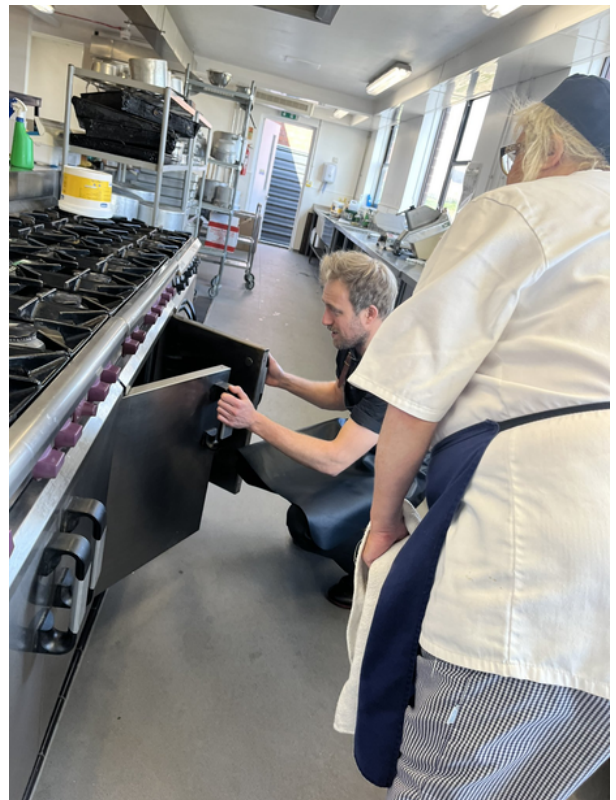
Fame and fabulous food!



**Gordon Ramsay
on the one show... 'Edward Peake Middle School is
a beautiful school. It is a lovely and amazing
school!'**

LIVE LOVE LEARN #TEAMPEAKE

Fame and faboulous food!



LIVE LOVE LEARN #TEAMPEAKE

Information for parents/carers

Medicines and injuries

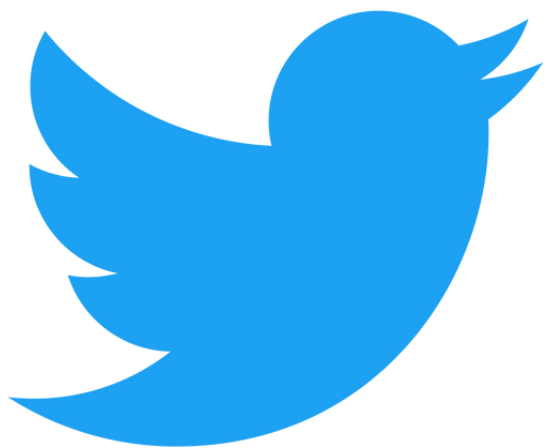
All medicines sent in to school must be clearly named and labelled. Only medicines prescribed by a doctor will be permitted in school, accompanied by a letter from the parent/carer. Children who suffer injuries or who are suffering from an illness may require a PEEP (Personal Emergency Evacuation Plan) when they return to school. Please contact the main office who will be able to issue further guidance on this.

Keeping in touch

Don't forget to check the school websites for daily updates, latest news articles and upcoming event information. Please note our school Facebook page is no longer in use. Twitter is our main social media channel. Thank you to all members of our community who are following our wonderful school.

Visit our school Twitter page to see news items, photographs of our wonderful community and daily updates.

Follow us @EdwardPeake



SUPPORT RESOURCES

Central
Bedfordshire

Parenting Insight

Managing anxiety and strong emotions



Guidance on how to support young people with anxiety and strong emotions

Opportunity to ask questions, gain information, advice, and guidance from Early Help Emotional Health and Wellbeing Practitioner

Central
Bedfordshire

Tuesday 24th May 2022

4.30-5.30pm

Free to attend via Microsoft Teams

Register for you place via the Eventbrite link below

<https://www.eventbrite.co.uk/e/304659473687>

Resources will be sent out after each session

Organised by the CBC North Localities Early Help Teams:

For more information, please contact

North Early Help northearlyhelp@centralbedfordshire.gov.uk

SUPPORT RESOURCES



Bedfordshire Community Paediatrics Service Update

February 2022



In order to keep our families safe and minimise Covid-19 infection rates, the service continues to offer a blend of face to face, virtual and telephone appointments matched to the needs of each child and family.

