

# POTTON PRIMARY SCHOOL

## Newsletter 27<sup>th</sup> March 2026



### From the Headteacher

Dear Parents/Carers,

Wow we have reached the end of this half term already! We have packed in a lot this half term including our Year 4 residential, World Book Day celebrations and hosted an art gallery to name but a few.

On Monday evening this week I joined the Year 4's on their residential at Grafham for their bushcraft activity. The children had a brilliant time and made some brilliant dens. Luckily they did not have to sleep in them though! Thank you to the staff and parent helpers for giving their time to make this trip happen. Also, a thank you to Mrs Moore and Mrs Middlebrook who looked after the children that did not attend the trip. They had an amazing time undertaking various activities during the week.

It was lovely to welcome so many parents/carers in school on Tuesday for our Year 3 Learn Together Afternoon. The children and their grown ups took part in various activities during the afternoon. I must say that the biscuits that were decorated looked delicious.

What a sight it was on gate duty on Wednesday morning welcoming our children from Year 6 who were taking part in their "Evacuee Day" The children took part in various activities during the day including making an apple crumble which the children took home to cook.

This afternoon our School Council drew the tickets for their Easter Egg Raffle. Well done to those children who won a prize and thank you for all of your kind donations.

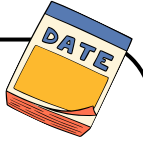
This half term we have welcomed back Miss Peacock from her maternity leave. Sadly we also say goodbye to Mrs Fenton and Mrs Fisher. We thank them for all their hard work and support over their time at Potton.

Finally, just to make you aware that the next PTFA meeting is at 7:30pm on Monday 13<sup>th</sup> April. Everyone is welcome to attend.

Wishing you all a lovely weekend and fabulous Easter break.

Kindest regards  
Miss J Watts  
Headteacher

### Diary Dates



**Monday 30<sup>th</sup> March - Friday 10<sup>th</sup> April** - Easter Holidays

**Monday 13<sup>th</sup> April** - Children return to school

**Monday 13<sup>th</sup> April** - 7:30pm PTFA Meeting

**Tuesday 28<sup>th</sup> April** - Year 3 & 4 Play performance to parents

**Wednesday 29<sup>th</sup> April** - School Council Cake Sale - Year 4 to bring in cake donations.

**Thursday 30<sup>th</sup> April** - Year 3 & 4 Performance to parents.

**Friday 1<sup>st</sup> May** - Year 2 Trip

**Wednesday 13<sup>th</sup> May** - Year 2 Learn Together Afternoon - More Info to follow

**Wednesday 13<sup>th</sup> May** - School Council Cake Sale - Year 1 to bring in donations

**Monday 18<sup>th</sup> May** - EYFS Ark Farm in school

**Wednesday 20<sup>th</sup> May** - Sports Day

### Letters Home

#### Year 2

Ferry Meadows Trip

#### Year 6

Ofcom Childwise Research

# Class Catch Up & Sneaky Peek



## EYFS - Robins & Ravens



### Class Catch Up

Well, it certainly has been a whirlwind of a half term in Robins and Ravens, and we would like to say a massive thank you and well done to all the children (especially in Robins) for navigating the change so well.

This term has seen our independence rapidly grow. In phonics many of the children are confident in not only retaining their sound knowledge but actively using it to create short sentences and captions and are able read simple phrases and words with confidence too, this has been particularly lovely to witness as the children take their learning in to their own play during learning choice time.

Our pencil control and letter formation is getting better by the day, and all the children are becoming confident in intimating their own ideas, even if this has been slightly different from their friends.

In maths we have been looking at the composition of numbers up to 10 and developing a deep understanding of these numbers. We have looked at how numbers can be put into 2 parts to create a whole, looked and how numbers can be doubled and halved and are beginning to understand the concept of odd and even numbers.

Art has seen us explore new materials and make clay mini beasts , in science we have been exploring what plants need to grow, in RE we have been looking at places that are special to us and looking at the faith of Christianity and how and why Easter is celebrated and finally in PE we have all learnt how to sequence and perform a short dance.

Mix all of this in with our daily dose of drawing club, a fun science week enjoying exploring bubbles, watching new life appear before our very eyes with chicks hatching (and then being able to hold them!) a fabulous world book day, marvellous puppet show, competitions galore and some eagerly awaited sunshine and nice weather to enjoy our outside space and it's been quite a half term!

### Sneaky Peek

It looks to be equally as busy as we continue to become more independent learners with our phonetical skills by taking a closer look at polysyllabic and compound words and further embed our knowledge of di and trigraphs.

In drawing club our stories will have a pirate theme, and we will be encouraging independent sentence writing, paying attention to letter formation too as the children become independent writers and in maths, we will be revisiting our abilities of subitising and sequencing.

Pirates will be a bit of a theme (to the delight of many!) and in history we will be looking at famous pirates of the past! We will be exploring machines and forces in science and to the sheer delight of many in PE we will be looking at balls skills (football) and agility.

Let's not forget a little cheeky visit from a "real life" farm too!!

We hope all of you have a wonderful, happy, healthy , well deserved Easter break.

# Class Catch Up & Sneaky Peek



## Year 1 - Puffins & Peacocks



### Catch Up

Wow, Spring term has flown by! The children have continued to make us proud with all of their super learning. They have loved writing their own stories in English and producing their very own little books with fantastic illustrations. We have also really enjoyed learning new poems and then creating our very own to perform.

In maths, we have been working on place value to 50 and understanding how to represent those numbers using tens and ones and have looked at different measurements including mass, capacity and volume. We have learnt lots about the different seasons in science and shared why we love each of these.

It was so much fun taking part in our science week investigation to see if we could create different shape bubbles with bubble wands we had made. We ended the half term with a fantastic art day where the children had a go at lots of different types of weaving.

### Sneaky Peek

Next half term, our topic is 'Exciting Explorers'. In history, we will be exploring the question 'how have explorers change the world?' and finding out about different famous explorers.

In English, we will continue with spoken poetry and creating more of our own poems. We will then move onto writing letters which we know the children will love.

We will be programming animations in computing and will be focussing on 3D sculptures in our art lessons.

Have a fantastic Easter break!

# Class Catch Up & Sneaky Peek



## year 2 - Moorhens & Mallards



What a busy and enjoyable Spring Term we have had in Year 2! In Maths we have been looking at multiplication and division, in which the children really impressed us as we counted in 2's, 5's and 10's. We have also began looking at weights and measures and the children have really enjoyed the practical elements of using the scales, they should be able to tell you whether the mass of their shoe is greater than the mass of a pencil, as we saw many of these being experimented with!

In English we have really enjoyed our new writing scheme with some fabulous poems produced and amazing non-chronological reports full of wonderful facts about Blue Whales!

In Science we have explored life cycles of humans and animals, and the children have enjoyed learning all about different stages of growing up! As part of animals, we looked at the life cycle of a chicken, for which we had the perfect participants to our lesson with a visit to our school chicks, which the children have all absolutely loved watching hatch and grow and loved having a little stroke!

In History we have learnt all about the history of flight and the children have been so captivated by this, they should be able to tell you some facts all about The Wright Brothers and Amilia Earhart!

Next half term we are looking forward to focusing on Geography and Art. Within Geography we will be examining the British Coast, looking at our beaches and their features. In Art we will be exploring colour! Learning about Primary colours and lots of experimenting with paints to see what colours we can make!

We've been so proud of the progress the children have made this half term

and we're very much looking forward to our final Term together in Year 2 with lots of exciting activities ahead, including our school trip to Ferry Meadows and hopefully, the sunshine!

# Class Catch Up & Sneaky Peek



## Year 3 - Wrens & Woodpeckers



### Catch Up

We cannot quite believe that we are at Easter! We have had a jam packed half term which has involved a variety of activities.

During English this half term, we wrote a personal narrative. We have spent the last couple of weeks, writing about 2 different types of poems- calligrams and free verse). Within our Maths lessons, we have built on our knowledge from Year 2 about fractions and have learnt about mass and capacity. The children have had great fun working out the masses of random items in the classroom! We had a wonderful trip to the library.

Our topic this half term has focused on Antarctica. During our Geography lessons, we thought about the location of Antarctica, the physical and human features of it and to plan a route around Potton using our compass skills.

