

WEATHERFIELD ACADEMY

Head of School: Mr L Meenan

Brewers Hill Road
Dunstable
Bedfordshire
LU6 1AF

Tel/Fax: 01582 605632

E-mail: school@weatherfield.beds.sch.uk

16th January 2025

Dear Parent/Carers

We finished our second week back at the Academy with our Celebration Assemblies, where we get together as a Lower School and Upper School to celebrate achievements, successes and of course, birthdays.

School Photographer

The school photographer visited us this week to take group and siblings photos. The proofs will be sent home shortly and will be available to purchase, if you wish to.

Safeguarding at Weatherfield Academy

Carol Patterson, Designated Safeguarding Lead (DSL), cpatterson@weatherfield.beds.sch.uk

Sarah Berresford, Deputy Designated Safeguarding Lead (DDSL), sberresford@weatherfield.beds.sch.uk

Katie Phillips, Safeguarding Governor, kphillips@weatherfield.beds.sch.uk

Welcome to our newsletter. Safeguarding at Weatherfield Academy continues to be monitored closely by the DSL, DDSL and Safeguarding Governor along with Central Beds Council Staff to ensure all procedures and protocols are working at the best level possible to ensure safety of all here at Weatherfield Academy. The DSL and DDSL meet regularly with the Chair of Governors and Safeguarding Governor.

LATEST NEWS – 17th January 2025

Please find a link to the **Wake-Up Wednesdays** information from **National College** – this week's information sheet to support us all is about Tik Tok - <https://nationalcollege.com/guides/tiktok>

Carol Patterson recently attended a course as regards Safeguarding and **Nude Deep Fakes**, the facts regarding this are very hard hitting and I would like to urge all parent(s)/carer(s) to ensure their online restrictions at home cover this area that is so harmful to our young people. The statistics of young people accessing these AI sites is growing daily. There is an excellent website called **Internet Matters** – the link is - <https://www.internetmatters.org/> on here there are parental control guidance sheets on all current apps used by our young people to help you to ensure they are safe.

The government later on in the year are going to make it illegal for any adult to create a deep fake picture; in the meantime, we need to ensure we are doing all we can to keep our young people safe.

Further information regarding the Online Presentation to parent(s)/carer(s) will be on next week's
If you have any questions, concerns or general comments please email me in the first instance – Carol Patterson, DSL, cpatterson@weatherfield.beds.sch.uk

Office Opening Times

Our Office is open from 8am to 4pm Monday to Thursday and Friday 8am to 3.30pm. A polite reminder that our Office staff are there to help you and pass on messages to staff if required. We ask that you treat all members of staff with the courtesy and respect as they endeavour to assist you.

Yours sincerely

Mr L Meenan
Head of School

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Weatherfield Academy is a Registered Charity, number 0106025162





Weekly Bulletin for Families in the Dunstable and Houghton Regis area

News, Information and Advice

In this week's edition:

- Free Gaming and Gambling Awareness Session- **6th February 2025**
- Imajica Theatre Session
- SENDIASS Spring Term Workshops
- Free Buggy Fit Sessions- **Starting Monday 13th January**
- English for Speakers of Other Languages (ESOL Workshop)
- SNAP Parent Carer Forum Online workshops
- Understanding and exploring 'masking behaviours' of children who are neurodiverse parent/carer workshops
- Understanding emotions and behaviours of children who are neurodiverse parent/carer workshops
- January Parent Insight Session - Chrysalis Centre- **29th January 2025**
- Family Information Directory
- SEND Local Offer

Free Gaming and Gambling Awareness Session for Parents, Carers and Guardians

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.

Date: 6th February 2025

Time: 6pm-7.15pm

Venue: Online

GAMING AND GAMBLING AWARENESS SESSIONS FOR PARENTS, CARERS AND GUARDIANS



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

WHAT
MIGHT INFLUENCE
A YOUNG PERSON
TO GAMBLE?

WHAT IS
A LOOT
BOX?

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

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!



