

# e - Bulletin

Number 35

Week ending 14 June 2024

#### Next week- Week 1/A

**Attendance reporting procedures** Please report children's absence by 08:30 each morning using our <u>online google form</u> 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 useful <u>link</u> which addresses supporting children who suffer from anxiety. This is based upon a parents and a young person's perspective.

# **School Day Timings**

The timetable will revert back to pre-exam timings a day earlier than planned, returning to normal on Thursday 20 June.

#### Character

This week, our character theme has been empathy. We've encouraged students to understand and share the feelings of others, a skill that's especially important in fostering a supportive and inclusive community.

To bring this theme to life, we set an empathy challenge on Google Classroom. We're thrilled to report that the responses have been fantastic! Many students linked their reflections to D-Day remembrance, showing a deep understanding of the sacrifices made by soldiers and their families. Others shared heartfelt stories and actions inspired by the idea of putting themselves in someone else's shoes. Thank you to everyone who participated and demonstrated such thoughtful and compassionate perspectives.

# **Thank A Teacher**

It is National Thank a Teacher day 19 June, if you would like to send a personal thank you card to a member of staff please click <a href="here">here</a>.

# Ashlyns Festival- Friday 12th & Saturday 13th July

The ASA invite you to be part of our Ashlyns Festival weekend.

This year, we're excited to host a brilliant new social event. Our <u>Saturday Night Fever</u> is a 70s/80s inspired disco extravaganza, and also a fantastic opportunity to bring together our school community to celebrate the start of the summer holidays, whilst raising vital funds for our school to help enrich the educational experiences of our students.

Our event partner, Culinera, are cooking up a delicious curry-feast for Friday's Comedy & Curry Night, and also delivering a smorgasbord of snacks for our 70s/80s disco on Saturday - included in Saturday's ticket.

There'll be a fantastic live band and DJ playing your favourite tracks, as well as a photobooth, so feel free to 'dress up like a disco diva' and 'flounce those flares'! Tickets and info via our <u>website</u>. You can also see updates and latest news via our social media platforms.

Open to all, so bring your friends and support this new event, and the ASA.

# **Key Dates**

- 29 June: Summer Concert
- 9 July: Sports Day
- 10 July: Reserve Sports Dav
- 17 July: Activity Day
- 18 July: Activity Day
- 19 July: End of Term,12.30 finish

# Next Week Spring Lunch Menu: Week 3

# **House Points**



## **Vacancies**

Science Technician

#### **Young Carers**

Please click <u>here</u> for more information about support for young carers in Hertfordshire.

# **ASA News**

# Year 11 Uniform and Equipment Donations

We urgently need donations of good quality uniform and PE kit and would ask in particular if parents and carers of year 11 students could bring to school uniform and kit which is no longer used. These items are sold by the ASA at very low prices for families who need them and for many who buy New2You clothing for sustainable and environmental reasons.

Working with the school, we are expanding the list of items we collect for resale to

#### **Careers**

#### **College Open Day**

West Herts College is holding two Open Days for their Hemel and Watford campuses. Hemel Open Day Saturday 15 June 9.30-12.30 and Watford Saturday 22 June 9.30-1. Please click <a href="here">here</a> for more information.

#### **Apprenticeships**

Furniture makers Ercol, who are based in Princes Risborough, are currently recruiting for the following Apprenticeship positions:

# **Maintenance Engineer Apprenticeship (Level 3)**

Duration: 3 years

Responsibilities: You will learn to maintain and repair machinery, troubleshoot technical issues, and ensure smooth operations in our manufacturing facility. Qualifications: A passion for engineering, strong problem-solving skills, and a willingness to learn.

### Multi-Channel Marketer Apprenticeship (Level 3)

Duration: 2 years

Responsibilities: You will gain hands-on experience in digital marketing, social media management, and e-commerce strategies.

Qualifications: Creativity, excellent communication skills, and an interest in marketing.

To apply students should email their CV and a covering letter to always is most appreciated Apprenticeships@ercol.com.

Ashlyns Ski Team 2024

We currently have a couple of spaces left in the first ever Ashlyns Competitive Ski Teams. If you have a child who fancies racing against competitors on the slopes then please contact Mr Preston; jpreston@ashlyns.herts.sch.uk to find out more.

# **Sports Results**

U15 Boys Tennis vs Tring	Lost
U13 Boys Tennis vs Alwickbury	Won
Y7 Cricket vs Tring	Lost
County League Athletics	U14 Boys - 5th U14 Girls - 2nd U16 Boys - 5th U16 Girls - 3rd
Y9 Cricket vs Tring	TBC

# **Hertfordshire Schools County Athletics Championship.**

Congratulations to all those who took part last Saturday. Some excellent individual performances including notable success from:

David A U17 Boys Shot- Winner Eimear M U15 Girls 1500- Winner Indie F U20 Girls 1500m - Winner Joey S U13 Boys 200m- 5th Maisy H U13 Girls Discus- Winner Mollie R U15 Girls 100m- 4th Sonny M U15 Boys Discus- 2nd Leon D U20 Boys 1500m- 2nd include scientific calculators, unused or barely used revision guides, school bags and English texts. As your child approaches the end of their exams, it is the perfect opportunity to have a sort out and pass on items which will benefit others in the school community. Thank you.

#### **Summer Concert**

The ASA will be providing a licenced bar at the School Summer Concert on 29 June. Volunteers are required to help set up, serve at and set down the bar so if you could please spare an hour or two please sign up on the attached link. Your help as always is most appreciated

# Tooled Up at Ashlyns - resources from Dr Kathy Weston







Optimising Nutrition for Young

Wednesday Wisdom: T

Sport is in the air at the moment! Cricket fans might be glued to the T20 World Cup, Euro 2024 kicks off soon in Germany, and the Paris Olympics are just a few weeks away.

Sport is important in our children's lives, too, which is why at Tooled Up, sport is central to our thinking about physical health and emotional wellbeing. So we want to make sure that as many of our children are staying physically active as possible, and that they're preparing to succeed by learning about caring for their bodies.

A great place to start is this <u>overview</u> of the importance of physical activity for young people, and the benefits for academic performance, mental health and body image. Then think about the food children need to give their sporting performance a boost: our <u>article</u> on Sports Day Nutrition and our more detailed <u>webinar</u>: Optimising Nutrition For Young Athletes.

Research tells us too many adolescent girls are dropping out of sports during their early teen years, mainly due to body image concerns. Two informative presentations on girls and sport are with Dr Emma Ross on <u>Talking More Openly About Female Bodies</u>, and Dr Kat Schneider who addresses body talk and <u>Body Confidence</u>.

Another event this week for many Tooled Up families in the UK is **Fathers' Day!** It's a great time to think about the role that fathers play in their families and how fathers can be supported.

In this <u>podcast</u>, Dr Kathy Weston talks to CEO Paul Pomroy about how he balances roles as a busy executive and loving, engaged Dad!. You can also listen to Dr Weston's <u>talk</u> with Adrienne Burgess of the Fatherhood Institute on how paternal mental and physical health might affect children, and how Dads can most effectively influence children's engagement with learning. In this <u>podcast</u>, Dr Hope Christie talks with three expert panellists on fathers' mental health, and how we can support fathers to have the best possible relationship with their children.

And don't forget this week's <u>Wednesday Wisdom</u>, featuring Andrew Smith of the charity Little People, on his experiences of fatherhood and dwarfism.

Plenty of resources for the whole family!