

e - Bulletin

Number 27

Week ending 04 April 2025

Next week, after Easter- Week 2/B

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

We would like to take this opportunity to wish our students a happy and safe Easter holiday. Should you have a concern about a child within this time please contact Hertfordshire Children's Services on 0300 123 4043 or via this link

Character

Character in Action: Ashlyns Care Home Visit

A huge well done to the Year 10 students who have taken part in the pilot programme with Ashlyns Care Home this week. As part of our character education programme, we place great emphasis on *opportunity*—giving students the chance to step outside of the classroom and develop themselves in real-world contexts.

Before the visit, students took part in a briefing session to equip them with the skills needed to lead meaningful conversations with elderly residents. During the visit, they demonstrated an impressive range of character strengths including empathy, active listening, patience, curiosity, and confidence.

It has been fantastic to see how naturally students engaged with residents, holding thoughtful conversations and showing genuine care and kindness. This pilot has not only benefited the residents, but has also helped our students grow as young people of character. We look forward to developing this partnership further.

Raising Achievement Programme

Year 11 - Final Push!

A huge well done to all of our Year 11 students for their hard work and commitment this term. As we move ever closer to the summer exams, it's important that students continue to balance focused revision with time for rest, relaxation, exercise, and social activities. Looking after wellbeing is just as crucial as preparing academically.

We look forward to seeing many of our Year 11 students in school next week for revision sessions.

HMS Music Lessons

If you wish to stop Music Lessons from September please email HMS.customersupport@hertfordshire.gov.uk or use this <u>form</u> to withdraw from lessons. Insufficient notice will incur costs.

If you wish to register for music lessons please go to <u>HMS Music Lesson</u> <u>Registration</u>

Hay Fever

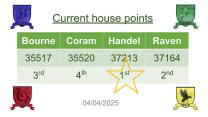
As we are now entering hayfever season please could we ask that students take their medication before coming to school. If they need further medication during the day please email matron@ashlyns.herts.sch.uk with details.

Key Dates

- 7-18 Apr: Easter Holiday
- 21 Apr: Bank Holiday, School Closed
- 22 Apr: First Day of Term

Next Week New Spring/ Summer Lunch Menu: Week 1. Menu will be available on the <u>Culinera</u> <u>website</u> shortly

House Points



Vacancies

- Teacher of English
- Exam Invigilator
- Teaching Assistant
- Teaching Assistant (with personal care)
- Gym/Sports Facilities
 Supervisor at
 Aspire2Fitness
- Higher Level Teaching Assistant

Communications

- Headteacher's End of Spring Term Letter
- Y11 Exams and Study Leave
- Y11 Order Deadlines

Dacorum Family Services

Please click <u>here</u> for information on an upcoming workshop about promoting healthy sleep for your child.

Extra-Curricular PE clubs

Please click here for the Summer extra-curricular PE clubs timetable.

Spectators at Sports Fixtures

Please be reminded for safeguarding reasons no spectators are allowed on site until after 4.30pm. Students are also currently unable to spectate at any sports fixtures until further notice.

Student Achievement

Congratulations to the Year 10 boys who represented Berkhamsted Raiders U15 Reds boys team and won the Hertfordshire County Cup on the weekend.

Sports Results

U15 Girls Football vs JFK	Won 4-1
Y11 Football vs Tring	Won 4-3
Girls' County Futsal Finals	U12 - 3rd U14 - 4th U16 - 4th
Y7 Boys County Futsal Tournament	5th
Y8 Boys Rugby Finals	4th

NHS Blood Donors Tuesday 15th April - 11.45am-8.30pm

At Ashlyns School, main hall. Further information can be found here: https://my.blood.co.uk/where-to-donate/search/

ASA News

Date for your diary: Next term we see the return of the fabulous Comedy & Curry Night on Friday 11th July. It offers freshly-cooked curries courtesy of Culinera. followed by a stellar lineup of comedic talent: headliner Jonny Awsum (Britain's Got Talent), the brilliant Zoe Lyons (Mock the Week, Live at the Apollo), and the sharp-witted lan Stone (Nevermind the Buzzcocks, Live at the Comedy Store), all hosted by the hilarious Mark Row.

More information, and tickets available <u>here</u>. This is another event that tends to sell out, so grab yours before they're all gone!

Opportunities:

Co-Treasurer: We're seeking a new co-Treasurer. If you're good with numbers and would like to support the School and join our team. A role description can be found here.

Sponsorship: We're inviting local businesses to explore sponsorship opportunities with us; if you're a parent with a small business, it's a great way to get involved and help the ASA raise significant funds. If you're interested in hearing more, please get in touch.

For either of these, please contact us at asa@ashlyns.herts.sch.uk.

100 Club Private lottery: Still recruiting - the more who sign up, the greater the size of the prize pot! Just £2/month to join our private lottery and be in with a chance to win a CASH prize and help the school. 50% of the proceeds goes to the prize fund, and 50% goes

directly to the ASA. Sign up here: this form.

The ASA team wishes you all a very happy Easter break!

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







Managing Exam Stress

Resources to Reduce Exam Anxiety

Smart Revise

If you have children of any age sitting exams in the coming months, you'll know that whilst they are an opportunity for enormous accomplishment and pride, they may also bring feelings of pressure and anxiety for students and families alike.

Whether your child is taking SATs, entrance, public or music exams or even competing in sports trials, good preparation, alongside an active approach to managing anxiety is incredibly important for helping them reach their potential.

Exams won't ever be totally free of stress, but Tooled Up has plenty of resources to help you support your child and make the process as positive as possible.

Dr Kathy Weston's video on <u>Managing Exam Stress</u> is packed with <u>practical</u>, tried-and-tested <u>tips</u> to <u>support</u> teenage students through exam season. It includes <u>advice</u> on <u>how to talk about exams</u> with your child, the <u>revision habits</u> to encourage and the <u>importance of nutrition and sleep</u>.

For younger children, you can find quick, simple tips in the video <u>Supporting Exam Performance for Parents of Younger Children</u>. It offers examination preparation advice and also aids planning for exam day itself.

One of the **key jobs for parents** in **exam season** is to **manage anxiety: their child's and their own!** These **Resources to Reduce Exam Anxiety for Parents and Teens** will show you everything **Tooled Up has to offer to manage stress**.

Finally, the <u>Smart Reviser</u> is one of our most popular resources. It's filled with evidence-based advice and suggestions for effective revision, perfect for helping your child build good habits to use their study time in the most positive way.

REMINDER: to register for our webinar Adolescence on Netflix: Action Points for Parents and Staff, taking place on 23rd April 2025, click <u>here</u>.