



Next week - Week 2

Attendance reporting procedures Please report children's absence by 08:30 each morning using our [online google form](#) which can also be found on the school website. This form should also be used to report future absence e.g. dentist appointments.

Safeguarding

Please find an [article](#) that discusses the issues and risks that surround vaping with regards to young people.

Assembly Theme

This week's assemblies, led by Mr Beattie, have focused on equality and diversity, exploring protective characteristics and what that means for us. These assemblies also launched a new way to report issues students may experience around equality and diversity; a new 'tile' on RM Unify where students can report any experiences they may have. As always, if there is risk of harm this should be reported to a member of staff immediately rather than via the tile in order that immediate action can be taken.

Character Focus of the Week

This week's character focus has been perseverance. Perseverance can be defined as *the steady persistence in a course of action, especially in spite of difficulties*. Staff have framed their lessons with perseverance in mind and looked to recognise and reward students showing perseverance both in and outside of the classroom.

Student Charity Events

As part of the First Give programme in school, Year 9 students work to support a charity of their choice. Please click [here](#) for a video made by a group of students to raise awareness for their chosen charity, Cancer Research UK. Another group has chosen to support Herts Young Homeless; please click [here](#) for information on how to help them with their item collection. As part of his Duke of Edinburgh award, Jack B is raising money for the British Heart Foundation with a charity Quiz night, details can be found [here](#), please email clareswatman@gmail.com to book.

Raven House Charity Fundraiser

Last Friday night, a small group of intrepid Y7 Raven students arrived at school laden with sleeping bags, roll mats, blankets, pillows and their favourite onesie, to take part in a sponsored sleepout to raise money for DENS; a homeless charity based in Hemel Hempstead.

Cardboard beds were set up for the night, before they played games by the campfire, drank luke-warm hot chocolate, went on a night walk and told ghost stories. After a restless night on a very hard floor, the girls had a quick breakfast before being collected to face the new day. At the time of writing, a fantastic sum of £1140 had been raised.

A huge congratulations to Isabella A, Lily E, Martha D and Sofia K for taking part! If you would like to donate to DENS or find out more, then please follow this link: <https://gofund.me/6ae48223>

Key Dates

- 20-21 May: Y9 Bronze DofE Expedition
- 29 May: Half Term Holiday
- 4-6 June: Y9 X band Ypres Trip
- 11-13 June: Y9 Y Band Ypres Trip
- 14/15 July: Ashlyns Festival

Next Week Lunch Menu: Week 3

House Points

| Current house points | | | |
|----------------------|-----------------|-----------------|-----------------|
| Bourne | Coram | Handel | Raven |
| 42084 | 42184 | 43001 | 44250 |
| 4 th | 3 rd | 2 nd | 1 st |
| 19/05/2023 | | | |

Attendance

Forms with the highest attendance week ending 12 May:

7H2 99%
8H2 98%
9B1 95%
10C1 98%
11H2 99%

Vacancies

Teaching:

- [Head of Philosophy, Religion and Ethics](#)
- [Head of Business & Economics](#)
- [Teacher of Business & Economics](#)
- [Teacher of English \(part time 0.5\)](#)
- [Teacher of Economics \(part time\)](#)
- [Teacher of Religious Studies](#)

Support Staff:

- [Teaching Assistant](#)

GCSE and A level Examinations

Our GCSE and A level students have reached the end of their first week of examinations and will be looking forward to a weekend without exams, although of course they will still be revising! Both year groups have adjusted extremely well to the demands of the exam season, and we are proud of their hard work and excellent conduct throughout.

A reminder to Year 11 students that for morning exams they must be in chapel by 8.30 and for afternoon exams by 12.45, in full school uniform.

Summer Chill

Our Summer Chill concert will take place on Thursday 25 May at 7.30pm; tickets on the door. The concerts are always a highlight of our school calendar.

Y11 Reminder

Please remind Y11 students to empty their lockers and return keys if they have not already done so. The deadline for leavers hoodies is this Sunday 21st, the order cannot be added to after this date.

Roadworks Notification

There will be road works on Shootersway, Berkhamsted 8/6-22/7. Please allow more time when travelling to school. Click [here](#) for more information.

Sports Results

County League Athletics Thursday 18 May

Well done to all those who represented the school yesterday, results can be found in the table below. Well done to the following athletes who won their event: Sonny M, Scarlet W, Eimear M, Rose M, Mollie R.

| | |
|------------------------------|--|
| Y7 Cricket vs Beaumont | Lost |
| Y7&8 Girls Tennis vs JFK | Won |
| Y9 Boys District Plate Final | Lost |
| County League Athletics | U14G - 5th U14B - 2nd U16G - 5th U16B - 2nd |
| Y9 Cricket vs Leventhorpe | TBC |

Careers

Midwifery and Nursing

This week we welcomed a Senior Midwifery Lecturer from the University of Hertfordshire who came in to deliver a careers presentation to our students. The interesting talk gave students lots to consider when planning a career pathway in the healthcare sector and how a midwifery qualification can open up a range of career options.

