

Next Week - Week 2

Covid Testing and Reporting

(please also see an update from HCC at the end of the e-Bulletin)

It is important that students and staff continue to take twice-weekly Lateral Flow Tests to reduce the spread of the virus. Please continue to report positive, negative and void LFT results to both [NHS Test & Trace](#) and the school via the [online form](#). If the result of the test is unclear (void) you should do another test.

Hertfordshire Schools Athletics County Championship

Congratulations to all those who competed on the weekend in the sunshine at Jarman Park. There were some great performances with particular mentions to Lucy B who came 6th in the 200m, Indie F 3rd in the 1500m with a PB of 5:08.6, Natalie C 3rd in Long Jump with 4.72m and Tia G with a throw of 34.14m in the Javelin earning her 2nd place.



Technology Competition

Our Year 7 team has been selected for the final of the national competition 'Net Zero Superheroes'. Schools across the country have proposed ideas to contribute to achieving net carbon zero by 2050. Our students have presented their water cooling system plan to the judges this afternoon.



Safeguarding

Due to the very high level of trespassing on the tracks by young people in your local area, Network Rail in partnership with Learn Live are working to help raise awareness to students across the UK educating them about the dangers of the train tracks through interactive digital delivery. Please click [here](#) for a safety video, entering the following email address when prompted: railsafety@learnliveuk.com

Key Dates

- 21 June: Y12 Assessments
- 19 July: Activity Day
- 20 July: Sports Day
- 21 July: Last Day of Term

Letters Out

- [Cancellation of Y11 Prom](#)
- [Y9 Bronze DofE Practice Expedition](#)
- [DofE Expedition Kit List](#)
- [Awarded Grades Process Summer 2021](#)

House Points

Current house points			
Bourne	Coram	Handel	Raven
33116	34528	32576	33896
3 rd	1 st	4 th	2 nd
18/06/2021			

Attendance

Forms with the highest attendance week ending 11 June:

7R1 99.3%
8H2 99%
9R1, R2 98.2%
10C1 99.2%

Well done all!

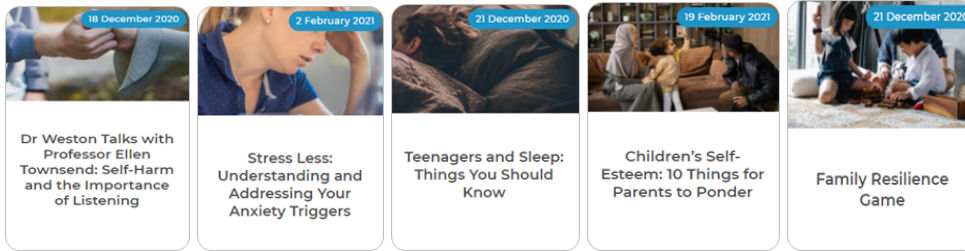
Staff Vacancies

All vacancies can be found [here](#).

Finance

You can set up email alerts to let you know when your child's lunch account is running low. Log onto ParentPay and follow: Communication / Alert Settings / Balance Alerts - then enter the threshold balance and tick EMAIL.

From Dr Kathy Weston - Tooled Up Education



You may have seen the media headlines this week about a large study on self-harm which has been carried out by the University of Cambridge. It stated that the early warning signs of self-harm can appear in children almost a decade before it starts. Difficulty controlling their emotions, being bullied, and parents with mental health problems, all increase the risk. Having *emotional regulation difficulties* even at the age of five led to a 30-50% higher risk of self-harm as a teenager. Children who are more prone to risk-taking behaviours, those who lack a supportive group of friends, experience poor sleep or low self-esteem, are at higher risk too.

At *Tooled Up*, we have always encouraged a proactive approach. That is why so many of our resources encourage parents with children of all ages to think carefully about sleep hygiene, children's self-esteem, resilience and their own mental health needs. Here are our top **five** resources that all parents should re-read or listen to in light of this recent study into self-harm and preventative measures:

Our podcast interview with [Professor Ellen Townsend](#) on self-harm and the importance of listening.

[Stress Less: Understanding and Addressing Your Anxiety Triggers](#) - This evaluative tool will help you to narrow down the key areas in your life where your levels of stress are high.

