

Kingsmoor Lower School



schooloffice@kingsmoorschool.co.uk



Friday 27th March 2026



Dear Parents and Carers,

We wrote to our Y4 parents recently about walking to and from school without a parent in the summer term. This is a time when some parents choose to provide their child with a mobile phone. I included a section about this with recommendations based upon research:

Some parents choose to provide their child with a mobile phone at this stage so that they are contactable. After a significant amount of research nationally and internationally, it is highly recommended that a '**brick phone**' is provided rather than a smart phone for your child's safety and wellbeing. This allows calls but does not open a window to the internet and later, potential addiction.

<https://www.internetmatters.org/hub/expert-opinion/smartphone-free-childhood-mobile-phone-safety-top-tips/>

<https://www.off-switch.co.uk/post/don-t-buy-a-brick-phone-make-theirs-act-like-one>

The second link above explains a **brick app** which can be installed on a smart phone if your child already has one or they are conscious of the phone that they have being similar to their friends. I have shared this information with the other lower and middle schools in Flitwick who will also be sharing this with parents and carers.

Today, more information has been released about phones and screentime generally which includes government recommendations for our under fives which I would highly recommend that you read:

<https://www.bbc.co.uk/news/articles/c1d936n7445o>

I would like to thank parents who have donated to our playground development project. Lunchtime play is becoming more and more fun by the day with donations of clothes and giant lego sets for example. If you think you have something that might be useful please contact the school office.

Wishing you all a very happy and relaxed Easter break.

Mrs C. Jenkins

Diary Dates

27th March – Last Day of Term

13th April – Return to School

13th April – History Man (KS2)

15th April – PT A Bunny Bounce

15th April – Yr 3 SEND Parent Tour _ Woodland Middle School

15th April – Yr 3 SEND Q & A Woodland Middle School 5-6pm – ONLINE

16th April – Phonics Information Session for Parents (Year 1) 9am

20th April – KS2 Residential

21st April – SEND Yr 3 Q&A Woodland Middle School 5-6pm (IN PERSON)

22nd April – Early Years Big Nurture Nature Day

27th April – Yr3 SEND Tours Woodland

12th June – Yr4 SEND Lunch Woodland

6th July – Yr4 Parents Evening





Reading at Home Sticker Totals

Well done everyone who has been reading at home.

This weeks sticker totals are as follows

	Target each week	Sticker Total
Rabbits	X4	n/a
Red Kites	X4	7
Dragonflies	X4	10
Honeybees	X3	11
Owls	X3	10



30th April – Honeybees Class
9.15am

14th May – Red Kites Class 9.15am

26th June – Rabbits Class 9.15am

Official Release - The Queen Elizabeth II Centenary Commemorative School Medal

Tower Mint proudly presents the Queen Elizabeth II Centenary Medal, featuring a newly crafted portrait. The medal can be purchased at a special price of £3.50. An offer has been added to ParentPay should you wish to order one.



Edward Bear....

Edward Bear is given to the class that has the best attendance each week!
This weeks winners are

HONEYBEES!!!



Prescribed Medication !

Our policy regarding administering prescribed medication has changed. We will only be able to administer prescribed medication if your child needs 4 doses per day. Please note that arrangements can be made if your child attends breakfast/afterschool club.

A copy of the policy can be found on the school website.

BIG WALK AND WHEEL
16 – 27 March 2026

Headline sponsor: **SCHWALBE**

We're taking part in the Big Walk and Wheel 2026 challenge.

Join in by walking, wheeling, scooting or cycling to school between 16 - 27 March.

- Be active and feel more energised
- Help the environment by replacing a car journey
- Help us win some fantastic prizes

www.BigWalkAndWheel.org.uk

Headline sponsor: **SCHWALBE**

Walk/Wheel Cycle Trust

Friends of Kingsmoor Lower School

BUNNY BOUNCE

We are holding a sponsored Bunny Bounce to raise funds for our school, how many bounces can you do in a minute?

