



## 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 [document](#) that provides details on how to keep your child safe from cyber flashing through understanding the restrictions for image sharing on apps such as Apple Air Drop.

## English Theatre Trip

The English Department took 45 6th from students on Friday night to see the play version of 'The Kite Runner' at Aylesbury theatre. It was a brilliant production and reinforced the themes and ideas of Hosseini's work. It also allowed students to see how a director might take a novel and still show one man's journey to confront his past and find redemption. The Year 12 and 13 students thoroughly enjoyed the performances.

## Lost Property

Further to the email sent out earlier this week we would like to invite parents/carers to look through lost property on 25th March in the main hall 3.30-4.30. Any items that are not collected will be donated to The ASA to reuse.

## Parent Governor Vacancy

We have a vacancy for a Parent Governor on the school's governing body. If you would like to stand for election please complete the nomination form [here](#) by 25 March (9am). You will need to ask another parent of a student at the school to second your nomination.

## Character

This week our year 7 and 8 students have been working through the topic 'Being determined' as part of the My Character programme. Led by our year 10 prefect team, these sessions have focused on the importance being determined can play in achieving ambitious goals and overcoming obstacles. Year 9 have focused on exploring the character strength of enthusiasm through the lives of Makarita Papakura and Mr Beast. Year 10 students have continued to explore the theme of healthy lifestyles linked to character. This week they have spent time looking at the importance of sleep and the impact that a good sleep pattern can have on your character. Year 11 continue to apply the performance related character strengths such as problem solving and critical thinking into their dedicated study sessions.

## Raising Achievement Programme

This week saw the introduction of the triple i-Card. Students have been set the challenge to reach 15 i-cards as part of their ticket to prom. This will provide the students with the opportunity to gain additional signatures and boost their totals in the lead up to the Easter break. Signatures in i-Cards are not only given for

## Key Dates

- 21 March: Spring Chill Concert
- 28 March: Last Day of Term
- 15 April: First Day of New Term

## Next Week [Winter Lunch Menu: Week 2](#)

## House Points

Current house points			
Bourne	Coram	Handel	Raven
24166	23095	23475	24252
2 <sup>nd</sup>	4 <sup>th</sup>	3 <sup>rd</sup>	1 <sup>st</sup>
15/03/2024			

## Communications

- [Letter from Herts Association of Secondary Heads](#)
- [Parent Governor Vacancy](#)
- [Year 9 Activity Days](#)
- [DofE Bronze Practice Expedition](#)

## Vacancies

- [Teacher of A Level Sociology](#)
- [Teacher of English](#)
- [Teacher of English & A Level Sociology](#)

## HMS Music Lessons

If you wish to stop Music Lessons for the Autumn Term (September) please email [SchoolsDirectInvoicing@hertfordshire.gov.uk](mailto: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

attendance to revision sessions but also for meeting NEA deadlines, meeting target grades in practice papers and sustained effort/attainment in lessons.

#### **i-Card Leaderboard:**

1. Joe P - 31
2. Emily J - 29
3. Tiana M - 28
4. Faith B/Iris B/Evie C - 27
5. Kai W - 26

#### **Revision Session Leaderboard:**

1. Isla L-M - 93 Sessions
2. Nicole B - 83 Sessions
3. Joseph R - 72 Sessions
4. Megan S - 68 Sessions
5. Alfie H - 65 Sessions

### **Sports Results**

Y7 Netball District Plate Final	Lost 16-12 - District Plate Runners Up
Y9B Boys Football vs Adeyfield	Lost 4-2
U16 Girls Football vs St Clement Danes - County Cup Semi Final	Lost
Y11 Basketball vs Longdean	Won 34-29
U18 Boys Football vs Hemel	Lost 2-0
Y8A & Y8B Boys Football vs Immanuel	Y8A - Won 6-1 Y8B - Won 11-1
U13B Girls Football vs Kingsdale Foundation	Lost
U12 & U16 Girls County Futsal Finals	U12 - TBC U16 - TBC
Y8B Boys Football vs KLS	TBC

### **County Cup**

Congratulations to our Year 7 B Boys Football team on reaching the County Cup Final this is a fantastic achievement. There is an opportunity for interested parties to sponsor the final - please see link to information [here](#).

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**

#### **Bags2School**

A huge thank you to everyone who donated unwanted items for the Bag2School initiative where we raised £166.

#### **Comic Relief**

We have donated £100 to Comic Relief from the proceeds of our recent Quiz Night.

#### **Comedy and Curry Night**

Thank you too to our volunteers who will be working hard tonight to make the comedy and curry night a success.

#### **Save the dates – 12 and 13 July**

Our summer events will take place on 12 and 13 July, so please put the dates in your diaries now:

12 July – Comedy and curry night

13 July – Live 80s music night.

## Tooled Up at Ashlyns - resources from Dr Kathy Weston



Smart Reviser



Teen Sleep Tips



Exams: Managing Parental Anxiety

Tooled Up is here to support children in coping with a wide range of challenges and situations. When pressures and pinch points in the year seem to pile up, what are the strategies that help us to keep perspective, stay resilient and get through?

In this week's [Wednesday Wisdom](#), Dr Kathy Weston considers the vital role that sleep plays in our physical and emotional wellbeing and our ability to cope. For more information, this expert [webinar](#) offers Q&As on the practicalities of children's sleep, and we have a range of [tips](#) for helping teens get into good sleeping habits.

Different children might find that different coping strategies work for them. Our popular [Coping Menu](#) offers children a range of ideas for managing strong emotions. We have an [activity](#) for grown-ups on managing our own "wobbles", and our [Quick Guide to Anxiety](#) contains practical advice on how to recognise anxiety in yourself or your children, and links to Tooled Up's wealth of anxiety-related resources.

If you have school-age children you'll know that exam season is just a couple of months away! Not surprisingly, exams can be a source of anxiety and put real demands on our coping strategies. For UK students, GCSE and A-Level exams begin in May. The [Smart Reviser](#) resource contains plenty of tips and techniques for making information stick. Parents of younger children can watch this short [video](#) on supporting exam performance, or our [30 Tips](#) for parents on supporting exam preparation. For students preparing for school entrance exams, our [Quick Guide](#) contains a wealth of advice, information and links.

If you don't already have one, make a calendar of all exam dates and stick it up in a visible place at home. Our [2024 Exam Planner](#) is a perfect template. If you feel anxious, try Dr Kathy Weston's short [video](#) on managing parental anxiety around exams.

And remember, you can always hit the [support button](#) on our website when you need help with coping.