

12th January 2024

Weekly Newsletter



Dear Parents/Carers,

May I take this opportunity to wish everyone in our school community a very Happy and Healthy New Year! I'm pleased to report that the children have returned to school positively after the Christmas break, well done children!

In our assemblies this week the children have been very reflective and have been thinking about our value for this month; Hope. We have talked about the difference between a hope and a wish and shared our hopes for 2024.

The children were very thoughtful and compassionate and it was lovely to hear that their hopes for 2024 were not just for themselves but that they had considered others in our families, school and around the world.

Next week the choir has a wonderful opportunity to sing, as part of Young Voices, at the O2 Arena! As you can imagine children and staff are very excited about this fabulous event and we look forward to sharing more about it with you on our return.

Best wishes,

A handwritten signature in blue ink, appearing to read 'S. Boyle', is written over a light blue horizontal line.

Mrs S Boyle
Headteacher

Reception Classes – Acorn and Chestnut

Reception have started learning our phonics phase 3 from Little Wandle. They have learnt the digraphs ai ee and oa and even learnt a trigraph igh. The children have been working hard to write sentences and have impressed us with their use of capital letters and full stops.

In maths they have been looking at different types of measure. The children enjoyed learning about capacity by exploring what different sized containers can hold. We have also thought about length and weight and the children spent time using balance scales and measuring worms.

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Year 1 – Hawthorn and Willow

In English Year 1 have been looking at traditional tales and the rule of 3, Good vs Bad, a moral to the story and Happily ever after. They have started to talk about Goldilocks and the three bears.

In art they have been learning about primary and secondary colours and this week have been looking at different shades of green and how they can make them darker and lighter.

Year 2 – Maple and Sycamore

Year 2 have started a new guided reading book called Mr Majeika, the children are excited that they could be being taught by a wizard.

In Maths they have been learning about money and how they can count different amounts.

In RE they have started to learn about different sacred books in different religions.

Year 3 – Palm and Pine

This week in English Year 3 have been reading an alternative version of Cinderella. The children are learning about stories from different cultures and having been comparing the story of Egyptian Cinderella with the traditional version that we are familiar with. The children have really enjoyed exploring the alternative version, using inference to determine how the character is feeling and writing about the feelings she may have had throughout the story.

Year 4 – Elm and Oak

Since we have come back to school we have celebrated the French festival of La Fête des Rois (Festival of the kings) which celebrates the arrival of the three kings visiting Jesus. The children tasted the cake 'une galette' and the charm inside the cake was found by two children in each class and they became our king/queen for the day.

We have begun our new unit in Art based on light and dark in painting. We have learnt how to create shades and tints. The children are continuing to work on multiplication and division in Maths and begun this week learning about factors. In English, the children have been reading and listening to legends in preparation for them writing their own epic battle scene.

Conifer class

The children have continued to access their personalised curriculum in English and Maths whilst building and strengthening relationships with their peers and adults. Some of the children continue to access some mainstream lessons in the afternoons.

In our Hamish and Milo sessions, we have been thinking and learning about how our bodies feel when we are angry and the children came up with some really good alternative words; frustrated, mad, furious, annoyed. Some children started their science lessons this week, learning about everyday materials.

We cooked sandwich wraps this week – the children could choose the filling they wanted. We ate them in class.

Attendance for this week

Acorn	99.5%	Chestnut	98%
Hawthorn	96.9%	Willow	100%
Maple	98.1%	Sycamore	99.5%
Palm	97.1%	Pine	94.8%
Elm	96.2%	Oak	95.6%
Conifer	87.5%		

Please find the link to the NHS website regarding 'Is my child well enough to be in school'
<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Being late for school can affect your child's attendance, anyone arriving after 8.55 and entering through the front doors will be marked as late and anyone arriving after 9.15 will be marked as an unauthorised absence which will affect their attendance (unless there is an acceptable explanation).

