



# Friday Focus

## The Week Ahead: Week beginning 5<sup>th</sup> October 2026

### 6<sup>th</sup> October 2026:

Piano Lessons

### 7<sup>th</sup> October 2026:

9:30am-11:00am Open Morning -  
Prospective 2027 New Reception Class

### 9<sup>th</sup> October 2026:

2:30pm - 3:30pm - Harvest Festival at St Marys Church, Haynes

## Our Regular Activities

- Extra-curricular and Teacher Intervention Clubs will commence on 21st September. Please check MCAS for Payment under 'Clubs'
- Fundraising Friday - bring 50p to buy a treat at playtime.  
  
If you would like to book your child into JAG (Dawn till Dusk) please do this [here](#).
- To book your child a school lunch please use the School Food United app [here](#)
- To report your child as absent please do this using MCAS.

## Eco Council 2026

Ronnie, Zelda, Paige, Jordan,  
Arthur H, Aurora, Hunter,  
Summer, Phebe, Harry

## School Council 2026

Lohi, Oliva, Eva, Monty, Jack Hu,  
Georgia, Kaia, Leo, Teddy, Millie

## National Year Of Reading 2026

To recognise their reading achievements at home and in school, the following children were invited to have a biscuit and a drink with Mrs Hearn

Fleur, Eva, Arthur L,  
Matilda, Otilie

## Values Golden Ticket

Each week one child in each class is awarded a Golden Ticket for living and showing our school values.

Congratulations to

George, Winnie, Enakshi,  
Aahi, Esme,

## Staff Wellbeing

Class teachers will make every effort to respond to parental communication within 48 hours. Communication for the attention of class teachers should always be sent via the school office email account.

Safeguarding concerns will be dealt with with the urgency they require

## Contact:

office@hayneslowerschool.co.uk 01234 381225



|                   |                 |                                    |                                                                                            |
|-------------------|-----------------|------------------------------------|--------------------------------------------------------------------------------------------|
| 7th October 2026  | 9:30am-11:00am  | Prospective New Reception Families | School Open Morning                                                                        |
| 9th October 2026  | 2:30pm - 3:30pm | Years R - 4                        | Harvest Festival at St Mary's Church Haynes - ALL children to be collected from the Church |
| 19th October 2026 | 3.30pm - 6.30pm | Years N - 4                        | Parent Consultations                                                                       |
| 22nd October 2026 | 4:30-6:00pm     | Years                              | PTA Autumn Disco                                                                           |
| 23rd October 2026 | 3:30om          | All                                | Break up for Half Term                                                                     |

|                    |                |                                    |                                              |
|--------------------|----------------|------------------------------------|----------------------------------------------|
| 2nd November 2026  | 8:45am         | All                                | Return from Half Term                        |
| 4th November 2026  | 9:30am-11:00am | Prospective New Reception Families | School Open Morning                          |
| 10th December 2026 | 9am            | Robins Class                       | Nativity                                     |
| 11th December 2026 | 2pm            | Years 1 and 2                      | Christmas Performance                        |
| 11th December 2026 | 5pm            | Years 3 and 4                      | Christmas Performance                        |
| 15th December 2026 | All Day        | All Year Groups                    | Christmas Jumper Day<br>Christmas Dinner Day |
| 16th December 2026 | AM             | Years 3 and 4                      | Carol Singing in Haynes Village              |
| 16th December 2026 | 2pm onwards    | Years N - 4                        | Carols on the playground and Christmas Fair  |
| 17th Decmeber 2026 | During the day | Years N - 4                        | Christmas Parties in class                   |

**OCTOBER CAMP**

# EARLY BIRD DISCOUNT

**EARLY BIRD ENDS 20 SEPTEMBER!**



**DON'T MISS OUT!**

Get 15% off your October  
Half Term booking with code:

**FRT147**



**MONDAY 26 OCTOBER  
TILL FRIDAY 30 OCTOBER**



**Haynes Lower School**

**AXIS  
PATHWAYS**

## **HAYNES SCHOOL FAMILIES — OCTOBER HALF TERM!**

**We're heading back for another Axis Pathways Holiday Club  
this October!**

**Monday 26th – Friday 30th October  
9:00am – 3:00pm**

**Haynes Lower School**

**And as a special offer for Haynes School families, you can  
get 15% OFF your booking!**

**Use code: FRT147 at checkout**

**Sibling discount is also included and will be automatically  
applied at checkout!**

**Need a little extra flexibility? Early drop-off and late  
collection are available too.**

**Expect another week packed with sports, games, activities,  
adventures and plenty of fun, all in a safe, friendly and  
energetic environment!**

