

Infant Site

Dallow Road, Luton, Bedfordshire, LU1 1TG
 Tel: 01582 733764- Option 2
 Email: infantadmin@foxdellprimary.uk

Foxdell Primary School

Growing, Learning and Achieving Together

Junior Site

Dallow Road, Luton, Bedfordshire, LU1 1UP
 Tel: 01582 733764- Option 1
 Email: junioradmin@foxdellprimary.uk



NEWSLETTER : Friday 31st January/ Spring Term: Issue: 2

Head Teacher's Corner



Dear Families,

We have had a busy two weeks with lots of exciting things happening at school.

Earlier this week, 10 children from Year 3 and Year 4 took part in the AIM Higher Maths Day at Chantry Primary School. They worked with children from other schools and had the opportunity to solve a variety of problems, using the maths skills they've been developing in class. Some of the challenges were inspired by different countries and cultures, demonstrating the universal nature of mathematics.

We also had 8 children from Year 1 attend a Multi-Skills Festival at Inspire. They worked alongside children from other schools and were able to practice a wide range of skills in a fun and engaging way.

In a previous newsletter I shared with you that our Year 3 and 4 children took part in the 'Finish This...' music project last term. The project invited the children to compose their own music to complete an unfinished piece, 'Blue, Red, Yellow,' by Omar Shahryar. Each class selected a fourth colour and composed a 1-1.5 minute piece that responded to the original composition. We are proud to announce that Beech Class's submission was selected to be animated by the English National Opera (ENO)! You can view their amazing work here: [Beech Class Submission](#).

To celebrate the children's hard work and engagement with the project, we held a 'Finish This...' celebration event yesterday. We were thrilled to welcome ENO singers and musicians, and the children even had a surprise visit from the composer himself, Omar Shahryar. It was also a pleasure to have Paul Wagstaff (Director of Education - Luton), Caroline Dawes (Head of Standards & Effectiveness in Education- Luton), and Julia Fraser (Luton Music Service.) join us for this special occasion. Photos of the event can be found later in the newsletter.

Last week Mrs. Kapadi delivered a sleep routines workshop where she shared some information on establishing healthy sleep habits and strategies to support families. Thank you to those of you who attended. If you were unable to make it, the slides from the session will be available on our website soon.

Looking ahead, we are excited about the upcoming Grafham Water Residential for our Year 4 and 5 children in September 2025. Mrs. Hilton held an information session on Thursday for families. If you missed it or would like further details, please contact the school office to speak with her directly. Year 4 and 5 children also received letters with more information about the trip yesterday.

It's been a busy few weeks and I am so proud of the achievements and experiences our children have been able to participate in.

Best wishes,
 Mrs R Nisar
 Headteacher



Monday 3rd February
 Mental Health Week

The Ridgeway Photo Project (selected Y5 and 6 children)

Tuesday 4th February
 Dental Wellness Workshops- all parents invited.
 9.00am @ Infant Site

Friday 7th February
 Shine Bright, Wear Bright Day

Number Day 2025

Monday 10th February
 Random Acts of Kindness Week

Tuesday 11th February
 Safer Internet Day

Young Voices Concert

Monday 17th February
 School Closed
 Half term break

Monday 24th February
 Children Return to School

Healthy Living Week

Dental Wellness Workshop

We are holding a Dental Wellness Workshop on Tuesday 4th February at our Infant Site at 9am. All families are invited to attend.



Don't forget the Reading Cafe at the Infant Site- every Thursday morning in your child's class!



MUSIC MARK SCHOOL
 2024 - 2025



ATTENDANCE MATTERS

The new attendance guidelines came into place from 19th August 2024. More information and FAQs about attendance can be found on our school website: <https://www.foxdellprimary.uk/attendance-1/>

Government guidance can be found here:

<https://educationhub.blog.gov.uk/2024/08/19/fines-for-parents-for-taking-children-out-of-school-what-you-need-to-know/>

We are open for 190 days in a school year which equates to 380 sessions including the morning and afternoon registration.



