

Friday Focus

The Week Ahead: Week beginning 12th October 2026

12th October 2026:

12:00pm - Parent Consultation bookings go live on MCAS

13th October 2026:

Piano Lessons

14th October 2026:

3:15pm-3:45pm - Bookfair Starts

DSL - Mrs Sarah Hearn

DDSL - Mr Sebastian Russo, Mrs Laura West

safeguarding@hayneslowerschool.co.uk

Our Regular Activities

- Extra-curricular and Teacher Intervention Clubs will commence on 21st September. Please check MCAS for Payment under 'Clubs'

- Fundraising Friday - bring 5Op 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.

Harvest Thank You!

We wish to thank all our families for their very generous donations to the Harvest Appeal.

We would also like to say a huge well done to all children and a heartfelt thank you to all staff for preparing the children for the Harvest Festival - they all sang so beautifully and thank you to the Year 4 children who spoke during the Harvest Festival.

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

Orion, Poppy, Arabella,
Aisha, Olivia

JAG Upcoming Change of Room

Please be aware that JAG will be held in Nursery on 19th October and 22nd October due to parent consultations and PTA Autumn Disco

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

12th October 2026	12:00pm	All	Parent Consultation Bookings go live on MCAS
14th October 2026	3:15pm - 3:45pm	All	Bookfair Starts
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 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 7th October 2026

and

Wednesday 4th 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

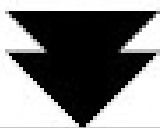


A-Z of Mental Health Resources for Parents and Caregivers

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 (Week 1)	The role of thoughts, feelings and behaviours	Intro & Chapter 1
Session 2 (Week 2)	Attachment and relationships	Chapter 2
Session 3 (Week 3)	Learning and social skills	Chapter 3
Session 4 (Week 4)	Emotional awareness and regulations	Chapter 4
Session 5 (Week 5)	Praise and rewards	Chapter 5 & 6
Session 6 (Week 6)	Routines and instructions	Chapter 7 & 8
Session 7 (Week 7)	Selective attention and consequences	Chapter 9 and 10
Session 8 (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:

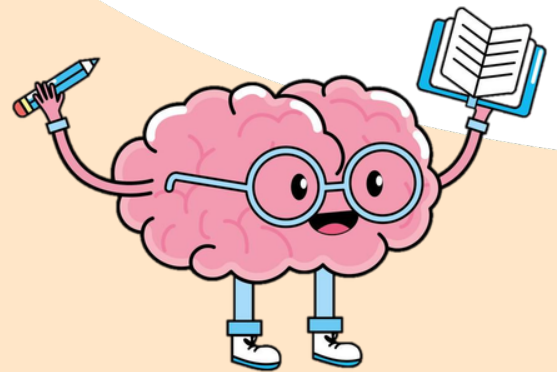
Contact Details

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
Team

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