How long is the wait for the first appointment?



The service continues to increase the number of face to face appointments with video / telephone consultations available when clinically appropriate. A clinical priority booking system remains in place. Information is available on the CCS website outlining currently service offers.

- Target wait to first assessment is 18 weeks
- Average wait to assessment is currently 36 weeks.
- Over 300 Autism assessments (BOSA) were delivered during October 2021 and January 2022.
- High risk medication reviews are prioritised.

What is the cause of the delay?



- A 30% increase in accepted referrals between October 2021 and January 2022 on the previous year.
- The number of face to face appointments has increased following initial video consultations during the pandemic, impacting service capacity. There has also been an increased number of multi-disciplinary appointments required with increasing numbers of children presenting with complex needs.
- The service has been impacted by a specialist nurse leaving, and by long term sick leave of a consultant paediatrician.
- An increasing volume of Education and Health Care Plans (EHCPs) and children in care Initial Health Assessments (IHAs).

What is the Service doing to help?



- A permanent Consultant Paediatrician, seven locum Consultant Paediatricians, three Specialist nurses, and a Speech and Language Therapist have been recruited across the service. Joint recruiting with East London Foundation Trust (ELFT) for a clinical psychologist is underway, and a specialist nurse is being recruited to support ADHD medication management.
- A daily advice line is in place (Monday to Friday). See details for how to contact below. Saturday clinics have been introduced to increase capacity and information about wait time has been added to letters and community resources.
- Autism assessments (BOSA) continue to be delivered.
- Specialist Nurses, Speech & Language Therapists and Clinical Psychologists facilitate ADHD medication reviews (non-complex) and diagnostic outcome appointments.
- A pilot for the self-monitoring of blood pressure and pulse as part of ADHD management at home continues - 30 families have now been recruited.
- A neurodiversity Diagnosis Support Pack (DSP) has been co-produced with families - see link below.
- The service meets monthly with Parent Carer Forums to listen to feedback and share updates.
- Both Beds Borough & Central Beds Local Authority Early Years SEN (Special Educational Needs) Team participate in triage of referrals.

Where can I go for help in the meantime?



- [Diagnosis Support Pack](#) This pack includes information on Child and Adolescent Mental Health Services (CAMHS) and Holistic Advice.
- [PDRP Resources Section](#) includes details of the Local Offer and Parent Carer Forum details available in your area.
- [BOSA resources](#) including a video have been developed or visit your Local Offer webpages.
- For advice and support our nurse led daily advice line on 01234 310271, is available from 09.30-11.30am Monday -Friday.



Further information about our waiting times can be found here:
www.cambscommunityservices.nhs.uk/beds-luton-community-paediatrics/waiting-times-for-community-paediatric

A COVID-19 phase 4 recovery plan (1st April 21 onwards) is in place and reviewed weekly, alongside a Quality Impact assessment.

SUPPORT RESOURCES



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 [bitly/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.

Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust



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Young Carers

News from Central Bedfordshire Council and the
Young Carers team

**Our Young Carers Motto is to: -
Support one another - Try our best - Have FUN**



Janet Bell - Young Carer lead for Ivel
Valley locality



Katy Price - Young Carer lead for West
Mid Beds locality



Lisa Bernardon - Young Carer lead for the
North localities

LIVE LOVE LEARN #TEAMPEAKE

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Chatterbooks - Book club

Chatterbooks is a monthly group run on a Saturday afternoon.