Star and Leaves awards

We are proud of the hard work the children make with their academic work, their resilience and positive attitude to learning in addition to the efforts they make to follow our school values. Each week in our celebration assembly we congratulate children who have gone above and beyond and have demonstrated a positive attitude to learning and thus achieved the Behaviour for Learning Star. We are also very proud of the children who demonstrate our school values to a high standard and are awarded the Values Leaf. All children who are recognised for their hard work in our celebration assembly will enjoy a hot chocolate with Mrs Boyle, our Headteacher.

Class	Stars	Leaves
Acorn	Ava	Abel
Chestnut	Bella-Rose	Jack
Hawthorn	Payton	Olivia
Willow	Mahveen	Raewyn
Maple	Avina	Kyran-Lee
Sycamore	Jack	Shlok
Palm	Amile	Leo
Pine	Patrick	James
Elm	Ashleigh	Freddie
Oak	Tilly	Robyn



General Information

ECO council

This week the Eco council met for the first time in 2024 and were delighted to be joined by one of our governors Mr Debock. In this meeting the council have decided to look at 3 areas, the litter, waste, and water and this will hopefully help the school move towards Green flag accreditation.

They have also been looking at biodiversity on the school grounds and we may have exciting news to come regarding this in the weeks and month ahead. If we have any parents/carers/family

members with expertise in soil and ascertaining soil types, we would like to ask for some help, please can we ask you to get in touch with admin@silsoelower.co.uk

School council

The school council have been meeting regularly and one issue that they would like to remedy is the absence of table covers for ART and DT. The children discussed how they did not like getting paint on their tables and clothes so have decided they would like to fundraise to buy wipe clean table covers and aprons in sizes appropriate for all pupils. Watch this space in the coming weeks for more news on how we will raise the money.

Thank you from Sienna and the Children's ward at the Luton and Dunstable hospital



Over the holidays Sienna delivered the presents that were donated to the Children's Ward at the Luton and Dunstable Hospital.

They were so happy and extremely grateful for all of the donations!

Reminder of Egyptian day for Year 3

Egyptian day will be held on the 16th February for year 3. Please can we ask each child in Year 3 to please come into school with an oversized white t-shirt and black trousers or leggings.

Reminder of Viking day for Year 4

Viking day will be held on the 16th February and each child is asked to dress as a Viking, you do not need to buy an outfit an oversized t-shirt with a belt would be a great costume.



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International Greetings

Currently our language is Greek and so the children will be saying phrases such as Kalimera – Good Morning/Good day.



Free Eating Disorder Webinar for Parents

Duration of training: 1 hour

Online/Face to face: Online

Date of training: 16th January 2024

Time of training: 6pm to 7pm

Aims and Objectives

By the end of this training we hope that participants will be aware of the different types of eating disorders, how to identify eating disordered behaviours, and how to support individuals with eating disorders.

Agenda of Training

- Introduction to eating disorders
- Development of eating disorders
- Supporting those with eating disorders (referrals, triggers, signs and symptoms)
- Questions

Evaluation of Webinar

The training will be evaluated through self-reported surveys completed at the end of the training. This will allow participants to provide qualitative and quantitative feedback of their experience and effectiveness of the webinar.

Who to contact

To book a place, please email luke.geary@centralbedfordshire.gov.uk

The Big Ambition by the Children's Commissioner of England

The Children's Commissioner for England, Dame Rachel de Souza, has launched **The Big Ambition**, a national survey of children and young people across England.

The Big Ambition aims to hear from children across England on what they think is important! In the lead up to the next General Election, the Children's Commissioner wants to take children's thoughts, opinions and ideas to decision-makers, to make sure that the Government hears young people's voices on what they think needs to be done to make children's lives better in England.

The Big Ambition survey will be open until Friday 15th December.

Children or parents can complete the survey here:

www.childrenscommissioner.gov.uk/thebigambition. Further resources are available on our [website](#).

