



Next week- Week 1/A

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 *Parents Protect*. This is a child sexual abuse awareness and prevention website that contains useful resources and guidance for parents to be aware with regards to this issue.

Character Education

This week we've delved into the theme of "Service," aligning it closely with our school value of inclusivity. In lessons & tutor time sessions, students have engaged in discussions and explorations centred around service, reflecting on its significance in fostering a welcoming and supportive environment for all.

Assembly Theme

This week Mr Beattie led assemblies on keeping safe online, discussing how to keep yourself safe from accessing damaging content on social media.

6th Form UCAS and Degree Apprenticeship next steps

Thank you to everyone who attended the information evening on Tuesday. The slides from this presentation will be sent out. Please click [here](#) for some further information of upcoming events that may be of interest.

Careers

National Careers Week 4th March- 8th March

Next week, from March 4th to March 8th, we will be celebrating National Careers Week. This is an exciting opportunity for students to explore various career paths, learn about different professions, and gain valuable insights into the world of work. Here is what we have planned.

Extended Learning Day - 5 March:

- Our Year 9 students will be participating in work shadowing placements, providing them with hands-on experience in different workplaces.
- Year 12 students will engage in a careers-themed day, where they will have the chance to explore their interests and potential career paths.

Assemblies and Tutor Activities:

Throughout the week, assemblies and tutor activities will focus on discussing different careers and the opportunities available to our students. This will be a great opportunity for students to ask questions, gain valuable information, and start thinking about their future career paths.

Guest Speaker - 8 March:

We are delighted to announce that we will have a special guest speaker, Junior Ogunyemi, a best-selling author, joining us on Friday, March 8th. Junior will be giving a presentation to our Year 9 and Year 10 students, sharing his insights

Key Dates

- 5 March: Extended Learning Day
- 14 March: Y7 Parent-Teacher Consultation Evening
- 21 March: Spring Chill Concert
- 28 March: Last Day of Term
- 15 April: First Day of New Term

Next Week [Winter Lunch Menu: Week 3](#)

House Points

Current house points			
Bourne	Coram	Handel	Raven
20102	19218	19419	20147
2 nd	4 th	3 rd	1 st
01/03/2024			

Communications

- [Y10 Extended Learning Day Activities](#)
- [GCSE Y9 Options Booklet](#)

Vacancies

- [Teacher of Technology](#)
- [Head of Philosophy, Religion & Ethics](#)
- [Teacher of A Level Sociology](#)
- [Teacher of A Level Psychology](#)
- [Teacher of English](#)
- [Teacher of English & A Level Sociology](#)

School Travel

The consultation regarding the reduction of the speed limits in the school's immediate and surrounding areas remains open until Monday 4 March. Please

and experiences to inspire our students as they navigate their own career journeys.

We encourage parents to join in the career exploration using the Unifrog platform with their children. The Careers Library tab on Unifrog offers a wealth of resources and a wide variety of career options for students and parents to explore together.

Berkhamsted Raiders CRY Screening Day – Saturday 2nd March 2024

Berkhamsted Raiders are running their Heart Screening Day in partnership with the charity Cardiac Risk in the Young (<https://www.c-r-y.org.uk/>). on Saturday 2nd March at Ashlyns School and would like to offer Ashlyns children a chance to book on to this event. This offers a non-invasive, simple and safe ECG test, for children aged **14+**, that is intended to check for any previously undiagnosed heart conditions. The event costs Raiders £6,000 to host and organise, which covers the costs of the medical team from CRY who run the day. They have a maximum of 100 places and ask for a £60 voluntary donation per person to help us cover their costs as much as possible.

If you would like to register your child for the CRY Screening Day then please fill in this quick form - <https://bit.ly/raiderscry2024> - and they forward you details of how to book your slot at the event and how to make a donation, if you can.

Dacorum Schools Swimming Association

The Herts County Championship is at Woodside Leisure Centre on Friday 22 March 19.00-22.00. If you feel your child meets the necessary standard to represent the District please email Mr Preston; jpreston@ashlyns.herts.sch.uk with their Name, Year Group, DOB, Swim Club and he will pass on the relevant information.

