



Next Week – Week 2

Change of Calendar Date: Our Carol Concert in the Chapel is moving from Sunday 16th to Sunday 9th December.

Year 7 Settling in data is now available on Insight

Year 11 Interim 1 reports are now available on Insight

Any technical problems please email insightsupport@ashlyns.herts.sch.uk

A full calendar is available on our website

School News and Notices

Berkhamsted Cricket Club Fireworks

Tickets are available from the school office at a special reduced rate: Adult £7, Under 16 £5, Family £20.

Emotional Support

Attached is a poster providing a quick guide to help you spot if your child could be struggling emotionally. Please take a minute to look at it, and perhaps use it as a discussion point with your son/daughter. It is important that your child is aware that it is perfectly normal to feel a little low, stressed or out of their comfort zone at times. However, if they are feeling overwhelmed or unhappy over a prolonged period of time it could be a sign that they may need a bit of extra support.

Kooth is an extremely useful online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use: <https://kooth.com/>

Reminder from the Finance Office

If you wish to stop your child's music lessons at the end of October half term you need to notify Miss Marzec in the Finance Office, either by email to musictuition@ashlyns.herts.sch.uk or in writing by Friday 26 October 2018. Please check you have a response confirming receipt of notice. Thank you

A reminder to Year 11 parents

Your parents' evening packs contained guidance for both parents and students on how to revise at home and how to support revision, including a trial examinations timetable, some revision strategies, and a blank revision timetable for half term. Year 11 will be given some further guidance about preparing their revision timetables for the half term holiday in assembly next week. If for any reason you did not manage to pick up your pack it will be posted out to you. We hope they have a productive week of revision!

Be Bright, Be Seen

As we move into the winter months, students are reminded that coats should be waterproof; no denim or hoodies, with no logos. High viz colours are permitted, especially as the nights draw in.

Aerosols in School

Aerosols including spray deodorants are banned in school. Roll-ons, however, are actively encouraged.

Key dates this half term:

- 24 October: Into the Sixth Evening for Y11 students and parents
- 25 October: Autumn Chill Concert
- 29 October: Half Term / Duke of Edinburgh Gold/Silver practice expedition
- 8 November: Y12 Parent Consultation & Target Setting Evening
- 9 November: ASA Quiz
- 15 November: Y7 Meet the Tutor Evening
- 18 November: Craft Fair

Letters sent out this week

- Y11 Design and Technology Catch-Up Session
- Y11 Textiles Catch-Up Session

This week's attachments

- Berkhamsted Fireworks Display
- Coping with Your Low Mood

Fireworks

Saturday 3 November

Berkhamsted Cricket Club

Gates open 6pm - Display starts 7pm

Bar and Food



Tickets on the door: Adults £8 Children £6 Family £25

Berkhamsted
Rotary



**Discounted tickets
from School Office**



Tickets on line at www.berkobang.org

Coping with your low mood

9 Common Causes of Low Mood

Bullying



Falling behind with school work

Family problems and arguments



Loneliness



Traumatic events

Physical health problems



Family history of depression

Moving school or home



Friendship and relationship difficulties

Symptoms - Mind and Body

Psychological

Frightened, worried or anxious

Upsetting thoughts

Guilt



Lack of interest and motivation

Isolating yourself

Sad and tearful

Physical

Aches and pains

Self-harm

Disturbed sleep



Changes in appetite

Tired

8 Ways To Help Yourself Feel Better



Spend time with a friend



Keep active



Sleep well every night



Eat healthily and regularly



Avoid drugs and alcohol



Listen to music, draw, read or write a diary



Speak to an adult (parent, teacher or health worker)



Plan something to do each day

Places where you can get more help



Charities

Youngminds.org.uk
Youthhealthtalk.org
Childline.org.uk; 0800 1111
Samaritans.org; 116123



Books

For a list of helpful books:
Reading-well.org.uk



Contact a parent, teacher or:

Produced by The Bank Workers Charity in collaboration with
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www.bwcharity.org.uk