I must reiterate that it is vital that all children have their voice heard through this survey because, as Children's Commissioner for England, I have a statutory duty to protect and promote the views

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and interests of children. The Big Ambition provides a much-needed opportunity for the children of England to tell political decision makers what is important to them ahead of the General Election. I will be sharing their responses with Government to ensure that children's voices are heard.

Diary Dates

Please find below dates for the rest of this school year. Please note dates which have changed or added have been highlighted.

18/01/2024	All Day	Young Voices event for the Choir leaving school at 10am
19/01/2024	All Day	Acorn and Chestnut non uniform day Dojo award
25/01/2024	6pm	Key stage 2 Maths parent information evening (Y3 & Y4)
01/02/2024	6pm	Key stage 1 Maths parent information evening (Y1 & Y2)
05/02/2024	All week	Children's mental health week
16/02/2024	All Day	Y4 Viking Day – Details to be provided nearer the time
16/02/2024	All Day	Y3 Egyptian Day
29/02/2024	4pm to 7pm	Parent consultations – More details to follow
05/03/2024	4pm to 7pm	Parent consultations – More details to follow
06/03/2024	All Day	Y3 Faith Tour
07/03/2024	All Day	World Book Day
11/03/2024	All Week	National Science Week
26/03/2024	3pm	Y4 Grafham parents meeting
27/03/2024	9.30am	Easter Service at the Church – parents invited – Y1, Y3 & Oak Class
27/03/2024	2pm	Easter Service at the Church – parents invited Reception, Year 2 & Elm
18/04/2024	TBC	Y4 Transfer Festival at Arnold Academy
25/04/2024	All Day	Y4 Bikeability – children to bring in bikes & cycle helmets
13/05/2024	All Day	Y4 Grafham Water Trip
14/05/2024	All Day	Y4 Grafham Water Trip
15/05/2024	All Day	Y4 Grafham Water Trip
16/05/2024	3.30pm to 4.30pm	Scolastic Book Fair YR, Y1 and Y2
17/05/2024	3.30pm to 4.30pm	Scolastic Book Fair Y3 and Y4
07/06/2024	All Day	Y2 Herrings Green trip
12/06/2024	Morning	School Photographer – Class Portraits
24/06/2024	9.15am	Y4 Moving up assembly/workshop
26/06/2024	3.45pm to 5.45pm	Book look & meet your new Teacher for 2024 to 2025
27/06/2024	All Day	Transition Day
28/06/2023	All Day	Y1 Mount Fitchett Trip
01/07/2024	All Week	Sports Week – details to follow nearer the time
05/07/2024	TBC	Y4 Leaf Walk in Silsoe
08/07/2024	All Week	Back up Sports Week (for events cancelled during w/c 01/07/2024 due to adverse weather conditions)
10/07/2024	TBC	Y4 Visit to Silsoe Parks
19/07/2024	9.30am	Y4 Leavers Assembly

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My Child's First Device

5 Steps to Make Phones, Tablets, and Laptops Safer

You might be deciding to give your child their first phone, tablet, or laptop (or third, fourth, fifth – even a new update). This is a big decision! The responsibility and freedom that comes with owning a device is a big step for children – and you! It might even be their first "grown up" responsibility.

As a parent or carer, it's important to remember that even if a child is tech-savvy, they need to be taught how to be tech-safe. We know this can be daunting with various device brands, apps, and settings to choose from. Our online safety experts have created 5 steps to help you make that first device (or brand-new model) safer for the child or young person in your care.



Remember!

This is an exciting time in your child's life! You want to be a part of that in a positive way that encourages them to share with you and trust you. If you take the time to teach them, they will be empowered in their online actions and behaviours for the better.

1

Do your homework

Make sure your home environment is secure and ready for your child to be online. Many major broadband providers offer age restriction settings so check with your provider to ensure these restrictions are put in place.

Many retailers offer free Parental Controls to their customers. You can find Parental Control walkthroughs on most popular provider websites.

