



## Aston St. Mary's Newsletter

Our value this half term is Compassion

[www.astonmarys.herts.sch.uk](http://www.astonmarys.herts.sch.uk)

4<sup>th</sup> February 2022

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

### Diary Dates

**Saturday 5<sup>th</sup> February:** Herts Cross Country Championships (St Albans) Years 5 and 6

**Thursday 3<sup>rd</sup> March:** World Book Day

**Monday 21<sup>st</sup> March and Thursday 24<sup>th</sup> March:** Parents' Evening (face-to-face or online TBC)

**Friday 25<sup>th</sup> March:** Mothering Day service (church or online TBC)

**Monday 28<sup>th</sup> March:** Reward Day

**Tuesday 29<sup>th</sup> March:** Easter Breakfast

**Friday 1<sup>st</sup> April:** Easter Service (TBC) followed by egg rolling and egg decoration.

**Friday 1<sup>st</sup> April:** School finishes at 1pm

**Wednesday 20<sup>th</sup> April:** Children return to school.

It would be fair to say that January proved to be a very challenging month in school due to another Covid outbreak. Many children and staff have tested positive over recent weeks; this has resulted in some classes being very low on numbers as well as staff having to provide cover across the school. Throughout this period, we have worked closely with Public Health and followed their advice as to how to manage the outbreak most effectively. Thank you for working with us; for testing your children regularly; for keeping them off school if they display any symptoms and also for supporting them with their learning at home when needed. Thankfully, many children have not felt too unwell and have therefore been able to keep up with their learning whilst at home. Teachers have worked incredibly hard to set appropriate lessons and respond to home learning via Seesaw and Tapestry – all whilst also teaching in school. We really are grateful to our whole school community – children, parents, staff and governors – for enabling us to manage so well in particularly challenging circumstances. We hope that we are now over the worst and that the next few weeks will be easier – after all, we should now have high levels of immunity within school!

We are proud to be entering nine children from Years Five and Six in the Herts Cross Country Championships to be held in St. Albans tomorrow morning. This county-wide event is part of a national competition so they will be competing against a large number of other schools. We are sure you would share with us in wishing Nathan, Stanley, Finlay, Ellie, Astrid, Poppy, LJ, Alfie and Muctaar the very best of luck!

## ACADEMIC YEAR 2021/2022

### 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 2<sup>nd</sup> May 2022

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

**Jubilee Day** (School Closed) – Monday 20<sup>th</sup> June 2022)

## School Meals

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

**DINNER MONEY FEES £2.80 per meal**



### *A Thought from Reverend Jenny*

*Jesus' teaching, welcome and miracles show us what God's kingdom is like... God's way of doing things on earth as in heaven. Jesus invites us to choose God's way of doing things too...*

*'It's a long way off but inside it  
there are quite different things going on:  
festivals at which the poor man  
Is king and the consumptive is  
healed; mirrors in which the blind look  
at themselves and love looks at them  
back; and industry is for mending  
the bent bones and the minds fractured  
by life. It's a long way off, but to get  
there takes no time and admission  
Is free, if you purge yourself  
of desire, and present yourself with  
your need only and the simple offering  
of your faith, green as a leaf.  
(the priest poet R. S. Thomas)*

*The kingdom of God is justice and peace  
And joy in the Holy Spirit.  
Come Lord and open in us  
the gates of your kingdom. (Taize community)*

# Notices

## COOKERY CLUB

IN ORDER TO SUPPORT THE CHILDREN'S PERSONAL DEVELOPMENT, WE WILL BE RUNNING A COOKERY CLUB AFTER SCHOOL ON WEDNESDAYS. THIS WILL BEGIN AFTER THE HALF TERM BREAK AND EACH CLASS WILL BE INVITED TO A SESSION EACH HALF TERM. THE SESSIONS WILL BE LED BY OUR SCHOOL COOK, JOYCE, AND HER ASSISTANT.

FURTHER DETAILS TO FOLLOW.