15th April 2026



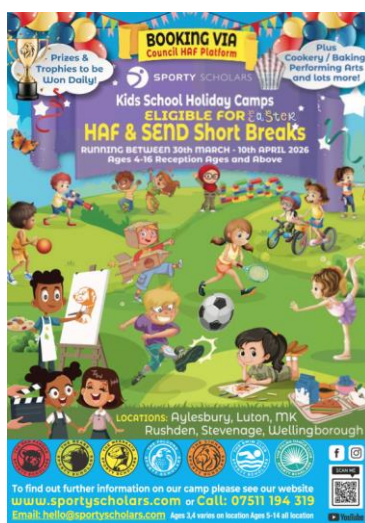
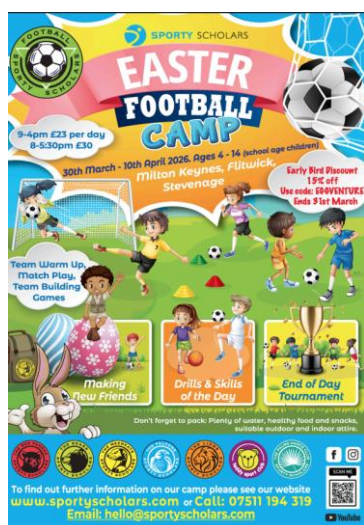
Litter Pick – Hinksley Park

On Saturday 9th May
09.30 – 11.30am Kingsmoor
will be at Hinksley Park for a
litter pick.
Everyone welcome!



Many thanks for all of your
Kind donations.
The bags were collected today
and we raised a total of **£16.10!**

Easter Holiday Clubs at Kingsmoor



SNAP PCF SEND ROADSHOW 25/03/2026

10am - 12pm

100% of parent carers asked
would you recommend SNAP
PCF Roadshows to a friend said
YES!

FREE
EVENT



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE
www.snappcf.org.uk

No need to
book!

About Us

Our Roadshows bring together
services that support
children/young people with Special
Educational Needs and Disabilities
and their families, all in one place.

When and Where?
Wednesday 25/03/2026
10am-12pm (Drop in anytime)
The Rufus Centre
Steppingley Road,
Flitwick,
Beds MK45 1AH

- What is on offer:
- Find out how to access SEND support and information
 - Find out about local services
 - Find out about education and SEND
 - Chat with SEND professionals

Please note: parking available



Get a free hard copy
of Supporting Your
Neurodivergent
Child/Young Person
Whilst stocks last

SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE



SUPPORTING YOUR NEURODIVERSE CHILD/YOUNG PERSON DIGITAL BOOKLET

FREE

SCAN ME



DOWNLOAD NOW

When you first realise that your child
experiences the world in a different way, it
can feel overwhelming. But once you begin to
understand their way of thinking it can be
rewarding and you can learn so much from
your child/young person. This free digital
booklet will support you on this journey.

Download your free digital
booklet now by scanning the QR
code or by visiting
[https://www.snappcf.org.uk/
supporting-your-neurodiverse-
child/](https://www.snappcf.org.uk/supporting-your-neurodiverse-child/)



Social Media Links



Facebook:

<https://www.facebook.com/kingsmoorlowerchool>

Instagram: @kingsmoorlower

Contact Email Addresses

Send: senco@kingsmoorschool.co.uk

Pastoral: pastoral@kingsmoorschool.co.uk

PTA: Kingsmoor.pta@gmail.com

Kingsmoor Football

Team: kingsmoorfootball@gmail.com

Information & Flyers

BBC

Is your child finding it hard to make friends?

The award-winning makers of *The Dog House* are **casting** for a brand-new BBC series about **friendship**.

We are looking for **children aged 5 to 8** from all over the UK who need a little help navigating the world of friendship. Over three days, a team of child psychologists will help them build the social skills and confidence to make real, lasting connections with other kids.

If you'd like to help your child make a new friend (with no pressure to take part), please apply at:

bemyfriend.tv

1 FIVE MILE FILMS




Saturday 4th April
3.30 - 5.30pm

Join us for a fun afternoon of Easter Themed crafts, activities & games, plus a shared meal!

What can the Bible teach us about...