Troughout our Science and PSHE lessons, we have looked at the human body, how to keep fit and healthy and how to stay safe. We have really enjoyed our DT topic this half term, which has looked at different savoury tarts and we even got to make our own!

### Sneaky Peak

The summer term will hopefully mean better weather, so more time outside!

Our new topic is called 'Gods of Egypt' which will see lots of our learning focus on the Egyptians. In History, we will be answering the question 'what did the Egyptians believe?', in art we will be making our very own Egyptian Scrolls and our English units will focus on instruction writing and writing a persuasive letter.

In maths, we will go back to fractions focusing on adding and subtracting fractions, looking at unit/non unit fractions and then reasoning with fractions. After, we will move onto money. Money will focus on pounds, pence, adding/subtracting money, then finding change from an amount.

Our science is based on forces and magnets; in computing we will look at branching data bases, RE will look at Christianity and PSHE will be based on valuing difference.

We have so much to look forward to, especially our Egyptian Day with History Off The Page.

# Class Catch Up & Sneaky Peek



## Year 4 - Hawks & Herons



### Catch up

This half term has been busy in many ways! The children have begun to rehearse for their up-and-coming performance of Peter Pan which they are very excited about.

In English, the children have written some fantastic stories based on the book, Leon and the Place Between. In Maths, they have worked hard on understanding about length and perimeter of different shapes, and we have begun our work on fractions. In addition to this, they have continued to impress us with their times table practising.

The children have enjoyed their work on electricity in Science. They loved being able to work practically with the electrical components to build circuits. Hopefully, you will have seen on Seesaw the work that the children have been doing in DT, thinking about structures and what purposes they may be made for and how we might be able to work to make a structure stronger.

To end the half term the children did us, you and themselves proud! Those that visited Grafham for the residential were fantastic and really pushed themselves to give things a go even if they really weren't sure. Those that remained at school were also a credit to themselves and staff report them as being a pleasure to work with.

Overall, it has been a fantastic half term!

# Class Catch Up & Sneaky Peek



year 5 - Swifts & Starlings



## Catch Up

The topic of The Ancient Egyptians has whizzed past. Looking back 3,000 years ago, has shown us how little things have changed. We have the ancient Egyptians to thank for things like present-day libraries, the modern alphabet, and even zoology.

Our focus, in English was to write a persuasive letter to ask for certain things in school. Our final letters are now displayed in the school hall. In maths we looked at decimals, fractions and percentages before moving onto geometry. In science we carried out some exciting experiments with Bicarbonate of Soda where we discovered lemon juice and Bicarbonate of Soda can make a big bubbly mess. In Design and Technology, we looked at the mechanics involved in pop-up cards.

## Sneaky Peak

We have a very short half term after the Easter holidays which is a shame as our new topic is 'Ocean's Importance: The Planet's Pulse'.

We will be looking at the book 'Float' for our English work and thinking about why Oceans matter. We will be cooking this half term and thinking about healthy foods and drinks.

In computing we will be completing some more programming work with the crumbles and moving on to working with 'Scratch' programming. In science we are looking at Living things and their habitats.

Hopefully the weather will be on our side, and we will be able to get outside and look for mini beasts. In PE we will be looking at Tennis and athletics. The grass will be cut ready for the running track so the children will be able to time themselves running and track their progress and improvements.

# Class Catch Up & Sneaky Peek



## Year 6- Kites & Kingfishers



### Catch Up

Our half-term topic, Blackout Blitz, has been met with great enthusiasm from the pupils, many of whom have found it particularly engaging. We have seen lots of different artifacts from the time and also heard some stories about some of the children relatives who fought in this conflict.

As part of this history-focused unit, pupils have explored how the Battle of Britain was won, what daily life was like for ordinary people during the Second World War, and what children living in cities might have experienced when being evacuated to the countryside. In music, the class delivered excellent renditions of The White Cliffs of Dover. In English, pupils produced biographies of inspirational figures—several choosing Winston Churchill—and wrote diary entries imagining life in a refugee camp while still holding onto hope.

In science, we have been studying light. Pupils investigated how light travels, identified which objects create shadows, examined how shadows change, and even constructed periscopes to explore the practical uses of reflection. In Design and Technology, we focused on food, with pupils planning a three-course meal and conducting taste tests to consider complementary flavours.