[Book a free place here](#)

Imajica Theatre

Interactive activity suitable for ages 3-10, at Dunstable Children Centre

Tuesday 18th February 2.30pm

Call 0300 300 8104 to book your free place

Imajica Theatre Dunstable Children's Centre

Central
Bedfordshire
Libraries

Tue 18 February 2.30pm

Join Imajica Theatre for a free heart warming interactive show, *Where are you...Hartley Bear?* filled with singing, dancing and BSL sign language and featuring Wobbly Wood Squirrels, Peggy Sue and Hartley Bear. Suitable for ages 3 to 10. Call 0300 300 8104 to book your free ticket.



SENDIASS Spring Term Workshops 2025

Free Online Information and Advice sessions covering a range of areas and topics.

Book a free place here

CENTRAL BEDFORDSHIRE
SENDIASS
INFORMATION - ADVICE - SUPPORT



Spring Term
Workshops 2025

Special Educational Needs (SEN) Support Workshop - Monday 13 January,

10:00 - 12:00

Is your child or young person struggling in school, college or their early years setting or newly diagnosed? Are they struggling to access/attend lessons/their educational setting? Are you struggling to get the support they need?

This workshop is for parent carers with a child or young person in mainstream education on first level Special Educational Provision and about The Graduated Approach: Assess, Plan, Do, Review.

Education, Health, Care and Needs Assessment Workshop -

Thursday 16 January, 10:30 - 12:30

Is your child or young person struggling to access/attend lessons/their educational setting even with a SEN Support Plan in place? Do you think they need an Education Health and Care Plan but don't know how to apply for one and want to know more?

This workshop is for parent carers with a child or young person in mainstream education who want to learn about the Education Health and Care Needs Assessment Process.

Drafting and Finalising an EHCP Workshop - Monday 20 January,

10:00 - 12:00

Have the LA agreed to issue an Education, Health and Care Plan for your CYP? Do you want to know more about what their EHC Plan should contain, what makes a good plan and what to do if you aren't happy with it? This workshop is for parent carers with a child or young person who has been issued an EHC Plan but who want to know more about the drafting and finalising process, and what it involves.

Making SEND Meetings Matter Workshop - Monday 27 January,

10:30 - 12:30

Do you have an important meeting to attend for your SEND child or young person? Do you want the best for your child or young person but do not feel confident or heard in meetings with their education setting or other professionals involved in their support? Do you want to feel more empowered and in control in challenging situations and know when to escalate your concerns?

This workshop is for parent carers with a SEND child or young person who want to feel more confident when advocating for them and contains lots of hints, tips and strategies to help them get the most out of those crucial meetings.

CENTRAL BEDFORDSHIRE
SENDIASS
INFORMATION - ADVICE - SUPPORT



Spring Term
Workshops 2025

Annual Review of an EHCP Workshop - Thursday 6 February,

10:30 - 12:30

Is your Child or Young Person's EHC Plan due an Annual Review?

Are you unsure about what happens during the Annual Review Process?

Do you want to know how to prepare for a successful Annual Review meeting?

This workshop is for parent carers with a child or young person who has an EHC Plan but who want to know more about the annual review process, who is involved and what should happen when.

Suspensions and Exclusions (PEX) Workshop - Monday 13 February,

10:00 - 12:00

Has your child or young person (CYP) been suspended or excluded from school?

Are you unsure if the school have followed the correct process and what should happen next? Do you want to know more about your child or young person's (CYPs) rights if they have been suspended or excluded?

This workshop is for parent carers with a child or young person who is at risk of/experiencing suspension or exclusion and will focus on the processes and law around this subject.

All our information and advice sessions are FREE and will be delivered via MS Teams. To book a place on one or more of our workshops head to our events

page on our website 'www.cbSENDIASS.org' and book using the link:

[Central Bedfordshire SENDIASS Events Page](#)

If you have any problems with the link, then please contact SENDIASS via email: 'support@sendiass.co.uk'.

Free Buggy Fitness Sessions

Starting Monday 13th January

Time: 1.45pm-2.30pm

Venue: Dunstable Children Centre, Oakwood Avenue.

