



St Augustine's Academy Newsletter

5th February 2021



Headteacher's Message

Dear Parents, Carers and Children,



Much work has been done to our school grounds over the past year. Our Forest School is one of our biggest achievements along with our school garden which has recently undergone a bit of a makeover.

This week, some of our children in school planted spring bulbs which should spring into bloom during the next couple of months and bring colour and scent to our garden. The plants in the new pond have taken well and so has the turf that was laid a few months ago. Next, we will be filling our new planters with compost, ready for growing vegetables which we hope to use in our school kitchen.

This week, you may also have seen our flag flying at half-mast. This was in memory of Sir Captain Tom Moore who died this week after raising millions of pounds for the NHS. It is important that we have inspirational people in our lives that show us that even when life is tough, good things are still possible.

There is only 1 week to go now until half term. You have all been doing amazingly with your learning and we are very proud of you. Hopefully, it won't be many weeks now until we are all back at school together again.

Best wishes to you all.

Amanda Howes – Headteacher



Children's Mental Health Week



Children's Mental Health Week was enjoyed by children learning at home and at school. These lovely photos show children 'Dressed to Express', and Erin's colourful heart drawing shows some of the things that make us happy and bring a smile to our faces.



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



Remote Learning Advice for Families



Trying to turn a house into a school and a workplace, as well as it being a home, is far from easy. It is more important than ever to take care of our mental health and well-being. This sheet is designed to give a few suggestions about how to manage remote learning at home. Remember, we are on the end of the phone if you need us, so please call.

Set a Routine



Having a routine is important. Try to go to bed early and wake up as you would for a normal school day. Remember to brush your teeth and get dressed. It will make you feel ready to learn. Remember to log on to Google Classroom for the morning register.

Find a Space to Work



Try to sit at a table to do your work. It will remind you of sitting at your desk at school. If you don't have a table, don't worry. You could sit and work on your bed or sit on a cushion on the floor.

Drink Plenty of Water



Have your water bottle or a cup of water with you when you are working. It is important to keep hydrated while you work.

Eat Healthy Snacks



Remember to stop and eat healthy snacks throughout the day, and eat a healthy lunch too. It is important to give your body the food it needs and it will help your brain to concentrate too.

Try Your Best



You might find your learning a bit tricky sometimes but that is okay. Remember to try your best and not to get upset if you are stuck. You can send your teacher a message on Google Classroom so that they can help you. Remember, your teacher needs to see what you can do, so make sure your work is your own.

Be Kind



It is difficult for your whole family to be at home all day. Sometimes you might feel annoyed with each other and it might get a bit noisy. Remember to be kind and look after each other. Try to be patient and forgive each other when things go wrong.

Exercise and Take Brain Breaks



Exercise is important to keep your body and mind healthy. Remember to take regular brain breaks, during and after your lessons. Keep your body moving!

Find Time to Relax



It is important to make some time to relax and do something that you enjoy each day. Maybe you could play a board game or watch a film with your family. Reward yourself at the end of a busy day.

Value of the Half Term - Perseverance



Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.

Romans 5:3-4



SELF – Question of the Week



How can I control my words and actions?

Prefix of the Week



Up



Up is from Old English and means 'higher' or 'upward'.

You find 'up' as a prefix in many English words.

Upload – To transfer data or a program to a central computer or website	Upset – To cause distress or to knock over.
Upgrade – To raise to a higher standard.	Update – To alter something and bring it up to date.
Upbeat – Happy; an unaccented beat in Music	Uproot – to pull up a plant from the ground or forced to move location

School Jotter App

The School Jotter app, by Webanywhere, is the app that our school uses. It can be downloaded to Android or Apple devices from their online stores.



Our school newsletters are uploaded to the app on Fridays and you can also view our calendar. Please sign up today if you haven't already.

Childcare Bubbles



Department for Education



You may or not be aware that families can form a childcare bubble to allow parents to attend work.

Below you will find a link to the Government regarding this.

<https://www.gov.uk/guidance/making-a-childcare-bubble-with-another-household#what-a-childcare-bubble-is>

SEND Webinars for Parents and Carers

Yvonne Newbold talk: the emotions of being the parent of a SEND child

Yvonne Newbold will explore the emotions around being the parent of a SEND child. What are the triggers and how we are left feeling following interaction with other people? You will also have the opportunity to join Yvonne for a follow up discussion over lunch or supper the following week. Take this opportunity to put questions to Yvonne in person and discuss your issues with her and other parents and combat isolation.

- Webinar 10th Feb - Join us for two hours hosted by Yvonne Newbold and Carers in Bedfordshire, 8-10pm
- Lunch 17th Feb - Make yourself a sandwich and a drink and join us for a mid-day discussion, 12.30-2.00pm
- Drinks and Nibbles 18th Feb - For those of us that are busy in the day, an evening discussion following on from the webinar, 8.00-9.30pm

Link to register is [Yvonne Newbold Webinar 10 February \(jotform.com\)](https://www.jotform.com)

Additional Resources links

<https://resource-bank.scholastic.co.uk/content/FREE-Julia-Donaldson-and-Axel-Scheffler->

<https://www.specialneedsjungle.com/distance-education-resources-for-children-and-young-people-with-send/>

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/coronavirus-supporting-children-special-educational-needs-disabilities/>



...where storytelling, music,
and coding come together!