**Merits** were awarded to:

Isabel, Austin, Orlagh, Niamh, Ava,  
Amelie, James, Jack, Flynn, Alfie,  
Nathaniel, Cameron, Paris, Ray,  
Nathan, Poppy F, Joel, Maryam, Louie,  
Ali, Brody, Connor



**Shining Stars** were  
awarded to:

Jessica, Isla,  
Phoebie, Connor

Mrs Winwood  
Aston St Mary's Primary School  
School Lane  
Aston  
Hertfordshire  
SG2 7JHA

Mrs Winwood was delighted to  
receive this letter recently. Well  
done to all the children  
involved.

Our Ref: 5975CPL

Dear Children of Aston St Mary's Primary School

**Your ideas for the new 'Gresley Park' development**

I am writing this letter on behalf of Redrow, a housebuilding company, to say thank you for sharing your ideas about the names we could use on our new development, which was previously called 'Gresley Park'.

You might remember that in 2018, you were asked by the Leader of East Herts District Council, Linda Haysey, to think of some ideas for what the new community to the north of Aston could be called.

Redrow recently bought this land, and is getting ready to build new houses, play areas for children, parks, and other buildings. A few weeks ago, Aston Parish Council showed us the ideas you came up with.

When we saw your ideas, we were very impressed. It was clear that you worked very hard to think of ideas that were inspired by Aston's history. Redrow would like to use some of your ideas on our new development as names for roads, streets, and parks.

However, just like you must ask permission from your teachers and other staff at Aston St Mary's Primary School, Redrow must ask the people who make the rules for new buildings near Aston, which is the District Council.

Building houses takes a long time, and it might be a while before we find out whether we have permission to use your ideas. However, we will be sure to keep hold of your letter and write to you again in the future.

If any of your teachers, support staff, parents or guardians want to find out more about our development, they can visit our website: [www.redrowconsults.co.uk/east-of-stevenage](http://www.redrowconsults.co.uk/east-of-stevenage), or call us on 020 7139 5010.

Directors  
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Consultant  
Lorna Byrne

Associate  
Charlotte Hunter

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# Class News

## Shackadell Class

This week in Shackadell class, we have been taking part in the RSPB Big School Birdwatch. We have placed some new bird feeders outside of our classroom on our new feeding station and have turned our reading area into a temporary bird hide. We have been really enjoying sitting in the bird hide and identifying and counting the birds that we have seen. We have been making notes on clipboards to help us record. We have been learning lots of facts about birds including some important vocabulary such as murmuration, starlings, blue tits and great tits. We have been really inspired by learning about birds and during child-initiated learning, lots of us have spent time drawing very detailed bird pictures.