Messy Easter

NEW LIFE

Booking is essential... the easiest way to book is via our website www.flitwickchurch.org/messy-church
Booking closes Friday 27th March 2026

Or call 01525 712369 / email admin@flitwickchurch.org letting us know how many are coming, all your names, ages of children and any dietary requirements.

Flitwick Church
St Peter and St Paul
Phone: 01525 712 369
Email: admin@flitwickchurch.org
Website: www.flitwickchurch.org
Church Road, Flitwick MK45 1AE (Just off Flitwick Road)

Easter Egg Hunt
Sunday 5th April
All welcome!

Celebrate Easter with us at our 10:30am service, with puppets, songs and craft for the younger ones, an interactive talk and a FREE Easter Egg Hunt to round off the morning!

Flitwick Church
St Peter and St Paul

HOLIDAY CLUB
Tuesday 26th - Friday 29th May

Join us for four days of fun as we explore the Miracles of Jesus and what they can tell us about our lives today.

Register for FREE now!
www.flitwickchurch.org/holidayclub

SCAN ME

This pirate cruise is for children in Year One and above.

BEDFORDSHIRE
ALLERZ
FOOTBALL ACADEMY

GIRLS TECHNICAL TRAINING CENTRE

LEARN | DEVELOP | ENJOY

Sessions available for Years 3-4, 5-7 and 8-10

Flitwick Football Centre, Flitwick MK45 1BA

Every Thursday
starting 8th January 2026
Time - 6.30pm to 7.30pm
Surface - Astro pitch
Cost - £5.00 per session

Book online at www.creativesportscoaching.co.uk

BEDFORDSHIRE
ALLERZ
FOOTBALL ACADEMY

EASTER SOCCER CAMPS

March/April 2026
Amptill | Bedford | Flitwick
Week 1 30th March to 2nd April
Week 2 7th to 10th April
9:00 am to 3:00 pm
ages 5 to 13 years

from **£12.00 a day**

Ofsted Registered

Childcare Vouchers accepted

www.creativesportscoaching.co.uk

ESTD 2026

PIRATE CRUISE

HOLIDAY CLUB
Tuesday 26th - Friday 29th May

Join us for four days of fun as we explore the Miracles of Jesus and what it can tell us about our lives today.

Each morning, we will be taking over the church with our Pirate Inspired theme as we navigate the healing miracles of Jesus. Each day we will have different crafts and games which will help us to explore the story.

Visit our website for more details and to register.

Register for FREE now!
www.flitwickchurch.org/holidayclub

Flitwick Church
St Peter and St Paul

Flitwick Church is a member of the following community initiatives:

Flitwick Church
Flitwick Church
Flitwick Church

Blues Foundation Central Bedfordshire

EASTER MULTISPORT 4 DAY CAMP!

JOIN US FOR EASTER ACTIVITIES & SPORTS!

Dates & Locations:

- Monday 30th March - Rufus Centre, Flitwick
- Tuesday 31st March - The Hub, Flitwick
- Wednesday 1st April - The Hub, Flitwick
- Thursday 2nd April - The Hub, Flitwick

Drop off time: 10am
Pick up time: 3pm
Ages: 6 - 12 years old
Cost: £15 per day, or **FREE** if you qualify for Free School Meals.
FREE child's ticket to watch Bedford Blues for all participants!
Hot food options for attendees (pre book only)

Supported and part funded by Bedford Blues Foundation and Central Bedfordshire Council

Egg Hunt

SCAN TO BOOK



Book now: www.bluesfoundation.org.uk/holiday-provision

The SAXONS

28 March - 1 November 2026

Easter Holidays
28 March - 12 April
Also this Easter holiday enjoy family-friendly Easter crafts, science fun and hands-on Saxon-inspired activities across the museum.

Discover Buckinghamshire's Saxon past in this major new immersive exhibition at Discover Bucks Museum

Why visit?

- Meet the Saxons through engaging films, sounds, and immersive experiences.
- Hands-on interactives and digital storytelling bring history vividly to life.
- Discover real artefacts and try the fun family trail and creative activities.

A great day out for curious minds and young explorers!