Check the device's brand website for simple walkthroughs of where to find privacy settings on your child's specific device.



2

Set up the device with your child

Taking the time to sit down with your child and set up the device together will help you both get to know how the device works, allow you to implement SafeSearch filters on search engines, and set up in-app purchase restrictions. You can use the device settings to set up agreed upon restrictions, like Screen Time and App Limits.

Explain why these settings are important to protect children and young people from online risks and that these restrictions will be lifted when they are old enough. Ensure your personal account is set as the Parent account and make sure your parental control PIN number is secure and random.



3

Discuss and agree on healthy phone and device habits

Once the device has been set up, take the time to agree on some healthy rules and boundaries for how they will use the device. This can include rules like when and where they can use their device, screen time allowance and which apps are allowed to be used.

Be realistic on what will work in your household. If your child has friends with different rules, remind them that what works for one family might not work for another! As the parent or carer, you are responsible for the way your child uses their device and they will need guidance, especially if this is your child's first independent responsibility.



4

Check-in with your child

Check-in with your child about their device use. It doesn't have to be a big sit-down conversation! Informal chats over the dinner table, in the car or while watching television as a family can have the biggest impact. Ask questions like, "Tell me about your favourite app! Why do you like to use it?" or, "How has your device helped you today?"

Online safety is never a one-off conversation – it's a continuing dialogue. Show your child that you're interested in their responses and thoughts to foster an environment of openness and trust between you and the child in your care.



5

Keep Yourself Informed

We live in a digital world that changes daily. The most responsible thing you can do in keeping your child's device safe is to keep yourself informed.

Stay alert to trends and threats that they may be exposed to. With many companies beginning to offer "kid" versions of their platforms, knowing what is safe and what is suspect will help you make the best decision for your child. Luckily, we have some excellent resources to assist you that are reliable and relevant. Visit our website and social media pages.



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oursafetycentre.co.uk
How to stay safer on popular platforms

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“
The course
helped make
family life a lot
calmer.”
”

Central
Bedfordshire

great
prospects



Looking after children can be tough, and we all need a little support at times.

Our FREE Parenting Puzzle course is for parents and carers of children aged 2-5 years. It will help you understand different types of behaviour and explore different parenting styles, helping to build positive relationships with your children.

We run four-week and ten-week courses from six of our children's centres.

Take part in our next course:

5.30pm-7.30pm
10 Week Course Starting 22.01.2024 @ Flitwick Children's Centre, Malham Close, Flitwick,
MK45 1PU
BOOKING REQUIRED
No creche available.

A full list of courses running in Central Bedfordshire, and more information about the programme is available at: www.centralbedfordshire.gov.uk/parenting-puzzle

A great place to live and work.

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Flitwick and Mid Beds Locality Children's Centre

Malham Close, Flitwick, MK45 1PU

JANUARY – MARCH 2024

0300 300 8111

Flitwick.childrencentre@centralbedfordshire.gov.uk

Central Bedfordshire

Support & Advice

The Centre staff can offer support and advice on breast feeding, parenting, choosing childcare, FREE 2-year funded pre-school places, introducing solid food, toilet training, oral health, training/education, home safety, plus much more. Please ask a member of the team or contact us by phone or email.

Rebuild

The Rebuild Programme is a 12-week group programme looking at healthy relationships. It's designed for women living with domestic abuse in Central Bedfordshire, and will explore what healthy relationships look like, conflict in relationships, the dynamics of domestic abuse and the impact it has on relationships. It will also give women the opportunity to have a one-to-one with the programme facilitator towards the end of the programme and plan for their future. For more information, please contact our facilitators – Jane.Williams@centralbedfordshire.gov.uk, Janice.Foley@centralbedfordshire.gov.uk, Justine.O'Driscoll@centralbedfordshire.gov.uk

YOU CAN NOW REGISTER WITH US ONLINE JUST SCAN THE QR CODE



FOR MORE INFORMATION ON OUR SERVICES Please Scan the Central Bedfordshire Council Family Information Directory



We really appreciate your feedback – please spare a moment and visit https://centralbedfordshire.welcomesyourfeedback.net/childrens_support to voice your opinions



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

NB: This service is for children pre-school age and younger who are NOT already known to or haven't been referred to the Speech and Language Therapy Service and live within Central Bedfordshire.

