



Kensworth CE Academy

Friday 24th April 2026

"With God by our sides we can move mountains"

School Attendance Matters

Good attendance plays a vital role in children's learning, wellbeing and success at school. Every day counts, and even a small amount of missed time can have a significant impact on progress and confidence. Thank you for continuing to support your child by ensuring they attend regularly and arrive on time. If you are experiencing any difficulties affecting attendance, please speak to us – we are here to help.

Information

We are pleased to announce that the CAMHS Mental Health Support team now support our school- They offer a wide range of support for the whole school including lunchtime clubs, class workshops, assemblies and more. We are also able to refer for consultation any concerns that parents or the school may have. They offer parent support for pupil anxieties and for behaviour concerns. Please find leaflets attached and a poster with a pad let which has lots of useful information. Please do contact your child's class teacher if you are worried about your child and you feel that they could benefit from some support.

Aspens Select will be visiting us on Tuesday 5th of May As part of their added value scheme they will be delivering the following workshop for our year 1 and 2 pupils -Sugar Sense, How sugar affects the body and making healthy choices.



Our School Value

Friendship

"Encourage one another and build each other up."
1 Thessalonians 5.11

Please see below a Home School Values sheet attached so that you can explore this value at home.

We are excited to introduce 'Playground Pals' this term where our year 5/6 children will take it in turns to become young leaders on the Key Stage 1 playground

Reminders



Clubs are now available to book on Arbor previous glitches are now fixed



As usual, school lunches need to be booked by 8am and can be booked daily, weekly, monthly and half termly in advance. If we have a special menu day, any previous normal menu choices will be deleted and you will need to rebook your child's meal. Please see attached the Menu for this term.

Important Notices



We Need Your Help! School Grounds Tidy-Up Day

We're excited to announce our upcoming Help Out Day on Saturday the 13th June, where we'll be sprucing up our school grounds to make them even better for our children. We'd love to invite parents, carers, and members of our school community to join us for a morning of tidying, planting, and general maintenance. Whether you can spare an hour or the whole morning, every pair of hands makes a difference! We'll be tackling tasks like weeding, litter picking, painting, and tidying our outdoor areas. Please let the school office know if you're able to help – we'd be grateful for your support in making our school environment the best it can be for our pupils.



Church May Festival



Please join the church for their May festival on Sunday 3rd May! At St Mary's Church!

Parent Questionnaire

We have only had a few responses from the parent questionnaire from the end of last half term. Please find a link below and if you haven't already completed this please do. Your views are very important to us.

[Parent Questionnaire](#)



Get Involved with the PTA

Please look out for upcoming PTA events and join in where you can. Your support makes a real difference to our school community.

Save the dates:

Milkshake Fridays-Every Friday @ pickup from staffroom window Starting WC 13th April
Movie night 7th May
Sponsored Jump for Joy WC 18th May
Father's Day Breakfast – 19th June
Summer Fayre- 11th July
We look forward to seeing you there!

SATS Breakfast Club

It is not long until year 6 take their SATS assessments.

On Tuesday through to Friday mornings we will be running a SATS breakfast club (Breakfast will be provided)

This will run from 8.15am and we would like all of our year 6 pupils to attend.

This is not for the year 5 pupils in Hornbeam Class.

SATS breakfast club will run for all of this half term.



office@ken.dsamat.co.uk



01582 872336

FRIENDSHIP

HOME SCHOOL VALUES

This term we will be focussing in school on the value FRIENDSHIP.
We hope your family will find these ideas helpful as you explore the value and have fun together.

TALK TOGETHER about Friendship

Learning to be a good **friend**, someone who can be trusted and is loyal, takes a lifetime.

Talk together about how **friends** come in all shapes and sizes. Some are young, some are old. Some are always there, some we see only occasionally.

- How do we choose our **friends**?
- What makes a good **friend**?
- Are we a good **friend** to others?

THINK TOGETHER Words of Wisdom

"A good **friend** is worth their weight in gold."

Anon

That's a lot of gold!
Why do you think that this is such a popular proverb?



FAMILY FOCUS Friends of the Family

This term's family challenge is to make a card or present for someone who is a **friend** to your whole family. You could add a gift tag saying...



READ TOGETHER... Through the roof

Jesus reached a town called Capernaum and made his way to a house near the town gate. The crowd had gathered quickly and now even more people were pushing and squeezing into the small house, wanting to see him, hear him and touch him.

The excitement was infectious and four **friends** who lived in a street nearby soon heard the news. They met together and decided that they absolutely *had* to take their **friend** Joshua to Jesus. Joshua was paralysed and couldn't walk. They'd heard that Jesus performed miracles and could heal the sick. This was a chance they couldn't miss.

Wasting no time they carried their **friend** on his bed mat to the house, but jostling crowds blocked the doorway. They couldn't give up now. Their **friend** *must* meet Jesus. There was only one way. They carried him on to the flat roof of the house and carefully removed part of the roof to make a large hole.

Knotting ropes to the corners of the bed mat they gently lowered Joshua down right in front of Jesus. Imagine the surprise of all the people looking on. But Jesus smiled kindly at Joshua. "Take up your bed, and walk" he said. Slowly, falteringly and hardly daring to believe it was happening, Joshua stood and took a step forward. He could walk. He could actually walk! Thanks to Jesus and his **friends**, Joshua's life was changed forever!