Opening Fun Day!
Saturday 28 March, 10am - 5pm

Join us for our fun family opening day featuring **re-enactors, storytelling and hands-on crafts**. Meet Saxon warriors and craftspeople, hear stories inspired by real discoveries, and take part in activities for all ages – the perfect way to bring the Buckinghamshire Saxon world to life.

Make a day of it and visit the Roald Dahl Children's Gallery this Easter holiday for hands-on discovery and amazing science inspired by Roald Dahl's stories.

For more details, charges and to book please scan the QR code or visit discoverbucksmuseum.org

Discover Bucks Museum, Aylesbury HP20 3QP
01296 331441 | discoverbucksmuseum.org

Art Fund,   

Buckinghamshire County Museum Trust Registered Charity No. 1032465

FREE EASTER EGG TRAIL

THURSDAY 2ND APRIL
10AM - 12 NOON

Flitwick Wood
Tennyson Road Entrance

PLEASE WALK: NO PARKING AVAILABLE.
CHILDREN MUST BE ACCOMPANIED BY AN ADULT.

Win an Easter Egg every time*

Flitwick Town Council

Thank you to our event sponsors:   

*Whilst stocks last!

01225 431100 | info@flitwick.gov.uk | [flitwick.gov.uk](https://www.flitwick.gov.uk)

YOUTH THEATRE

AT MILTON KEYNES THEATRE

Dive into our weekly drama classes, designed to develop key drama skills and techniques; sparking creativity, building confidence, public speaking skills and teamwork.

Classes are suitable for all experience levels, led by our talented practitioners and offering insight into life at MK Theatre, with classes taking place in our backstage studio!

Youth Theatre members also get discounts on other Creative Learning workshops, masterclasses and events, and discounted tickets where available!

Drop us an email for more info, or to book your taster session!

mkcreativelearning@atgentertainment.com

TUESDAY EVENINGS

ACT 1: School Years 2 - 4

4:30pm - 5:30pm

£108 (12 Week Term)

ACT 2: School Years 5 - 8

5:45pm - 7pm

£114 (12 Week Term)

**Sibling discount available*



Bedfordshire Community Health Services  **NHS**

Nutrition & Hydration Week

16 - 22 March

Is your body getting enough water?

Not drinking enough water doesn't just cause thirst, it can affect kidney health and lead to toileting problems and infections in children and adults.

<https://www.nutrition.org.uk/nutritional-information/hydration/>

Feeling tired, grumpy or headachey?

It might be dehydration. Hydration supports physical health, concentration and wellbeing.



#StayHydrated

Did you know?

Even mild dehydration can affect memory, attention, mood and energy in children. Encourage regular sips throughout the school day!



facebook.com/bedscyp/



@bedscyp



Nutrition & Hydration Week

Why hydration matters

Hydration is essential for:

- Brain function
- Energy levels
- Learning and concentration
- Physical performance
- Emotional regulation
- Overall wellbeing

Because children have higher fluid needs relative to body weight and may not recognise thirst early, they are more vulnerable to dehydration – especially during active play, warm weather, sports, and busy school days.

Cognitive impacts of dehydration

Even mild dehydration can cause:

- Reduced concentration
- Poor memory retention
- Slower thinking
- Difficulty solving problems
- Lower alertness and reaction time
- Increased confusion and irritability

Your brain is 75% water! Keep it topped up to stay alert.

Physical health impacts of dehydration

1. Low energy and fatigue
2. Headaches and migraines
3. Dizziness and light-headedness
4. Overheating and poor temperature regulation
5. Muscle cramps and weakness
6. Dry lips, skin and eyes
7. Digestive problems
8. Increased heart rate
9. UTIs and kidney strain
10. Reduced immunity and wellbeing

Water helps your body work, move, think and feel good!

Key messages

Children and young people:

- Water helps your brain learn faster
- Sip throughout the day
- Bring your water bottle everywhere

Parents and carers:

- Encourage water with meals and before bed
- Promote water and limit sugary drinks

School staff:

- Allow and encourage water bottles on desks
- Build hydration breaks into daily routines
- Observe signs of dehydration in tired, irritable or unfocused pupils