Booking Essential

Buggy Fitness

Dunstable Children's Centre
Oakwood Avenue,
Dunstable, LU5 4AS

Central Bedfordshire

great
lifestyles

Mondays
(Starting 13th January)
1.45pm - 2.30pm
FREE

A sociable friendly class for anyone wanting to exercise with their babies.
The class offers parents the opportunity to exercise with their buggy in a safe & inclusive environment.

Booking is essential
To book your place visit:
www.bookwhen.com/activelifestyles

CAR PARKING: Parking for the activity will be on the main road at Oakwood Avenue.

ACCESS: Is via the gates leading to St Augustine's School, The children's Centre is on the left, sign posted Dunstable Neighbourhood Centre.

For more information contact: active.lifestyles@centralbedfordshire.gov.uk





Active
Lifestyles

A great place to live and work.

Find us online  www.centralbedfordshire.gov.uk  [getactivewith](#)  [@letstalkcentral](#)

Book a free place here

English for Speakers of other Languages Workshop

Monday 10th February

Venue: Dunstable Children Centre, Oakwood Avenue, Dunstable

Free taster workshop so you can enrol onto an accredited ESOL qualification.

Try some activities to give you an idea of what the course will cover, complete a short assessment to identify your current English level and complete an enrolment form so you can start the course.

Register your Interest



English for Speakers of Other Languages (ESOL) workshop

Attend a free ESOL workshop at Dunstable Children's Centre to enrol onto accredited courses.

Central Bedfordshire
great prospects

If English isn't your first language, you can start accredited ESOL English courses with Bedfordshire Employment and Skills Academy (BESA), part of Central Bedfordshire Council.

ESOL courses will build your confidence using English in everyday life, education and employment.

What does the workshop cover?

Join a free taster workshop so you can enrol onto an accredited ESOL qualification. At the ESOL workshop, you will be supported to:

- try some activities to give you an idea of what the accredited courses will cover.
- complete a short assessment to identify your current English level.
- complete an enrolment form so you can start an accredited course.

When and where is the workshop?

- Dunstable South Children's Centre (LU5 4AS) on **Monday 10 February 2025**, from 9:30am to 3pm.

What courses can you progress onto?

You must attend an ESOL workshop before you can enrol on an accredited course. After the workshop, you can will be enrolled onto an ESOL course in speaking and listening, reading or writing skills.

ESOL courses will be running at Dunstable South Children's Centre from February 2025.

What is the cost?

ESOL courses are **free** subject to meeting entry requirements and funding conditions. You must be at least 19 years old in Central Bedfordshire or Bedford Borough and meet all funding criteria.

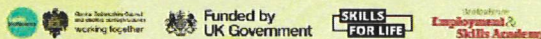
Register your interest to attend the ESOL workshop

You **must register your interest** to attend the workshop. Please complete an **online enquiry form** at www.centralbedfordshire.gov.uk/besa-contact-us and select 'ESOL'. You will be contacted by phone or email once your enquiry has been processed.

For more information or support, contact BESA at

Web: www.centralbedfordshire.gov.uk/english-courses

Email: BESA@centralbedfordshire.gov.uk



SNAP Parent Carer Forum Online Training

Understanding Anxiety- 30.01.25 12pm-1.30pm

Understanding Challenging Behaviours- 06.02.25 12pm-1.30pm

Tips and Tools to Manage School Avoidance- 13.02.25 12pm-1.30pm

Booking Essential

Book here

The image shows four promotional posters for SNAPP Parent Carer Forum events. Each poster includes the forum name, a date and time, a brief description of the topic, and a 'BOOKING IS ESSENTIAL' call to action with contact information for SNAPP.

Understanding and exploring 'masking behaviours' of children who are neurodiverse

The workshop is suitable for parents/carers of children aged 0-12 years old with emerging needs, on the pathway to assessment, have a diagnosed condition and/or identified special educational need.