Sports Results

Y8B Netball vs Hemel	Lost
Senior Netball Plate Final	Winners
Y8 Boys Football District Cup Final	Lost 3-1
Y11 Boys Football vs Goffs	Lost 5-2
U16 Girls Football vs Sir John Lawes	Won 3-2
Y10 Basketball vs Longdean	Lost
Y7 Boys Rugby vs Tring	Lost
Y8B Boys Football vs Astley Cooper	TBC
Y8A&B Netball vs Longdean	8A - Won 8B - Lost
U13 Girls County Cup Football vs Parmiters	TBC
U13A Girls Football vs Adeyfield	TBC

follow this link to the [consultation](#) to indicate your support for the proposals and add any comments.

HMS Music Lessons

If you wish to stop Music Lessons for the Autumn Term (September) please email SchoolsDirectInvoicing@hertfordshire.gov.uk by Monday 13th May.

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. New applications can be made from today, 1st March 2024.

ASA News

Bag2School

Last few days for your clothing donations ([please see flyer](#)). Please drop any donations at 30 Oakwood, Berkhamsted, HP4 3NQ by **Wednesday 6th March**.

Comedy and Curry Night - 15th March

The comedy and curry night has exceeded our expectations and sold out really quickly but don't worry if you have not been able to secure a ticket as the ASA are busy organising another event with a different line up for the 12th July 2024 - Save the date and watch out for ticket information coming soon

Volunteers needed to help on Saturday 16th March for an hour or two to help set down after the Comedy Night. Please [sign up](#) if you can spare some time.

Extended Learning Day - Tuesday 5th March

Our second Extended Learning Day (ELD) will take place all day on Tuesday 5th March. Students will be 'off timetable' and have a day that will help them to extend their learning in a particular topic/area. The list below gives an overview of what will be covered:

Year 7 - Visit to the Science Museum

Year 8 - Learning about the history of the school (Humanities)

Year 9 - Work Shadowing

Year 10 - PSHE

Year 11 - Exams

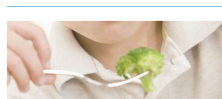
Year 12 - Careers and Apprenticeships

Year 13 - Study Day

Tooled Up at Ashlyns - resources from Dr Kathy Weston



Eating Disorders Webinar



How to Help Fussy Eaters



Supporting Siblings With an Eating Disorder

It is National Eating Disorder Week here in the UK. This is a great opportunity to consider anything we can do to prevent children developing disordered eating thoughts and behaviours. Today's children are growing up in a world where perfectionism is highly rated and curated (particularly on social media) and body dissatisfaction is one of the biggest predictors of eating disorders.

Early intervention tips include: family emphasis on body appreciation or [gratitude](#) (a focus on what our bodies can do for us, rather than on what they look like), modelling kindness towards ourselves when we look in the mirror, and focusing on emotional literacy within family life.

Parents need to be aware of the impact of appearance-based social media. Dr Kathy Weston reflected on this in a previous [Wednesday Wisdom](#) which contains vital insights for all parents. Tooled Up also hosts webinars from some of the world's leading researchers and clinicians on [social media](#) and mental health and [eating disorders](#).

No matter the age of your children, it is important to know some of the protective factors that can reduce the risk of an eating disorder ever developing, and to know that there is support available for you should eating issues arise. Remember early intervention is key and you are not alone.

If you have a young, fussy eater at home and are worrying about that, read some Tooled Up tips authored by a paediatric [nutritionist](#). If you have a child whose sibling is struggling with an ED, we have [advice](#) on how they can support their beloved sister or brother. If you have a tween or teen using appearance-based social media, please read through this [resource](#) and consider using it to open up dialogues about digital diets and potential unwanted impact on how we feel about ourselves.

If you are a parent who needs hope and inspiration that young people can recover from eating disorders, listen to our podcast with [Eva Musby](#) and read through the accompanying notes.

If you need extra support, advice or even an additional resource, webinar or talk on this topic within Tooled Up, do not hesitate to reach [out](#) with your request. We are here for you!