



EDWARD PEAKE MARCH NEWSLETTER THE PEAKE POST

'LIVE, LOVE, LEARN'

"I WILL INSTRUCT YOU AND TEACH YOU IN THE WAY YOU SHOULD GO;
I WILL COUNSEL YOU WITH MY LOVING EYE ON YOU."

PSALM 32:8

Key Dates

Monday 15 April

INSET Day

Tuesday 16 April

Pupils return to school

Wednesday 30 April

Year 7 Bletchley Park Trip

Friday 3 May

Proposed Year 8 HPV Clinic

Monday 6 May

Bank Holiday

Monday 13 – 16 May

Year 6 SATS week

Monday 22 May

Year 5 Life Path

Monday 27 – 31 May

Half Term

Term Dates 2023 – 2024

School Holiday



Bank Holiday



Pupil Day



Training Day



| September 2023 | | | | | | |
|----------------|---|----|----|----|----|--|
| Mon | | 4 | 11 | 18 | 25 | |
| Tue | | 5 | 12 | 19 | 26 | |
| Wed | | 6 | 13 | 20 | 27 | |
| Thu | | 7 | 14 | 21 | 29 | |
| Fri | 1 | 8 | 15 | 22 | 29 | |
| Sat | 2 | 9 | 16 | 23 | 30 | |
| Sun | 3 | 10 | 17 | 24 | | |

| October 2023 | | | | | | |
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| Mon | | 2 | 9 | 16 | 23 | 30 |
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| November 2023 | | | | | | |
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| December 2023 | | | | | | |
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| January 2024 | | | | | | |
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| February 2024 | | | | | | |
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| March 2024 | | | | | | |
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| April 2024 | | | | | | |
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| May 2024 | | | | | | |
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| Thu | 2 | 9 | 16 | 23 | 30 | |
| Fri | 3 | 10 | 17 | 24 | 31 | |
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| June 2024 | | | | | | |
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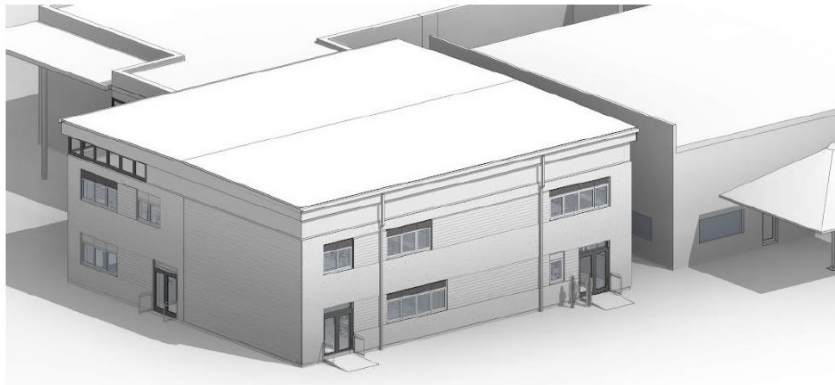
| July 2024 | | | | | | |
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| Thu | 4 | 11 | 18 | 25 | | |
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| Sat | 6 | 13 | 20 | 27 | | |
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| August 2024 | | | | | | |
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| Thu | 1 | 8 | 15 | 22 | 29 | |
| Fri | 2 | 9 | 16 | 23 | 30 | |
| Sat | 3 | 10 | 17 | 24 | 31 | |
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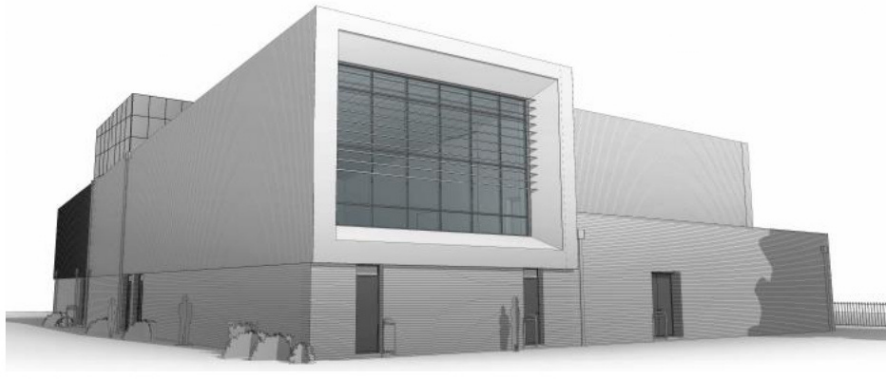
Headteacher Message

As we approach the Easter break, after what has been an incredibly busy and exciting term, I would like to thank pupils, staff, governors and parents/carers for their continued support in everything we do.