FREE to you, thanks to Inspiring Music

On Zoom, for students aged 8-14
February 15th to 19th (half-term)
9am OR 1.30pm, for 90'



info@conductivemusic.uk
momocuri.eventbrite.co.uk

Join Momocuri to...

use a spooky tale from ancient Japan and learn how storytelling, coding, and music can come together to bring to life a fabulous RPG.

By the end, you will have your own musical video game, skills and software to make more!

Conductive Music CIC

We joined this world 9 years ago. We helped more than 25,000 students level up and conquer this dungeon. Our weapon is technology, our mana is music and our creativity points are endless.



Voucher code **InspiringMusic**

Thanks to...



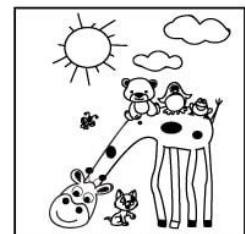
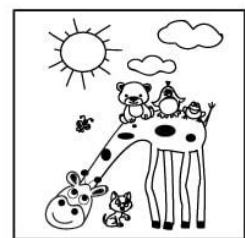
Puzzles to make you 'Happy'

Words meaning "Happy"

C	E	H	T	I	L	B	U	D	E	T	A	L	E
L	T	D	L	U	F	E	E	L	G	T	N	T	T
G	L	A	D	T	J	U	B	I	L	A	N	T	H
S	Y	E	E	A	L	U	F	R	E	E	H	C	R
D	L	T	L	E	J	Y	Y	A	G	L	A	T	I
A	K	N	I	P	D	E	L	K	C	I	T	C	L
Y	S	A	G	P	E	P	P	Y	P	P	A	H	L
E	L	T	H	D	E	S	A	E	L	P	H	M	E
S	U	L	T	L	Y	O	A	J	O	G	E	T	D
E	U	U	E	D	L	G	E	R	E	R	L	I	B
G	P	X	D	I	L	L	T	M	R	O	Y	N	E
E	A	E	E	U	O	E	A	Y	I	P	I	S	N
L	U	F	Y	O	J	B	J	O	Y	O	U	S	A
M	B	L	U	F	S	S	I	L	B	T	D	J	L

THRILLED
ELATED
PLEASED
HAPPY
JOLLY
DELIGHTED
GLAD
MERRY
JOYOUS
GLEEFUL
BLISSFUL
PEPPY
CHEERFUL
JOYFUL
EXULTANT
BLITHE
TICKLED PINK
JUBILANT

Can you find 7 differences between these pictures?



Copyright www.sparkling-minds.com



Play this puzzle online at : <https://thewordsearch.com/puzzle/73/>

Support and Advice

The table below gives a whole range of support services that you can access for help and advice. Please use them. This is a really testing time for us all and we all need a little bit of help and support sometimes. Remember, if you feel you can't cope, you can also ring the school to speak to someone.

Service	Number	Website	Information
Child Line	0800 1111	https://www.childline.org.uk/	Child Line is a free, private and confidential service where young people can talk about anything. Support is available online, on the phone, anytime
Rev Ricky Dunstable Team Vicars	01582 528485	Contact – rickyturner@ntlworld.com PrayDunstable@gmail.com	Prayer and general help and support.
MIND	0300 300 0648	https://www.mind.org.uk/	Mind offers information and advice to people with mental health problems
Headspace		https://www.headspace.com/ App is available to download on the App store or Google Play	Mental health activities. Provides guided meditations, animations, articles and videos
Victim Support	0808 1689111	https://www.victimsupport.org.uk/	Free and confidential support for people affected by crime and traumatic events – regardless of whether you have reported the crime to the police or not
Salvation Army	01582 606031	https://www.salvationarmy.org.uk/dunstable	The Samaritans offer a church and social services to support those in need
Kooth		https://kooth.com/	Kooth is an online and confidential service giving help and advice about emotional health to young people
Samaritans	116 123	https://www.samaritans.org/	Free and confidential support and advice
Anxiety UK	TextService: 07537 416 905 Infoline: 03444 775 774	https://www.anxietyuk.org.uk/	Anxiety UK relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding
Youngminds	Parents Helpline 0808 802 5544	https://youngminds.org.uk/	A UK charity fighting for children and young people's mental health
Signpost	0800 0282 887	https://www.signpostforbedfordshire.com/	Support for those affected by crime
NSPCC	0808 800 5000	https://www.nspcc.org.uk/	Help for adults concerned about a child
National Online Safety		https://nationaleducationgroup.cmail20.com/t/t-l-nkrhuy-fyhllutij-y/	Highly visual and informative Online Safety posters for parents, carers and children
Central Bedfordshire Council		https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers	Coronavirus – Information for Parents and Carers
Central Bedfordshire Children's Services	0300 300 8585 Out of hours: 0300 300 8123		If you think a child you know is being harmed or at risk of being harmed, please contact the Access and Referral Hub, who you can talk to about your concerns. All child protection calls are treated in confidence and you don't need to give your details

You can also find the latest information updates on the corona virus at: <https://www.gov.uk/coronavirus>