<https://childspeechbedfordshire.nhs.uk/how-to-refer/early-advice-sessions/>

During these short 15-minute phone or video consultation we will discuss your concerns and provide advice and strategies to try. Face to face appointments can be offered following this consultation if needed

To book complete the online form at

Follow us Flitwick and District Children's Centre



Bedfordshire & Luton Children's Community Health Hub 0 - 19 years – YOUR ONE STOP CONTACT POINT

TEL 0300 555 0606

EMAIL ccs.bedsandlutonchildrenshealthhub@nhs.net




OPENS 9AM TO 5PM MONDAY TO FRIDAY (excl bank hol)

Flitwick and District Children's Centre

Programme January-March 2024

Flitwick Children's Centre, Malham Close, Flitwick, MK45 1PU







Monday	Tuesday	Wednesday
<p>Wagging Class 6.00am-8pm Weekly @ Flitwick CC BOOKING REQUIRED</p> <p>Appointment only for wagging babies.</p> 	<p>Craftfest Drop In and Play 9.30am-11am Weekly (from time out) @Clarefield C of E Academy (St Paul St), Swanton Way, Clifton, MK45 0EH GROUP IN SESSION</p> <p>A drop-in session for children and their families to explore, play, learn and have fun together. Friendly, experienced staff from Flitwick Children's Centre available throughout the session to support and offer advice around topics. Self-weighted facilities also available.</p>	<p>ChatTots 9am-10am 4 Week Course Starting 10.01.2024 @ Flitwick CC BOOKING REQUIRED</p> <p>Do you want ideas to help your child's talking and listening? ChatTots is a 4-week course run by our Speech and Language Champions and will give you lots of ideas and tips for supporting your child with their speech and language development. Suitable for all children aged 18 months to 5 years.</p>
<p>Breastfeeding Bazaar 1.30pm-7pm Weekly @ Flitwick CC GROUP IN SESSION</p> <p>Come and meet other breastfeeding mums - for exclusive, mixed feeding or even if you are expressing! Friendly breastfeeding information and support group with trained staff. Tea and coffee available. Suit comes along and drop in!</p>	<p>Young Parents Group 1.30pm-2.45pm Weekly @ Flitwick CC GROUP IN SESSION</p> <p>For parents under 25 years old. Play, meet other young parents and improve your wellbeing.</p>	<p>Playgroup 10.30am-12pm Weekly @ Flitwick CC GROUP IN SESSION</p> <p>Make new friends with other parents and parents to be. We welcome all expectant and new parents, with refreshments, chat and toys. For pregnant families and families with babies aged up to 6 months old.</p>
<p>Sensory Stay and Play 10am-12am Every second Monday of the month @ Flitwick CC GROUP IN SESSION</p> <p>A sensory session for families with children with Profound and Multiple Learning Disabilities. Come and meet other families and enjoy a relaxing session of lights, calming music, and sensory toys.</p>	<p>Bumps, Births and Baby Stuff Antenatal Classes 9.30am-10.30am 09.01.2024 @ Flitwick CC 14.01.2024 @ Flitwick CC 12.01.2024 via Microsoft TEAMS BOOKING REQUIRED VIA EVENTBRITE: https://www.eventbrite.co.uk/d/antennal-classes-flitwick-bumps-births-and-baby-stuff</p> <p>Antenatal class for mums-to-be from 30 weeks pregnant. Partners welcome. Come and find out about labour, feeding, caring for your baby and preparing for family life.