



## Next week- 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 click [here](#) for the Summer 24 Online Safety Newsletter .

## Summer Music Concert

Our Summer Music Concert showcasing our fantastic students' musical talents will be held on Saturday 29 June 6.30pm. Tickets are £13 and available on ParentPay now, tickets are limited so please book quickly to avoid disappointment.

## Summer Reading Challenge Volunteering Opportunity

Hertfordshire Library Service is offering young people aged 14-24 a volunteering opportunity to provide support for children taking part in the Summer Reading Challenge. Last year, almost 20,000 children took part in the Summer Reading Challenge in Hertfordshire libraries, supported by hundreds of volunteers who talked with them about the books they had been reading and handed out rewards for each stage of the challenge.

Student volunteers need to be able to volunteer 12 hours during the summer and in return will gain valuable experience in working with children and families and develop skills and experience in the world of work. The online registration form can be found [here](#).

## GCSE Examinations

Our Year 11s continue to display excellent conduct and focus through their GCSE examinations. A reminder to parents that students should be in chapel for 8.30 for morning examinations and 12.45 for afternoon examinations, in full uniform.

## Learning Ambassadors

Well done to our new Y7 Learning Ambassadors, we had a record number of applicants and have recruited 65 students to the programme.

## Character

Resilience is not just a virtue; it's a cornerstone of our ethos at Ashlyns. In a world where challenges are inevitable, teaching our students to navigate adversity with resilience is paramount. Through class based activities and extracurricular opportunities, we're actively fostering a culture of resilience at Ashlyns and this has been a particular focus this week.

## Second Hand Uniform

If you have any old blazers or ties at home we would be very appreciative if you could drop them to reception. If your child has borrowed any items please could you check they have returned them, thank you.

## Key Dates

- 18 May: DofE Bronze Expedition
- 23 May: Summer Chill Concert
- 27 May: Half Term

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

## House Points

Current house points			
Bourne	Coram	Handel	Raven
33439	33267	33438	33002
1 <sup>st</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>	4 <sup>th</sup>
17/05/2024			

## Vacancies

- [Cover Supervisor](#)
- [Teacher of Drama](#)
- [Science Technician](#)

## EHCP Online Events

Please click [here](#) for information about some upcoming online meetings for parents/carers with children who have or are considering an EHCP.

## Cedric Sharpley Drumming Bursary

The deadline for this great opportunity is Friday 24th May. Any queries regarding this and any letters of application to be sent to [musictuition@ashlyns.herts.sch.uk](mailto:musictuition@ashlyns.herts.sch.uk).

## ASA News

### Ashlyns Festival Saturday Night Fever - Tickets Now On Sale!

Celebrate the start of summer at our summer party, with a live band and DJ spinning your favourite tracks

## School Travel

Now that the lighter mornings and evenings (and hopefully warmer weather!) have arrived, we would like to encourage students to continue to make sustainable travel choices for their journey to school, where possible. Next week is Walk to School Week (20 - 24 May) and we hope many students choose to make their journey by foot.

## Sports Results

U13 Girls County Cricket Tournament	4th
U15 Girls Tennis vs St Edmunds	Won
U15 Girls Cricket vs Haileybury	Lost
U13 & U15 Tennis vs Roundwood	TBC
Y8 Cricket vs Knights Templar	Lost
County League Athletics	U14B - 4th U14G - 3rd U16B - 4th U16G - 3rd
Y10 Cricket vs St Edmunds	Lost

from the 70s and 80s. Photobooth and snacks. £12. Saturday 13th July

## Comedy & Curry Night - Friday 12th July

Tickets are selling fast for one of the best line-ups we've had so far, so grab them while you can.

Tickets for both events here: <https://www.jumblebee.co.uk/ticket/fpgCVp2jqr>

## Herts Athletics County Championship

The annual Hertfordshire Athletics County Championship is being held at Jarman Park on Saturday 8 June. If you feel your child meets the necessary standard to compete for a place in the County squad in their event please contact Mr Preston [jpreston@ashlyns.herts.sch.uk](mailto:jpreston@ashlyns.herts.sch.uk).

Further details can be found here [HSAA](#) and entry standards [here](#)

The deadline for entries to Mr Preston is Wednesday 22 May.

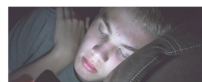
## Tooled Up at Ashlyns - resources from Dr Kathy Weston



Philosophy For Children Webinar



What Mental Health Is and What It Isn't



Sleep and Adolescent Mental Health

This week is **Mental Health Week** so our focus this week is on mental health awareness. But when it comes to mental health, what is that parents need to be aware of?

Let's start with some facts. Adolescence (spanning 9-24 years) is a time of vulnerability to mental health conditions. The World Health Organisation estimates that half of all psychiatric conditions emerge before the age of 14, 75% by the age of 24. Most of these go undetected and untreated.

What can we do? As leading clinical psychologist and author, Dr Lucy Foulkes [argues](#), we can become more literate regarding what mental illness really is and isn't. For example, it's normal to feel nervous before a test or exam, but full-blown panic attacks require clinical attention. It is normal to be anxious about upcoming events but that anxiety should not be stopping us from participating or doing what we normally love and enjoy.

We need to help our children understand that life is full of ups and downs but that there are things we can do to proactively manage daily stressors and strains. This starts with modelling coping within family life. Our [Coping Menu](#) provides a great springboard for family discussion about which activities belong in our personal toolkits. Aligned with this approach is ensuring that we are giving our children an expressive vocabulary that allows them to give words to feelings. Listen to our [podcast](#) with Professor Marc Brackett on this theme. Our booklist on emotional literacy for younger children can help kickstart chats, and for those parenting teens, tuning into our webinars on topics such as [anger](#) or [performance anxiety](#) with clinical psychologist, Dr Anna Colton, will enrich your knowledge.

For all families, exploring the quality of sleep we all get is a great investment in good mental health. Watch back our recent [Q&A](#) with sleep consultants, a [presentation](#) on adolescent sleep by Dr Faith Orchard or put your own family sleep routines under the microscope using our audit [tool](#)!

We want to keep young minds active. We've been working with philosophy charity SAPERE, and we're delighted to invite Tooled Up parents to our upcoming webinar **Experience Philosophy For Children: Monday 20th May, 19:00 BST**. This fascinating and interactive session will introduce what it means to philosophise, with activities and ideas for enquiries you can do at home! Register [here](#).

Lastly, no matter the age of your child, don't forget the importance of play, time outdoors, exercise, fun and simply investing in that connection with your children. All of these activities listed are good for you and good for them!