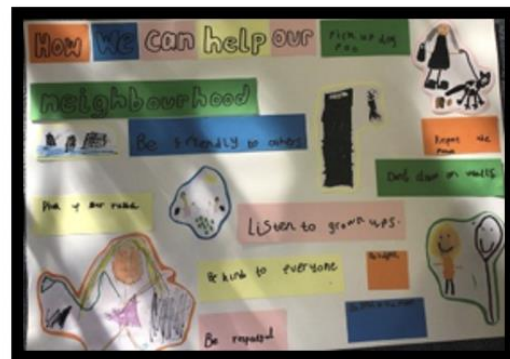
# Class News

## Peartree Class

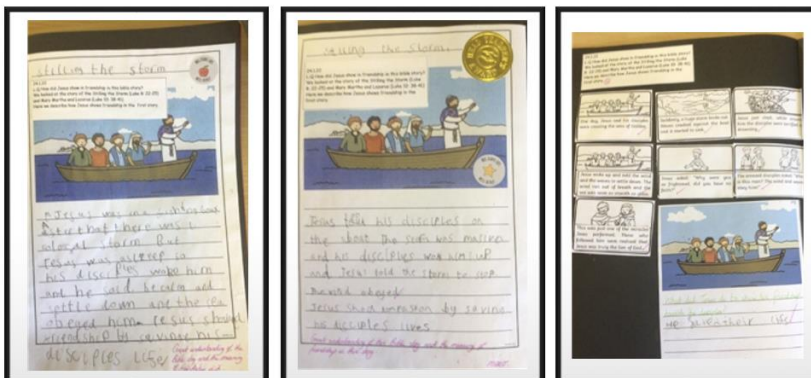
In our class we love it when we start a new English unit. We are all excited when we spot the new poster on our learning wall and this time was no different. We are looking at the book 'How to Wash a Woolly Mammoth' by Michelle Robinson and Kate Hindley. This unit is all about instruction writing. We have looked at lots of examples of instructions, the use of imperative verbs, time phrases and chronological order. We have made a plan to write instructions on how to wash a creature of our choice and will be writing up the set of instructions this week.



In PSHE, we have been learning all about communities and we have been looking at our local community neighbourhood. We discussed what we can do to make our neighbourhood a nice place to live in and what might make it more unpleasant. We then made posters to show this.



In RE, we have been thinking about the question 'Was it always easy for Jesus to show friendship?' We have looked at the story of 'Zacchaeus the tax collector', 'calming of the storm' and 'Jesus, Mary, Martha and Lazarus'. We talked about how and where Jesus had shown friendship. We had to sequence one of the stories and write about what was happening.



In Peartree, we too have 'calmed the storm' and most of us are now back in school, healthy and ready to learn. We are looking forward to when we are all together again. we would like to take this opportunity to thank you for your patience and understanding and for all the home learning that has been completed.



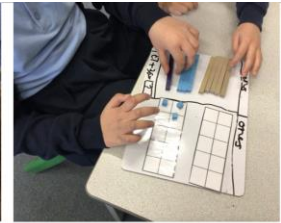
# Class News

## Orchard Class

Our adventures on the “wee” Isle of Struay sadly came to an end last week. However, we have had a “fabbydoo” time reading the charming Katie Morag stories, laughing at all the “boorachs” she gets herself into and using them to inspire our own island life adventure stories! The Tale of Katie Morag and Tiresome Ted, gave us the opportunity to infer character’s feelings and consider how they change throughout the story. We used freeze frames to get into character. Just look at these fabulous facial expressions!



In maths, we have been learning how to add two 2-digit numbers using written strategies. In order to support our understanding, we practiced our regrouping method with dienes before learning how to represent this pictorially and as a written column calculation.



I have been very impressed with the incredible home learning that has been coming in. Our “Island Home” geography unit has clearly inspired the children to think creatively about designing their own islands.

In science, I have loved seeing these bug hotels that have used an impressive amount of design and technology skills as well as considering how to make the habitat suitable for insects.