Next term looks to be even busier and work should be started on our incredibly exciting new facilities. I have included some 'artists impressions' to give you some idea of what it might look like by September 2025. Below is our current sports hall, after it has been converted into exciting new Design and Technology facilities to include: 3D art, photography, textiles, resistant materials workshop, graphic design and subject-specific ICT room.



This is the plan for the new sports hall, as viewed from the field - complete with activity studio, 3 courts and changing facilities with access straight onto the field.



Whilst all of this is being prepared, some of our existing rooms will be remodelled over the summer so that we have everything that we need to deliver our exciting new year 9 curriculum, and we will have our Multi-Use Games Area in time to deliver winter sports. We are delighted that so many of our current year 8 pupils are choosing to stay at Edward Peake and we are looking forward to shaping our future together.

We look forward to welcoming everyone back on 16 April 2024 for a term of hard work and ending, as always with the celebration of achievements and our time as a middle school - details to follow!

Staff News

At the end of term, it is always with mixed emotions that we say "Goodbye and thank you" to some of our staff as they move on and "Welcome" or "Congratulations" to others as they join us or are promoted to new posts.

Goodbye and thank you to:

Mr. Carter



Hello and welcome to:

Miss. Webb

Mr. Sims

Congratulations to:

Mrs Evans on her new role as cover supervisor

The Big Draw

As part of our reward system, pupils gain achievement points on Class Charts for excellent work, effort, contributions in lessons and in homework as well as having an excellent attitude to learning. For every 20 achievement points received, the pupils will gain a raffle ticket that is then entered into The Big Draw at the end of term. The winners each receive a £25 Amazon voucher.

Congratulations to our Spring 2024 winners:

Year 5 - B Woodman

Year 6 - L Peters

Year 7 - E Coppock

Year 8 - H Cole

Remember you have to be in it to win it!

CAREERS AT EDWARD PEAKE

We are continually developing and improving our careers provision for our pupils and would like to make sure that we are providing pupils and parents and carers with information and experiences that would be of benefit to them.

As part of this we are redeveloping the careers section of our school website. Please take a look at the wealth of information already available there:

<https://www.edwardpeake.beds.sch.uk/careers-parents/>
<https://www.edwardpeake.beds.sch.uk/careers-pupils/>

If there is any information that you feel would be of benefit to your or your child then please email careers@edwardpeake.beds.sch.uk so that we can make this available to you via our newsletter, email or our school website.

We are also developing the careers team at Edward Peake and through our careers newsletters we will be able to introduce our Careers Champions to you.

CAREERS CHAMPION SPOTLIGHT



At a glance

Born: Nottingham

Worked at EP for: 13 years

Favourite food:

Pizza

Favourite music:

80s pop

Favourite Film: Back to the Future

Favourite subject at school: English

Name: Mrs Rodgers

Role in school: Assistant Headteacher, Careers Leader

Education pathway: After school I took A-levels at my school's sixth form then went to Manchester University to study English and Drama. I then went on to take a PGCE in English, Media and Drama at London Metropolitan University.

What did you want to be when you were younger?

A teacher or a West End musical star!

Did you have another job before working in school?

Yes, I had lots of different jobs when I was in sixth form and at university from working in retail jobs to factory production lines. My main job before becoming a teacher was as a theatre technician, setting up the lights and sound in theatres and supporting backstage during shows.

Worst job you've ever had?

Working on a production line packing cat food- it was really hot and stinky!

Best thing about your current job?

Definitely the pupils I work with. When they get something right that they have been finding difficult and you can see the pride on their faces.

OFCOM RADIO STATION, BALDOCK STEM EVENT

Pupils at Edward Peake have been invited to register their interest in an event being held by the OFCOM Radio Station in Baldock.

