



# Aston St. Mary's Newsletter

*Our value this half term is Hope*

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

10<sup>th</sup> February 2023

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

## Diary Dates

**Friday 10<sup>th</sup> February:** PTFA Valentines Discos (KS1 5-6pm, KS2 6:30-7:30pm)

**Monday 13<sup>th</sup>-Friday 17<sup>th</sup> February:** Half term break

**Tuesday 21<sup>st</sup> February:** Haffydown trip to Hertford Museum

**Monday 27<sup>th</sup> February:** Shackadell Class to Gordon Craig Theatre.

**Tuesday 28<sup>th</sup> February:** Herts4Hearts Clothing Collection

**Thursday 2<sup>nd</sup> March:** World Book Day

**Friday 3<sup>rd</sup> March:** PTFA Aston's Got Talent (Village Hall)

**Monday 13<sup>th</sup> March:** Parent Teacher Consultations 3:30pm-6:00pm

**Thursday 16<sup>th</sup> March:** Parent Teacher Consultations 3:30pm – 7:20pm

**Friday 24<sup>th</sup> March:** Reward Day

**Tuesday 28<sup>th</sup> March:** Easter Breakfast

**Friday 31<sup>st</sup> March:** Easter Service. Egg rolling and decoration competitions. Term finishes at 1:00pm. PTFA Easter Egg hunt after school

**Tuesday 18<sup>th</sup> April:** Children return to school for the summer term

**Friday 28<sup>th</sup> April:** PTFA Non-uniform day – Coronation Hamper Donations

**Sunday 31<sup>st</sup> April:** Choir to sing at The Royal Albert Hall

**Friday 5<sup>th</sup> May:** PTFA Non-uniform day. Coronation Jolly Jars and Rainbow Raffle Hamper Draw

**Monday 8<sup>th</sup> May:** School Closed – Coronation Bank Holiday

**Tuesday 9<sup>th</sup> May – Friday 12<sup>th</sup> May:** Year Six SATs assessments

**Saturday 1<sup>st</sup> July:** PTFA Summer Fete

**Tuesday 11<sup>th</sup> and Wednesday 12<sup>th</sup> July:** Whole School Summer Production.

**Thursday 13<sup>th</sup> July:** Class Changeover Day and Secondary School Transition Day

As we reach the end of a short but very busy half term in school, we would like wish everyone a happy and relaxed half term break.

Since the beginning of term, we have welcomed many visitors into school including our Herts Improvement Partner, prospective parents, governors, Herts advisers and other professionals. It is always a pleasure to visit classrooms, engage with the children and witness the buzz of learning around the school. Children at Aston St. Mary's simply love to learn; this is evident not only by their excellent behaviour in lessons but also by the progress that is evident when we look through their books. Just today, a child from Shackadell Class was proud to share his writing. Turning back just a few pages and he was learning to form his letters and write single words. Today, he wrote and punctuated a whole sentence independently and was excited to share his learning by reading it aloud. This pride in learning is reflected across the school and is always a delight to share with visitors.

You will notice later in the newsletter that we are reintroducing our attendance section with class data. This was temporarily stopped due to the pandemic. It is great to see such positive data this term; every day in school really does make a difference to the progress that children make.

Have a great week and we will look forward to welcoming the children back into school on Monday 20<sup>th</sup> February.

## ACADEMIC YEAR 2022/2023

### SPRING TERM

Thursday 5th January 2023 to Friday 31st March 2023

**HALF TERM Break** - Monday 13th February 2023 to Friday 17th February 2023

### SUMMER TERM

Tuesday 18th April 2023 to Wednesday 19 July 2023

**Monday 8<sup>th</sup> May: SCHOOL CLOSED Coronation Day**

**HALF TERM Break** - Monday 29th May 2023 to Friday 2nd June 2023

**INSET DAYS – SCHOOL CLOSED**

Monday 17th April 2023

Thursday 20th July 2023 and Friday 21st July 2023

## School Meals

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

**DINNER MONEY FEES £2.90**  
per meal



**Merit Certificates** were awarded to:

Archie, Max, Sebastian, LJ, Phoebe, Joel, Poppy-Belle, Isla, Alfie, Leon, Nikita, Brody, Gabriella, Sophie, Mia, Seth, Orlagh, Toby, Aariv, Bertie, Stanley, Francesca, Lucas, Jack, James, Theo, Louie, Isabel, Ethan O., Lily, Amelie, Eli, Jack, Georgia, Jayne, Toby, Chizi, Orla, Tilly, Alice O, Leo D, Cotis, Ollie



## A Thought from Reverend Jenny:

Simeon and Anna we remember in our Candlemas services today are ordinary, unglamorous, old people. They serve God faithfully, quietly and simply in prayer and worship. Yet, once they recognise Jesus as God's long-awaited Messiah they become part of the biggest story ever. They share the good news of God's loving faithfulness with everyone they meet.

Sometimes we feel ordinary. We think we can't do much. Yet even seemingly small, simple actions make a difference. Checking up on a friend, helping a stranger in the shops, even just smiling at someone can have a lasting effect, spreading joy in the world around us. All part of our call to be like Jesus, 'a light to lighten the Gentiles and to be the glory of thy people Israel' (Luke 2:32)



**Shining Stars** were awarded to:

Jessica, Isla, Max, LJ, Cameron, Joshua, Leon, Isadora, Lily-Anne, Nyah, Amelie, George

# Notices

## NSPCC Rocks!



On Friday 3<sup>rd</sup> February, we competed in a national competition on Times Tables Rock Stars. This was a great way for the children to improve on their fluency whilst working as a team against other schools. We are proud to have achieved 74<sup>th</sup> place against 2,688 primary schools taking part. A particular 'Well Done' should go to Puddlebridge Class who achieved the highest class average in our school; Year Four in particular need to maintain their effort on TTRS as they prepare for their multiplication check in June. The national expectation is that children are fluent up to 12 x 12 by the end of Year Four.

It is wonderful to see the difference that regular practise on TTRS has on children's fluency and the impact that this has on the progress that they are able to make across the mathematics curriculum. By Years Five and Six, the vast majority of our children can recall all facts up to 12 x 12 without hesitation - many are now working on facts up to 20 x 20! Recently, we have been particularly impressed by the efforts of some Year Two children who are already well on their way to fluency up to 12 x 12. This really is quite an achievement. Well done and keep up the hard work.

## Attendance



We are delighted with the improved attendance so far this term. Across the school this is currently 97.5%. Peartree Class deserve a particular mention for having the highest score.

**Peartree: 99.0%**  
Haffydown: 97.7%  
Danes: 96.9%  
Shackadell: 96.8%  
Puddlebridge: 96.6%

**Herts4Hearts**  
Clothing Collections

### Clothing donations wanted



Drop off your donations to:  
Bike shed



**Fundraising  
at Aston  
St Marys**



Drop off your donations before:  
Tuesday 28th February at 9am

**Donations we accept:**

- Items must be in good condition
- Adults and childrens clothing
- Paired shoes
- Accessories (hats, scarves, bags)
- Dress up sets

**We cannot accept:**

- Damaged clothing (stained, ripped or wet)
- Logo items (schools/workplace)
- Underwear or socks
- Bedding



Our purpose is to make it easy for you to recycle your unwanted clothing whilst helping your local school too. Help us save as many clothes as possible from landfill.

[herts4heartsclothingcollection@gmail.com](mailto:herts4heartsclothingcollection@gmail.com)  
Facebook @herts4hearts





## Aston St. Mary's Cross Country Team February 2023

On Saturday 4<sup>th</sup> February 2023, a team of children from years Five and Six competed in the Hertfordshire Cross Country Championships in St. Albans. The whole team were amazing and made us very, very proud as they competed over a tough course against a large field of competitors. Their daily training with Mrs Avis ensured that they were well-prepared for the event. Well done to the team and thank you to all the parents who ensured their children were in St. Albans bright and early on Saturday morning.

Max, LJ, Jessica, Isla, Cameron, Joshua, Leon, Lily-Anne, Nyah and Isadora – you are all stars!





# Class News

## Shackadell Class



This week in Shackadell class, we have been learning about real life heroes who help us. We were very excited to have a visit from Evelyn's Mum who is a sergeant in the Metropolitan Police. She brought her uniform, medals and riot gear in for us to explore and then we got a surprise (and very noisy) visit from a police car! Next, the children took on the roles of investigators when we found out that someone had stolen Mrs Lale's sweets! The thieves left behind footprints, hair and hand prints that we used as evidence to work out that Miss Heritage and an accomplice were guilty of the crime – they were swiftly arrested by Shackadell! The children have also been dressing up in the police station role play area, making handcuffs from paper and writing signs for the jail.





# Class News

## Peartree Class

Half term is here after what seems like a very long time. We have done so much fun learning and been incredibly busy.

We had our exciting Victorian Workshop Day earlier this week. It was so interesting. The teacher was really strict, and we were not allowed to talk or laugh. We had to have a cleanliness check before singing 'God Save Our Queen' to Queen Victoria. We then had to do our lessons on 'The Three Rs' - reading, writing and arithmetic.

Next, we had 'Drill', where the boys had to practice marching, as they would be sent to join the army and the girls had to learn how to walk like ladies and hold themselves correctly. One child had to wear the 'dunce' cap because they giggled when they should be learning. Mrs Baker thought she might become like a Victorian teacher but we begged her not to! We learned that children our age used to have to go to work; we used drama and freeze-frame to act out the jobs. We played Victorian parlour games, looked at and discussed real artefacts and talked about famous Victorians who helped change the country for the better. We learned so much.

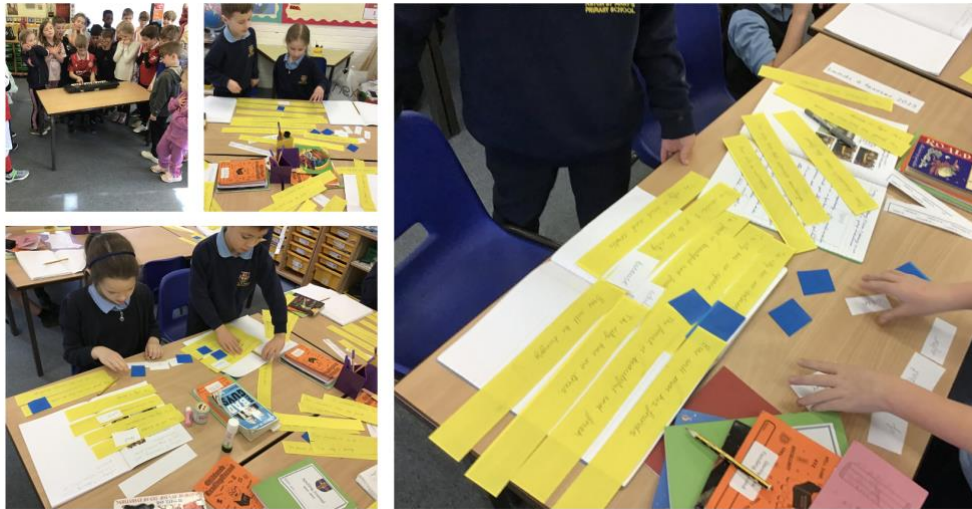
Have a lovely rest over the break and come back refreshed ready for another action-packed half term.



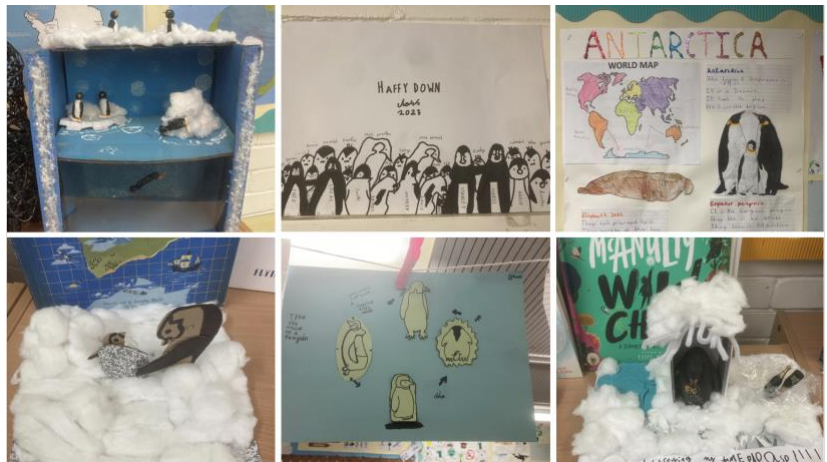
# Class News

## Haffydown Class

Haffydown have been busy at work over the last few weeks. In English, we have started a new book called 'Bear and the Piano' and the children had the opportunity to create a freeze frame from one page of the book, which allowed them to think about the feelings of each character. They also wrote about why Bear, the main character, shouldn't go to the city to find fame and fortune. The children worked together to create different sentences using conjunctions.



As we come to the end of our Geography topic about Antarctica, I have been so impressed by all the children's hard work. We are finishing off the topic with a debate about whether people should go on holiday to Antarctica. There has also been a wonderful variety of home learning which shows how creative Haffydown children are. Here are examples of their amazing work.



Haffydown enjoyed cookery club recently and they had the chance to make cheese pin wheels (they smelt delicious!).



I hope you have a restful half term and enjoy the (hopefully) warmer weather.



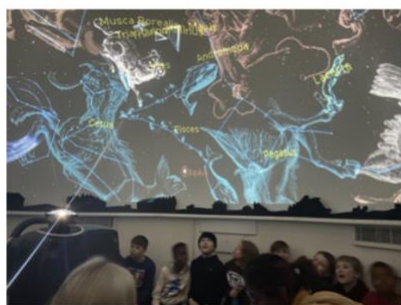
# Class News

## Puddlebridge and Danes Classes

Last week, Puddlebridge and Danes went on very exciting evening visits to Bayfordbury Observatory. Our evenings began with a very interesting talk about telescopes, planets, galaxies and the phases of the moon. We learned lots of interesting facts and very impressed by how much the children already knew about space!



Next, we went into the planetarium. We started off by exploring the starry sky, spotting the North Star and identifying the constellations around. The children were very excited to watch an asteroid make a crater on the moon and to get a close-up view of an exploding star.





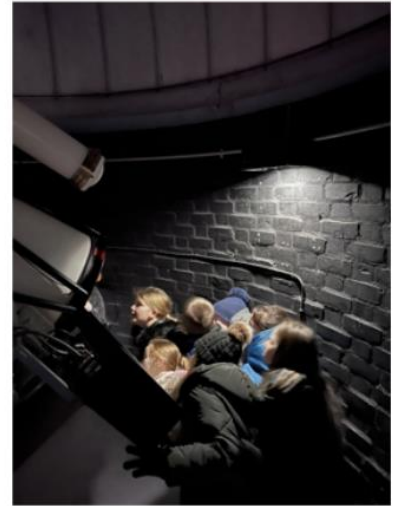
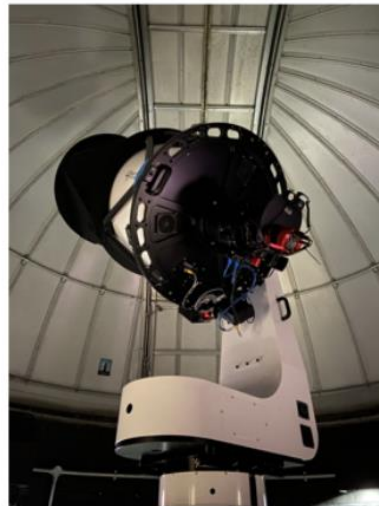
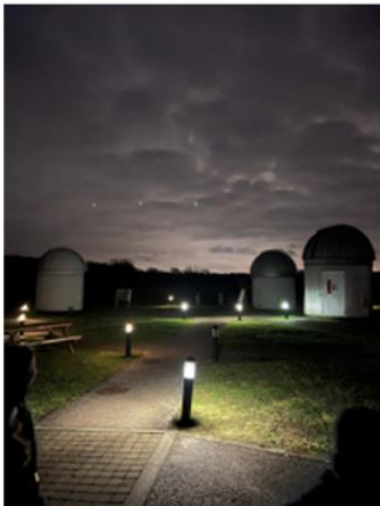
# Class News

## Puddlebridge and Danes Classes

After the planetarium, we headed outside to the telescopes. Year Four were very lucky to have a cloudless night; on our walk up the path the children pointed out that we could see Orion the Hunter in the sky. At the end of the path, we all got to look through one telescope to see the moon and all its craters and through another to look at Mars.



Unfortunately, Years Five and Six visited on a cloudy evening so it wasn't so easy to spot the moon or planets. Instead, they got to look at the oldest and newest telescopes on site and looked through another telescope at a mystery object. The children guessed at planets and stars, but it turned out to be a lightbulb in the distance that looked very like Mars!



Both evenings were a great learning experience; we had a brilliant time, and the children were excited to take home the knowledge they had learned.

Thank you to all the parents who provided transport to and from the observatory.



Hertfordshire  
Family Centre  
Service

**NHS**  
Hertfordshire Community  
NHS Trust

Winter 2022

## School Nursing

# Public Health Nursing 5-19 Team Newsletter

### Welcome!

As a new term begins, the school nursing team continues to support children in Hertfordshire Schools.

### Ways to contact us:

**0300 123 7572 (Mon-Fri 9am-5pm)**

Our referral website, which also has information about our service:

<http://ow.ly/eeWe50K11gW>

Please see below our Workshop link, with lots of advice and support on your child's emotional health, returning to school, and more.

<http://ow.ly/Qn9G50K117f>



[www.healthforkids.co.uk](http://www.healthforkids.co.uk)

A fun and interactive website for children to access health information, with also information for parents available.

### Who we are?

Hi! I am Chloe, a Public Health Staff Nurse who works in the school nursing team.

My role is to support children and young people with their emotional health and wellbeing, conducting the Lancaster model questionnaire in school and supporting other professionals with public health advice.

Being a qualified paediatric nurse, I have experience in a variety of settings, which can help to offer advice and support to children, young people and their families.



### Keeping your child safe online

Talking with your child is the greatest tool keeping them safe online. Talking regularly and making a part of daily conversation, like you would about their day at school, will help your child feel relaxed when having these conversations about staying safe online. This will encourage your child to come and speak to you if they have any problems online.

### Parental controls

Parental controls allow you to block or filter upsetting or inappropriate content that your child may access. Parental controls work across devices, Wi-Fi, and individual apps.

Parental controls can help you to:

- Plan what time of day your child can go online and how long for.
- Block apps and websites that may have inappropriate content depending on your child's age.
- Manage the content different family members can see if using a shared device.

For further support please see NSPCC website for guidance on how to apply parental support:

[www.nspcc.org.uk/keeping-children-safe/online-safety](http://www.nspcc.org.uk/keeping-children-safe/online-safety)

### Relaxation Exercise

Visualisation is a great technique to make your child feel calm and relaxed.

Imagining they are some where else, like the beach or a theme park, may help distract their thoughts and calm down quicker.



### Top Tip

Practicing calming techniques when children are in a good place and not feeling stressed, will help them to use techniques more effectively in situations when they really need them.

### Top tips for dental health

You can make sure your child's teeth are healthy by:

- Brushing their teeth for at least two minutes, twice a day using toothpaste (using a timer is helpful for this).
- Using toothpaste with fluoride provides further protection to teeth.
- Making sure they brush every bit of each tooth, front, back, top and bottom.
- Visiting your dentist at least 6 months/once a year.

If you do not have a dentist for your child, you can visit the NHS website or contact 111 to find one nearby.



### Eye Development

With our Healthy Child & Young Person Assistants (HCYPA) visiting schools to complete the vision and hearing screening on reception aged children, we wanted to share some tips that may help with promoting healthy eye development.

- It is recommended that children should spend at least 2 hours outside every day, all year round, for exposure to natural light.
- Screen time should be limited to 30 minutes at time.
- Too much screen time can cause eye fatigue, blurry vision and dry eyes.



If your child is referred to eye clinic following screening, please ensure you attend to have your child's eye health followed up and offered the correct treatment if needed.

For any questions regarding your child's vision or hearing screening, please contact:

**0300 123 7572**





Hertfordshire  
**Family Centre  
Service**



## Want to know more about the Public Health School Nursing team in Hertfordshire?

### Check out our platforms:



[https://www.hertsfamilycentres.org/info-and-advice/  
parents-and-mums-to-be/school-nurses.aspx#](https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx#)

[www.hct.nhs.uk/our-services/school-nursing](http://www.hct.nhs.uk/our-services/school-nursing)



**07480 635 050**

Confidential text message service ran by the school nursing team  
for 11-19 year olds. Text in any health and wellbeing concerns



**@hct\_schoolnursing**

**@teenhealth.hct**



**@HCT\_SchoolNurse**



**🔍 Hct SchoolNursing**



[www.healthforkids.co.uk/hertfordshire](http://www.healthforkids.co.uk/hertfordshire)



[www.healthforteens.co.uk/hertfordshire](http://www.healthforteens.co.uk/hertfordshire)



**School nursing duty number**

**0300 123 7572**

9am – 5pm Monday to Friday  
(excluding bank holidays)



# **Greenside School and Dean Beadle**



**Present**

**on February 23 2023 at Greenside**

**6.30-8.30pm**

## **Autistic identity**

**To book email [admin@greenside.herts.sch.uk](mailto:admin@greenside.herts.sch.uk)**

**As an autistic person navigating a world that is often judgemental and hostile, how do you go about building a sense of self esteem and identity? Looking at both his school and adult experiences, Dean discusses the changes that are needed to make society more accessible for autistic people. Of course part of this involves challenging the harmful attitudes that still exist in society, and in this session Dean will use current research to dispel common myths and misconceptions that remain prevalent. The session goes on to look at disclosing diagnosis and concludes by looking at ways to empower neurodivergent young people.**

**To book a place please email – [admin@greenside.herts.sch.uk](mailto:admin@greenside.herts.sch.uk)**

**Greenside School Shephall Green Stevenage Herts SG2 9XS**

**Stalls from - Families in Focus – Carers in Herts – SPACE – Angels – Herts Parent Carers -  
ADD-Vance for information and networking at the event**

Event open to parents and professionals living in Hertfordshire (DSPL2 schools and parents are free). £10 for all others. Places strictly limited to 100 after which a waiting list will be employed.  
Please contact Greenside at [admin@greenside.herts.sch.uk](mailto:admin@greenside.herts.sch.uk) to book a place.



# Family Lives Spring Term Programme



Worried about your child? Join our free online and face to face groups and get support to help your child feel more confident and happier. The groups are for six weeks and delivered via Microsoft Teams or face to face.

## **Time to Talk about Pre Teens / Teens**

### **Face to Face in Hatfield**

Tuesday 21st February to 28th March 2023  
from 9.30am to 11.30am

## **Bringing up Confident SEN Children**

Online Wednesday 25th Jan – 8th March 2023  
from 7.00pm to 9.00pm

## **Bringing up Confident ADHD/ASD Children**

Online Tuesday 21st Feb – 28th March 2023  
from 7.00pm to 9.00pm

## **Bringing up Confident ADHD/ASD Children**

Online Thursday 26th Jan to 9th March 2023  
from 7.00pm to 9.00pm

**For more information, contact  
Louise on 0204 522 8700/8701 or  
email [services@familylives.org.uk](mailto:services@familylives.org.uk)**

## **We build better family lives together**

[www.familylives.org.uk](http://www.familylives.org.uk)



Find us on Facebook @FamilyLivesHertsandBeds



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722.  
Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.



# Tune i<sup>🎵</sup>to ASD

Has your child received a diagnosis of ASD or related condition and you do not know what to do or where to go next? Are you awaiting assessments for an official diagnosis of ASD and need support now?

**We are here for you!**

Tune into ASD is an Autism support service run by JJCS Ltd that provides practical strategies and guidance specifically tailored to meet the needs of parents, educators, businesses and charities. We help to enable children and young people with Autism and related conditions to thrive in every area of their lives and fulfil their fullest potential. We support adults with Autism to live successful lives.

We co-ordinate support, ensuring you have access to all services, resources, and strategies for a successful parenting journey.

Support available for Parents and carers:

- Parent workshops
- 1:1 consultation and coaching sessions
- Access to our newsletter with useful tips and tools
- Group video conference sessions
- Advocacy and support services
- Assistance with Disability Living Allowance and PIP applications

All support provisions are tailored to meet the needs of the family.

For more information, let's talk!

[www.tuneintoasd.com](http://www.tuneintoasd.com)

Email: [letstalk@tuneintoasd.com](mailto:letstalk@tuneintoasd.com)

Phone: +44 (0) 1438 547 106

**CONNECT ACCEPT SUPPORT SUCCEED**



@tuneintoasd



@tuneintoasd



## Tune into ASD



Jessica Kuffour  
Lead Consultant  
Tune into ASD



"It was so insightful and relaxed. I managed to put my children to bed while I tuned in, off camera."

## Tune inToGether

### An Autism Awareness Chill and Chat Session Facilitated by Jessica Kuffour and Dami Rock

A time to chat about Autism and related conditions.  
A time to listen, ask questions and share experiences from various perspectives.

#### Episode 11

Wednesday 8<sup>th</sup> February 2023  
7.30pm-8.30pm GMT via Zoom



Dami Rock  
Creative Strategist  
Filmmakers Therapy Couch

Are you:

- a parent/carer or a family member of someone diagnosed with Autism or related condition or awaiting an assessment?
- an adult on the Autistic Spectrum, have a related condition or exploring an assessment?
- an Educator or another professional who works with people diagnosed with Autism or related conditions?

You may be all of the above or none of the above but you feel passionate about connecting more with the wonders of our world and gaining more insight into ways to embrace the difference.

There's no fixed agenda so we will just flow with you and whatever comes our way. Find your tribe here with us.

**Come let's talk.**

Bring your own drinks, come zoom with us with your camera on or off. Let's tune in together.

To register for this free event please visit: [www.tuneintoasd.com](http://www.tuneintoasd.com)  
or email: [letstalk@tuneintoasd.com](mailto:letstalk@tuneintoasd.com)

## MENTAL HEALTH FIRST AID TRAINING

1 DAY CHAMPION COURSE  
FOR PARENTS & CARERS OF  
8 TO 18-YEAR-OLDS  
FREE TRAINING  
09:30AM - 16:00PM



#### WHAT YOU WILL LEARN

- AN UNDERSTANDING OF COMMON MENTAL HEALTH ISSUES AND HOW THEY CAN AFFECT YOUNG PEOPLE
- ABILITY TO SPOT SIGNS OF MENTAL ILL HEALTH IN YOUNG PEOPLE AND GUIDE THEM TO A PLACE OF SUPPORT
- KNOWLEDGE AND CONFIDENCE TO ADVOCATE FOR MENTAL HEALTH AWARENESS
- SKILLS TO SUPPORT POSITIVE WELLBEING

#### COURSE STRUCTURE

SESSION 1- ABOUT, WHAT IS MENTAL HEALTH AND MENTAL ILL HEALTH, STIGMA AND DISCRIMINATION, DEPRESSION AND SUICIDE.  
SESSION 2 MENTAL HEALTH CONDITIONS: ANXIETY, SELF-HARM, EATING DISORDERS, PSYCHOSIS, RECOVERY, RESILIENCE

For further information please contact:  
[hweicbhv.schoolsmh@nhs.net](mailto:hweicbhv.schoolsmh@nhs.net)

## YOUTH MENTAL HEALTH FIRST AID TRAINING



BOOKING LINKS  
1 DAY CHAMPION COURSE FOR  
PARENTS/CARERS  
09:30AM - 16:00PM

Dates	Location	Booking Link	Parking
1st February 2023	Robertson House, Stevenage	<a href="#">Booking Link</a>	On site parking
17th March 2023	Hobbs Hill Wood School, Dacorum	<a href="#">Booking Link</a>	On site parking
21st April 2023	Robertson House, Stevenage	<a href="#">Booking Link</a>	On site parking

For further information please contact:  
[hweicbhv.schoolsmh@nhs.net](mailto:hweicbhv.schoolsmh@nhs.net)

Places are limited to two representatives per school