# Class News

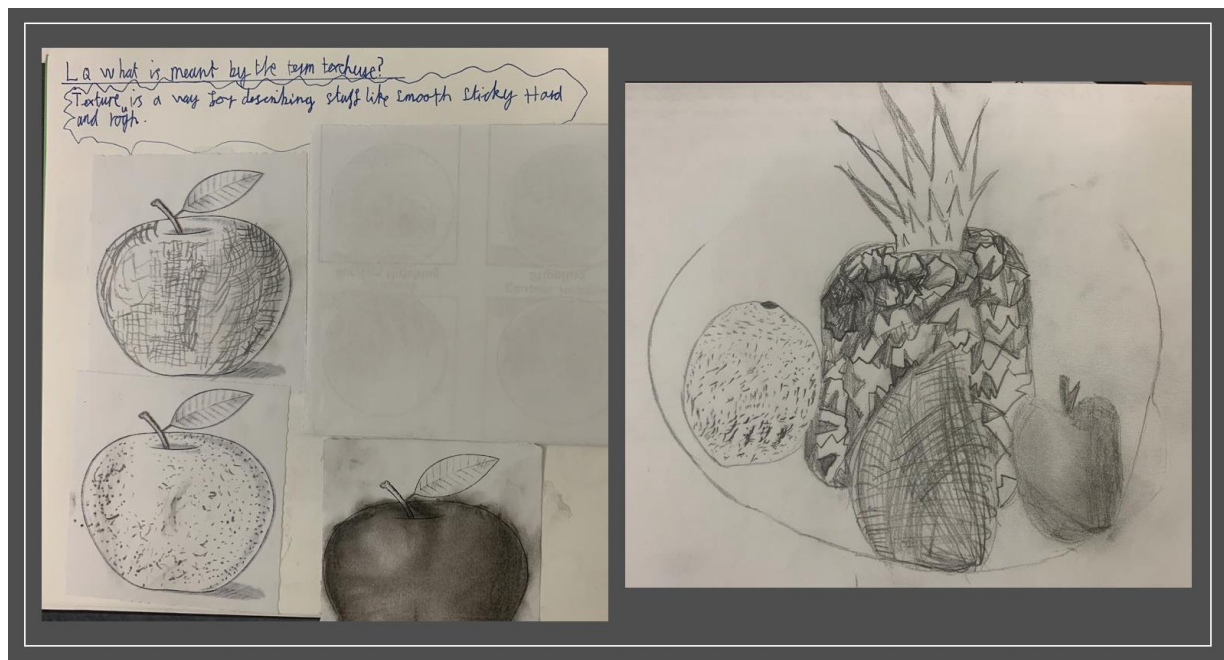
## Haffydown Class

In Haffydown, we finished writing our very persuasive leaflets. We were very proud of our results. Now Haffydown has moved onto a new book called Dr Xargle's Book of Earth Hounds. This book is very funny! We dressed up as aliens and performed as alien teachers. We had some very convincing aliens.



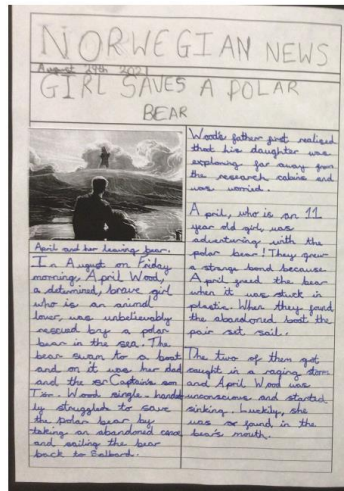
In Maths, we have been learning about angles and lines. We used a song to help our learning. It was stuck in our heads all week! We also went out onto the playground to draw some angles and practise jumping 90, 180, 270 and 360 degrees.

In Art, we completed still life sketches. After practising techniques, we had amazing final results. Haffydown were very observant and could recognise where the shadows were on their fruit and where the light reflected.



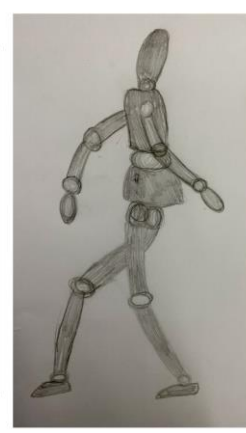
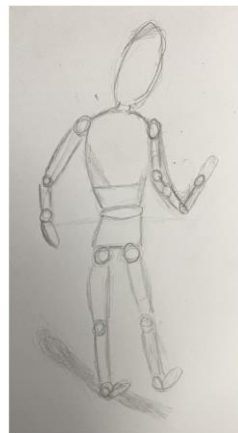
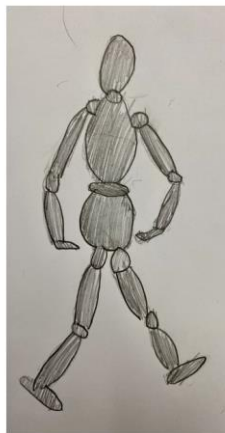
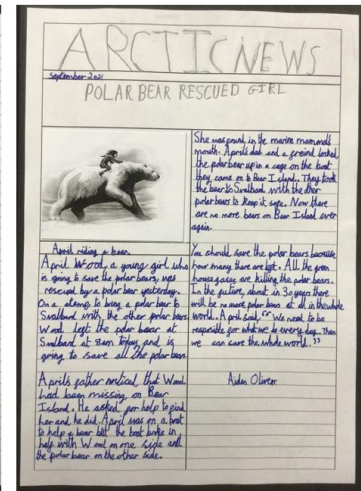