8 -12 year olds at Sandy, Flitwick and Biggleswade

13+ at Flitwick and Biggleswade

Come along for an hour of fun, reading and book related activities
and meet some new friends!

As well as discussing the book that they have all agreed to read
there will be activities based on the chosen book. All books will be
provided by the library.

If you think your child would like to attend please email me for more
details natalie.good@centralbedfordshire.gov.uk

**The Young Carers group is a chance to come and spend time with others
and join in with some fun and activities away from everyday stresses of
caring for parents/ siblings.**

**The monthly sessions are held on the 3rd Thursday of the month at Robert
Bloomfield Academy in Shefford.**

These sessions are limited to 20 attendees.

**[https://www.eventbrite.co.uk/e/young-carer-group-5-17-years-old-tickets-
297934388777](https://www.eventbrite.co.uk/e/young-carer-group-5-17-years-old-tickets-297934388777)**

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SUPPORT RESOURCES



Free Virtual Training Opportunity to support parents in conflict



4th and 5th April 9.30am – 12.30pm

or

28th and 29th April 9.30am – 12.30pm

This training equips practitioners with the skills, confidence, and tools required to support parents through many of life's challenges – the transition to parenthood (Me, You and Baby Too), arguing (Arguing Better) and separation (Getting it Right for Children).

	 Me, You and Baby Too	 Arguing better	 Getting it Right for Children
Audience	<ul style="list-style-type: none"> New and expectant parents – targeted or universal. 	<ul style="list-style-type: none"> Parents experiencing high levels of stress and couple conflict. 	<ul style="list-style-type: none"> Separating or separated parents experiencing high levels of conflict.
Objectives for parents	<ul style="list-style-type: none"> To help new and expectant parents adapt to the changes that parenthood can have on their relationship. To raise awareness of the impact of stress and conflict on their baby. To support parents to develop skills to manage conflict constructively. 	<ul style="list-style-type: none"> To raise awareness of parental conflict and its impact on children. To increase parents' capacity to cope with stress together. To support parents to develop skills to manage their conflict more constructively. 	<ul style="list-style-type: none"> To raise parents' awareness and understanding of how they are putting their child in the middle of their conflict. To help parents to develop positive communication skills. To support parents to co-operate and work out solutions together.

Attendees will be guided through the evidence base behind each intervention and demonstrate how they can be used to achieve positive outcomes for families.

Digital practitioner guides are provided to accompany each intervention, supporting the sustainability of training and continues use of the interventions. Parents can then be referred to the three digital interventions described above. They can use them independently or as part of a blended approach with the support of the practitioner encouraging reflection and supportive conversations

CBC Employees - To book your place go to Success Factors and search OnePlusOne

External agencies - Book via LSCB website <https://www.safeguardingbedfordshiretraining.co.uk>

ART UPDATES

We are really proud to announce that the Art department is on Twitter!

Follow Mrs Bell @ArtEdpeake

Year 8 have been creating self-portraits inspired by the artist Chuck Close. This involves a gridding process and pixelated technique inspired by him.



Year 6 have been busy in Art starting their clay pieces this week. Inspired by Egyptian burial rituals, pupils designed their own canopic jar to recreate.



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EASTER MESSAGE

Easter is a great reminder that Christ died and rose once and for all and for each one of us. His death and resurrection can transform our lives as we endeavour to live lives that know the freedom of goodness – lives that have a love for our neighbour lives that respect all creation, lives that restore hope and mercy.

Prayer

Lord, help us to accept the grace of Christ's resurrection. Let us be renewed by God's mercy. Let us know the love of Jesus. Let us enable the power of his love to transform our lives. Let us become agents of his mercy, channels through which God can protect all creation and make justice and peace flourish.

Amen.



EASTER REFLECTION



John 13:34

Jesus said, 'I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.'

**LIVE
LENT**
Embracing
JUSTICE



LIVE LOVE LEARN #TEAMPEAKE

TIME TO SAY THANK YOU



LIVE LOVE LEARN #TEAMPEAKE