



Next week, after half term- Week 2/B

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 a [link](#) to support parents with digital safeguarding. We would like to wish all our students and parents/carers a safe October half term. Should you have any safeguarding concerns please contact Children's Services on 0300 123 4043.

Year 7 Great British Book Bake Off

On Monday 13 November the LRC is hosting our annual Year 7 Great British Book Bake Off where students can bring in a book themed cake they have made at home to be in with a chance of winning some amazing prizes. Half-term is a great time for students to get creative and start planning their cakes before the big day. This is one of our most popular events of the year and we are looking forward to receiving lots of entries and turning the LRC into the Bake Off tent for the day!

National Schools Equestrian Association

We have been contacted by a parent about starting up an Equestrian team and competing on behalf of the school at competitions. All riders must have access to a horse; unfortunately they cannot be provided. Each rider pays for a year's membership to the NSEA (£20 per rider) & entry fees for the competition/classes they would like to enter. If interested please come and see Mr Preston or send him an email: jpreston@ashlyns.herts.sch.uk. Further information can be found on the NSEA website <https://www.nsea.org.uk/>

Year 11 Raising Achievement

Our session 6 continues to be very well attended which is testament to the very positive start that many of our year 11 students have made. Our session 6 & i-card leaderboards can be seen below - well done to them all.

i-Card leaderboard (Autumn Term)

1. Kai W
2. Zara H
3. Lewis D
4. Iris B
5. Eden T
6. Emily J

Session 6 Leaderboard (Autumn Term)

1. Nicole B - 19 Sessions
2. Bobby M-C - 18 Sessions
3. Lauren L - 17 Sessions
4. Soraya A/Joseph R/Emily J/Zainab K - 16 Sessions
5. Isla L-M/Evie C - 16 Sessions

Key Dates

- 2 Nov: Y11 Parent-Teacher Consultation Evening
- 9 Nov: Y12 Parent-Teacher Consultation Evening
- 15 Nov: Autumn Chill Concert
- 19 Nov: Craft Fair
- 20 Nov: Y11 Trial Exams
- 24 Nov: Occasional Day, School closed
- 27 Nov: Inset Day, School closed to students

Communications

- [Non-Uniform Days](#)
- [Y7, 8 & 9 Food Technology Contributions](#)
- [A Level 'The Kite Runner' Theatre Trip](#)

Next Week New Winter Lunch Menu: Week 1

Please click [here](#) for the new Winter Menu. The firm favourites of Roast Wednesdays and 'Frydays' are still there with a selection of seasonal, crowd pleasing additions wrapped around. Grab 'n' Go items, fresh sandwiches, baguettes and salads continue to be available each day.

Berkhamsted Rotary Club Fireworks

Berkhamsted fireworks, saturday 4th November at Berkhamsted Cricket Club. Tickets are available to buy from School Reception. Please click [here](#) for more details.

In the build up to the trial exams after half term for two weeks students will be issued with a double i-card (pink in colour); this gives students this window of time to attend as many session 6 sessions and get as many i-card signatures from staff as possible as they are worth DOUBLE POINTS! Our first big prize draw will happen at the end of term.

Students have also been issued with a revision e-booklet on their google classroom intake page which contains some top tips for revision, a blank revision template and a topic list from each subject for the year 11 trial exams which commence 20th November.

Character Programme

This week we have continued our work on independence with a particular focus on self regulation which can be defined as 'the ability to understand and manage your behaviour and your reactions to feelings and things happening around you.' This was explored in assemblies this week and students looked at scenario based dilemma's in tutor time and asked to reflect on how they would manage these situations and exert self regulation.

Parents' Information Evening: Talk by Dr Kathy Weston

Wednesday 8 November - 6.40-7.50pm in the Hall

We are delighted to invite you to an in person talk by Dr Kathy Weston to help your child be happy and successful in the coming years – 10 Things Parents can Do to Reduce Teen Anxiety, Boost Resilience and Get Teens to 'Open Up'

This event will be ticketed on a first come basis. If you would like to attend please complete the [Google form](#) to secure your place. (Please note this event is for parents and carers only. Students should not attend)

If you have never attended a talk by Dr Weston, take a look at what other parents have said about her work here: <https://tinyurl.com/rhsck42>

Careers

West Herts College has organised two Open Days for students to tour their facilities and find out more about the courses on offer.

Hemel Hempstead Open Day, Saturday 4 November 9.30am - 12.30pm

Watford Open Day, Saturday 11 November 9.30am - 1.30pm

Oaklands College have also organised Open Days

St Albans Open Day, 4th November 10-3

Welwyn Garden City Open Day, 11th November 10-3

Student Workshops

This week some of our Year 9 boys took part in workshops run by an external company as part of our equalities programme, discussing and exploring ideas around masculinity and links to self image and mental health. The feedback from the participants has been excellent and we will be using some of this to inform our equalities work going forward.

