



Aston St. Mary's Newsletter

Our value this half term is **Honesty**

www.astonmarys.herts.sch.uk

8th October 2021

Every child is a treasure - small in size, growing in God's love.

Diary Dates

Tuesday 12th October: Harvest Festival

Tuesday 12th October and Wednesday

13th October: Parent Teacher consultation evenings

Thursday 14th October: School photographer (individuals and sibling groups)

Thursday 14th and Monday 18th

October: Buddy assemblies

Thursday 21st October: Flu immunisations

Friday 5th November: Non-uniform (chocolate donations for Christmas fayre)

Thursday 11th November: Remembrance service

Friday 12th November: Children in Need (details to follow)

Monday 15th November: Haffydown class to West Stow Anglo-Saxon village

Friday 26th November: Non-uniform (bottle donations for Christmas fayre)

Monday 29th November: Occasional Day – SCHOOL CLOSED

Wednesday 1st December: Christmas Decoration Day

Tuesday 14th December: Christmas services

Wednesday 15th December: Christmas Dinner

Thursday 16th December: Christmas parties (pm)

Friday 17th December: Reward Day

Tuesday 21st December: SCHOOL FINISHES at 1:00pm

Now that we are into October, the school diary seems to be getting busier and busier! Please make sure that you check the list of diary dates as there are several additions from the previous newsletter.

This week, Danes and Puddlebridge classes visited Duxford Imperial War Museum (see the class pages to hear all about their day). It is wonderful that we are now able to enrich children's learning through offsite visits once again. These experiences really do enhance the children's learning and are an important part of the rich curriculum we offer at Aston St. Mary's.

We are looking forward to our Harvest Festival service next week; this is to be held at school this year. We hope to be able to return to church later in the year.

Also next week, we have our parent teacher consultation meetings. It is our intention that these will be held face-to-face in ventilated classrooms. Should this not be possible, phone calls will be arranged instead. Please make sure that you arrive promptly - but no more than five minutes before your appointment. The teachers are looking forward to sharing with you the progress that your child has made so far this term.

As we continue to explore our value of 'honesty' in our daily worship; it always makes us very proud how our values are evident throughout every school day. We have noticed so many wonderful examples of honesty recently and, best of all, it comes naturally to our children as they grow in God's love.

Have a lovely weekend.

ACADEMIC YEAR 2021/2022

AUTUMN TERM

Thursday 2nd September 2021 to Tuesday 21st December 2021

HALF TERM Break - Monday 25th October 2021 to Friday 29th October 2021

Occasional Day (School Closed) - Monday 29th November 2021

SPRING TERM

Thursday 6th January 2022 to Friday 1st April 2022

HALF TERM Break - Monday 14th February 2022 to Friday 18th February 2022

SUMMER TERM

Wednesday 20th April 2022 to Wednesday 20th July 2022

Bank Holiday (School Closed) - Monday 2nd May 2022

Jubilee Day (School Closed) – Monday 20th June 2022)

HALF TERM Break - Monday 30th May 2022 to Friday 3rd June 2022

School Meals

To order school meals, please log onto your School Gateway account via the website or the app.

«Title» «First»«Name»**DINNER**
MONEY FEES £2.80 per meal



A Thought from Reverend Jenny:

In your time, Creator God,
this world was put in place,
and in your time
became beautiful,
through the craftsmanship
of your love.

Remind us always,
as we look at sunrise,
landscape and tiny child,
that, at the centre of all
things,
is the creative LOVE of God



Shining Stars were
awarded to:

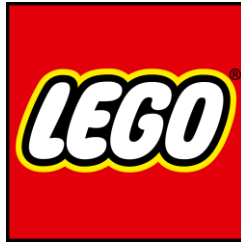
Harrison



Merits were awarded to:

Cameron, Isadora, Lily-Anne, Rosie, Nathaniel K, Jasmine, George, Jack, Flynn, Theo, Orlagh, Isabel, Azariah, Nathan, Danny, Ella H, Favian, Archie, Isabelle H, Oscar, Astrid, Poppy F, Ellie, Jack, Nathan, Fancesca, Aariv and Tilly

Notices



Should you have any Lego at home that is no longer being used then our children would be delighted with any donations. This is a popular resource which children of all ages throughout the school enjoy and we are therefore always pleased to add to our stock.