More details of the event will be shared after the Easter break but the main details of the event are below:

Who: We would like to invite pupils in Years 5 to 9 who have shown an aptitude or interest in STEM subjects.

When: Wednesday 29th May 2024 (timings to be confirmed)

Where: Baldock Radio Station, Royston Road, Baldock, SG7 6SH – Please note transport will not be provided by Ofcom to or from the event.

It promises to be a very interesting and exciting event for those interested in STEM (Science, technology, engineering and maths) subjects.

We will send out further details on how to register after the Easter holidays.



TALKING FUTURES



The Talking Futures project in England is a pioneering initiative designed to enhance careers education and guidance for young people. The project aims to empower students by providing them with the necessary skills, knowledge, and resources to make informed decisions about their future career paths.

Recognising the importance of parental involvement in students' career development, Talking Futures encourages parents to actively participate in their children's career education journey. The project provides parents with resources, workshops, and guidance to support their children in exploring career options, making informed decisions, and navigating the transition from education to employment.

You can access the parent toolkit here: <https://www.talkingfutures.org.uk/>



UNIFORM

We have noticed that there have been discrepancies in uniform this past term and would like to take the opportunity to remind parents of our uniform expectations.

- 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 was 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. Tights should not be worn with socks.
- Plain black, navy, grey or white (not trainer) socks.
- Trousers should be grey, black or dark blue. They should be a tailored fit. Tight fitting, skinny fit trousers, jeans/jeans style, jogging bottoms or leggings are not acceptable.
- Shoes should be formal in style, medium cut (meaning below the ankle). Trainers that are 'triple black'; and have no additional colourings are acceptable. They should be robust and have appropriate fastening: velcro straps, laces or buckles. Ballerina shoes, boots or canvas shoes are not acceptable footwear.
- All hair below or touching the collar should be tied up. Large and excessive hair slides and headbands (for example JoJo bows) are not acceptable. Pupils should not have dyed hair. Pupils are not permitted to wear makeup, nail varnish or false nails.
- Pupils may wear one pair of flat stud earrings only and only a watch is to be worn on the wrist. (No bracelets, bands, hair ties, etc). No other jewellery is permitted.
- Coats and other outdoor clothing may not be worn in school. Pupils arriving in boots of any kind must change into suitable school shoes on arrival.
- School PE kit must be worn on days when pupils have a timetabled PE lesson. Tracksuits/shorts and jumpers must be plain navy or black. The only hoody that can be worn is the Edward Peake PE hoody. Any other jacket worn on PE days must be a plain navy or black zip up jacket. All PE hoods must remain down when in the school building. Leggings are not permitted to be worn in school and this includes PE lessons.

You can find information on school uniform on our website via the following link

<https://www.edwardpeake.beds.sch.uk/parents/school-uniform/>

STAFF & PUPIL ACHIEVEMENTS

Message from the PE department: If parents have any old football boots that they no longer need could we ask that you please donate them to the school in order to help our families in need.

NETBALL TEAM SUCCESS

Congratulations to our year 8 girls netball team for their 2nd overall in the plate competition.

The team beat Greenacre independent school in the semi final and narrowly lost to Robert Bloomfield in the final.

Great work!

Year 8 Teams F. Pallett, N. Barbet, S. Rae, M. Chase, P. Outten, S. McQuoid, W. Kalmus, O. Evans, E. Dobson, S. Bose, M. Almustafa, L. Tompkins, F. Barker, E. Kilroy, M. Fisher, M. Rihlea, L. Burrows, S. Prosser, L Greaves, E. Smitham, I. Walker, F. Griffiths



AMY TURNER

Amy Turner competed against the Eastern region divers on Saturday and against 33 other divers, Amy came 3rd! Earning herself a bronze medal.

Her bronze medal was awarded to her by the bronze commonwealth medalist Amy Rollinson.

OSCAR ELONG

Oscar Elong, was awarded the U13 Male Champion at Biggleswade Athletics Club, along with certificates for achievement in 100m, shot put and javelin.



LET US KNOW!

We are always delighted to hear of our pupils' achievements outside of school. Please email info@edwardpeake.beds.sch.uk with any news you would like to update us on.

STAFF & PUPIL ACHIEVEMENTS

Values Winners

Here at Edward Peake, we highlight a different value each month. Pupils and staff are nominated to receive an award for living the value of the month.

