



## 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 see important [information](#) about THC vapes to ensure parents/carers can spot the signs and symptoms of their use.

## Sports Day

The highlight of the sporting calendar, Sports Day, is taking place on Tuesday (Reserve: Wednesday 10 July). Please be aware that as this event takes place during the school day we operate a strict no spectator rule due to our safeguarding policy.

Students should wear PE kit; they may replace the PE top with a top in their house colours. No other non uniform items may be worn.. They should come prepared for all weathers: sun cream, layers, umbrellas! All students are expected to participate; the form tutor and PE department must be made aware of any students who are unable to participate through injury.

Which house will take home the trophy this year? Will Handel return to winning ways? Will your tutor group win the title for best in their year? Can Raven claim their maiden victory?

	Winner	2nd	3rd	4th	
2012	Handel	Bourne	Coram	Raven	
2013	Handel	Raven	Coram	Bourne	
2014	Handel	Raven	(Joint) 3rd Place Bourne + Coram		
2015	Handel	Coram	Raven	Bourne	
2016	Handel	Coram	Bourne	Raven	
2017	Coram	Handel	Raven	Bourne	
2018	Handel	Coram	Raven	Bourne	
2019	Handel	Coram	Raven	Bourne	
2020	Handel	Coram	Raven	Bourne	VIRTUAL (COVID)
2021	Handel	Coram	Bourne	Raven	
2022	Handel	Raven	Coram	Bourne	
2023	Bourne	Handel	Raven	Coram	

## District Athletics Championships

A huge congratulations to all our students that represented Ashlyns at the District Athletics Championship on Wednesday at Jarman Park. There were some incredible individual performances and lots of podium finishes to shout about - including eight District Champions crowned with 2 District Records broken. A full list of results can be found [here](#).

## Summer Concert

Saturday June 29 was the date for our annual summer concert. This event is a lengthy affair as we have so much musical talent among our students. The earlier start time of 6.30pm was welcomed by the audience who were treated to music ranging from classical instrumental solos, vocal solos and duets, rock bands, junior/senior and full choir, the orchestra and a fantastic surprise

## Key Dates

- 9 July: Sports Day
- 10 July: Reserve Sports Day
- 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

Current house points			
Bourne	Coram	Handel	Raven
39852	38996	40660	39783
2 <sup>nd</sup>	4 <sup>th</sup>	1 <sup>st</sup>	3 <sup>rd</sup>
05/07/2024			

## Vacancies

- [Finance Officer](#)

## Dacorum Services

Please click [here](#) for the Dacorum Family Services Summer newsletter with ideas of activities for the summer break and helplines to additional support if needed.

## Aspire2Fitness

Please click [here](#) for information about our on site Gym. Aspire2fitness is open throughout the summer holidays from 3pm, membership includes access to our sports facilities.

## ASA News

## Comedy & Curry Night Help Required!

This event which will be held on the evening of 12 July needs some help to make it a success. If you can

performance by our outgoing year 13s. It is a privilege for us as a music department to have this platform to showcase our student performers. We would like to send our thanks to the students and parents, without whom this event would not be impossible, to the ASA and sixth form executive for providing and staffing the interval refreshments and to entertec for the sound and lights. Finally our best wishes go to our year 13s as they take the next step in their journey. Wherever you go, take your music with you.



volunteer for an hour or two please sign up via the following link [ASA Volunteers 2024 Final: Ashlyns Comedy & Curry Night - Friday 12 July \(signupgenius.com\)](https://signupgenius.com/events/asa-volunteers-2024-final-ashlyns-comedy-curry-night-friday-12-july)

As always these events cannot run without your valuable support. Thank you.

## Character

### Show Your Gratitude: Thank You Letter Competition

As part of our theme of the week: gratitude, we are launching a special Thank You Letter Competition. This competition offers you the chance to show gratitude to those who have helped you and others during this academic year by writing them a heartfelt thank you letter.

Think about someone who has made a real difference in your life. It could be someone famous who inspires you, a teacher who supports you, a friend who stands by you, or a member of your local community who goes above and beyond to help others.

Here are a few ideas on who you could write to:

- A teacher who has gone the extra mile to help you understand difficult subjects
- A friend who has been a source of support and encouragement
- A family member who always believes in you
- A community leader who has worked tirelessly to improve your neighbourhood
- A famous individual whose actions or words have inspired you to be a better person

This competition has been assigned to the students on their Google Classroom Intake page with a deadline of Friday 12th July.

## Careers

### Careers in Engineering

This week our Year 7 and Year 8 students had the opportunity to participate in a Careers in Engineering event hosted by Dalkia UK. The students enjoyed the interactive session, answering a series of quiz questions and working together as teams on an engineering challenge. Our thanks to the Dalkia team who ran two sessions during the day in order that we could accommodate all the students who wished to attend.

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



[Quick Guide to Vaping](#)



[Guide to Energy Drinks](#)



[Quick Guide to Alcohol](#)

This week marks **Alcohol Awareness Week 2024**. It's fair to assume that all children will encounter alcohol and other substances as they grow older, whether they choose to use them themselves or are simply around others who do. Interestingly and perhaps shockingly, it is parents, not peers who are more likely to give children their first drink!

We have produced two brilliant guides that give an overview of issues surrounding alcohol and its potential risks. Our [Quick Guide to Alcohol](#) contains information about alcohol's impact on the brain and body, UK law, and some of the risks that alcohol use poses. For those of you with tweens and teens attending parties, our guide to [Alcohol in Social Situations](#) is an important read.

For more insight into teenage drinking, listen to this [podcast](#) with Dr Melissa Oldham from UCL, including how to have positive conversations with teens about alcohol and asking whether giving them alcohol at home is a good idea. You can find a lawyer's perspective on teen party planning in this [webinar](#) with criminal defence lawyer Harriett Mather, herself a mother who knows teen parties all too well!

Along with alcohol, we also need to prepare our children for encountering drugs and making the right decisions. Again, you can find Tooled Up Quick Guides that give a helpful summary on different substances, how to recognise them, what to expect and what effects they have. [Cannabis](#) is the illegal drug that most people would recognise, and one that is undoubtedly embedded into youth culture. We also have guides covering [psychedelics](#) and [cocaine](#).

Of course, it isn't only illegal drugs that pose a risk to children. Parents often ask us about the effects of [energy drinks](#) and [vaping](#) as two more examples of potentially harmful substances that commonly feature in young people's lives.

It is never too early to be informed about any of these issues and never too early to talk (in age-appropriate ways) about choices, the company we keep, or the pressures that may come from peers in social situations. Remember open and transparent dialogue with your children is a protective asset for their mental health and overall resilience. Lastly, did you know that good quality [sleep](#) can reduce the risk of impulsivity, which can drive poor decision-making? As always, there is plenty that we can do at home to empower, equip and future-proof our children. See our site for more Tooled Up Tips!