



St Augustine's Academy Newsletter

16th January 2026



Headteacher's Message

Dear Parents, Carers and Children,

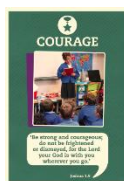


A huge congratulations to our Early Years children for achieving the My Smile Award! The children have learnt how important it is to look after their teeth by eating healthily and brushing their teeth well. Everyday in school, the children brush their teeth after lunch. You can see how brilliantly they are doing in the above photograph.

As a whole school we are continuing our journey toward healthier eating habits. Children have a choice of nutritious cereals in Breakfast Club and all classes can now choose from either plain or buttered bagels. We also kindly remind parents that KS2 breaktime snacks should be limited to fruit or healthy alternatives, and we encourage everyone to keep packed lunches as nutritious as possible.

We hope you have a wonderful weekend and look forward to seeing you all again on Monday.

Best Wishes
Amanda Howes – Headteacher



Lyfta



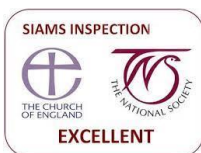
This week in Lyfta we met Heini who works in the costume department at the Finnish National Opera and Ballet. In the video, she talked about how her work backstage supports others and contributes to the overall success of the performances. The message about the importance of 'teamwork' was important for us all to be reminded of.



We had our own taste of the theatre this week when M&M Theatrical Productions captivated the children with their vibrant performance of Cinderella. It was wonderful to see the children fully immersed with the experience as they cheered along with the drama, sang along to familiar songs and, of course, marvelled at the costumes.



'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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Telephone: 01582 661778 Email: office@staugustinesacademy.co.uk
Website: www.staugustinesacademy.co.uk



CONGRATULATIONS to the following children.

Our Stars of the Week are...

Year 1 – Greyson
Year 2 – Tejiri
Year 3 – Natalie
Year 4 – Gracie-Mae
Year 5 – Year 5
Year 6 – Stephen

Our 'Lyfta' Pupils of the Week are...

Year 1 – Liana
Year 2 – James
Year 3 – Aria
Year 4 – Taliyah
Year 5 – Charlie
Year 6 – Olly



Our Vocabulary Velociraptors are...

Year 1 – Ariel
Year 2 – Rodrigo
Year 3 – Arika
Year 4 – Isabelle
Year 5 – Skye
Year 6 – Lili



Our Attendance Bear Winner is...



The House Point totals this week are...



Year 2 Spring Term Curriculum Overview

As Language Specialists we will use fun and exciting stories and non-fiction books to support our learning. We will read accurately words of two or more syllables. We will learn how to use: sentences with different forms: statement, question, exclamation, command and the possessive apostrophe (singular) (for example, the girl's book). When writing, we will continue to use the diagonal and horizontal strokes used to join letters. We will write narratives about personal experiences and those of others.

As Mathematicians we will compare and order numbers from 0 up to 100; use <, > and = signs. We will recall and use addition and subtraction facts to 20 fluently, and derive and use related facts up to 100. We will recognise and use the inverse relationship between addition and subtraction and use this to check calculations and solve missing number problems. We will recall our 2, 5 and 10 times tables. We will recognise, find, name and write fractions 1/2, 1/4, 2/4, and 3/4 of a length, shape, set of objects or quantity.

As Scientists we will identify and compare the suitability of a variety of everyday materials, including wood, metal, plastic, glass, brick, rock, paper and cardboard, for particular uses. We will find out how the shapes of solid objects made from some materials can be changed by squashing, bending, twisting and stretching. We will find out about some of the ecological challenges that Earth faces and changes that we can make to live more sustainable lives.

Across the curriculum

As Historians we will be answering the question *How did we learn to fly?* We will look at significant events in the history of flight on a timeline and learn about the individuals who contributed to the history of flight.

As Geographers we will answer: *Why is our world wonderful?* We will identify features and major characteristics of the UK and then name the oceans of the world, locating these on a world map. We will consider what is unique about the natural habitats in our locality.