## Puddlebridge Class



This was not quite like  
the start of a mission  
to save a nation of  
slaves or death of  
for blood but rather  
for souls. There let you  
and get is trying to  
save the world but also  
wrote this. This is  
the speech of how you  
can help - We all  
need to save some of  
our world. We can all  
give love to our maker  
and great. We should  
think of our world  
reasonably. We can all  
have a huge difference  
by doing a little thing.

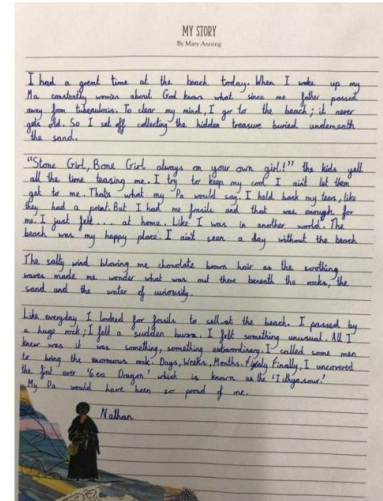
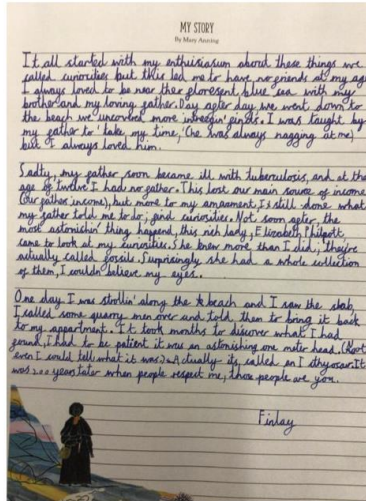
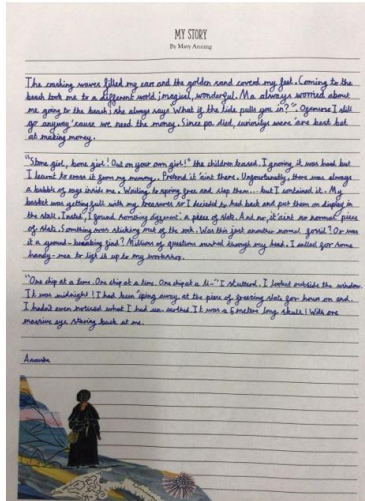
Carman Clancy



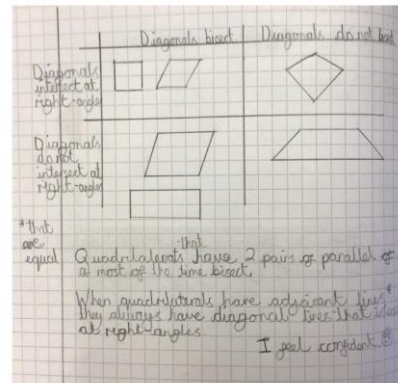
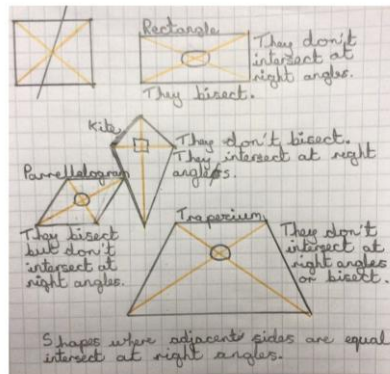
# Class News

## Danes Class

Last week we completed our final piece of writing inspired by the texts that we had read about Mary Anning and produced some very impressive pieces which we have made into a class book for everyone to enjoy. This week we are focussing on discursive writing; we have considered the reasons for and against Charles Darwin accepting the job as naturalist on HMS Beagle!



In maths, we have been exploring two-dimensional shape. We investigated the diagonals on different quadrilaterals to reach generalisations about when they bisect and when they intersect at right angles.



In art, we have been focussing on drawing the human body in proportion and to show movement. As part of this, we have looked at 'Vitruvian Man' by Leonardo Da Vinci; we were fascinated to learn about how he used geometry to ensure the proportions were correct.



We have enjoyed sharing some fantastic home learning projects recently. Benji and Finlay made a volcano which we watched erupt as they added vinegar and bicarbonate of soda. Charlie made some amazing fossils. It really is wonderful that the children are so well supported at home to enhance their learning in school.







Families In Focus CIC  
LOOKING FORWARD TOGETHER

## Handling anger in your primary aged child with ASD or ADHD

Funded by HCC and FREE, this six session CANparent Quality Award evidence-based course is for parents living in Hertfordshire and parenting children from 2 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too, with 20 + years personal and professional experience.



"I feel empowered by the tools we were shown on this course and was at a real loss as to how to help my families anger and didn't know what to do. Others judged our family but not judged at all here. Emotional intelligence makes so much more sense now and I love the gentle but firm ideas we learnt each week."

This course will enable you and your family to:

- ✓ Gain understanding of Autism and ADHD and how behaviours can be affected
- ✓ Attain awareness of a child's sensory world and the affect on behaviour
- ✓ Understand how anger and other emotions live in your family
- ✓ Increase your understanding of triggers that cause angry outbursts
- ✓ Learn healthy anger management strategies for children and parents to reduce angry outbursts
- ✓ Discover creative ways to support children to 'let go' of anger safely
- ✓ Gain effective empathic communication techniques to reduce angry outbursts
- ✓ Meet and share experiences with other parents



Funded by Hertfordshire  
County Council

**Where:** Online via Zoom

**When:** Thursday lunchtimes 12-2pm

February 2022 24th

March 2022 3rd, 10th, 17th, 24th, 31st

Only 12 free places available. Places must be booked by emailing  
[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)





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Funded by Hertfordshire  
County Council

**Where:** Online via Zoom

**When:** Monday lunchtimes 12-2pm

February 2022 21st, 28th

March 7th, 14th, 21st, 28th

Only 12 free places available. Places must be booked by emailing  
[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)



Families In Focus CIC  
LOOKING FORWARD TOGETHER

## Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20 + years personal and professional experience.



"I was in a quite low place when I joined this course but each week I took away ideas to help me understand why my child was so angry and it's amazing that things are so much more brighter now and highly recommend this to understand not only children's anger but yours too!

This course will enable you and your family to:

- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand the root causes or triggers of anger in your family
- ✓ Learn proven and effective strategies that will reduce anger in your family
- ✓ Discover new ways to communicate to calm and prevent anger... before it occurs!
- ✓ Learn safe and creative ways for children to 'let go' of pent up emotions safely
- ✓ Create a calm family environment so all can talk about their emotions safely
- ✓ Gain skills to manage your family's emotional regulation
- ✓ Meet other parents in a calm, judgement-free group



Funded by Hertfordshire County Council

**Where:** Online via Zoom

**When:** Wednesdays 9.30-11.30am

February 23rd

March 2nd, 9th, 16th, 23rd, 30th

**Only 12 free places available. Places must be booked by emailing [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) with name and date of course**





## February 2022 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](mailto:bookings@familiesinfocus.co.uk) and we'll send you the Zoom codes

zoom with Francine and Lesley	Monday February 7th 7-9pm	Understanding ADHD
Early Years zoom with Tracey and Georgie	Wednesday February 9th 9.30 - 11.30am	Modelling self care and an introduction to mindfulness With Helena Marks-Dwyer, Independent SEND consultant
Teens 15+ zoom with Finola and Karen	Tuesday February 15th 7-9pm	Benefits post-16 and PIP With the Money Advice Unit
zoom with Vicky and Sharon	Wednesday February 16th 9.30-11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa
zoom with Siobhann	Monday February 21st 10am - 12pm	EHCP - The first steps
zoom with Siobhann and Tracey	Thursday February 24th 10am - 12pm	SEND support in schools
zoom with Siobhann and Sharon	Thursday February 24th 7-9pm	Understanding your draft EHCP

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

 @familiesinfocus.co.uk
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  @FiFHerts
 [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)



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zoom with Francine and Lesley	Monday March 7th 7-9pm	Understanding sensory issues
Early Years zoom with Tracey and Georgie	Wednesday March 9th 9.30 - 11.30am	Early Years support in Herts & benefits and SEND With The Money Advice Unit
zoom with Siobhann	Monday March 14th 10am - 12pm	EHCP & school issues Q&A With Helena Marks-Dwyer, Independent SEND consultant
Teens 15+ zoom with Finola and Karen	Tuesday March 15th 7-9pm	Understanding PDA With Amanda Mcquire
zoom with Vicky and Sharon	Wednesday March 16th 9.30-11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa
zoom with Siobhann and Tracey	Thursday March 17th 10am - 12pm	Getting a successful EHCP review
zoom with Siobhann and Sharon	Thursday March 17th 7-9pm	Tried and tested tips and ideas for children with sensory issues

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

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# Parent and Carer Support TALKING ASD & ADHD Workshops ADDED SPRING 2022 DATES DUE TO DEMAND

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

## ANXIETY and STRESS

### We will help you to learn about:

- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.
- Where to access further help and support, locally and nationally.

## RESPONDING TO ANGER

### We will help you to learn about:

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.
- Where to access further help and support, both locally and nationally.



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a speaker or headphones. We will help you get set up if you haven't used Zoom before. No special skills are needed.



**Wednesday 16<sup>th</sup> March**  
**12.30 – 2.30pm**

**Workshop 496 Pre-booking essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-anxiety-and-stress-for-parentscarers-in-herts-registration-224518449727>



**Monday 7<sup>th</sup> March**  
**7.30-9.30pm**

**Workshop 494 Pre-booking essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-494-registration-223523293187>

**Monday 28<sup>th</sup> March**  
**12.30 – 2.20pm**

**Workshop 495 Pre-booking essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-495-registration-224514828897>

info@supportinglinks.co.uk  
www.supportinglinks.co.uk

Follow on:



2022

## FOR FAMILIES

## FEBRUARY

BOOKING REQUIRED

TUE 1 <sup>ST</sup> , 8 <sup>TH</sup> WEEKLY KARATE CLUB Hoddesdon 4.30pm - 5.15pm	WED 9 <sup>TH</sup> RANGER STU 'VIRTUAL ZOO' 5.30pm - 6.30pm	TUE 22 <sup>ND</sup> WEEKLY KARATE CLUB Hoddesdon 4.30pm - 5.15pm
WED 2 <sup>ND</sup> ONLINE LEGO CLUB 6pm - 7pm	FRI 11 <sup>TH</sup> , 25 <sup>TH</sup> STARTING SPACE 10am - 12pm	TUE 22 <sup>ND</sup> SPACE for Girls (St Albans) 4.30pm - 6pm
FRI 4 <sup>TH</sup> ONLINE CHILDREN'S ART 'GOLDFISH' 5pm - 6.30pm	SAT 12 <sup>TH</sup> STUDIO FLY 10.30am - 11.15am 11.30pm - 12.15pm	THU 24 <sup>TH</sup> SPACE for Girls (Hedfield) 4.30pm - 6pm
SAT 5 <sup>TH</sup> DRIVING EXPERIENCE 10.30am - 11.15am 11.30pm - 12.15pm	WED 16 <sup>TH</sup> FAMILY POKEMON QUIZ 6pm	FRI 25 <sup>TH</sup> GIRLS GROUP 5pm - 6.30pm
SUN 6 <sup>TH</sup> SPACE OUTDOORS at THE PATCH 10am - 12pm	FRI 18 <sup>TH</sup> TEENS/YOUNG ADULTS & PARENT/CARERS ART 7pm - 9pm	SAT 26 <sup>TH</sup> GRAFFITI SESSION 10.30am - 12.30pm
SUN 4 <sup>TH</sup> YOGA SESSION 11.15am - 12.15pm	SAT 19 <sup>TH</sup> DRIVING EXPERIENCE 10.30am - 11.15am 11.30pm - 12.15pm	SAT 26 <sup>TH</sup> MONTHLY LEGO CLUB 10am - 12pm
MON 7 <sup>TH</sup> COOKING SESSION 'WHUBB AND GINGER CRUMBLE' 5.30pm - 6.30pm		SUN 27 <sup>TH</sup> LOGANS DEN 3pm - 5pm



Pre-bookable 1:1 sessions available  
including yoga, cooking, art, fitness & logo  
please email: [events@spaceherts.org.uk](mailto:events@spaceherts.org.uk)

For enquires regarding Short Break Local Offer  
(SBLO) please email: [sblo@spaceherts.org.uk](mailto:sblo@spaceherts.org.uk)



Autism | ADHD  
Neurodiverse Conditions

## SPACE NEWSLETTER

LIVE - LEARN - LAUGH

Well 2022 has got off to an amazing start, can't believe how much we've done in just a few short weeks. We've loved seeing everyone, and had huge amounts of fun at our activities. February is also a bumper packed month with lots of exciting things planned so keep an eye out for everything we have coming up. Next week is an extra special week too with the celebration of the National Diversity Awards. SPACE are honoured and proud to be finalists at such a prestigious National event and would like to thank the SPACE community for their love and support.



## SAVE THE DATE!

We are delighted to announce our eagerly anticipated conference with  
**Dr Tony Attwood** is confirmed.

Friday 13<sup>TH</sup> May 2022  
9am - 4.30pm  
Tewin Bury Farm  
Welwyn, AL6 0JB

This conference will be  
available to book on  
Sunday 13<sup>TH</sup> February at 8pm  
... so set your reminders!

#SPACEhertstogether

Can be subject to change, correct at time of printing

Issue 2

## WORKSHOPS/COURSES

## FEBRUARY

BOOKING REQUIRED

MON 7 <sup>TH</sup> Executive Functioning Workshop 10am - 11.30am	WED 23 <sup>RD</sup> Puberty & Neurodiversity Workshop 7pm - 9pm
MON 7 <sup>TH</sup> Autistic Girls Workshop 7pm - 9pm	FRI 25 <sup>TH</sup> FEB (4 <sup>TH</sup> , 11 <sup>TH</sup> , 18 <sup>TH</sup> , 25 <sup>TH</sup> ) MARCH Sleep Course 10am - 12pm
THU 10 <sup>TH</sup> Navigating the SEND World Workshop 10am - 12pm	MON 28 <sup>TH</sup> Emotional Regulation Workshop 6.30pm - 7.30pm
MON 21 <sup>ST</sup> Navigating the SEND World Workshop 7pm - 9pm	

## IN PERSON GROUPS

<b>HODDESDON GROUP</b> Wed 2nd Feb 10am - 12pm St Gilbert's Church, Whitley Road, Hoddesdon, EN11 0PU	<b>WELWYN GARDEN CITY GROUP</b> Thu 24th Feb 10am - 12pm WGC Bowls Club, 288 Knightsfield, Welwyn Garden City AL8 7NQ
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SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS  
REGISTERED CHARITY ENGLAND AND WALES NO. 117 2178