Our whole school attendance target is 96%

The class with the best attendance each week wins the attendance trophy and receives a best attendance certificate. Children in Reception receive a lucky dip prize if they have 100% attendance for the week. Attendance for the last two weeks:

Class	Attendance WB 20.01.25	Attendance WB 27.01.25	Class	Attendance WB 20.01.25	Attendance WB 27.01.25	Class	Attendance WB 20.12.24	Attendance WB 27.01.25
Wrens	87.8%	93.2%	Badgers	95.8%	93.5%	Ash	89.3%	97.6%
Swifts	89.2%	91.6%	Hedgehogs	91.1%	95.4%	Ivy	87.7%	84%
Robins	95%	91.9%	Chestnuts	98.7%	92.7%	Cedar	96.7%	91.7%
Dragonflies	91.7%	90.8%	Acorns	98%	96%	Kestrels	96.3%	95.6%
Ladybirds	94%	94.7%	Pinecones	97.9%	96.9%	Kites	97.9%	98.6%
Butterflies	92.1%	92.4%	Beech	95.8%	99.2%	Eagles	97.8%	96.7%
Squirrels	97.2%	97.5%	Oak	90.4%	88.1%			



Our Class H.E.R.O's for Week ending 24.01.25 and 31.01.25 are:

Infant Site: Squirrels

Junior Site: Chestnuts and Beech

STARS OF THE WEEK



Congratulations to our STARS for the week ending 24.01.25 and 31.01.25

Robins	Wrens	Swifts	Dragonflies	Ladybirds	Butterflies	Badgers	Squirrels
			Rahela Huzaifa Abeera Aairah	Matteo Huda Ibrahim Zahian	Ali Khadija Kanael Musa S.	Fajir Aizah H Eshal# Aryan	Fauzan Khadijah Kaius Hania F
Hedgehogs	Chestnuts	Acorns	Pinecones	Beech	Oak	Ash	Ivy
Harlen Raees Aizah H Ismaeel	Safa Ali Soha S Jai Venice	Halimah Areen Mannat Aryan	Musa M Anaya A Methuni Dawood	Hussnain Fatima Azaan Anaya	Sukayna Maham Sultan Ammara	Kristina Muqeet Tariq Husnain	Ibrahim K Murtaza Talia Amna
		Cedar	Kestrels	Kites	Eagles		
		Rafay Ayaan Sofia Abdul Rahman	Ibrahim Scarlett Anum Adnana	Aiza Anabia Zayn Safa	Ariana Hafsah Ajwa Alex		

Year 5 Planetarium Experience

Selected children from Year 5 had an amazing experience becoming Wonderdome space explorers. The children had the opportunity to view our galaxy in depth from within a planetarium. They learnt about each individual planet and recapped how we experience the seasons here in Earth. Many had insightful questions to pose to the presenter which further aided their understanding. All in all, it was a very successful visit.





Our Value for Spring 1 is



Next week is Children's Mental Health Week. As part of our value of relationships, it would be great if you could explore some of these activities with your child.

TIPS FOR FAMILIES

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

① Encourage journaling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

② Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.
Go for a walk, drive, or try some mindful colouring or baking together.

③ Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

④ Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

⑤ Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



Around our School



Our pupils have been ensuring the school is kept clean and tidy in the recent high winds by undertaking litter picking duties throughout the day.

Thank you for helping ensure you do your bit by placing rubbish in the bin or recycling.

Family Workers Corner



We all have times when we need some parenting support. With My Family Coach, you get all the help you need. Our help and ideas cover every stage of your child's development. We'll support you through the tough times, inspire you with new ideas, and share practical tips to make parenting that little bit easier.

<https://www.myfamilycoach.com/>



Dear Parents

Just letting you know that Foxdell Primary School is now registered with easyfundraising, which means you can raise FREE donations for us every time you shop online. Over 8,000 retailers will donate to us when you use easyfundraising to shop with them - at no extra cost to yourself!