As Artists we will discover Abstract Art. We will learn about the Art elements of colour, tone and shape and will develop painting and collage skills. We will also use chalk and oil pastels. As a class, we will work together to produce a piece of artwork in the style of Alma Thomas' 'Rest in Pieces'.

As Athletes we will develop our understanding of attacking and defending principles in net games (tennis). We will develop gymnastic skills.

As Musicians we will learn a traditional Ghanaian song, recognise simple notation and compose call and response rhythms. We will also learn about the instruments of the orchestra and practice identifying them within a piece of music.

As Design Technologists we will learn about the history of kites and explore a range of manufactured kites. We will design, make and evaluate our own kite while developing our use of tools e.g. a junior hacksaw and bench hook.

As Computer Programmers we will learn to create and debug programs. We will learn about pictograms, collecting data in tally charts and organise and present data on a computer.

As Theologians we will consider how and why we show care for others and why it matters that we do. We will consider how we show care for the Earth and why it matters that we do.

In PSHE we will look at how we live in the wider world, who we belong to a community, Media literacy and digital resilience. Money and work. We will also have weekly Lyfta sessions where we explore different countries, languages, cultures and lived human experiences from all around the world.

Our Curriculum overviews explain the themes that will be covered in lessons. Follow the website link below to find the Curriculum Overview for your child's year group.

<https://www.staugustinesacademy.co.uk/curriculum/termly-curriculum-overviews>

Vocabulary Velociraptors

1 t-shirt	2 dressing gown	3 blouse	4 pinafore dress
5 poncho	6 culottes	7 anorak	8 overalls
9 lab coat	10 cap and gown	11 tuxedo	12 ball gown

This week was 'Clothes Week' and the children learnt the names of 12 different items of clothing. They repeated them daily to help to remember them. Can you learn them too?

Diary Dates

W.B. Mon. 19 th Jan.	Occupations Week 1 – Vocabulary Velociraptors
Mon. 19 th Jan.	Lyfta – Melkiye in Awra Amba, Ethiopia – Decision Making
W.B. Mon. 26 th Jan.	PSHCE Week – Vocabulary Velociraptors
Fri. 30 th Jan	Lyfta – Aci in Indonesia – Disability Advocate
	Mid-year Reports out to Parents/Carers

Sometimes we have to change diary dates due to circumstances beyond our control. Please keep checking the school diary regularly for updates.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many games which we believe trusted adults should be aware of. Please visit nationalonlinecollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

FIVE NIGHTS AT FREDDY'S

WHAT ARE THE RISKS?

Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

AGE RESTRICTION
PEGI
12

FRIGHTENING THEMES

Five Nights at Freddy's (FNaF for short) doesn't feature bloodshed like many horror games – but it does build tension and use jump scares, which may be too intense for young players. The sinister animatronic characters and the sensation of being trapped and defenceless could be particularly unsettling, as could the inclusion of disturbing elements such as murder or possession by evil spirits.

STRESSFUL SITUATIONS

Due to FNaF's suspenseful atmosphere, it can be extremely stressful for players. Constantly checking that one's surroundings are safe is a crucial part of the gameplay and could create residual stress or even obsessive-compulsive behaviours. Several media reports have suggested that some younger children have experienced severe nightmares or sleep anxiety after playing games from the series.

IN-GAME SPENDING

FNaF doesn't foreground in-game purchasing as strongly as many other well-known games, but some titles in the series do offer additional content that promises to enhance the experience. Five Nights at Freddy's: Help Wanted, for instance, is complemented by a Halloween-themed expansion pack called 'Curse of Dreadbear' (costing £8.99), which unlocks new levels and mini-games.

AGE-INAPPROPRIATE CONTENT

18

As a result of FNaF's popularity, a sizeable YouTube community based on fan-made content has developed around the game. While the majority of this material is still child friendly, there are a number of channels which are geared more towards mature audiences: they contain adult and disturbing themes, for example, and (in some cases) age-inappropriate language.

PLAYING IN ISOLATION

Many parents will be relieved to learn that Five Nights at Freddy's is a single-player game which doesn't include any online chat functionality. Conversely, however, this could also make playing FNaF quite an isolating experience – especially if your child is spending a lot of time investigating the game's spooky, shadowy environments alone in their room, for example.