Year 10 Careers Appointments

Year 10 one to one careers appointments are due to start very shortly. These take place during the school day and are compulsory for year 10 students to attend. The appointments take place with an independent careers advisor who will help students make realistic choices about their education, training and work by providing advice, information and guidance. Parents will receive an email with the date/time of the appointment in the week prior to the meeting taking place. These appointments take place across year 10 and into year 11 so please do not worry if your child's appointment hasn't taken place this academic year.

■ [KS5 Senior Administrator](#)

Services for Young People

Please click [here](#) for details of upcoming free projects and programmes for young people.

HMS Music Lessons

If you wish to register for music lessons please go to [HMS Music Lesson Registration](#)

If you are in receipt of Free School Meals you are eligible to apply for Remission of Fees. Application must be made before registering for any lessons. Please click [here](#) for more information and to make an application.

School offers a Music Lesson Subsidy for any students taking GCSE or A' Level Music. For more information please email Mrs Marval musictuition@ashlyns.herts.sch.uk.

ASA News

Ashlyns Festival 14th and 15th July

LIKE:

facebook.com/ashlynsfestival

FOLLOW:

instagram.com/ashlyns_festival/

VISIT:

www.ashlynsfestival.co.uk

Hertfordshire Opportunities Portal

HOP is the premier gateway in Hertfordshire to find out about: Career path options. Employment opportunities. Apprenticeships and work experience. Skills development and professional qualification programmes. Please use the link below to visit their website and explore all that is on offer.

<https://www.hopinto.co.uk/>

HOP INTO APPRENTICESHIPS & T LEVELS:

THE HERTFORDSHIRE VIRTUAL CAREERS FAIR FOR PARENTS & CARERS

Less than a month to go...

Taking place on **Wednesday 14th June from 17:30 - 19:00** online, this free of charge event is designed specifically for parents and carers who would like to explore the apprenticeship and T Level options available to their child.

This event will be interesting for all parents and carers, but will be particularly useful for those supporting children in year groups 10, 11, 12 and 13.

There are many benefits of coming along to this event, including:

Free of charge to attend.

- Connect with local training providers and colleges to hear about their apprenticeships and T Level programmes.
- Hear from employers about local vacancies available for talented young people seeking their next steps.
- Ask questions and gather information from the comfort of your own home.
- Discover more about the skills and training provision being offered within Hertfordshire.

EXHIBITORS TO INCLUDE:

Computacenter, Morgan Sindall, Roche, CareTech, the NHS, Sky, Warner Bros, Herts Police, Settle Housing, Sterling Accountants, Foxley Kingham Accountants and many more to be confirmed.

Also representatives from all four FE Colleges and independent training providers such as iSales, Sporting Futures and HIT Training.

Please take time to [familiarise yourself with the Remo platform that it will be hosted on here](#) as you will need to prepare 5 minutes before you enter the event to set your system up.

Tooled Up at Ashlyns - resources from Dr Kathy Weston



My Reflections on Anxiety and Worry



Stress Less: Understanding and Addressing Your Anxiety Triggers



Family Anxiety Manifesto

In the wake of **Mental Health Awareness Week**, we would like to yet again shine a spotlight on the importance of mental wellbeing for teens and parents alike. Discover all our [valuable resources](#) on the topic to support a positive mindset and foster resilience.

We've handpicked [fantastic books](#) on various aspects of mental health to help you find exactly what you need. We've also compiled a comprehensive [list](#) of mental health and wellbeing services, helplines, and charities that you might find relevant.

This year's theme of the Mental Health Awareness Week is **anxiety** and we have a [wealth of resources](#) to address the topic. Our [quick guide](#) is derived from current research, provides practical advice on helping children navigate anxiety and enables you to find just the resources you might be looking for.

Inspiring teens to reflect on their anxieties is key. Prompt them to explore emotions tied to worries and brainstorm effective remedies. From music that soothes their soul to uplifting conversations with friends, or even calming breathing exercises, nudge them to consider tools that help them to feel better. This [activity](#) encourages teens to delve into their worries, uncover sources of excitement, and set goals for the coming weeks.

As parents, it's vital to manage our worries and stress levels, especially during this critical period in our children's lives. Remember, parental mental health strongly influences children's wellbeing. Explore our list of potential worry points and evaluate how they affect your stress levels. This reflective [exercise](#) will help you identify areas where self-care is crucial.

Our [Family Anxiety Manifesto](#) offers inspiration for cultivating resilience and adopting a constructive, positive approach to anxiety. Use it as a springboard for family discussions and creating your very own manifesto.

Remember, prioritising mental wellbeing benefits us all. Stay tuned for more valuable resources and expert insights. **Take care and be kind to yourself!**