In March, our value was **Resilience**.

Year 5 H. Goodman - For always working hard in all aspects of his lessons even when faced with challenges, he is still able to overcome them and achieve his potential.

Year 6 L. Peters - Always calmly approaches any challenges she may face. Her patient attitude to learning has paid off as she made excellent progress during mock SATs week. She is a role model to all!

Year 7 R. Feeney - For maintaining a positive outlook and getting to her classes despite her injury. For working hard every day she is in school.

Year 8 L. Cook - For working hard and keeping going, even when, especially when, things get tough. Persisting with their learning in class, even when they know the task may sometimes get the better of them.

Staff - Mrs Edwards

In February, our value was **Honesty**.

Year 5 E. Davidson - For always speaking honestly and being a good friend.

Year 6 K. Barbet - Voted for by class - is always helpful and truthful.

Year 7 S. Waltham - For working hard and helping staff. He is truthful and honest every day.

Year 8 D. Sawicki - For always working hard and being honest, helpful and truthful.

Staff - Mrs Ridley and Mrs Febrey-Watts

In January, our value was **Responsibility**.

Year 5 M. McMordie - Showing the value of responsibility every time she does jobs in the classroom. She is a member of the class I can rely on and trust to do the job.

Year 6 P. Tembey - She is someone who can be trusted in roles of responsibility in class, showing initiative. Sensible, calm and clear thinking.

Year 7 E. Parr - She is always very kind, helps others and shows responsibility everywhere in school.

Year 8 G. Taylor - He works hard in all subjects and shows the value of responsibility in all areas of the school.

Staff - Mrs Ranger

Congratulations to all of our values winners!

EVENTS

RSPB BIRDWATCH



In January filming was undertaken at Edward Peake by ITV in our prayer garden for the RSPB Birdwatch.

Some of our pupils even appeared on ITV news! A massive well done to all involved and to Mrs Burr for organising.

COMIC RELIEF

On Friday 15 March we took part in Comic Relief celebrations and our kitchen team made some tasty red nose day themed treats.

A total of **£378.46** was raised in support of Comic Relief. Thank you for your generous donations.



YEAR 8 FRENCH TRIP

Year 8 enjoyed a fantastic and educational residential visit to France in March.

They visited a goat farm, viewed the amazing architecture of a cathedral in Amiens, went on a town trail visiting the historical sites of Montdidier, learned how chocolate is made and even got to do some product tasting! Pupils and staff also had the opportunity to pay their respects at the war memorial in Ypres.



EVENTS

NATIONAL STORY TELLING WEEK

To celebrate National Storytelling Week, our classes in KS2 were enjoying a hilarious chapter from *The Witches* by Roald Dahl.

What is Storytelling Week?

National Storytelling Week takes place every year and is a celebration of the power of sharing stories



ATHLETICS FESTIVAL

We were proud host of the year 3/4 and the year 5/6 East Beds indoor athletics festival this term.

Once the results are in the winning schools will go to the County finals to represent the East Beds district .



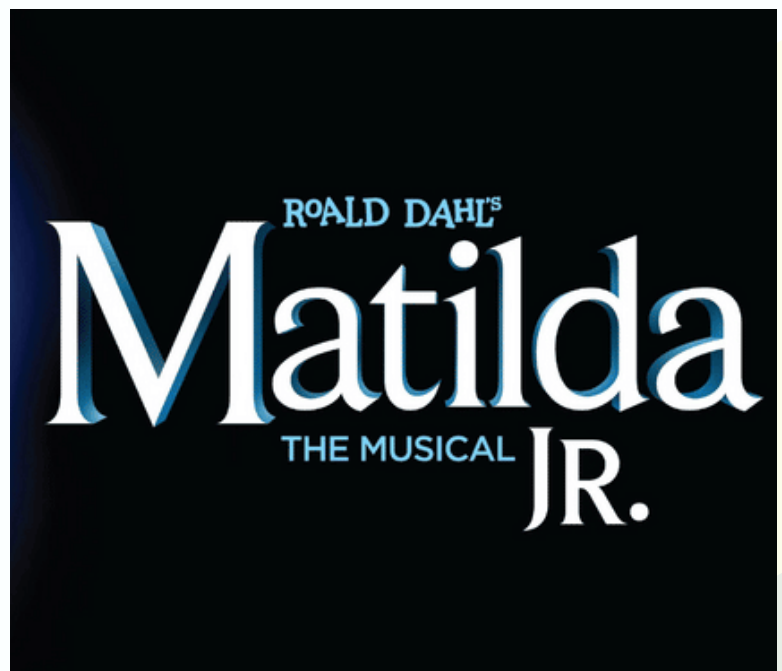
MATILDA JR. THE MUSICAL

This year's school production was Matilda the Musical Jr and what a show!