'Masking is a form of "social camouflage" where a person adapts their behaviour in order to be accepted in an environment' [Sunshine Support – Sunshine Support \(sunshine-support.org\)](https://www.sunshine-support.org)

'Someone who is masking (a fawn response) is in the same survival mode as someone who goes into fight/flight mode or shows other highly stressed behaviours. But they internalise their stress instead of being able to process it through their safety response, which is more manageable for the people around them, but is more detrimental to their wellbeing.'

[Masking | Autism Barriers to Education \(Spectrum Gaming\)](https://www.spectrumgaming.com)

The workshop will cover:

- Neurodiversity
- How children may present when they are 'masking'
- Strengths and challenges
- Strategies to help children to manage 'masking'
- (At home and possible reasonable adjustments for school)
- Signposting to other services, resources and further reading

Thursday 06.02.2025 12.30pm-2.30pm (online via Team)

Request a place

**Monday 17.03.2025 9.15am-12.30pm Flitwick Children's centre
(unfortunately no children can attend)**

Request a place

Understanding emotions and behaviours of children who are neurodiverse

The workshop is suitable for parents/carers of children aged 0-12 with emerging needs, on the pathway to assessment, have a diagnosed condition and/or identified special educational need.

The workshop will cover:
Brain development
Self-regulation and co-regulation
Visual aids
Strategies to support behaviours that are difficult or dangerous

The workshop will be run by the Early Years SEND and Inclusion Team and Children Centre staff (0-12 Family service)



The workshop will cover:

Brain Development
Self regulation and Co regulation
Visual Aids
Strategies to support behaviours that are difficult or dangerous

Thursday 23.01/2025 12.20pm-2.30pm (online via Teams)

Request a place

**Thursday 06.03.2025 9.15am-12.45pm Shefford Children's centre
(unfortunately no children can attend)**

Request a place

**Tuesday 11.03.2025 9.10am-12.30pm Houghton Regis Children Centre-
Tithe Farm (Unfortunately no children can attend)**

Request a place

Thursday 13.03.2025 3.50pm-6.00pm (online via Teams)

Request a place

Chrysalis Centre

**Wednesday 29th
January 4pm-5pm**

Central Bedfordshire Council
www.centralbedfordshire.gov.uk



**Insight Session
for
Parents**

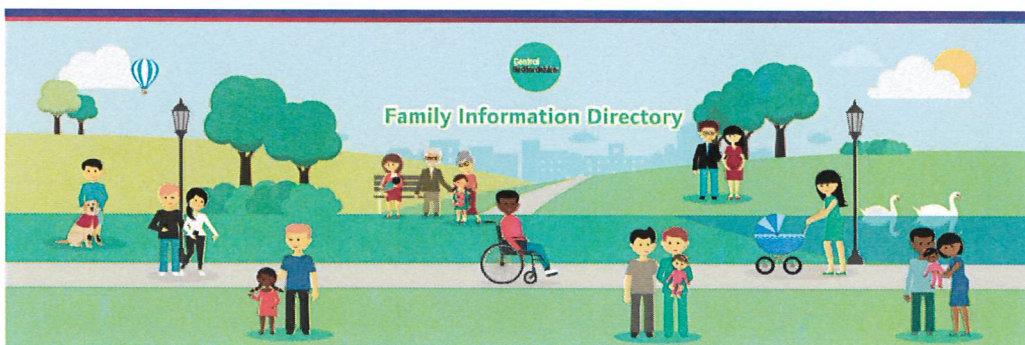


Chrysalis Centre is a ground-breaking programme of interventions to break the cycle of domestic abuse making victims, families and communities safer. Interventions are available to anyone who causes harm and is a resident of Beds and Herts irrespective of sex, age, or risk level.

CAPVA Child Adolescent to Parent Violence & Abuse – a programme to help young people displaying violence towards their parents/carers

CAPVA Come and find out more information on how the Chrysalis Centre can support your young people and families.