[Teenagers and Sleep: Things You Should Know](#) - Get to grips with the facts about sleep and some practical tips to ensure that your teens get enough.

[Children's Self-Esteem: 10 Things for Parents to Ponder](#) - You can really bolster your children's self-esteem. Here are 10 ways to cultivate a strong sense of self in children of all ages.

[Family Resilience Game](#) - Simple conversation starters to prompt chats about things you and your family are grateful and hopeful for.

Music Tuition

If your child is interested in taking music lessons from September, Hertfordshire Music Service offer tuition in a range of different instruments. For further information please go to; <http://www.hertsmusicservice.org.uk/music-lessons/>.

To guarantee lessons from September the deadline for booking is FRIDAY 25th JUNE. HMS offer financial support with the cost of lessons: please click [here](#) for more information. Ashlyns contribute to the cost of lessons for any students taking GCSE or A' Level Music. For more information, and any other queries regarding music tuition, please email musictuition@ashlyns.herts.sch.uk.

News From The ASA

ASA 100 Club

Congratulations to the winners of the May ASA 100 draw:

1st prize - C Pascucci

2nd prize - H Cook

3rd prize - R Bray

Thank you very much to all the new supporters who have signed up recently. As we still cannot run our usual events the ASA 100 draw is a valuable source of regular funds. The more members we have, the more we raise for Ashlyns. Sign up today! ASA100CLUB@gmail.com

Bags 2 School

Many thanks to everyone who has donated so far, we have exceeded our minimum target for the second time this year which is brilliant. There is still plenty of time to sort out and donate your unwanted items and drop them at 30 Oakwood, HP43NQ, with the last drop-off day being Thursday 1st July

Second-hand uniform sale - 28 June

Our second-hand uniform sale is scheduled for Monday 28 June from 4 to 7pm. We have a large number of good quality uniform and PE items for sale. All proceeds go to ASA funds to provide a variety of equipment and enrichment opportunities for the students.

Please note that the sale will be subject to COVID measures as below:

- Separate entry and exit - please park at the rear of the school and follow the signs
- Limited numbers in the hall at any time and socially-distanced queues
- Requirement for face coverings
- Payments by card only
- No carrier bags will be provided, so please bring your own
- Garments may not be tried on, but we will happily swap anything that turns out to be the wrong size

The Public Health team at Hertfordshire County Council has asked us to share the following information with you:

Firstly, we want to thank you for all you are doing to play your part and help protect your school community – you're all doing an amazing job. As we head towards the end of the academic year, let's work together to reduce the number of cases in our nurseries, schools and colleges and make sure less children will need to learn remotely.

We're now at a crucial time in our fight against coronavirus. In line with yesterday's Government announcement we're asking everyone to not drop your guard just yet – Covid-19 is still here.

There are simple things you can do right now to continue to protect yourself, your family and your school community:

- Remember hands, face, space, fresh air – each school may have different rules around face coverings, but everyone aged over 11 should be wearing a face covering when in indoor venues. If you can still meet outside do
- Testing – students in year 7 and above are being provided with a free, regular supply of rapid tests and they should continue to take these twice a week. Parents and carers of children in nursery, school or college should also take regular rapid tests along with the rest of the community, by doing this we can all help to reduce the spread of the virus. You can find your nearest collection site or order online at www.hertfordshire.gov.uk/rapidtest
- Vaccination – please get your vaccine once you are invited to
- Please do not send children back into education if they are sick or feel unwell – be cautious.
- If you or your child/ren receive a positive result from a rapid test you must begin self-isolating immediately, not attend school and book a confirmatory PCR test.

- If you or your child/ren have symptoms (new, continuous cough, change or loss of taste or smell or a temperature) you must self-isolate immediately and book a PCR test at:
<https://www.gov.uk/get-coronavirus-test>

If you need help to self-isolate contact HertsHelp for advice and practical help with things like getting food and medicine and accessing financial support. Call 0300 123 4044, email info@hertshelp.net or visit www.hertshelp.net

We know none of this is easy, but if we throw our arms around schools to protect them now, we can all look forward to the summer holidays we're hoping for. Thank you again for helping to keep yourselves and your community safe.

Hertfordshire County Council