Congratulations and a massive well done to Mrs Thorn and all the cast and crew involved. It was an absolute delight to watch.

The production was filled with laughter, fun, and even a few happy tears.

Thank you to everyone involved in making it such a success.



WELLBEING DAY

Wednesday 20 March was our annual wellbeing day and another huge success. A massive thank you to Mrs Jeffs for organising.

This day is an opportunity for pupils to engage in a number of different activities that will provide them with the knowledge, skills and tools to support them in managing their mental health and wellbeing.



**The Mental Health Support Team
Invites you to our
CAMHS coffee afternoon**

Date: 18th April 2024

**Time:
3:30-4:30pm**

Venue: Edward Peake Middle School

**This an opportunity to enjoy refreshments
and meet the CAMHS worker supporting your
child's school.**

**We will be offering information and signpost-
ing around difficulties such as anxiety, low
mood or emotional/behavioural challenges
your child may be presenting with.**

FREE COURSE FOR PARENTS-CARERS HELPING CHILDREN WITH MATHS – SPECIAL SATS EDITION

Bedfordshire Employment and Skills Academy is delivering a free course to help you feel confident supporting your child through their Maths SATS.

Build confidence with your ability to support your child prepare for their Maths SATS tests. Explore engaging activities you can do at home to make revising maths skills more exciting in everyday life.

When? Starting Friday 12 April 2024 for 3 weeks*

Where? Bedfordshire Employment and Skills Hub, Parkside Drive, Houghton Regis, LU5 5PY

Time – Half days on Tuesday afternoons and Friday mornings

*5 sessions included over 3 weeks.:

12 April 2024 from 9:30am to 11:30am.

16 April 2024 from 1pm to 3pm.

19 April 2024 from 9:30am to 11:30am.

23 April 2024 from 1pm to 3pm.

26 April 2024 from 9:30am to 11:30am.

For more information on the course and to enrol, [please click here](#).

This course is free for adults (aged 19 years and older) in Central Bedfordshire and Bedford Borough.

Funded by UK Government SKILLS FOR LIFE

FREE course for adults
Starting Friday 12 April 2024 in Houghton Regis

123

Support your child with confidence in maths
Special SATS edition ###

Explore practical activities and up to date methodology to help you support your children through their Year 6 SATS exams.

+ - %

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Bedfordshire
Employment & Skills Academy

THE LOCAL OFFER

This Local Offer sets out in one place what support and services are available for Children and Young People with Special Educational Needs and Disabilities (SEND).

The information will include how to access services and organisations for Children and Young People with SEND from birth to 25 years.

Our Local Offer has been designed and developed by a range of professionals from both Children's and Adult services including:

Education
Health
Social Care
SNAP Parent Carer Forum (PCF)
Voluntary and community groups

The Local Offer will include information on services that are available to support children and young people with Special Educational Needs and/or Disabilities (SEND) from birth to 25.

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



Central Bedfordshire **SEND Local Offer**

SAFEGUARDING

If you think a child you know is being harmed or at risk of being harmed, **please contact the Access and Referral Hub on 0300 300 8585**, who you can talk to about your concerns.

They will give you advice or may investigate the circumstances. All child protection calls are treated in confidence and you don't need to give your details.

Everyone has a responsibility to protect children from harm.

Out of hours: 0300 300 8123

Email: cs.accessandreferral@centralbedfordshire.gov.uk

Further support agencies can be found on our school website under the parents and pupil support section.

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



#WakeUpWednesday®

The National College®

THANK YOU

We hope you have enjoyed this Terms newsletter #TeamPeake.

Check out our curriculum pages to learn more about how we support our learners for the future



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