Thank you

Congratulations to Helen and Lee Avis

We are all very proud to have had a member of our staff team complete the London Marathon last Sunday. What a fantastic achievement!

A Message from Helen:



So we did it! What a day and what an experience. I managed to catch up with Lee at mile 9 after we started separately and at different starting times. Our goal was to finish with Max at the forefront of why we were doing this in the first place. And we got to cross the finish line together. It was a day full of emotions, lots of tears going round and lots of pain!

Together with my sister and brother-in-law we have managed to raise over £5000 for The National Autistic Society.

Huge thank you to all our supporters on the day who kept us going when it hurt, and we hit a wall and didn't ever think we would ever finish it.

Also, a huge thank you to everyone who have donated to our Just Giving Page or in other ways. It's been overwhelming the support people have given us, not just for this event but for all the other events we have done – this one being the biggest so far. Lee and I cannot thank you enough. The messages of support we received on the day really did set us up to be ready for the challenge ahead of us.

Saving the best till last. A big thank you to our gorgeous boy Max. Without you, life would be so different, and we are so proud of you and all that you are achieving. Even with your own daily battles, you work through them with a constant smile and so much love to share around. We are so proud to call you our son x

Notices

Water Bottles

Please make sure that your child brings their water bottle to school containing fresh water each day. Please note, these should contain water only as it hydrates without providing extra calories or risking harm to teeth.



The Tree of Aston Life

It has been wonderful to see the branches of our tree becoming ever fuller with all of our new children's leaves. Each person who is a part of our school has their initials on a leaf of this tree and shows how we are all part of the Aston School community. Our Christian values are written all over the bark of the tree to show how important they are to our school.

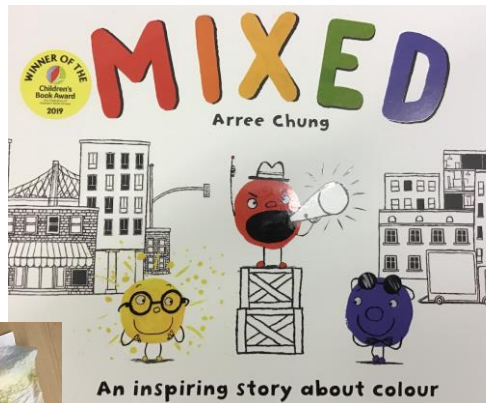
The tree of Aston life

*The tree of Aston life stands here,
To make our beliefs and values clear.
Every member is on a leaf,
To represent our school belief.
That we all come together as one,
Working hard and having fun.
Our Christian values make up the bark,
They leave on us a special mark.
That we carry with us when we go out,
To Aston, Stevenage and round about.
Our roots grow deeply in God's love,
And we pray for guidance from above.
That we would show the World we care,
And make us good citizens everywhere.*



Class News

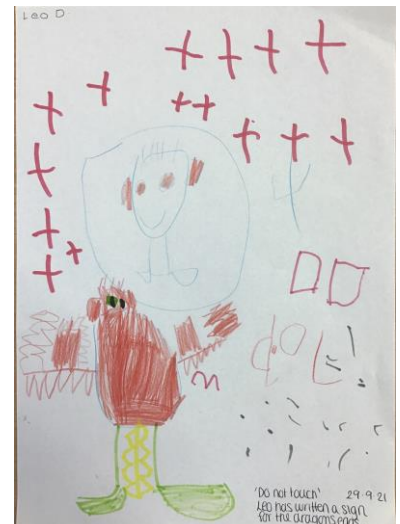
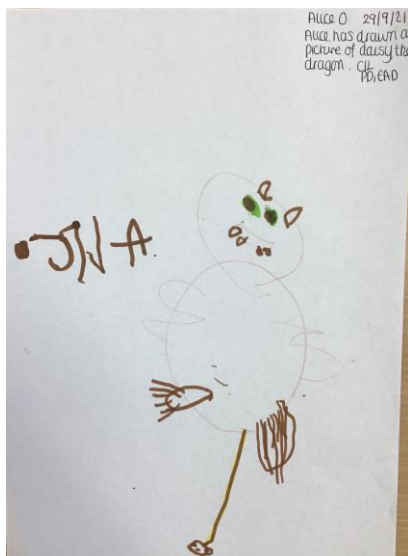
Shackadell Class



This week Shackadell class have been learning about colour mixing. We read a brilliant story called 'Mixed' by Arree Chung. It tells of a time when the reds, the blues and the yellows did not mix together and didn't live in harmony. All until a blue and and yellow decided to mix and make a wonderful new colour green! We have enjoyed exploring colour mixing by mixing paint colours for our portraits and by using food colouring on wet paper towels to explore how the colours change. We have also been using torches and a light box to mix some colours together.