These donations really mount up and make a BIG difference to us, so we'd really appreciate it if you could take a moment to sign up and support us. It's completely FREE and only takes a moment.

You can find our easyfundraising page at

https://www.easyfundraising.org.uk/causes/foxdell-primary-school/?utm_medium=email&utm_campaign=pmc&utm_content=gs-email1

Thank you so much!



[How it works](#) [Find a cause](#) [Register a cause](#) [Register a business](#) [Log in](#) [Sign up](#)

You spend, brands donate.

Sign up to easyfundraising and see your favourite brands donate to the cause you care about whenever you shop with them.

[Sign up and get started](#)



amazon.co.uk

ebay

Argos

JOHN LEWIS
& PARTNERS

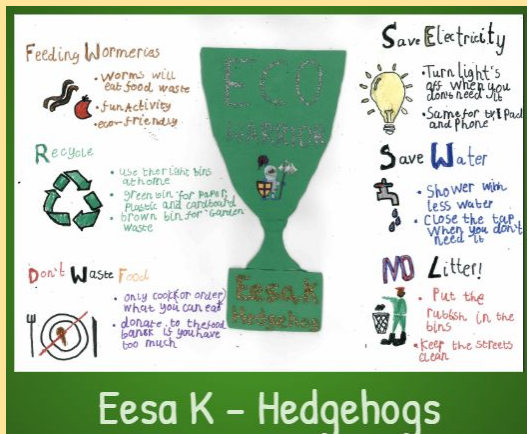
Around our School



Eco Poster Art Competition January 2025



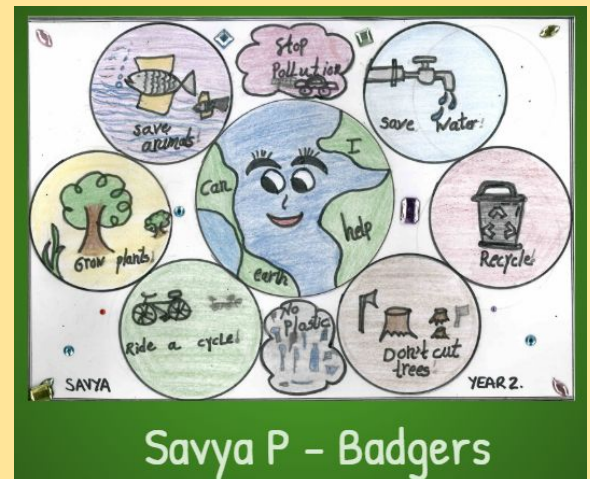
Well done to everyone that took part in the Eco Poster competition. We had some excellent entries. Some of the posters will be printed and displayed around the school- look out for them!