Student Achievements

Congratulations to Amber R, Daisy R, and Naomi H in Year 8 on their inclusion in the Herts County Cricket Development Squad: an amazing achievement!

Congratulations to Ella K in Year 9 who has been selected for the Saracens Mavericks Futures programme in netball.

Safety Advice

Please click [here](#) for the Dacorum & St. Albans' District Fire & Rescue Service school safety advice newsletter.

ASA News

ASA 100 Club

This is a great way to raise money for Ashlyns with a chance to win a prize. Anyone can buy one or more numbers in our monthly draw. Each number is £2 per month or £24 a year, half of this money is used for 3 cash prizes and half to the ASA. You have to be in to win, so sign up today to be in the next draw. Email ASA100CLUB@gmail.com for more info.

Congratulations to the winners of the September draw:

1st prize - J Rollit

2nd prize - G Okin

3rd prize - J Griffiths

HALLOWEEN PARTY - years 7 & 8 - Monday 30 October 7.00 - 8.30

Entrance is £5 including a drink and snack. Fancy dress prizes & a spooky sweet stall. Tickets are selling fast and will close on ParentPay on 25 October. Please email asa@ashlyns.herts.sch.uk to volunteer help on the night or if you can't use ParentPay.

CRAFT FAIR

The ASA are busy organising the annual Craft Fair on Sunday 19th November. This event requires a large number of volunteers to ensure its usual success, so could you please look at the sign up link below and see if you are able to help by signing up for any of the slots. As always, we cannot run these events without your

Sports Results

Y11 Boys Football vs Tring	Lost 5-1
Y9A Boys Football vs KLS	Won 4-2
Y7B & Y8B Netball vs Adeyfield	7B - Won 14-3 8B - Won 11-8
Y7 Boys Football vs KLS	Won 9-1
Y7 Boys Rugby Tournament	Won 4, drew 1, lost 1.
Y8A Netball vs Laureate	Won 28-5
Y7B Netball vs Longdean	Won 12-1
U14 District Badminton	Girls - 1st Boys - 3rd
U12 Girls Football vs Knights Templar	Lost 3-1
U16 District Badminton	Boys - 5th
Y9A&B Netball vs Longdean	A - Won 40-8 B - Won 25-1

help so please try and sign up if you can. The Craft Fair flyer is also [attached](#) for you to spread amongst your family and friends.

School Travel

When we return to school after half term the clocks will have moved back an hour and **'Be Bright Be Seen'** becomes an important message for the whole school community.

During Autumn and Winter visibility is especially important as the school day can start and end in twilight.

The general principles of being visible to motorists are:

- During the day, bright and fluorescent clothing is best
- At twilight and night time, reflective clothing or tape that is picked up in car's headlights is best
- It is against the law to cycle at night without a white front light, a red back light and a red reflector at the back
- Always choose routes and cross at places that are well-lit
- Where possible, cross the road at a pedestrian crossing

Drivers should be especially careful around schools and mindful of their speed when visibility is poor.

Tooled Up at Ashlyns - resources from Dr Kathy Weston



Making Sense of the World



My Coping Menu



School Holiday Planner

As parents, we have to be ready for anything as we watch our children grow and develop. Pandemics can occur, war can break-out and unexpected challenges can sadly occur in family life. In such situations, we need to 'dig deep' and seek ways to support children and young people optimally. How do we do that?

[Making Sense of the World Webinar](#)

Watch this conversation, featuring child psychiatrist, Dr Dennis Ougrin and neuroscientist, Anna Tarasenko as they share 'tried and tested' strategies on how to talk to children about traumatic events. If you don't have time to watch, please read our essential [tips list](#).

[My Coping Menu](#)

When we feel strong emotions, such as sadness, anger, fear or anxiety, it's useful to have a [toolkit](#) of ideas that we know can help elevate our mood and help us cope better. Use our 'coping menu' as a springboard for family conversation and share what works for you. Encourage your children to reflect on activities and ideas that they can use to cope better in all aspects of their lives.

[Making Sense of the Menopause: a Live Q&A](#)

It is *World Menopause Day* today so tune into this informative [webinar](#) with Dr Barton, The Menopause Medic, who talks us through how the menopause affects women and the wider family! She answers questions, separates fact from fiction and talks listeners through available treatment options.

[School Holiday Planner](#)

If anyone has a school break coming up or simply needs help thinking about how to spend time with one's children, enjoy our [template](#) that can help you navigate best use of time!