</p>	<p>Communication Tots 9am-10am 4 Week Course Starting 06.01.2024 @ Flitwick CC BOOKING REQUIRED</p> <p>Have you noticed that your child may have emerging additional needs alongside speech and language difficulties? Communication Tots is a 4-week course run by our Early Years SEND Advisory Teacher and Family Worker and will give you lots of advice and support for supporting your child's development. Suitable for children aged 18 months to 3 years.</p>
<p>Introducing Solids Workshop 10am-11am 22.01.2024 @ Flitwick CC 25.03.2024 @ Flitwick CC BOOKING REQUIRED</p> <p>This workshop will provide you with lots of tips, advice and information on introducing solids to your little one!</p>	<p>Baby Massage Starting at 10am 4 Week Course Starting 05.01.2024 BOOKING REQUIRED</p> <p>Suitable for babies from 6-8 weeks and up to pre-crawling. Please note there is a small charge of £20 for this course. (Cash only please, this is non-refundable and needs to be paid prior to attending the course to secure your space.)</p>	<p>Baby Massage Starting at 2pm 4 Week Course Starting 15.01.2024 BOOKING REQUIRED</p> <p>Suitable for babies from 6-8 weeks and up to pre-crawling. Please note there is a small charge of £20 for this course. (Cash only please, this is non-refundable and needs to be paid prior to attending the course to secure your space.)</p>
<p>Parent Puzzle 1.30pm-7.30pm 10 Week Course Starting 23.01.2024 @ Flitwick CC BOOKING REQUIRED</p> <p>The Parenting Puzzle workshops help to build strategies to reduce the stress of parenting and prepare your children for school. It's also a great place to meet other parents and carers in your area, for parents with children aged 2-5 years.</p> 	<p>To book onto any of our sessions or for further info, please contact the Children's Centre on 0300 300 8111 or on flitwick.childrencentre@centralbedfordshire.gov.uk</p> 	
		<p>Baby Days 9.30am-11.30am 6 Week Course Starting 10.01.2024 @ Clarefield C of E Academy (St Paul St), Swanton Way, Clifton, MK45 0EH BOOKING REQUIRED</p> <p>Baby Days is a FREE, informal course for parents of babies aged 0-4 months covering sleep, feeding, brain development and much more! It's also a great opportunity to meet other parents with babies of a similar age!</p>
		<p>Isletweenies 1.30pm-3pm Starting Weekly from 07.01.2024 @ Flitwick CC GROUP IN SESSION</p> <p>Isletweenies group is for children in the early stages of moving, it's great for crawling, toddlers, and shufflers! Come and meet other families with babies aged 6-12 months, build friendships, and engage in friendly conversations.</p>
		<p>Introducing Solids Workshop 9am-10am 28.01.2024 @ Flitwick CC BOOKING REQUIRED</p> <p>This workshop will provide you with lots of tips, advice and information on introducing solids to your little one!</p>