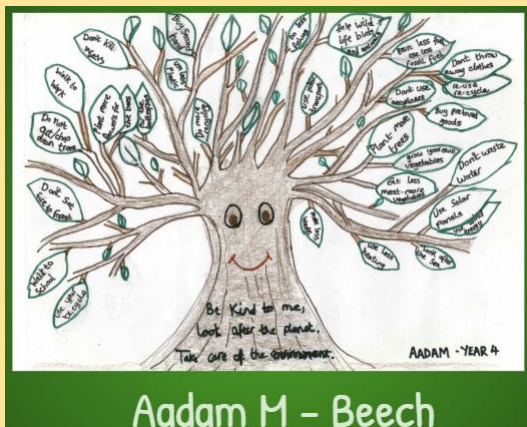
Eesa K - Hedgehogs



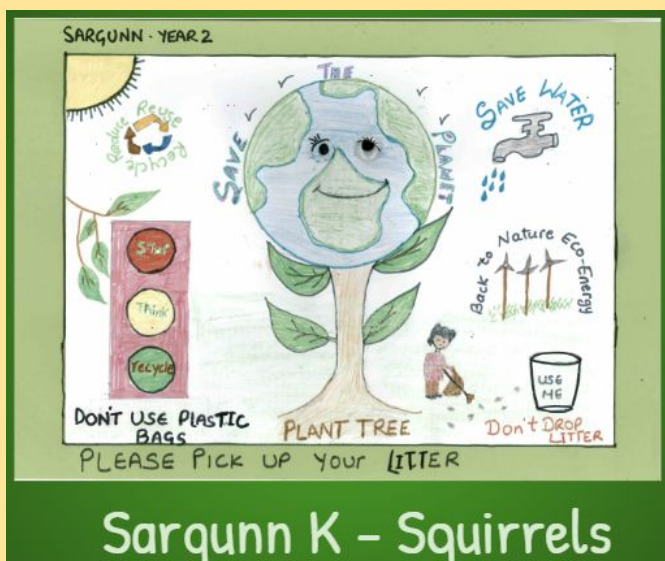
Syeda Safa A - Chestnuts



Sayya P - Badgers



Aadam M - Beech



Sargunn K - Squirrels



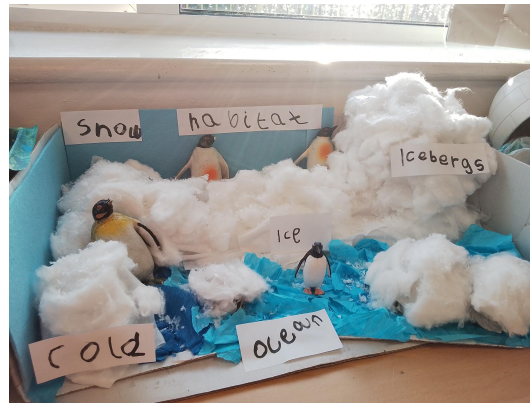
Taurab A - Beech

Around our School

Year R

In Reception we have been learning about celebrations from around the world. We have learnt all about the Lunar New Year and how people in other countries celebrate. We had a Lunar New Year afternoon and learnt how to Dragon Dance, tasted Chinese food, learnt how to use chopsticks, and created lanterns.

We have also been learning about animal habitats and comparing them with the arctic. We have created our own habitats out of junk modelling.



Year 1

In Year 1, the children have been developing their drawing skills within the topic 'Make your Mark'. They have been using a range of resources to create a variety of lines practicing different techniques.

They have used music and pieces of work by Kandinsky and Bernal as inspiration to create their own work.

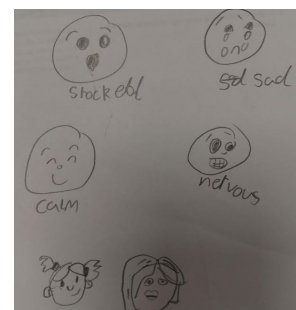
The children have also worked collaboratively to create their own underwater scene.



Year 2

In Year 2, we have been working on our coding skills. Children used Purple Mash to create different scenarios and made the characters move or disappear.

We had a lot of fun in art, as children have been developing their drawing skills. They have created characters with different expressions by changing the shapes of eyebrows, mouth and eyes.



Around our School

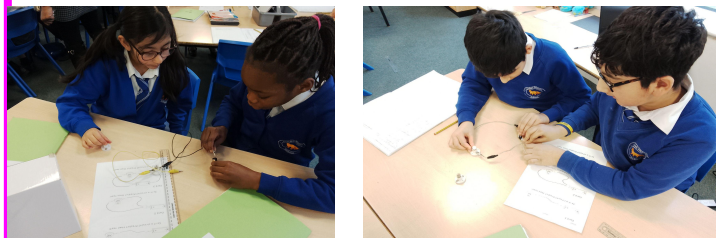
Year 3

In art, we have been exploring the use of shapes, shading, and texture in art to enhance their drawing skills. It emphasises developing a sense of light and dark, using frottage for texture, and experimenting with different tools to create expressive and abstract art. Here are some of the pieces created using the technique of frottage.