In mathematics, we continued our preparation for the SATs, working on introductory algebra and calculating area, perimeter, and volume using formal methods.

Well done, Year 6, for your hard work and excellent efforts throughout this half-term!

### Sneaky Peek

Next half term, our topic will be “Out in the Field.”

In English, pupils will study *The Night of the Gargoyles* and use this text as inspiration to write a narrative from the perspective of the principal character. They will also explore Arthur Spiderwick’s *Field Guide to the Fantastic World Around You* and produce a non-chronological report based on an original magical or mythical creature of their own creation.

In Science, pupils will investigate how animals can be classified into different groups, examining the role that habitat plays in classification. This learning complements our Geography unit: “Can I carry out an independent fieldwork enquiry?” Pupils will learn how to formulate an enquiry question, explore a range of data-collection methods, and analyse the information they gather.

In Mathematics, we will revisit angles, focusing on terminology, accurate measurement and calculating different types of angles. Pupils will also develop their understanding of transformations, coordinates, and nets of 3D shapes.

Our PSHE theme for the half term is “Valuing Others.” This will include learning about respect, understanding how to support themselves and others, and recognising the importance of tolerance within a community.



# Easter At Potton Primary



## Thank you

A big thank you for all the wonderful Easter Eggs donated by the children!

The School Council are so grateful for your kindness and support. The event raised £66.50. Every penny raised will go straight back into the school to help us buy lovely things for the children to enjoy.

The Easter raffle has been drawn and the winners will be bringing eggs home today!



## Easter Bonnet Competition

We had lots of amazing entries for the Easter Bonnet Competition it made it a very hard job to judge and choose winner. The winners from each class are as follows:

- EYFS** - Rosie M
- Year 1** - William R
- Year 2** - Remi S
- Year 3** - Rufus M-M
- Year 4** - Heidi C
- Year 5** - N'Kylah D
- Year 6** - Ava Mc



Elm house had the most entries so we're the house winners:

- Elm** - 45
- Sycamore** - 40
- Birch** - 35
- Ash** - 30
- Oak** - 25
- Willow** - 15

# Attendance Data

You MUST inform us if your child is not going to attend school.

If we hear don't hear from you - we will contact you and will continue to do so until we have a response.

This may include a home visit as part of our safeguarding and welfare procedures.

A reminder: Please ensure you are signed up for Studybugs to inform the school of any a

## Attendance This week

EYFS = 96.2%

Year 1 = 94.0%

Year 2 = 95.8%

Year 3 = 93.4%

Year 4 = 93.4%

Year 5 = 88.4%

Year 6 = 95.1%

## Attendance Groups

Green 97-100%

Best chance of academic success

Yellow - 96-96.9%

Risk of underachievement

Amber - 94-95.9%

Serious risk of underachievement

Pink - 90-93.9%

Severe risk of underachievement

Red - 0-89.9%

Extreme risk - persistent absentee

## Spring Term 2 - Attendance Data

Wk Beg 23rd February - 94.02%

Wk Beg 2<sup>nd</sup> March - 94.53%

Wk Beg 9<sup>th</sup> March - 93.15%

Wk Beg 16<sup>th</sup> March - 93.44%

Our attendance for  
this week is :

93.9%

Our attendance for  
the year to date is:

91.7%

# Awards this Week

In today's assembly, we celebrated...

## Class Superstars

**Peacocks:** James W  
**Puffins:** Zina C-T  
**Mallards:** Travis B-G  
**Moorhens:** Rosie B  
**Wrens:** Matilda G  
**Woodpeckers:** Stevie W  
**Hawks:** All the Grafham attendees  
**Hérons:** All the Grafham attendees  
**Swifts:** Lexi S  
**Starlings:** Rory W  
**Kites:** TBC  
**Kingfishers:** Amilia F

## Values Superstars

**Peacocks:** Ella S  
**Puffins:** Barney H  
**Mallards:** Toby T  
**Moorhens:** Michael J  
**Wrens:** Hugo WS  
**Woodpeckers:** Dougie C  
**Hawks:** Kaylie R-J & Fernando G  
**Hérons:** Finley S & Charlie W  
**Swifts:** Lillia N  
**Starlings:** Lilia R  
**Kites:** TBC  
**Kingfishers:** Lily D