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Thursdays	Fridays	Saturdays
<p>Baby Sign Starting at 2pm 3 Week Course Starting 01.02.2024 @ Flitwick Leisure Centre, Steppingley Road, Flitwick, MK45 1TH BOOKING REQUIRED</p> <p>Baby Sign is a free, informal 3-week course for parents of children aged 0-12 months old, covering different signs each week, the benefits of Baby Sign, singing and much more!</p>	<p>Tee and Tots 9.30am-11am 2nd Friday of the month @ St Mary's Church, The Gm, Marston Moretaine, Bedford, MK45 0HF BOOKING REQUIRED</p> <p>This is a free baby and toddler group run by the Church. All are welcome. Every session they have crafts, toys for babies and toys for toddlers, snacks for the children and tea (and often cake) for the grownups! Staff from the Children's Centre will be available with the weighing scales, BookStart packs, Healthy Start vitamins to purchase and Dolly Cups to purchase.</p>	<p>Mole Carers' Club 9.30am-11am 1st Saturday of the Month @ Flitwick CC DROP IN SESSION</p> <p>A snack is provided! Dads, Grandads, Uncles, all are welcome! Please note that activities are suitable for under 8s.</p>
<p>Marston Moretaine Drop In and Play 8.30am-10.30am Weekly (term time only) @ Marston Moretaine Community Centre, Great Lines, Marston Moretaine, MK45 0DD DROP IN SESSION</p> <p>A drop-in session for children and their families to explore, play, learn and have fun together. Friendly, experienced staff from Flitwick Children's Centre available throughout the session to support and offer advice around topics. Self-weighing facilities also available.</p>	<div style="text-align: center;">   <p>To book onto any of our sessions or for further info, please contact the Children's Centre on 0300 300 8111 or on flitwick.childrencentre@centralbedfordshire.gov.uk</p>   </div>	<p>New Life Skills - Introduction to First Aid 9am-11am 13.01.2024 09.03.2024 BOOKING REQUIRED</p> <p>This is a basic first aid course for parents or carers of babies and young children. It covers all of the essentials like CPR and dealing with a choking casualty. There is a small charge of £10 per adult for this course. Unfortunately, no children can attend. (Cash only please, this is non-refundable and must be paid prior to attending the course to secure your space.)</p>
<p>Stay and Play in Our Own Way 1.30pm-2.30pm Weekly @ Flitwick CC DROP IN SESSION</p> <p>These sessions are FREE and only for children with SEND, however, you do not need to have a formal diagnosis to come along. Safe, enclosed space, Chat to other parents of children with SEND. No pressure to join in.</p>		<p>Rhythms, Rhyme and Song Time 2pm-3pm 11.01.2024 18.01.2024 25.01.2024 22.02.2024 @ Flitwick Leisure Centre, Steppingley Road, Flitwick, MK45 1TH BOOKING REQUIRED</p> <p>We invite under 3s and their families to come and explore different instruments and sounds, sing songs and nursery rhymes with props, teddies, parachute and balls and relax with calming music and bubbles.</p>
<p>Keeping Your Child in Mind 1.15pm-2pm 4 Week Course Starting 29.02.2024 @ Flitwick Leisure Centre, Steppingley Road, Flitwick, MK45 1TH BOOKING REQUIRED</p> <p>The Keeping the Child in Mind programme helps parents/carers to work together in ways which support growing children and a calmer family life. This programme helps us think about what we do, why we do it and how it makes us all feel in the family. Partners are welcome and it's also fine to come on your own or with another relative or friend. Crèche facility is also available.</p>		

Welcome to Flitwick and District Children's Centre.



Please scan this QR code to complete our Access to Services Request Form or follow this link -

<https://www.centralbedfordshire.gov.uk/xfp/form/479>

0300 300 8111

Emotional Wellbeing Workshops

Early Help - Central Bedfordshire Council
January - April 2024

Workshop	Date	Link to Book
Building Self-Esteem and Self-Confidence	Tuesday 16th January 6:00pm	https://forms.office.com/e/t8c4GZypVvk
Supporting Emotional Regulation	Thursday 8th February 10:30am	https://forms.office.com/e/gpUbzYaM1h
Managing Anxiety	Monday 26th February 10:30am	https://forms.office.com/e/Hxkb5hEAWv
Emotionally Based School Avoidance	Tuesday 19th March 6:00pm	https://forms.office.com/e/S2bxSd6Qvg
Managing Transitions	Tuesday 16th April 10:30am	https://forms.office.com/e/RESDQhkdnv

Please copy and paste the link into your web browser.

All workshops are delivered virtually via MS Teams and are aimed at parents/carers of children or young people in Central Bedfordshire. Workshops will run each term.

For any queries, please contact olivia.dion-fehily@centralbedfordshire.gov.uk or northearyhelp@centralbedfordshire.gov.uk

OUR CURRENT VALUE IS:

Hope

*'Be joyful in hope, patient in affliction, and
faithful in prayer'*

Romans 12:12