This week, we have also had a visit from a very special dragon called Daisy. Daisy has made a nest and laid some eggs in our classroom. We were inspired to draw pictures of Daisy and to also make signs to stop anyone from touching her eggs!



Class News

Peartree Class

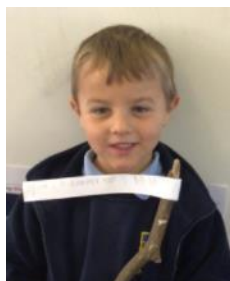
We had so much fun in science this week where we have been learning about our five senses. We became 'Sense Detectives' and had a mystery to solve. We used our sense of sight, smell, sound, touch and taste to solve the clues.



In English, we are starting a new unit based on the book Stanley's Stick by John Hegley. We went on a hunt to find some really special sticks of our own and used our imaginations to turn them into something else.



An alligator gar fish



A really big hammer



A smooth trident



Harry Potter's wand

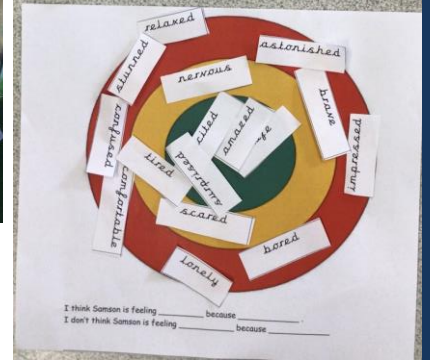
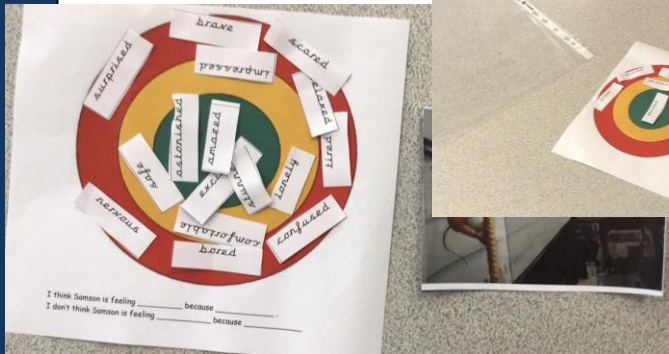


A 'grabber'

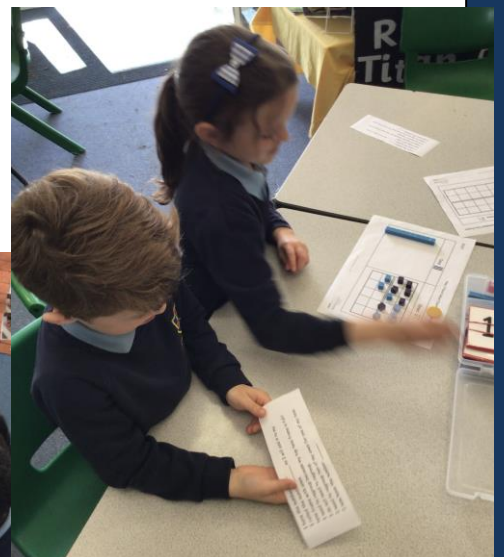
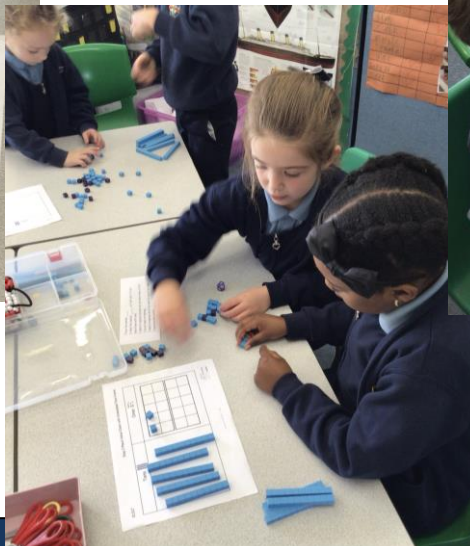
Class News

Orchard Class

Last week in English, we began exploring our new text called "Samson's Titanic Journey". We have been exploring the descriptive vocabulary within the story including adjectives, verbs and adverbs. We use this "zone of relevance activity" to infer how Samson must have been feeling at different parts of the plot. This week, we will be writing in role as Samson the mouse to write our own post cards home from New York.



