



# Update



Pulford VA Lower School, Pulford Road, Leighton Buzzard, LU7 1AB  
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**Friday 30<sup>th</sup> April 2021**

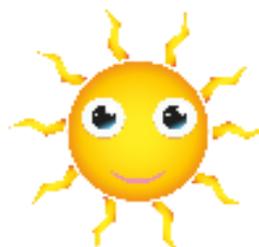
'Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of God belongs.' Luke 18 v 6

*As we return to some more normality, please make sure that your child is wearing the correct uniform. It is important that we return to looking smart, bright and tidy, and we expect that all children are in full uniform including the correct footwear by May half term. If you have any financial difficulties which stop you from purchasing the correct items, please get in touch. All children, both girls and boys, with shoulder length hair must have their hair tied up at all times. Not only does it look nice and neat but also it keeps any unwanted 'friends' at bay! Click here for details about school uniform, point 30 on the following link:*

<https://www.pulfordschool.org/prospectus/>

*Enjoy the long weekend - Dave*

- 1. Easter Garden Pictures:** We have compiled a short video of the Easter Gardens created this year. Click on the following link to see what Easter means to some of the Pulford children!  
[https://drive.google.com/file/d/18rellmj1jzWRYF4DAhfF5\\_wnB11PkxoZ/view?usp=sharing](https://drive.google.com/file/d/18rellmj1jzWRYF4DAhfF5_wnB11PkxoZ/view?usp=sharing)
- 2. Saturday Football:** Please remember to just have one adult per family and to keep any siblings with you at all times (not wandering around the site). Thank you for your cooperation.
- 3. Pulford PTA:** Our amazing PTA needs you! Please see their current newsletter on our website for more details of exciting fundraising events. The AGM is on 13<sup>th</sup> May 2021, please help if you can.
- 4. Lunch, Pre-School & Clubs Fees:** Please come and tap your card at the front office or pay on the school webshop to avoid a call from the school office.
- 5. Year 4 Blue Peris:** If your child is going to Blue Peris in August, please send in the medical form if you have not already done so. For parents paying in instalments, now is the time to make the first payment of £60, please pop to the front office with your card next week.
- 6. Drinks in School:** Please can parents ensure that children bring in a plastic water bottle (no glass) every day and that the bottles only contain plain water.
- 7. Outdoor Cinema:** If you are looking for something fun to do next May Bank Holiday weekend (half term week), take a look at the CHUMS/KidsOut Outdoor Cinema flyer attached the email that this newsletter was sent out on.
- 8. Half Term Clubs:** TFG are holding their half term holiday club at Cedars Upper School this coming half term break – for more details please see the flyer attached to the email this newsletter was sent on.



**9. CHUMS Emotional Wellbeing Service:** Please see the following workshops on offer to all families in Bedfordshire. If you are interested in any of these, please contact them on [fwteam@chums.uk.com](mailto:fwteam@chums.uk.com)

**Parent Sleep Workshop (Children aged 12 and under)**

- Wednesday 2<sup>nd</sup> June at 17:00-19:00

**Teenage Sleep Workshop (Children aged 13+)**

- Wednesday 9<sup>th</sup> June at 16:00 – 18:00

**0-5 Resiliency Workshop**

- Thursday 17<sup>th</sup> June at 09:30 – 11:30

**Primary Resiliency Workshop (Parent workshop for children aged 6-12)** – Explores the difference between mental health and mental illness, emotional regulation. Psychoeducation around anxiety and low mood, in addition to covering basic relaxation techniques

- Monday 24<sup>th</sup> May at 09:30-11:30

**Secondary Resiliency Workshop (For Teens aged 13+)** - Explores the difference between mental health and mental illness, emotional regulation. Psychoeducation around anxiety and low mood, in addition to covering basic relaxation techniques

- Monday 24<sup>th</sup> May at 13:00 – 15:00

**10. School Street:** Central Bedfordshire Council would like to know what your experience has been like this past week for your journey to school by completing their online survey, just click on the following link to let them know:

<https://centralbedfordshire.researchfeedback.net/s.asp?k=161908801909>

***Have a fabulous Bank Holiday Weekend!***

