



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 a useful [link](#) to support parents/carers to protect their children from sextortion. Students have had assemblies and tutor time sessions this week upon this subject to make them aware and to protect themselves.

Student Achievement

Well done to three Y10 students; Arno, Benji and Will who have completed a 50K walk over two days for Essex&Herts Air ambulance. The boys raised over £1200 for their charity; a fantastic achievement!



Raising Achievement Programme

We're thrilled to see excellent attendance at our Session 6 revision periods, running Monday to Thursday after school. It's been particularly encouraging to observe Year 11 students putting active revision strategies into practice. In recent assemblies, we've highlighted the difference between active and passive revision: active revision involves techniques like using past papers and mark schemes, self-testing, creating mind maps, and teaching others—methods that engage the brain and improve retention. Passive revision, such as simply re-reading notes or highlighting text, is less effective for long-term understanding. There continues to be a steady stream of i-Cards being submitted, keep up the fantastic effort!

Character

This week, our character focus has shifted towards moral dilemmas and the ripple effect of peer pressure. In tutor time, students in Years 7-10 have been exploring how peer pressure can influence not only their personal values but also other areas of their lives, prompting discussions on the wider impact of their decisions. Year 11 continue to focus on the character strengths necessary for their academic success this year

Careers

Oaklands Open Events

Please click [here](#) for information on the Oaklands College open events taking place at their Welwyn Garden City and St Albans campuses.

Key Dates

- 26 Sept: Y8 Parents' Support & Information Evening
- 3 Oct: Open Evening, school closed to students 12.30
- 4 Oct: INSET, school closed to students
- 9 Oct: Y9 Parents' Support & Information Evening
- 10 Oct: Y13 Parent-Teacher Consultation Evening
- 15 Oct: ASA AGM
- 22 Oct: Ashlyns Careers Fair
- 23 Oct: Y11 Parent-Teacher Consultation Evening

Next Week [Spring Lunch Menu: Week 1](#)

House Points

Current house points			
Bourne	Coram	Handel	Raven
2618	2565	2907	2591
2 nd	4 th	1 st	3 rd
20/09/2024			

Communications

- [Y8 London Museums Trip](#)
- [Open Evening Arrangements](#)

Vacancies

- [Intervention Administrator and Supervisor](#)
- [Administrator - Pastoral Leaders](#)
- [TA - with Personal Care](#)
- [Teaching Assistant](#)

ASA News

At the end of the last academic year, the Chair and

Music Lessons

Music Lessons have now started. The lessons take place in the Practice Rooms in the Music Block. Lesson timetables can be found on Google Classroom and on the Music Block notice board. It is the responsibility of students to get to their lessons on time. Any students that are registered for HMS Music Lessons will have received an invite to Google Classroom for Music Timetables. Please ensure they accept this invite so that they can check their lesson times regularly and see any notices regarding the music lessons.

If you have any queries regarding the lessons or timetables please email musictuition@ashlyns.herts.sch.uk or alternatively speak to your music teacher directly.

You can register for music lessons [here](#).

Children's Wellbeing Practitioner Workshops

The CWP's deliver several emotional wellbeing workshops throughout the year targeted at parents/carers and young people. These workshops are currently being delivered virtually via Microsoft Teams and a referral into the service is not required to access workshops.

Examples of the workshops on offer are:

- Child emotional wellbeing and regulation
- Emotional wellbeing for adolescents
- Child sleep difficulties
- Adolescent sleep difficulties
- Child self-esteem
- Adolescent self-esteem
- School transitions
- Exam stress

Please visit the link below to register for the sessions: [HCT Children's Wellbeing Practitioners Events - 17 Upcoming Activities and Tickets | Eventbrite](#)

Secretary of the ASA, Gary I and Alison H stood down after a commendable four years. During this time, they helped raise an incredible £50,000+ with which the school was able to buy VR headsets, a new projector for the hall, 3D printers, and more. We are hugely grateful for their commitment, effort, and all they achieved.

Moving into the autumn term, our two Treasurers, Helena P and Jules G, have stayed on in their roles. We are very pleased to have retained many of our events teams and are thankful to those who have stepped up to fill vacated spots. Replacing Gary and Alison, we have a new Chair, Martin H, and two new secretaries, Nicola D and Anna K, all of whom are fast getting to grips with their new roles.

AGM

All are invited and very welcome at our next AGM which will be held in the Boardroom at 7pm on 15th October.

Should you wish to contact any member of the ASA, or be added to our contact list for updates, please email asa@ashlyns.herts.sch.uk

ASA 100 Club

This is a great way to raise money for Ashlyns with a chance to win a prize. Anyone can buy one or more numbers in our monthly draw. Each number is £2 per month or £24 a year, half of this money is used for 3 cash prizes and half to the ASA. You have to be in to win, so sign up today to be in the next draw. Email ASA100CLUB@gmail.com for more info.

Congratulations to the winners of the July draw:

1st prize - R Mackenzie

2nd prize -N Gaitskell

3rd prize - M Armitage

Tooled Up at Ashlyns - resources from Dr Kathy Weston: School PIN 4989



Body Image Resources



Increasing Girls' Participation In Sport



Optimising Nutrition For Young Athletes

To mark **National Fitness Day**, we want to help our children celebrate what their bodies can do, get them active, and boost their confidence! A huge body of research shows the benefits that regular exercise and a good level of physical fitness can have in terms of health, wellbeing and academic performance. We also know as parents that sometimes it's hard to get young people moving!

Physical activity for young people often begins by putting down their devices! This fun and varied [list](#) of activities to try instead of looking at a smartphone covers ideas from high jumps to handstands. If your child can't quite find the right activity to capture their interest, take a look at these [100 Sports](#) for children and teens to try.

Fitness and wellbeing are also built on the foundation of a healthy and nutritious diet, and an understanding of why the fuel we put into our bodies matters. Show younger children this [video](#) on "charging up" their bodies and brains. Sporty teens will benefit from this webinar with nutritionist Dan Richardson on [Optimising Nutrition for Young Athletes](#). And don't forget the importance of sleep: watch this expert [webinar](#) on understanding children's and young people's sleep and "what works" if you have any sleep issues.

Another important aspect in getting young people active is confidence. We know that too many children and young people put off exercise because of body attitudes. We collected this [list of resources](#) to help boost young people's body image. Try our downloadable activity promoting [body gratitude](#) for teens and tweens. Parents of girls will find our video on [increasing girls' participation in sport](#) useful, and this expert [podcast](#) on encouraging girls to be physically active.

The flip side of confidence is resilience, and once children become competitive in their sport then they'll need some coping strategies for those difficult games and dips in performance. Here is a [webinar](#) with former professional hockey player Holly Cram on boost young athlete's emotional and physical resilience, along with our tips on developing [resilience to losing](#).

Finally, we'd love to invite all Tooled Up parents to our upcoming [Reaching Boys Early](#) conference on November 8th. Our expert panel will cover boys' wellbeing, confidence, body image and much more. It promises to be a day filled with useful insights and practical advice.