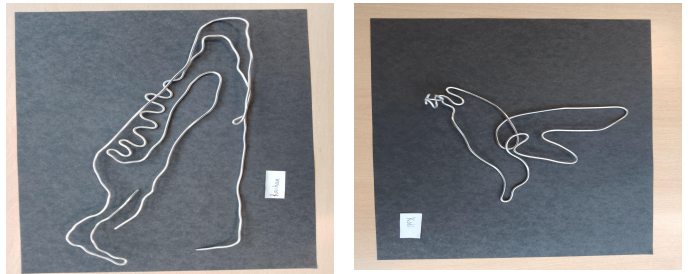


Year 4

In science, Year 4 have been learning about electricity. They have been busy building circuits and investigating different materials to see if they are conductors or insulators.



In art, the children have enjoyed exploring how shapes can be formed using wires.



Year 5

In science, year 5 have been learning about solutions and evaporation. We have been observing over time what happens to a salt solution and have grown our own salt crystals.



In art, we have been using a number of medium to recreate elements of pictures and painting around the theme of space. The children have all enjoyed demonstrating their creativity.



Year 6

Year 6 are currently investigating who has stolen Mr Louw's laptop!

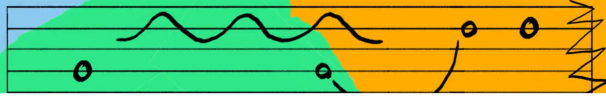
They are working together to compare witness statements about the length of shadows in order to rule out any suspects.



p.s. Don't worry parents/carers - no laptops were really stolen, this is just some fun in the name of science!

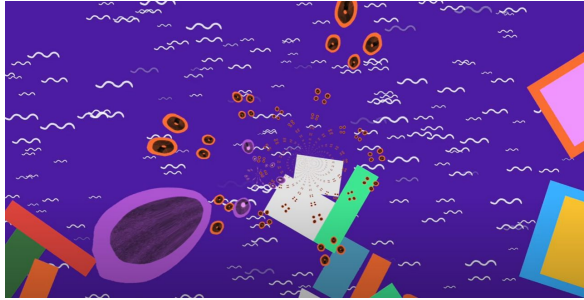
Around our School

Finish this...



Celebration Event

PURPLE STORM

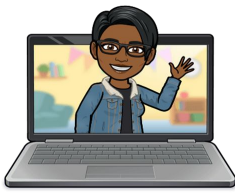


Composed by Beech Class at Foxdell Primary School, and animated by TMax Productions. This composition was selected to be animated by the ENO - congratulations to all involved.

https://www.youtube.com/watch?v=g7_gk8Ioigw&list=PL7ShuxblyYmHkuuhTtDGY2OZZnoPhkORR&index=11



“The music was exquisite.” Daniella Year 3
“It was interesting and fun.” Aamna Year 3



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>



GAMING AND GAMBLING AWARENESS SESSIONS FOR PARENTS, CARERS AND GUARDIANS



WHAT
MIGHT INFLUENCE
A YOUNG PERSON
TO GAMBLE?

WHAT IS
A LOOT
BOX?

WHY ARE
IN-GAME ITEMS
SO IMPORTANT
TO YOUNG
PEOPLE?

Ygam are working with Safeguarding Bedfordshire to offer an online information session to help develop your understanding of gaming and gambling harms, enabling you to have open conversations with your children.

Workshop overview:

- **Gambling: exploring the influences on children and young people**
- **Gaming: discussing the benefits and concerns**
- **The blurred lines between gaming and gambling**
- **How to spot the signs of harm**
- **Useful tips to create a healthy gaming balance**
- **Where to get help and support**

We also have a dedicated Parent Hub which aims to provide information and guidance to help you safeguard your children against the potential harms of gaming and gambling. Find out more here: parents.ygam.org

Book your **FREE** place now!

DATE: 6th February 2025

TIME: 18:00-19:15

VENUE: Online

To register, please scan the QR Code
OR email RosieReid@ygam.org to book
your place!



SEND/ Health and Wellbeing



SEN EXPRESSIVE ARTS CLUB



**Drama, Movement, Music
and More!**

**Once a week for 6 weeks per half
term.**

**30 minute sessions
For Key Stages 1, 2, 3 & 4**

**Thursdays in Term Time at
Luton Irish Forum, Luton LU2**

**Please complete a form at:
www.ngyt.co.uk/signup**

**We will then be in touch with further
information and to book your young
person's place.**

**SCAN FOR MORE
INFO & FORM**



SEND/ Health and Wellbeing



Luton's Child and Educational Psychology Service Needs Your Help!

Your help would be greatly appreciated with checking the meaning of an update for the Child and Educational Psychology Service webpage on our Local Offer SEND Information Hub.

This webpage explains what an Educational Psychologist does, how they work and how families can access them.

It is important for this information to be easily understood and accessible to families. It also needs to answer some questions families might have about Luton's Child and Educational Psychology service.

We would like a small group of parents and carers of children and young people with special educational needs and disabilities (SEND) to attend an online Microsoft Teams meeting with Jane. Jane is an Educational Psychologist (EP) in Luton who is working on the webpage.

The aim of the meeting is to review the wording for the webpage. The online meeting is expected to last between one to two hours and will be arranged at a time that is mutually convenient. Jane will guide you through the new wording. She will seek your thoughts and views in a welcoming space. You will decide together the final wording for the webpage.

If you are keen to help, please email:

psychologyservice@luton.gov.uk

to let us know that you are interested.

I will acknowledge your email and share your contact details with Jane. Jane will then be in touch to arrange a suitable date and time to meet on MS Teams.

We anticipate this session being held in January or February 2025.

Many thanks and hope to hear from you soon!



SEND/ Health and Wellbeing

SUMMER ACTIVITY SCHEMES 2025

AGES
3 - 17
YEARS

Date request form is going
live from

**SATURDAY 15TH FEBRUARY
AT 3PM**

**MONDAY 28TH JULY TO FRIDAY 8TH AUGUST
9:30PM - 3PM**

It is first come, first serve.

You can use any device and no printing is needed.
You will get a confirmation on screen and an email
with dates within 4 weeks.



Summer Activity Schemes offer onsite and community activities for Bedfordshire's autistic youth who live in Bedfordshire. They are respite services in Bedford and Luton.

Accessibility Issues

Please contact us by Wednesday 10th February if you have any accessibility issues with online booking. Call 01234 214871 or email summerscheme@autismbeds.org.

Community



FEBRUARY

HOLIDAY CLUB

SOUTHFIELD PRIMARY ACADEMY, LU4 0PE

LUTON
Energise
HOLIDAY CAMPS

HAF Free Places – funded by the DFE’s HAF Programme

Parent Paid Places – £20 per day – save 10% when you book all 4 days!



BOOK HERE

Scan the QR code or go to
<https://sportscoolcbl.schoolipal.co.uk/>

9am – 3:30pm
Mon 17th – Thur 20th
February

Age
5 to 11

What to expect:

Multi-sports & fun activities such as:
Football, Dodgeball, Archery, Glow in
the Dark Dodgeball, Tri-Golf, & much
more!



Tel: 07711049562

Email: cbl@sportscool.org

All our staff are qualified sports coaches with DBS certificates

HOW TO BOOK – NEW USERS

1. Visit the link or scan the QR code
2. Click 'Parent Login' in the top right corner
3. Sign up to create a Parent Account
4. Add your child to your account
5. Go to 'Book a Course'
6. Click 'HOLIDAY CLUB'
7. Find your venue
8. Select HAF places if eligible for Free School Meals or Parent Paid option
9. Pick dates and times
10. Select children attending
11. Proceed to payment

RETURNING USERS – FOLLOW STEPS 5–10

