



# Biddenham

International School & Sports College

Principal: Mr David Bailey

Head of School: Ms Eleanor Grylls

20th July 2022

Dear Parents and Carers,

## Re: End of Summer Term and Information for September 2022

What a scorching end to the summer term, marking the end of a somewhat turbulent, but ultimately amazing year. It's easy to forget that only last term, we were still battling with high levels of covid infection amongst students and staff, just about managing to keep the school open. Our school community pulled together yet again, to overcome obstacles with positivity. Regardless of the hot weather we have still managed to pack so much into the last few weeks including face to face transition days for our new year 7s and 12s, Year 11 and 13 Leavers' assemblies and proms, a fun packed Day of Sport and celebration assemblies for all year groups.

The use of chromebooks and google classrooms has continued to be a great asset this year in facilitating in school, remote and home learning. Summer holiday projects and study/revision resources will be shared on google classrooms to support students in staying focused and being prepared for the new academic year in September.

## Student wellbeing

Summer holidays can be difficult for some young people. This is often due to a change of routine/structure, a change in social interactions and less cognitive stimulation. Heads of Year have provided students (via their year group google classroom) a range of summer self care activities recommended by our colleagues at [Anna Freud National Centre for Children and Families](#), [Kooth](#) and more locally Bedford Borough Council have produced 'How you feel matters'

**HOW YOU FEELS MATTERS: Getting help in Bedford Borough & Central Bedfordshire**  
IT IS SO IMPORTANT TO TALK, TRY TALKING TO: school mental health lead, councillor, doctor, friend, family, trusted adult. IF SOMEONE TALKS TO YOU, help them get help and get support yourself. See below how ☺

### 0 – 18 SINGLE POINT OF ENTRY

A CAMHS clinician will respond to enquiries relating to accessing CAMHS, as well as CHUMS. They can also provide self- help resources and psychoeducation. For enquiries, please call 01234 893362

## INFORMATION

### YoungMinds

Mental health charity with a wide range of resources and information

<https://www.youngminds.org.uk/>

### CHAT HEALTH

Service for young people to confidentially ask for help on a range of issues. Talk to a school nurse <https://chathealth.nhs.uk/>

TEXT: 07507 331450

### SCHOOL NURSES

Providing support on a range of issues, 1-1 virtually or in school  
<https://www.cambscommunityservices.nhs.uk/Bedfordshire/services/school-nursing>

TEL: 0300 555 0606

### EARLY HELP (BEDFORD BOROUGH)

The Local Offer holds a wide range of information regarding services and support available, including early help support.  
<https://localoffer.bedford.gov.uk/mentalhealthhub>

TEL: 01234 718 700

### EARLY HELP (CENTRAL BEDFORDSHIRE)

[https://www.centralbedfordshire.gov.uk/info/11/children\\_and\\_young\\_people/122/support\\_for\\_families](https://www.centralbedfordshire.gov.uk/info/11/children_and_young_people/122/support_for_families)

The HUB Email:

[cs.accessandreferral@centralbedfordshire.gov.uk](mailto:cs.accessandreferral@centralbedfordshire.gov.uk)

The HUB Tel : 0300 300 8585 Out of Office Hours: 0300 3008123

## GETTING HELP

### KOOTH

Your online mental wellbeing community Access free, safe and anonymous support

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

### VOLUNTARY SECTOR COUNSELLING FOR YOUNG PEOPLE:

#### Bedford Open Door

[www.bedfordopendoor.org.uk](http://www.bedfordopendoor.org.uk) Tel 01234 360388

#### Sorted

[www.sortedbedfordshire.org.uk](http://www.sortedbedfordshire.org.uk) Tel 1582 891435

#### Relate

[www.relate.org.uk](http://www.relate.org.uk) Tel 01234 356350

#### CHUMS

Mental Health and Emotional Wellbeing Service for Children & Young People

<https://chums.uk.com/> TEL: 01525 863924

#### Samaritans

<https://www.samaritans.org/> Tel 116 123

#### Childline

<https://www.childline.org.uk/> Tel 0800 1111

## NEED MORE HELP

### **CAMHS - Emotional & Behavioural Team**

For further information, please visit:

**North Bedford CAMHS:**

[https://camhs.eft.nhs.uk/service\\_detail.aspx?ID=201](https://camhs.eft.nhs.uk/service_detail.aspx?ID=201)

**South Bedford / Luton CAMHS:**

[CAMHS - Services - South Bedfordshire/Luton CAMHS](#)

## URGENT SUPPORT

### **YOUNGMINDS Crisis Support Shout**

[https://www.youngminds.org.uk/young\\_person/shout-85258/](https://www.youngminds.org.uk/young_person/shout-85258/)

Shout offers free 24/7 text messaging support wherever you are in the UK. If you need to talk to someone about how you are feeling text 85258

### **OR Call 111 Option 2 - 24/7 ALL AGES**

Young people can talk to a CAMHS professional directly who can arrange additional support.

**IN AN EMERGENCY, DIAL 999**

On return to school in September if you have concerns about your child's wellbeing please make contact with our Mental Health and Wellbeing Lead, Abigail Speight, who can signpost you or make referrals to the most appropriate support, on [abigail.speight@biddenham.beds.sch.uk](mailto:abigail.speight@biddenham.beds.sch.uk)

### **Family support over summer**

For children who receive free school meals, the local authority has set up a [Holiday Activities and Food \(HAF\) programme](#). Eligible families should have received an E-voucher by email that can be used to book into a variety of activities over the summer holiday. Don't forget to book, if you haven't done so already, it looks like an exciting programme. If you have not received your voucher code please contact the school on 01234 324521 or by email [colleen.hunter@biddenham.beds.sch.uk](mailto:colleen.hunter@biddenham.beds.sch.uk)

We'd also like to make you aware of a number of companies who are doing free or very reasonable meals for children over the summer break. There is a link [here](#) to the full list of companies.