**15% OFF for Haynes families  
Sibling discount available**

**Early & late drop-off available**

**Monday 26th – Friday 30th October  
Don't miss out — book your child's place and use code  
FRT147 to save 15%!**



# Haynes Nursery

Learn, Grow, Thrive

We have spaces for  
3 and 4 year olds



Inspiring  
learning



Building  
confidence



Making  
friends



Exploring  
and discovering

Come and be part of our nurturing and friendly nursery  
at Haynes Lower School.



office@hayneslowerschool.co.uk



01234 381225

Happy  
Learners  
Brighter  
Futures  
♥



Kindness  
Curiosity  
Respect  
Together  
We Grow  
♥

Is your child due to start school in  
**September 2027?**

We would love to welcome you to our

**Open Mornings**

Come and see what makes  
Haynes Lower School so special!



**Wednesday 7<sup>th</sup> October 2026**

and

**Wednesday 4<sup>th</sup> November 2026**

**9.30am – 11.00am**



Meet  
our staff



Explore  
our school



Discover  
our learning  
environment

Contact the school office to book a place:



01234 381225



office@hayneslowerschool.co.uk

We look forward to meeting you!  
♥



Small School  
Big Opportunities

# Upcoming Events

Online Workshops for Parents & Caregivers  
Click on each to sign up or scan the QR code!

OCTOBER

8

Promoting Positive Body  
Image for Young People  
(11 Years +)

4-5 PM



NOVEMBER

24

Managing "Big Feelings"  
(5-11 years)

12-1 PM



DECEMBER

3

Supporting Mental Health  
and Wellbeing in Children  
and Young People

12-1 PM



DECEMBER

7

Managing your Child's  
Overwhelm during the  
Holidays

4-5 PM

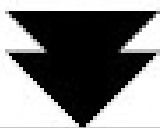


# A-Z of Mental Health Resources for Parents and Caregivers

Central Bedfordshire Mental  
Health Support Teams Free Padlet



East London  
NHS Foundation Trust



Scan me!!



Signposting to local  
and national  
services, apps,  
podcasts, books,  
LGBTBQ+, sleep,  
EHCPs, tool-kits  
and much more!

[Click here for a link to the  
Resources](#)



## What will I learn in each session?

Here is an outline of what is covered in each session;

| Session               | Content                                       | Associated reading |
|-----------------------|-----------------------------------------------|--------------------|
| Session 1<br>(Week 1) | The role of thoughts, feelings and behaviours | Intro & Chapter 1  |
| Session 2<br>(Week 2) | Attachment and relationships                  | Chapter 2          |
| Session 3<br>(Week 3) | Learning and social skills                    | Chapter 3          |
| Session 4<br>(Week 4) | Emotional awareness and regulations           | Chapter 4          |
| Session 5<br>(Week 5) | Praise and rewards                            | Chapter 5 & 6      |
| Session 6<br>(Week 6) | Routines and instructions                     | Chapter 7 & 8      |
| Session 7<br>(Week 7) | Selective attention and consequences          | Chapter 9 and 10   |
| Session 8<br>(Week 8) | Self-regulation                               | Chapter 11 & 12    |

## How can I request this intervention?

We encourage you to speak to your child's school. You can fill in the slip below and hand this to your child's teacher who will pass this onto the relevant person who will speak with you further to make a referral for you.

**Name of child:**

**Name of Parent/Carer:**

**Contact Number:**

**Intervention:** Incredible Years

**Date:**

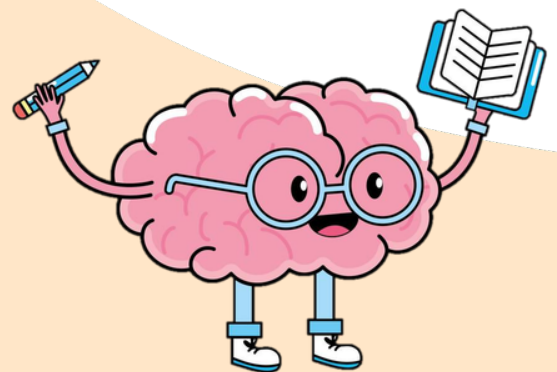
### Contact Details

CAMHS Central Bedfordshire  
Community Access Services

Beech Close Resource Centre  
Beech Close  
Dunstable  
Bedfordshire  
LU6 3SD

Tel: 01582 707635

Email: [elft.centralbeds-  
mhst@nhs.net](mailto:elft.centralbeds-mhst@nhs.net)



## Brain Buddies

Growing children's understanding  
of emotional regulation

This guide was put together by:  
Ashleigh Pittaway, Freya Reidy, Layla Alexander &  
Lorna Varley,  
Educational Mental Health Practitioners

CAMHS Central Bedfordshire  
Community Access Services  
Mental Health Support Teams

### What is Brain Buddies?

Brain Buddies is a group to help children (like yourself) understand emotions and to learn ways to help you feel calm and in control.