## Numbots Star Of The Week

**Puffins:** Isabella T  
**Peacocks:** Sofia H  
**Mallards:** Alfie P  
**Moorhens:** Erin J

## Times Tables Rockstars Star Of The Week

**Wrens:** Teddy F  
**Woodpeckers:** Wynter W  
**Hérons:** Khush B  
**Hawks:** Rudy H  
**Swifts:** Nancy B  
**Starlings:** Tiana C  
**Kingfishers:** Jake S

## Potton Proud

**Puffins:** Indie B  
**Peacocks:** William R  
**Mallards:** Linda H  
**Moorhens:** Lacey F  
**Wrens:** Poppy G  
**Woodpeckers:** Seren H

**Hawks:** Chay C  
**Hérons:** Esme S  
**Swifts:** Alice R  
**Starlings:** Pippa V  
**Kites:** TBC  
**Kingfishers:** Cassie D

## Housepoints This Week

<b>Ash:</b> 147	<b>Birch:</b> 188	<b>Elm:</b> 178
<b>Oak:</b> 142	<b>Sycamore:</b> 147	<b>Willow:</b> 135

<b>Ash:</b> 1	<b>Birch:</b> 2	<b>Elm:</b> 1
<b>Oak:</b> 3	<b>Sycamore:</b> 2	<b>Willow:</b> 2

House Cup Winners This Week are.....



**Birch**



# Safeguarding Information

## What should you do if you have a concern?

If you have a worry or concern about the welfare or safety of a child in our school what should you do?

Please contact our safeguarding team via [safeguarding@pottonprimary.co.uk](mailto:safeguarding@pottonprimary.co.uk)

## Our Safeguarding Team



Miss Jordana Watts  
Designated Safeguarding Lead



Mr Stephen Boyd  
Deputy Head &  
Deputy Designated Safeguarding Lead



Mrs Hazel Desborough  
Family Support Worker &  
Deputy Designated Safeguarding Lead



Mrs Christine Ives  
SendCo & Safeguarding Office

Mrs S Gurney - Designated Safeguarding Governor

# Other Information



I am delighted to be able to invite your child along to the Talent Dance & Gymnastics Academy Clubs at Potton Primary School. In the Summer Term we are very lucky to be able to offer your child the exciting opportunity to attend our club!

Club	Cost	Times & Collection	Day & Dates	Venue & Coach
Street Dance Lunch Club KS2	12 Weeks £42.00	12.30-1.00	Thursdays 16 <sup>th</sup> April to the 9 <sup>th</sup> July Watching Week 9 <sup>th</sup> July	Gym Miss Charlotte
Dance Club Years 1-6	12 Weeks £66.00	15.20- 16.20 Collection from the Red Side Doors	Thursdays 16 <sup>th</sup> April to the 9 <sup>th</sup> July Watching Week 9 <sup>th</sup> July	Gym Miss Charlotte
Gymnastics Club Years 1-6	12 Weeks £66.00	16.25-17.25 Collection from the Red Side Doors	Thursdays 16 <sup>th</sup> April to the 9 <sup>th</sup> July	Gym Miss Charlotte

## HOW TO APPLY

Please go to [www.talentedanceacademy.co.uk](http://www.talentedanceacademy.co.uk) and follow the "Book Now" instructions online.

Places are limited so it is essential you book and pay online!

*Children will need to wear trainers for dance and their PE kit or appropriate Dance/Gym clothing.*

**There are some pupil premium funded spaces available for our clubs!**

**Please get in contact with us for more information and assistance before you book. A code will then be issued to you to input into the website.**

If you would like more information about our clubs, or are having difficulty with signing up online, please email [talentedanceacademy@hotmail.co.uk](mailto:talentedanceacademy@hotmail.co.uk) and we will be more than happy to answer any questions and assist you. You can go to our website [www.talentedanceacademy.co.uk](http://www.talentedanceacademy.co.uk) or also find us on Facebook "Talent Dance Academy".

Here you will find lots of useful information and also our up-and-coming camps, and events.

Many thanks and we are very excited to welcome your child to our clubs!