In maths, we have been exploring the place value of two-digit numbers. We have been playing lots of games to help build our understanding. One of our favourites is "make 100" where you have to regroup 10 ones for one ten. We love playing and seeing our number getting bigger and bigger.



Class News

Haffydown Class

In English, we finished writing our story from the perspective of the dragon in 'The Paperbag Princess'. Year 3 made me very proud: the quality of writing was outstanding. We have now moved onto fables and our text is 'War and Peas' by Michael Foreman. The children have made a great start. We have been focusing on coordinating and subordinating conjunctions. We had three children on thrones and the rest of the class had to use their extensive vocabulary to describe the 'Fat King' to the children. Next, we acted out the rich king talking to the poor king. We thought about what they said to each other and their body language.



In Maths we have been focusing on rounding to the nearest 10 and 100. We learnt the rhyme '5-9 climb the vine. 0-4 slide to the floor' to help us.

In Science, our learning question has been: **What do plants do when they are hungry?** We learnt the word photosynthesis and the children created excellent diagrams of this process.

In History, we have focused on how Christianity came to Anglo-Saxon Britain. We learnt that the Anglo-Saxons were Pagan when they arrived, believing in many different Gods. We then ordered the story of how Christianity came to Britain, looking at the main people involved such as St Columba, Oswald, Aiden and St Augustine. I have been super impressed with the Anglo-Saxon round houses coming in!

Class News

Puddlebridge and Danes Classes

Puddlebridge and Danes class had a wonderful day at Duxford RAF Museum on Wednesday. The visit supported our learning about World War Two and The Battle of Britain. We started our day by visiting the Battle of Britain hangar where we saw some of the British and German planes as well as experiencing what it would have been like inside an Anderson shelter. Next, we visited the Operations Room which was the nerve centre of Duxford's Battle of Britain. From here, the men and women who worked on the ground directed the station's pilots into combat. Later, we visited the Land Warfare exhibition where we were able to wander through themed landscapes to discover how fighting on the land has changed from the First World War through to modern conflicts. We also enjoyed the American Air Museum where we saw the Boeing B-17 Flying Fortress which was used during the Second World War. Both classes were a pleasure to take out – they were polite and well-behaved as well as showing a real interest in all the exhibits. Their behaviour and excellent subject knowledge were commented on by some of the Duxford volunteers.





Autism | ADHD
Neurodiverse Conditions

AUTUMN TERM 2021

WORKSHOPS /COURSES

Anger and Conflict Workshop	Thursday 16th September	10:00 - 11:30
ADHD Parenting Course (4 wks)	Tuesday 21st September	19:00 - 21:00
Sleep Tight Course (5 wks)	Wednesday 22nd September	09:30 - 11:30
Understanding Autism Workshop	Monday 27th September	19:00 - 21:00
Navigating the SEND World Course - Beginning the Journey (3 wks)	Friday 1st October	09:30 - 11:30
Executive Functioning Workshop	Tuesday 5th October	18:00 - 19:30
Understanding ADHD Workshop	Thursday 7th October	11:00 - 12:00
DLA Application Workshop	Friday 8th October	12:30 - 14:30
Raising Self Esteem Workshop	Monday 11th October	10:00 - 11:30
Navigating the SEND World Workshop - Beginning the Journey	Wednesday 13th October	19:00 - 21:00
Emotional Regulation Workshop	Monday 18th October	18:00 - 19:30
Autistic Girls Workshop	Thursday 21st October	19:00 - 20:30
Understanding Autism Workshop	Monday 8th November	10:00 - 11:00
EHCP Annual Review Workshop	Monday 15th November	19:00 - 20:00
Navigating the SEND World Workshop (Beginning the Journey)	Tuesday 16th November	10:00 - 12:00
Understanding ADHD Workshop	Thursday 18th November	19:00 - 20:00
Autistic Girls Workshop	Tuesday 23rd November	10:00 - 11:30
Puberty Workshop	Wednesday 24th November	10:00 - 12:00
Anxiety Workshop	Thursday 2nd December	19:00 - 20:00
EHCP New Application Workshop	Tuesday 7th December	19:00 - 21:00
Navigating the SEND World Workshop	Wednesday 8th December	19:00 - 21:00
Understanding Autism and ADHD Workshop	Friday 10th December	10:00 - 12:00



All workshops and courses can be booked via Eventbrite and will be posted on our social media in due course
For further information then please email: training@spaceherts.org.uk or check Eventbrite & our FB pages

All workshops and courses are subject to change, correct at

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

October 2021 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.

If you would like to join us, email bookings@familiesinfocus.co.uk and we'll send you the Zoom codes

zoom with Francine and Lesley	Thursday October 7th 9.30 - 11.30am	Managing anxiety in primary aged children
zoom with Francine and Lesley	Monday October 11th 7-9pm	Supporting Siblings
Early Years zoom with Tracey and Georgie	Wednesday October 13th 9.30-11.30am	School issues & successful meetings with Helena Marks-Dwyer, independent SEND consultant
zoom with Siobhann and Sharon	Thursday October 14th 7-9pm	Preparing EHCP assessment application
zoom with Siobhann	Monday October 18th 10am - 12pm	Choosing the right school for your child with Helena Marks-Dwyer, independent SEND consultant
Teens 15+ zoom with Finola and Karen	Tuesday October 19th 7-9pm	Building a community of shared experiences
zoom with Vicky and Sharon	Wednesday October 20th 9.30-11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa

Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

Online Safety News



Autumn 2021 | PARENT | CARER

Parents' and Carers' Guide:

Let's talk about life online

As a parent or carer, the best tool to support your child in leading a happy and safe life online is to have regular and open conversations. The Parents' Guide, created by Childnet International, gives practical advice on how to begin such conversations, how to work together as a family to support your child online, and how to handle difficult discussions or situations. Each section has examples of questions to use to start a discussion around safe and positive internet use, and key messages to share with your child.

[Childnet International | Let's talk about life online \(pdf\)](#)

Report Remove

Childline has launched 'Report Remove', a service that allows children and young people under 18 to report and get removed from the internet, a nude image or video of themselves that might have been shared online. The webpage also includes links to services and information offering emotional and safeguarding support.

[Childline | Report Remove: Remove a nude image shared online](#)



Nude image of you online?
We can help take it down.



Parent Zone: Parent Resources

Parent Zone offers advice and support to parents and carers to help children be safer online, develop resilience to cope with online challenges and help educate them for their digital futures.

There is a specific parent area of the website where tips and information from experts about parenting in the digital world can be found. The top articles include:

- The six apps and services that every parent should know about. A guide for parents to some of the most popular apps children use online.
- Screen time: everything you need to know
- Low mood - or something else

Parent Zone | Top articles about digital parenting

There is also a comprehensive parental guide section which gives information and safety advice on many popular games and apps including; Fortnite, Disney+, Clash of Clans and Roblox.

Parent Zone | Parent Guides



UKCIS: Digital Passport

A resource for care experienced children and young people, and their carers.

The **UKCIS Digital Passport** was created by the UKCIS Vulnerable Users Group. This new resource is for care experienced children and young people and their carers.

It is a communication tool to help young people talk with their carers about their online lives. It gives structure and resources to support these conversations, for both the child and the carer. It includes a section for children to express their feelings, hopes and interests, and a section for foster carers and other professionals on how to talk about the digital world and why it is so important to do so regularly.

'Talking regularly about their digital life with a trusted adult is a key way to help keep children and young people safe online. This is particularly important for children who have had adverse childhood experiences.' Source: Internetmatters.org

Internet Matters | UKCIS Digital Passport



Cyber security: a guide for parents and carers

Thinkuknow and the National Cyber Security Centre have worked together to give advice about how families can make small changes to the security of online accounts and devices to better protect them from online scams.

'Cyber security is the way we reduce the risk of becoming a victim of cyber crime. Cyber crime is criminal activity that either targets or uses digital technology, like a computer, a computer network or a mobile device, in order to steal money or information to sell on.'

For example:

- Phishing, where bogus emails asking for security information and personal details
- Malicious software, through which criminals hijack files and hold them to ransom
- Hacking to get information, including social media and email password

Cyber security is about protecting the devices we use and the services we access online. It's also about preventing unauthorised access to the personal information we store on these devices, and online.'