### What will I learn in the group?

| Lesson                              | Learning Objectives                                                                                                                                                                                         |
|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Welcome to Brain Buddies</b>     | To learn about our emotions and our bodies.                                                                                                                                                                 |
| <b>Our Brilliant Brains</b>         | To learn about the hand model, and to learn about flight, fight and freeze.                                                                                                                                 |
| <b>Making sense of our emotions</b> | To learn how to spot our emotions by using our bodies, to learn about our emotions and energy levels.                                                                                                       |
| <b>Thinking like a Brain Buddy</b>  | To learn about different ways of thinking, to learn about helpful and unhelpful thoughts and to understand how we feel and our behaviour.<br>To learn how to use positive self-talk, and ways to feel calm. |
| <b>Thinking more positively</b>     | To re-cap on our                                                                                                                                                                                            |
| <b>Putting it all together</b>      | Brain Buddy Skills!!                                                                                                                                                                                        |



### Where will the group be?

Brain Buddies will take place at your school with Education Mental Health Practitioners.

### What is an Education Mental Health Practitioner?

Education Mental Health Practitioners help children at your school who worry or feel sad. You might have seen Education Mental Health Practitioner around your school!

### When will the group be?

The lessons will be during your school day.



### Will I like the lessons?

We hope you will enjoy all of the Brain Buddies lessons! The lessons have a range of fun activities we can do to help you understand your brain and emotions!

### Will there be homework?

We will ask you to practice what we have learned over the week with your parents, class mates or teachers.



Who is this intervention for?

Parents are the experts when it comes to their child. They will have a better understanding of how their own child might respond and what will encourage and motivate them to try different things than a therapist will have. They are often the ones that are present during the struggles and challenges their child is facing and can support their child both in between sessions and well beyond the end of treatment.

How can this help parents and carers?

The aim of this guided parent-delivered programme is to teach parents cognitive behavioural strategies and to empower them to use them with their child to overcome difficulties with anxiety by supporting them to work through the accompanying book

What age range is this intervention suitable for?

This intervention is most effective with parents of children between the ages of 3 and 11 years.

How many sessions do I need to attend?

The programme consists of four face-to-face and two telephone contacts with parents over an eight-week period. Work is conducted solely via parents (after an initial assessment that would involve the child and parent), this is an effective and efficient way of treating child anxiety disorders.

What tools will I need?

To interact with this programme parents and carers will need to purchase the book and be committed to reading the associated chapters detailed below. If purchasing the book is a worry, your practitioner will discuss this with you 1-to-1 to troubleshoot.

**"Helping Your Child with Fears and Worries 2nd Edition: a self-help guide for parents" By Cathy Cresswell**

What will I learn in each session?

**Prior to Session 1**

**Parent reads: Part 1, Chapter 6 (how to use this book) and Chapter 7 (setting goals)**

**Session 1 (Week 1): Face-to-face (1 hour)**

**Philosophy of programme, Why CBT and why parental approach, Psychoeducation, How anxiety develops and is maintained, Treatment goals**

**Session 2 (Week 2): Face-to-face (1 hour)**

**What is my child thinking? What does my child need to learn? Promoting independence and 'having a go', Identifying rewards**

**Session 3 (Week 3): Face-to-face (1 hour)**

**Step-by-Step plan**

**Session 4 (Week 4): Telephone (15-20 minutes)**

**Make changes to Step-by-Step plan as necessary**

**Session 5 (Week 6): Face-to-face (1 hour)**

**Problem solving approach**

**Session 6 (Week 8): Telephone (15-20 minutes)**

**Reviewing progress**

**Follow-up appointment (Week 12): Face-to-face (1 hour)**

**Final Review of progress**

How can I request this intervention?

We encourage you to speak to your child's school. You can fill in the slip below and hand this to your child's teacher who will pass this onto the relevant person who will speak with you further to make a referral for you.

Name of child:

Name of Parent:

Contact Number:

Intervention: HYC – parent-led anxiety

Date: