



Next week- Week 2/B

Attendance reporting procedures Please report children's absence by 08:30 each morning using our [online google form](#) which can also be found on the school website. This form should also be used to report future absence e.g. dentist appointments.

Safeguarding

Please find an [article](#) that provides information about key terms linked to misogyny and toxic masculinity.

Race Inclusion Forum

Hertfordshire Constabulary is in the process of forming a Young People Race Inclusion Forum in conjunction with Hertfordshire County Council. This Forum will be used to involve young black people in scrutinising policing in Hertfordshire and help improve policing for the black community. It is a unique opportunity, and we are keen for your students to have the chance to be involved. The Forum meetings will take place outside of school hours as an extracurricular activity, please click [here](#) for a letter which provides further details about the topics which will be covered.

Countdown to the Ashlyns Careers Expo – less than a week to go!

As we approach the Ashlyns Careers Expo next Tuesday, 22nd October, students in Years 8-13 have been actively preparing for the event. During their tutor sessions, they've been exploring the digital brochure, identifying exhibitors of interest, and planning the questions they'd like to ask. This preparation ensures they make the most of their time when visiting the 48 industry professionals in the main hall.

We are also excited to welcome Year 11 students with their parents/carers to the expo after school on Tuesday. This will be a valuable opportunity for them to explore future career options together and get answers to any questions they have about pathways, industries, or roles that interest them.

We're looking forward to a fantastic event!

Autumn Chill

This year's Autumn Chill concert is on 6 November in the Chapel at 7.00pm. Tickets are £2 at the door. This is always a highlight in the calendar and a fantastic opportunity to hear our talented students perform.

Inter-house Cross Country

All Years 7-10 will be taking part in the annual inter-house cross country during both of their PE lessons next week. All students will take part or help out on the fields so please ensure they are dressed appropriately for the weather and bring boots or old trainers and a bag to carry muddy items back in.

Teams for the District Cross Country taking part after half term will be selected from the event.

Which tutor group and year will earn the most points towards their respective house?

Key Dates

- 22 Oct: Ashlyns Careers Fair
- 23 Oct: Y11 Parent-Teacher Consultation Evening
- 24 Oct: Y7&8 ASA Halloween Disco
- 28 Oct-1 Nov: Half Term
- 6 Nov: Autumn Chill Concert
- 7 Nov: Y12 Parent-Teacher Consultation Evening
- 17 Nov: ASA Craft Fair

Next Week [Spring Lunch Menu: Week 2](#)

House Points

Current house points			
Bourne	Coram	Handel	Raven
8040	7644	8567	8401
3 rd	4 th	1 st	2 nd
18/10/2024			

Communications

- [Y11 Trial Examinations](#)
- [Y11 Trial Examinations Timetable](#)
- [Y9 Parent Information and Support Evening Slides](#)

Vacancies

- [Exam and Access Arrangement Administrator](#)

Swan Youth Club

The Swan Youth Centre provides a safe place for young people to spend time, try new activities, cook food and hang out with friends. Please click [here](#) for their newsletter.

Parent Forum

Our first meeting of our Parent Forum is on 11th November; Parent Forum meets once per term to discuss and give feedback on strategic school items. We very much value the work done by our Parent Forum to inform and help our work in all areas of the school going forward. If you would be interested in becoming part of Parent Forum, please email Mrs Thompson on ftompson@ashlyns.herts.sch.uk.

Character

Our 7-week focus on peer pressure and character values is coming to an end this week. Throughout this period, students across Years 8-13 have been reflecting on how peer pressure can influence their decisions and the importance of standing by their values. This final week has been dedicated to consolidating their learning through reflective activities, helping them understand how to navigate moral dilemmas and stay true to their integrity. We are proud of the deep engagement our students have shown and look forward to building on these foundations in the next phase of the programme

Year 11 Raising Achievement

It's been a busy and productive time for our Year 11 students. We were thrilled to see so many students and their parents/carers attend the *Into the Sixth* evening on Thursday, where they had the chance to explore the Sixth Form together, engage with staff, and ask important questions about their subject choices for Year 12.

Next week, we are excited to host the *Careers Expo* on Tuesday, 22nd October, where Year 11 students have a designated after-school slot to attend with their parents/carers. This event has been specifically incorporated into our *Raising Achievement Programme* as a means to provide that extra motivation and inspiration needed to spur them on in the lead-up to their exams. Having a clear vision of what comes next can be hugely helpful in motivating students to study hard and focus on their goals.

Following the Expo, the Year 11 Teacher Consultation will take place on Wednesday, offering students valuable feedback and guidance as they continue to progress through this crucial year.

Student Achievements

Congratulations to Miles P who has made it into the U17 Boys Herts County Hockey Programme for the 2024-25 season (Goalkeeper)

Congratulations Izak W who completed the Peak Assault with his Explorers group, along with 49 other teams from all over the country. His team (Triple Thunder) came 2nd out of 50 and hiked 32 km in 5 hours! An amazing effort, we are very proud of them all.

A squad of 12 selected Judo players from Rush Judo travelled to Lendelede in Belgium for their first international Judo competition on Friday.

Well done to Ozzie P and Samuel B who secured Bronze medals in the U13s Pre Cadets category. Archie P fought in the U15s Cadets category which was quite a step up in a large pool of fighters and also secured a Bronze Medal. The commitment, hard work and dedication it has taken to get to this point has been commendable and we are all so proud and delighted with their achievements this weekend.

HMS Music Lessons

If you wish to stop Music Lessons for the Spring Term please email HMS.customersupport@hertfordshire.gov.uk by the end of this half term, Friday 25th October or use this [form](#) to withdraw from lessons.

If notice is given after this date, costs will be incurred.

If you wish to register for music lessons please go to [HMS Music Lesson Registration](#)

Any other queries regarding Music Tuition at Ashlyns School please email Mrs Marval at musictuition@ashlyns.herts.sch.uk.

ASA News

Halloween Party - Years 7 & 8 - Thurs 24 Oct, 7-8.30pm

Last chance to buy your tickets for the Halloween Party! Available to purchase on ParentPay, they're just £5 which includes a snack and drink.

Bag 2 School Collection - 12 Nov

We are collecting unwanted clothes and shoes for Bag 2 School, a textile recycling company who will repurpose your clothing AND donate money to the ASA. The more we collect, the more they donate. Please drop off your items to 15 Swing Gate Lane, HP4 2LJ. www.bag2school.com

AGM

A big thank you to all that came to our AGM this week and for all your continued support.

Sports Results

Y11 & Senior Netball vs JFK	Y11 - Won 30-12 Senior - Lost 35-12
Y10 Boys Football vs Goffs	Won 4-0
Y8 Boys Football vs Tring	
Y8A&B Netball vs Tring	8A - Lost 8B - Won 16-5
Y11 Netball vs Abbot's Hill	Won 33-6
Y10 Netball vs Berkhamsted	Drew 28-28
Y9 Boys Football vs Bushey Meads	Won
Y10 Boys Rugby Tournament	9A - Won 20-10 9B - Won 30-1
Y8 Boys Football vs Dr Challoner's	TBC

Berkhamsted Rotary Fireworks

This year's firework display takes place 2nd November at Berkhamsted Cricket Club, gates open at 6pm and the display starts at 7pm. Tickets are available from Reception at a reduced rate to the door price. Adult: £10, Child: £7, Family: £25. Cash only, correct change please.

Tooled Up at Ashlyns - resources from Dr Kathy Weston: School PIN 4989



All About Allergies With
Adam Fox



Nutrition For Young Athletes



Nutrition And Exams

So much of daily life and routine in our families is based around food, from quick bowls of cereal in the morning, to snacks concealed in school bags, to quick dinners before evening sports, to leisurely meals where we sit and reconnect as a family. Tooled Up has always drawn on the wide body of research about food and nutrition, and we have many resources about the importance of healthy eating and mealtimes, and the nutrition that young people need for success in school, sport and beyond.

Of course, food can often be a fraught subject for parents. This recent article with dietitian Paola Falcoski is full of advice on helping children develop a [Healthy Relationship with Food](#), from ways to ease the pressure on mealtimes to working with children's individual tastes and preferences. One important foundation in this relationship – and a common topic from Tooled Up parents – is the [Importance of Breakfast](#). Read dietitian Ananjeet Kohli's advice on starting the day in the most nutritious way.

For parents of fussy eaters, mealtimes can be a source of frustration and stress. Ananjeet's [advice](#) for parents of fussy eaters will provide reassurance and practical tips, brilliantly complemented by her advice on [Introducing Children to New Foods](#).

A more severe issue that families face is allergies. Professor Adam Fox is a leading paediatric allergy expert, and in this [webinar](#) he answers many of the most common concerns from parents about allergies, including those to foods such as nuts and dairy.

When children are busy inside and outside of school with clubs and sports, and when the pressure of academic work increases, do you know the best foods that will keep them charged up and ready to succeed? This advice on [Nutrition and Exams](#) will help you keep children full of energy for the stressful exam period, and try our guidance on [Nutrition for Young Athletes](#).