Check out their six Cyber Aware Tips:

[Thinkuknow | Cyber Security: a guide for parents and carers](#)



What to do if your child sees something inappropriate online

It is not always possible to prevent children seeing something inappropriate online. Sometimes innocent searches can result in children viewing inappropriate content.

O2 and NSPCC have put together a series of suggestions for parents to follow if their child has seen something that upsets or confuses them.

[NetAware | What to do if your child sees something inappropriate online](#)

O₂ | NSPCC

Let's keep kids safe online

Social media and mental health

How we experience social media can affect our mood. YoungMinds together with O2, have gathered tips and advice on how to enjoy a more positive time online.

[Young Minds | Looking after yourself: Social media and mental health](#)

There are tips for talking to your child about their use of social media and the internet including:

- Have conversations from a young age
- Lead by example
- Talk about personal information
- Act on warning signs

Details can be found at:

[Young Minds | Parents Guide To Support - Social Media and the Internet](#)

What to do if you are worried about something that has happened to your child online

The internet is a great place to keep in touch with friends and make new ones. Some people online will be genuine and supportive, but others may use the internet to look for sex and target young people. They may want to trick, pressure or force young people into sexual activity, this may include getting photographs or videos from them. Young people are never to blame in such instances, they are victims of manipulation and coercion.

If you have any concerns about who your child is in contact with online, grooming or sexual exploitation, you should report your concerns directly to:

CEOP, (Child Exploitation and Online Protection command, part of the National Crime Agency).

Read guidance on what to report, how your report will be managed and how to access support.

Thinkuknow | Get Help

Thinkuknow has published guidance to help develop a better understanding of online abuse:

- What sexual grooming is, how it happens, and what to look out for
- How children and young people can be tricked and groomed into sending videos and images
- Why disclosing abuse can be difficult for children and young people

Remind your child to talk to you about anything that is worrying them about what has happened online.

The information in the newsletter is given to help promote the safety of children and young people online.

Every care has been taken to ensure the information and any recommendations in the newsletter are accurate at the time of publishing. Schools must make their own judgements when sharing our recommendations with parents and carers and, where appropriate, always risk assess with their pupils and whole school community in mind.

This newsletter is brought to you by the Herts for Learning Wellbeing team as part of their online safety support for schools and settings in Hertfordshire.

Herts for Learning (HfL) is a provider of products and services to schools and educational settings. We believe that every young person, through access to a great education, should be able to realise their potential, regardless of where they live or their circumstances.

Angels

AUTISM & ADHD SUPPORT

**for parents/carers of children with
ADHD and/or on the Autistic Spectrum**

Angels provides individualised, professional expertise and advice for the families of children with Attention Deficit Hyperactivity Disorder (ADHD) and/or Autism. We work alongside parents to build understanding and to empower them to hear their child's voice. Our key aim is to maximise the individual potential of each child and young person. We were formed by, and are led by parents whose children face similar challenges.

We provide:

- Parent support group meetings during the day time in Hitchin and virtually over Zoom.
- Four evening support group meetings a term over Zoom.
- Information, Advice and Strategies on ADHD and Autism.
- Speakers and Workshops relating to ADHD and Autism.
- Support group sessions led by a facilitator – chat with other parents and share ideas and experiences.
- Angels 1 to 1 – individual support to help with particular issues at home and school.
- Website and Facebook page plus a private moderated Facebook group just for members.
- Holiday Activities for Angels Children and their siblings.

For full details of our services please visit our website at:

www.angelssupportgroup.org.uk

Do you feel that you would benefit from meeting with other parents/carers of children with ADHD or Autism?

If so, why not come along to Angels.

Who is it for?

Parents and carers of children with a diagnosis of ADHD and/or Autism, or who are being assessed for the above conditions.

How much will it cost?

Membership of Angels is free, but we do ask for members to make a £1 donation at each support group session, if they are able to.

How do I join?

Complete the membership form (available from our website or by emailing or calling below). We will then send you a welcome letter and our latest programme confirming you are a member.

When can I attend?

Once you are a member you can come along to any of our events or meetings.

For further details please contact:

The Angels Team

Web: www.angelssupportgroup.org.uk

Email: info@angelssupportgroup.org.uk

Tel: 01462 685150

Note for Professionals:

If you are a professional working with families with members who have ADHD/Autism and would like to learn more about Angels, then please contact The Angels Team to arrange to visit the group.