Charlotte Cooney  
Head Coach



# Other Information



**HEAR2LISTEN** Unlocking Potential

Only **£12.50** per day

## Hear2Listen Easter SEND Programme

Central Bedfordshire Council

Supporting children to learn, play and thrive this Easter

**Programme Details**

**Dates:** 7th April – 10th April  
**Time:** 9:00am – 3:00pm

Only **£12.50** per day

**Chiltern School**  
Parkside Drive  
Dunstable  
LU55PX

**What's Included**  
A structured, engaging programme in a safe and supportive SEND-friendly environment:

- Easter arts & crafts
- Puzzles and quiet activities
- Reading corner
- Sensory play
- Easter egg hunt
- Biscuit making
- Singing and dancing

**Food Provided**

- Lunch included
- Snacks included

**Book Your Place Today**

- Contact Steph
- sparker@hear2listen.org.uk
- 01767 319511

**HEAR2LISTEN** Unlocking Potential

sparker@hear2listen.org.uk  
01767 319511

Hear2Listen - Unlocking Potential



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**The Hub**  
Ivel Valley  
Biggleswade  
SG180PT

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sparker@hear2listen.org.uk  
01767 319511

Hear2Listen - Unlocking Potential

## Other Information

Are you finding  
parenting a bit of a  
**Puzzle?**

Free 10 week supportive course for parents  
and carers of 2 - 11 year-olds



Come and Join us for our Parent Puzzle course delivered by Sandy and Biggleswade Children's Centre staff.

A 10 week course on Wednesdays starting 22nd April 2026 at Potton Primary School 1.00pm – 3.00pm. Creche available.

Parent Puzzle is a free course for parents and carers of 2 – 11 year olds covering many topics including :

Praise, Criticism, Kindness, Time to Calm Down, Discipline, Rewards and Penalties, Feelings, Stress in Children, Keeping Safe in a Digital World and Problem solving and negotiating and lots more.

To book your place, please speak to Mrs Ives or call the Children's Centre on 0300 300 8114 or email

[sandy.childrenscentre@centralbedfordshire.gov.uk](mailto:sandy.childrenscentre@centralbedfordshire.gov.uk)

Come along and put the fun back into family life!

# Other Information

## CHUMS YOUNG PEOPLE & PARENT/CARER WORKSHOPS

Our online workshops are designed as a starting point for families with children who have low level difficulties. These are one-off 2-hour sessions conducted virtually via Microsoft teams.

Please note these workshops do not support moderate/severe difficulties and will not address risky behaviours (self-harm, suicidal ideations).

### PARENT ANXIETY WORKSHOP

17/2/26 @ 9:30AM - 11:30AM

(For parents of young people aged 5 - 11 years old)

One-off workshop exploring emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.

### PARENT SELF-ESTEEM WORKSHOP

21/1/26 @ 9:30AM - 11:30AM

(For parents of young people aged 5 - 12 years old)

One off workshop which equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.

### 11+ ANXIETY WORKSHOP

17/2/26 @ 4PM - 6PM

(For young people aged 11+, parents also welcome to attend)

This single psychoeducation session explores emotional development in children, emotional regulation, and focuses on anxiety and anxiety management strategies.

### PARENTAL SEPARATION WORKSHOP

3/2/26 @ 9:30AM - 11:30AM

(For parents of young people aged 5 - 12 years old)

One-off Workshop that explores the following topics: Common child responses to separation, emotional regulation, potential disruptive behaviour problems + techniques to manage them and identifying worries in young people and how to work through these.

### BEHAVIOUR WORKSHOPS

9/2/26 @ 9:30AM - 11:30AM  
25/2/26 @ 1PM - 3PM

(For parents of young people aged 5-11 years old)

A one-off workshop that covers the following topics: Emotional development in children, emotional regulation, common behaviour difficulties and strategies to promote positive behaviours.

### MENTAL HEALTH AND STIGMA WORKSHOP

12/2/26 @ 4PM - 6PM

(For young people aged 12+, parents also welcome to attend)

One off workshop for young people focusing on mental health awareness and stigma. Follows a range of topics including puberty, male mental health, LGBTQ+, ethnicity and social media.

### RESILIENCY WORKSHOPS

#### 0-5 YEARS

2/3/26 @ 9:30AM - 11:30AM

(For parents of children aged 0-5 years old)

This single psychoeducation session explores the importance of relationships, healthy attachments, emotional regulation and anxiety. You will learn evidence based behavioural strategies to help your child thrive.