### **The first day back**

The first day back to school for year 11 is **Tuesday 6th September**. Students should go directly to their **tutor bases at 8.50am**. We have retained some of the staggered timings to the day this year to allow for ease of movement around the school site and at lunchtimes. See below for the new timings of the school day and tutor group bases. Please note that the end of the school day on Monday, Wednesday, Thursday and Friday will be 2.35pm. Tuesday timings remain the same as last year.

### **Travel to school**

We encourage all students to walk or cycle to school if at all possible as this is the healthiest option. Please remind students to cycle carefully, wear reflective clothing and a cycle helmet. We ask that if a parent or carer is bringing their child to school by car that they drive carefully and use the drop off/pick up points marked on the drive.

### **Attendance**

Attendance at school is compulsory. Students who attend school regularly ultimately achieve better. We will be recording attendance and following up on any absence. If for any reason your child is unable to attend school, please notify us as soon as possible on the first day of absence.

### **Uniform**

Students are expected in full school uniform from September, (sixth form stay in non-uniform). Students will also need a Biddenham branded PE kit to change into for PE lessons. Details are available on the school website and a link can be found [here](#). Our basic school uniform items of plain black full length trousers, plain black skirt, plain white shirt/blouse, black or navy blue shalwar kamiz/jalbaab can be purchased relatively cheaply from any high street or supermarket clothes retailer; however, if you are experiencing any difficulty, please contact [enquiries@biddenham.beds.sch.uk](mailto:enquiries@biddenham.beds.sch.uk) or call 01234 342521 and we will assist where we can.

## Equipment

In order to prepare for the new term, the following is a list of suggested equipment:

- A school bag - ideally a rucksack.
- Pencil case including pens, colouring pens/pencils, pencils, ruler and highlighters.
- Calculator and geometry set
- Chromebook - charged and in the protective case.
- Headphones - to be able to hear sound on chromebooks.
- Water bottle - to reduce single use plastic
- Winter coat (waterproof with a hood) - breaks and lunches are outside
- Umbrella - in case of wet weather.
- Antibacterial wipes/gels and a pack of tissues

## Cashless system (ParentPay)

All of our food outlets will be open fully in the new term and we will be continuing with our cashless system for food and all other school purchases including trips and visits. You will have already received information about our new cashless system for payments. If you have not already set up an account or will be new to the school in September you will receive your unique ParentPay Account activation letters shortly. If you would like to know more about this service please click on the Parentpay tab on our website <https://www.biddenham.beds.sch.uk/>

If you have any queries please contact us on [parentpay@mybiddenham.com](mailto:parentpay@mybiddenham.com)

## Results Days

Year 11 and Year 12/13 results days will take place in school. A Level/Level 3 results day is Thursday 18th August and GCSE/Level 2 results day is Thursday 25th August. Further details will be shared directly with students and parents

There is so much to celebrate this term, which we have tried to encapsulate in our summer term newsletter. We will be sending this out in the first week of the summer break, please do add it to your summer reading list. As ever, we are extremely grateful for all the support we have received from our school community and immensely proud of our students and staff. We are all really looking forward to an uninterrupted new school year with our full range of extra-curricular opportunities, trips and visits back on offer. It is our hope that you will have some time to relax and unwind with loved ones, in some way over the summer break. We'll see you in September!

Warm regards,



Mr D Bailey      Ms E Grylls  
Principal          Head of School

<b>Years 9-13</b>			
<b>Monday, Wednesday, Thursday &amp; Friday</b>			
	<b>Time</b>	<b>Mins</b>	<b>Break/ Transition</b>
Tutor	8.00 - 8.20	20	
Transition			5
Period 1	8.25 - 9.25	60	
Transition			5
Period 2	9.30 - 10.30	60	
Break	Food		15
Period 3	10.45 - 11.45	60	
Break	No food		10
Period 4	11.55 - 12.55	60	
Lunch	<b>12.55 - 13.35</b>		40
Period 5	13.35 - 14.35	60	
Leave	<b>14.35</b>		
<b>Tuesday</b>			
	<b>Time</b>	<b>Mins</b>	<b>Break/ Transition</b>
Staff training	7.45-8.45	60	
PSHE	<b>8.55 - 9.45</b>	50	
Transition			5
Period 2	9.50 - 10.50	60	
Break	No food		10
Period 3	11.00 - 12.00	60	
Transition			5
Period 4	12.05 - 13.05	60	
Lunch	13.05 - 13.45		40
Period 5	13.45 - 14.45	60	
Leave	<b>14.45</b>		

<b>Year 11</b>		
<b>HoY: Mrs F Stephenson</b> Asst HoYs: Miss C Drake Asst HoYs: Mrs S Cadman		
<b>Assembly day: Friday</b>		
<b>Tutor Group</b>	<b>Tutor's Name</b>	<b>Base</b>
<b>11DJL</b>	Mr Loveland	<b>T7</b>
<b>11MAB</b>	Mrs Browne	<b>R2</b>
<b>11ARW</b>	Miss Welstead	<b>H14</b>
<b>11CJ</b>	Mrs Jones	<b>H11</b>
<b>11CAB</b>	Mr Bowness	<b>D2</b>
<b>11EBR/LEF</b>	Miss Rupasinghe and Mr Frost	<b>H12</b>
<b>11ALW</b>	Miss Warden	<b>H4</b>
<b>11SA</b>	Miss Ali	<b>H7</b>
<b>11CAM</b>	Ms Mason	<b>R4</b>