[Register here](#)



[Search the Family Information Directory](#)



Central Bedfordshire SEND Local Offer



Leighton Buzzard Locality Bulletin for families

The latest news from the Leighton Buzzard Locality

In this week's bulletin:

- Social Prescri
- SNAP Online Training
- Recovery College - Spring Prospectus available
- Children's Occupational Therapy Service
- SENDIASS - Spring Term Parent Online Workshops
- Supporting and Progressing Families (SPF) course - New Dates
- CAMHS - Parent Webinars
- Understanding Masking Behaviours of Children that are Neurodiverse - Parent Workshops
- Understanding emotions and behaviour of children who are Neurodiverse (Special Educational Needs and/or Disabilities) - Parent workshops

Social Prescriber

**POSITIVELY
INFLUENCING
CHANGE**



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE

BOOKING IS ESSENTIAL

Delivered by
trained experts
with lived
experiences

This session is delivered by qualified experts who will help you support your child/young person by:

- Understanding the anxiety response
- Exploring why anxiety is more common in those with ADHD/Autism
- Recognising when support is needed for secondary health conditions
- Understanding where to find and access support



Upcoming...

- Understanding Challenging Behaviour 06/02/25
- Tips and Tools to Manage School Avoidance 13/02/25
- Mediation Training 25/03/25
- Sensory Training 01/04/25
- Parent Carer Toolkit 11/06/25

www.snappcf.org.uk

We are excited to announce our...

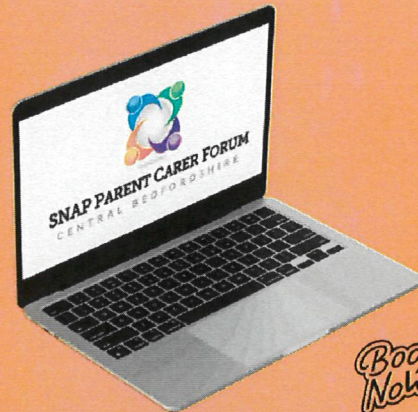


**online training:
Understanding
Anxiety**

Thursday

30/01/25

12:00 pm - 1:30pm



Book Now!

BOOKING IS ESSENTIAL...

DATE

**Thursday 30th of January
2025**

12:00 pm- 1:30 pm

Please book your place by emailing the course title, 'Understanding Anxiety' and your name to:

admin@snappcf.org.uk

**POSITIVELY
INFLUENCING
CHANGE**



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE

BOOKING IS ESSENTIAL

Delivered by
trained experts
with lived
experiences

This session is delivered by qualified experts who will help you support your child/young person by discussing:

- what is meant by challenging behaviour
- understand why challenging behaviour is more common in neurodivergent children/young people
- identify triggers and underlying needs
- develop strategies which anticipate and prevent challenging behaviour
- know where to get more help

We are excited to announce our...
online training:

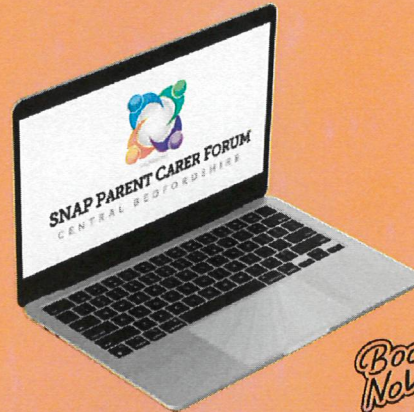


Understanding Challenging Behaviours

Thursday

06/02/25

12:00 pm - 1:30pm



Book Now!

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- Parent Carer Toolkit 11/06/25

www.snappcf.org.uk

DATE Thursday 6th of February 2025 12:00 pm - 1:30 pm Please book your place by emailing the course title, 'Challenging Behaviours' and your name to:

admin@snappcf.org.uk

For more information

Children's Occupational Therapy Service

Does your child experience difficulties with everyday activities?



Access our Occupational Therapy resources online to help with:

- Washing
- Dressing
- Handwriting
- Using scissors
- Using the toilet
- Using cutlery
- Developing play skills



To access advice and resources, please scan the QR code



bedslutonchildrenshealth.nhs.uk/occupational-therapy

For more information

Recovery College - Spring Prospectus available now

Our new, Spring prospectus is out today and is full of courses to help you with your mental health and wellbeing. The courses start in January and run until March.

You can download the prospectus from our website:

<https://www.elft.nhs.uk/services/bedfordshire-and-luton-recovery-college>



**Special Educational Needs (SEN) Support Workshop - Monday 13 January,
 10:00 - 12:00**

Is your child or young person struggling in school, college or their early years setting or newly diagnosed? Are they struggling to access/attend lessons/their educational setting? Are you struggling to get the support they need?

This workshop is for parent carers with a child or young person in mainstream education on first level Special Educational Provision and about The Graduated Approach: Assess, Plan, Do, Review.

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Spring Term Workshops 2025

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happen next? Do you want to know more about your child or young person's (CYPs) rights if they have been suspended or excluded?

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All our information and advice sessions are FREE and will be delivered via MS Teams. To book a place on one or more of our workshops head to our events

page on our website 'www.cbsendiass.org' and book using the link: [Central Bedfordshire SENDIASS Events Page](#)

If you have any problems with the link, then please contact SENDIASS via email: 'support@sendiass.co.uk'.

Supporting and Progressing Families (SPF) course - new dates

Central Bedfordshire Council
www.centralbedfordshire.gov.uk



Supporting and Progressing Families (SPF)

This is a 4-week programme and is aimed at parents of **children aged 7+**.

SPF is based on the philosophy of *non-violent resistance* (NVR) and looks at building stronger relationships within the family. It will give parents the opportunity to explore and learn new tools and techniques and ways of responding to their child based on a number of core principles, including parental self-care, parental presence and de-escalation.

Please see the dates below for the start dates of each group of 4 sessions. The course will then run on the same day and time following that start date.

Start Date	End Date	Time	Location
Weds 15 th Jan 2025	Weds 05 th February 2025	5-7pm	Virtual
Mon 24 th February 2025	Mon 18 th March 2025	10am-12pm	Virtual
Weds 23 rd April 2025	Weds 21 st May 2025	12.30pm-2.30pm	Virtual

For more information or to make a referral, please contact your locality Community Partner: community.partner@centralbedfordshire.gov.uk

Dunstable – Katie Jeeves

Katie.Jeeves@centralbedfordshire.gov.uk or 0300 300 6681

Leighton Buzzard – Amanda McDonald

Amanda.McDonald@centralbedfordshire.gov.uk or 0300 300 4147

West Mid Beds – Natalie Good

Natalie.Good@centralbedfordshire.gov.uk or 0300 300 4513

Ivel Valley – Kerry Nielow

Kerry.Nielow@centralbedfordshire.gov.uk or 0300 300 6440

Houghton Regis – Amy Staton

Amy.Staton@centralbedfordshire.gov.uk or 0300 300 6270



CAMHS Online Workshops For Parents/Carers

Parents & carers workshops:

- 15th January - Sleep Hygiene - 5pm until 6pm
- 30th April - Helping Your Child with Exam Stress - 5pm until 6pm

- 4th March - Understanding Worries in Children - 5pm until 6pm
- 18th June - Supporting School Transitions - 11am until 12pm
- 8th July - Supporting School Transitions - 5pm until 6pm

Central Bedfordshire Community Access Service

Upcoming Events

**Central Beds Mental Health Support Teams
Online Workshops
for Parents & Caregivers (click on each to sign up!)**

Date	Topic	Time
OCT 16	Emotionally Based School Avoidance - for parents & caregivers	5-6 PM
JAN 15	Sleep Hygiene - for parents & caregivers	5-6 PM
APRIL 30	Helping Your Child with Exam Stress - for parents & caregivers	5-6 PM
MAR 04	Understanding Worries in Children - for parents & caregivers	5-6 PM
JUNE 18	Supporting School Transitions - for parents & caregivers	11 AM - 12 PM
JUL 08	Supporting School Transitions - for parents & caregivers	5-6 PM

NHS East London NHS Foundation Trust

online

Took book onto these sessions, please click the links below:

[Sleep Hygiene](#)

[Understanding worries in children](#)