#### PRIMARY

16/3/26 @ 1PM - 3PM

(For parents of children aged 5 - 10 years old)

This single session explores relevant child development including and provides psychoeducation on mental health vs mental health problems, emotional regulation, anxiety and low mood. You will leave with a greater understanding of your child's needs and armed with strategies to build their resilience.

#### SECONDARY

30/3/26 @ 5PM - 7PM

(For young people aged 12 - 16 years, parents also welcome to attend)

One-off Workshop that explores the following topics: mental health vs mental health problems, emotional regulation, psychoeducation on anxiety and low mood, strategies for relaxation with strategies to build their resilience.

### PARENT SLEEP WORKSHOP

25/3/26 @ 9:30AM - 11:30AM

(For parents of young people aged 4-12 years old)

One-off workshop exploring why sleep is important, what is 'good' sleep, sleep hygiene tips, and strategies for managing worries at night.

### EXAM STRESS WORKSHOPS

14/4/26 @ 4PM - 6PM  
29/4/26 @ 4PM - 6PM

(For young people aged 12+ and parents)

One off workshop which equips teenagers with an understanding of exam stress, strategies for managing exam stress, revision tips and self-care. The workshop also offers parental tips for supporting their adolescent's exam stress.

To register for any of our workshops, please fill in the standard referral form in the 'Any other relevant information' section, state that the referral is for a workshop and include the workshop date.

<https://chums.uk.com/emotional-wellbeing-service/#workshops>

# Potton Library Activities

Central Bedfordshire Libraries

happy EASTER

great lifestyles

## EASTER ACTIVITIES At Potton Library

The Dinosaur That Pooped Easter Hunt around the Market Square - from Fri 27th March until Sat 11th April



Sat 28th March 10-3.30 - Easter Chick Card Craft 

Tues 31st March 10-12.30 - Bunny Mask / Bunnicorn Craft 

Wed 1st April 2-5.30 - Foil Art Easter Eggs 

Thurs 2nd April 10-12.30 - Book Folding Chicken Craft 

Fri 3rd April - Library closed for Bank Holiday 

Sat 4th April 10-3.30 - Easter chick Craft 

Tues 7th April 10-12.30 - Tulip Field Craft 

Wed 8th April 2-5.00 - Hama Beads Activity 

Thurs 9th April 10-12.30 - Pokemon Craft 

Fri 10th April 10-12.30 - Cow Craft 

Sat 11th April 10-3.30 - Catch-Up Crafts

- Lego

GO ALL IN.

[www.centralbedfordshire.gov.uk/libraries](http://www.centralbedfordshire.gov.uk/libraries)

 CBClibraries

 @cbc\_libraries

 @centralbedslibraries



# Other Information

**EVERY WEEK DURING TERM TIME**

**FIRST CLASS FREE!**

**LITTLE GROOVERS!**

**AGES 18MTHS - 4 YEARS**

**£5 PER CLASS (APPLIED HALF TERMLY)**

**10.00 - 10.30AM**  
**DISNEY DANCE**  
**POM DANCE**  
**STREET DANCE & LOTS MORE!**

**TO REGISTER PLEASE CONTACT THE LITTLE PERFORMERS ON 07779095923 OR INFO@THELITTLEPERFORMERS.CO.UK**

**POTTON HALL FOR ALL HUTCHINSON RISE, POTTON, SG19 2DZ**

# Other Information



## EASTER DANCE & GYM CAMPS

**Movie Dance Camp**  
**Monday 30<sup>th</sup> March**

**Venue**  
GODMANCHESTER  
COMMUNITY ACADEMY

**Price**  
£29 PER CAMP

**For**  
EYFS- YR6

**Times**  
8.30AM-3.30PM



**Easter Dance Camp**  
**Tuesday 31<sup>st</sup> March**

**Booking**  
[WWW.TALENTDANCEACADEMY.CO.UK](http://WWW.TALENTDANCEACADEMY.CO.UK)

**Easter**  
**Gymnastics Camp**  
**Wednesday 1<sup>st</sup> April**

**ALL WITH AN  
EASTER  
EGG HUNT!!**