Bible story based on Mark 2:1-13



QUIZ Picture puzzle

Take the first letter of each object to discover who helped the paralysed man.



and



FASCINATING FACTS

Friendship Bands

Friendship bracelets are usually handmade and given to a special **friend**. According to American tradition you must wear the bracelet until the cords break and it falls off naturally. In this way you honour the love and hard work your **friend** put in to making it.



Raksha Bandhan

One special type of **friendship** bracelet is a Rakhi. Each year, normally in August, many Hindus mark Raksha Bandhan. The festival is a celebration of family life and in particular the relationship between brothers and sisters. They remember and talk about special times together, and think about loyalty, closeness, trust and their everlasting **friendship**.

- Traditionally sisters tie a sacred thread, a Rakhi, on to their brothers' wrists.
- In response the brothers give their sisters a gift promising to help them whenever the need arises and to always protect them.
- Celebrations continue throughout the day with gifts of sweets and special food as families enjoy the time they share together.



HALL OF FAME



A dog is a man's best Friend

Near the village of Beddgelert in North Wales is a beautiful sculpture of a very special **friend**.

According to legend, the monument marks the resting place of the faithful dog, Gelert, who once belonged to the medieval Welsh Prince, Llewelyn the Great. A tombstone tells the story of a fateful day when Llewelyn went out hunting leaving the faithful hound, Gelert, to guard his young son. On his return Gelert sprang to greet his master, but Llewelyn noticed some blood on his fur. He rushed inside his house. To his horror the first thing he saw was his son's cot. It was empty!

The frantic father turned on the dog, thinking he must have harmed the boy. He killed Gelert there and then with his sword. At that moment a child's cry rang out through the house. Llewelyn searched and discovered his boy unharmed, but nearby lay the body of a mighty wolf which Gelert had killed before it attacked the small child.

Prince Llewelyn is said never to have smiled again and with tears of sadness he buried Gelert in this place, which became known as "the grave of Gelert", or in Welsh, Beddgelert.



HOME-SCHOOL CHALLENGE

Use your imagination to make the best **friendship** bracelet ever – using knotting, threading beads, twisting ribbon, whatever you can think of. The more original the better!

or, if you prefer...

make your own large version of the picture puzzle (over the page), joining 5 or 6 words about **friendship**. Either draw pictures or cut them out of magazines.

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!!

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



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

Contact Details
CAMHS Central Bedfordshire
Community Access Service

Beech Close Resource Centre
Beech Close
Dunstable
Bedfordshire
LU6 3SD

Tel: 01582 707635
Email: [elft.centralbeds-](mailto:elft.centralbeds-mhst@nhs.net)
[mhst@nhs.net](mailto:elft.centralbeds-mhst@nhs.net)



This guide was put together by:
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Trainee Education Mental Health Practitioners



Helping Your Child with Fears and Worries

A parent & carer guide for children with symptoms of anxiety

CAMHS Central Bedfordshire
Community Access Service

Mental Health Support Teams

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:

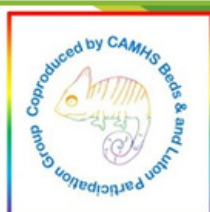
Intervention: HYC – parent-led anxiety

Date:

Contact Details
CAMHS Central Bedfordshire
Community Access Service

Beech Close Resource Centre
Beech Close
Dunstable
Bedfordshire
LU6 3SD

Tel: 01582 707635
Email: elft.centralbeds-mhst@nhs.net



This guide was put together by:
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 Trainee Education Mental Health Practitioners



Brief Behaviour Management

Brief parent guided self-help for
children with mild-moderate
behavioural difficulties

CAMHS Central Bedfordshire
Community Access Service

Mental **H** Health **S**upport **T** Teams

Who is this intervention for?

Brief Behaviour Management is an early intervention for parents and carers to promote the use of effective parenting techniques to manage children's challenging behaviour.

How can this help parents and carers?

We help develop parents and carers confidence by teaching with various techniques. This intervention can help with a range of challenging behaviour from children such as Tantrums, Sibling fights and Bedtime refusals.

What age range is this intervention suitable for?

The Brief Behaviour Management programme is most effective with parents/carers of children between the ages of 3 and 11 years.

How many sessions do I need to attend?

The intervention lasts for 8 sessions. Each session typically lasts for 1 hour and can be either face-to-face in school, in our CAMHS clinic or online via Teams.

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.

"The Incredible Years: A trouble-shoot guide for parents of children aged 3-8 years" by Webster-Stratton 2019"

What will I learn in each session?

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

Session	Content	Associated reading
Session 1 (Week 1)	Role of attention & Special time / play	Intro & Chapter 1
Session 2 (Week 2)	Review special time / play and Coaching	Chapter 2, 3 and 4
Session 3 (Week 3)	Use of praise	Chapter 5
Session 4 (Week 4)	Use of rewards	Chapter 6
Session 5 (Week 5)	Clear commands & limit-setting	Chapter 7
Session 6 (Week 6)	Ignore technique	Chapter 8
Session 7 (Week 7)	Time out & consequences	Chapter 9 and 10
Session 8 (Week 8)	Review & problem-solving	

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: