



# St Augustine's Academy Newsletter

## 18<sup>th</sup> October 2019



### Headteacher's Message

Dear Parents and Carers,



Our Harvest Celebration was the highlight of our week here at St Augustine's. Rev. Ricky came to lead our service along with our pupil worship team. The children produced the Harvest display themselves and the Foodbank loved the way in which they had sorted the food into tins, pasta etc. which made their collection so easy the following day. We would like to thank the whole community for their kind donations of food produce which certainly reflected this half term's value of 'Generosity'.

We would also like to thank the PTFA for their hard work in organising Movie Night, which the children thoroughly enjoyed. There was a delicious smell of popcorn in the classrooms.

Next half term will be very busy with the fun of Christmas fast approaching. Please keep a close look at the school calendar to see when various events are taking place. In the meantime; we wish you all an enjoyable half term break and look forward to seeing you all again on Tuesday 29<sup>th</sup> October.

**Amanda Howes - Headteacher**

St. Augustine's Academy is once again supporting the Royal British Legion's Poppy Appeal.



Poppies will be available from Friday 18<sup>th</sup> October for those who wish to donate; merchandise such as wrist bands, reflective poppies etc. will also be on sale for 50p to £1.50. Please give generously. Thank you.

### Thank You Rev. Ricky



This week was 'Thank Your Vicar' week. Our pupils produced cards for Rev. Ricky to thank him for all the work that he, and his family, do for our school. We really enjoy the Collective Worship, Church Activity Days and Services that he leads for us. Thank you Rev. Ricky.

### PE Clothing

The weather is becoming colder now. Please provide your child with jogging bottoms to wear for PE on colder days as PE continues to take place outside in the Autumn term.



### Attendance

Our attendance for this academic year is...

# 97.17%

Raising attendance continues to be a top priority at our school. We aim to continue to beat the National Average and achieve a minimum of 96% attendance.

The whole school community is working hard to maintain good attendance levels; we value every second our children spend learning and understand the impact it has on their achievement.

Our class attendance figures for this week are:

Year 1 – 97.50%	Year 2 – 96.21%
Year 3 – 98.00%	Year 4 – 96.79%
Year 5 – 100%	Year 6 – 99.17%

**Year 5 were our attendance bear winners and Years 5 and 6 receive a Mufti Day for 99+%. ☺**

**'Let your light shine before others that they may see your good deeds and glorify your Father in heaven.' Matthew 5:16**



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**Admission Arrangements Consultation**

Dear Parents & Carers,



Our consultation period will start on Monday 21<sup>st</sup> October 2019 and end on Monday 2<sup>nd</sup> December 2019. If you have any questions or queries relating to the Admission Policy for 2021/2022, please contact Miss Drennan in the school office.

The Admissions Policy can be found on our school website.

## Celebrations

**Well Done  
to the following children.**

**★ Star of the Week ★**

Reception - Mason  
Year 1 – Riley  
Year 2 – Poppy  
Year 3 – Ryan  
Year 4 – Khaliq  
Year 5 – Jake  
Year 6 – Kaitlyn

**😊 ‘SELF’ Pupil of the Week 😊**

Reception – Ronnie  
Year 1 – Shelby  
Year 2 – Tyler  
Year 3 – Riley  
Year 4 – Mason  
Year 5 – Alfie  
Year 6 – Darlean

**📖 Reader of the Week 📖**

Reception - Roman  
Year 1 – Hayden  
Year 2 – Lilly  
Year 3 – Amelia  
Year 4 – Peyton  
Year 5 – Kayla  
Year 6 – Shea

**🏠 Housepoints 🏠**

**Neptune - 209**  
**Mars - 243**  
**Earth - 252**  
**Venus – 218**

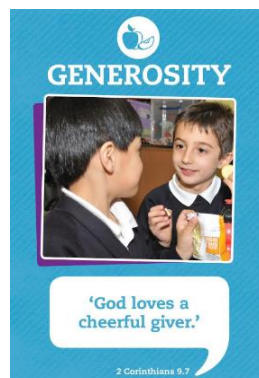
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Venus - 218

### Value of the Half Term



### SELF Question of the Week

**What is self-esteem?**



## Word of the Week

# Abundance

**Abundance** means ‘A large quantity of something.’


We had an **abundance** of food donated for our Harvest Celebration. Try to use the word **abundance** in your speaking and writing this week.

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## Diary Dates

Please check the school website or App for the whole year's diary and for more information about St. Augustine's Academy.

Please note that dates sometimes need to change. We will notify you if this happens.



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Central  
Bedfordshire

**great**  
lifestyles

# Dunstable Treasure Hunt

Thursday 24 October, 10.00am – 12.00pm.

Grove House Gardens,  
Court Drive,  
Dunstable.

Meet outside the Grove Theatre for our fun treasure trail.

For more information call 01582 813018, or email  
[TravelChoicesHub@sustrans.org.uk](mailto:TravelChoicesHub@sustrans.org.uk)



**Travel  
choices**

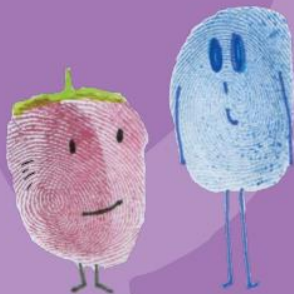




**Anna Freud**  
National Centre for  
Children and Families



## You're never too young to talk mental health



**Tips for talking for parents and carers**

- 1 Make conversations about mental health a normal part of life:** Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
- 2 Give your full attention:** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
- 3 Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.
- 4 Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
- 5 Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.
- 6 Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.
- 7 Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.
- 8 Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.
- 9 Look for clues about feelings:** Listen to the child's words, tone of voice and body language.
- 10 Some ways to start a conversation about feelings might be:**  
 "How are you feeling at the moment?"  
 "You don't seem your usual self. Do you want to talk about it?"  
 "Do you fancy a chat?"  
 "I'm happy to listen if you need a chat."



An introduction from our Patron,  
HRH The Duchess of Cambridge

As parents, we all want our children to have the best possible start in life. Encouraging children to understand and be open about their feelings can give them the skills to cope with the ups and downs that life will throw at them as they grow up.

It's important that our children understand that emotions are normal, and that they have the confidence to ask for help if they are struggling.

This is why I am proud to support the *You're never too young to talk mental health* campaign by the Anna Freud National Centre for Children and Families, which is being rolled out across primary schools this autumn.

The campaign's resources are excellent tools to support parents. They demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones.



### What is mental health?

- ★ **We all have mental health.** Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.
- ★ **We all have small feelings every day:** These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.
- ★ **Sometimes we experience big feelings:** These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



### Talking Mental Health Animation

TALKING  
MENTAL  
HEALTH

Talking Mental Health is an animation designed to help begin conversations about mental health in the classroom and beyond.

The animation and accompanying resources have been created by a team of animators, children, teachers and clinicians, and is being taught to year 5 and 6 children around the UK.

The animation and resources are freely downloadable from [www.annafreud.org](http://www.annafreud.org)



### Finding support

**ChildLine:** For 18s and under  
0800 1111

**YoungMinds Parent Helpline:**  
0808 802 5544

**NSPCC:**  
0808 800 5000

**Youth Wellbeing Directory:**  
[youthwellbeing.org](http://youthwellbeing.org)

### About the Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families has developed and delivered pioneering mental health care for over 60 years.

Our aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment.

We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.



Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106

**Hampstead Site:**  
12 Maresfield Gardens,  
London NW3 5SU  
Tel: 020 7794 2313

**Old Street Site:**  
Jordan House, 47  
Brunswick Place,  
London N1 6EB

**Holloway Site:**  
38 Mayton Street,  
London N7 6QR

**Greater Manchester Site:**  
Manchester Institute of  
Education, University of  
Manchester, Oxford Road,  
M13 9PL

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