Advice for Parents & Carers

USE PARENTAL CONTROLS

Five Nights at Freddy's doesn't have conventional parental controls. However, if you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Android or iOS device for gaming, you can adjust Apple and Google's built-in parental controls to restrict your child's access to certain content.

TRY IT YOURSELF

Every child is different, of course, so it could be worth playing Five Nights at Freddy's yourself for a while to gauge how your young gamer might cope with the series' more frightening and disturbing aspects. If they're old enough, you could spend some time playing it together – after all, it usually only takes between two and ten minutes to complete a level.

LIMIT SPENDING

Unlike many popular titles, Five Night's at Freddy's doesn't bombard players with tempting in-game purchase offers. It's worth noting, however, that some instalments in the series do provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

SPOT THE SIGNS

If you're concerned that your child might be spending too much time on Five Night's at Freddy's, or you're worried that the game's scary themes are taking a toll, watch out for warning signs. Young people may start to prioritise gaming over everyday essentials like schoolwork or sleep; irritability or a lack of concentration could also indicate that their gaming sessions are going on too long.

TALK ABOUT THE RISKS

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Ensure that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop or take a break if the intensity of the gameplay is making them feel uncomfortable or putting them on edge.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



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National Online Safety®
#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinecollege](https://instagram.com/nationalonlinecollege)

[@national_online_safety](https://tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 25.10.2023

SEND Dance Classes

Fun and inclusive classes for those with suspected or diagnosed additional needs

Imagine & Move | 4 – 4.30pm

Sensory movement class for those aged 3+
Aimed at those who need support from a parent/carer to participate
£5 per class invoiced termly



Magic Movers | 4.45 – 5.30pm

Creative dance class for those aged 7+
For those who can follow instruction and participate independently
£7 per class invoiced termly

**Introductory offer:
20% off for Spring Term!**

15th January – 26th March (No class 19th February)



Thursdays during term time
at Houghton Regis Leisure Centre

Limited spaces! Book now:
info.imaginationarts@yahoo.com
07394 934911



Central
Bedfordshire
Council





FREE

Don't miss out! Join us
at our coffee event
and pick up your free
hard copy of the booklet



Welcome from SNAP Parent Carer Forum!

We are inviting you to join our second PINS Coffee Event

Date: 19th January 2026

From: 9am To: 10.30am

Place: St Augustine's Academy

Come along to a coffee and a chat about our 'Supporting Your Neurodiverse Child/Young Person' Booklet



When you first realise that your child/young person experiences the world in a different way it can feel overwhelming. But once you begin to understand their way of thinking it can be rewarding and you can learn so much from them. This booklet is full of useful information and strategies to help support you on this journey.

The Goal

To help every child feel included, understood, and supported—especially those with Special Educational Needs and Disabilities (SEND)

PINS is designed to:

- ✓ Help schools improve how they support children with SEND
- ✓ Offer early help to children who may be struggling - with or without a diagnosis
- ✓ Provide training for school staff to build skills and confidence
- ✓ Enhance communication and partnerships between schools and families

MORE INFORMATION



For more information please email
PINS@snappcf.org.uk and see our PINS webpage

POSITIVELY
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SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE



PINS
Partnerships for Inclusion of
Neurodiversity in Schools

We are excited to
announce our...

**excellent selection
of online training:**



We are delighted to announce our new programme of supportive online training for PINS schools' parent carers. This exciting series of sessions has been designed to inform, inspire, and support you.

Further details, including session overviews and booking information, will be shared via email very soon.

Each session will be delivered by qualified experts who will help you support your child/young person.

Session	Date	Time	Venue
Understanding ADHD	27/01/2026	12:00 - 1:30pm	Online
Understanding Autism	10/02/2026	12:00 - 1:30pm	Online
Understanding and Supporting Sensory Difficulties at Home	25/02/2026	12:00 - 1:30pm	Online
Understanding Pathological Demand Avoidance	05/03/2026	12:00 - 1:30pm	Online
Understanding and Managing Challenging Behaviour	19/03/2026	12:00 - 1:30pm	Online

[CLICK HERE](#)

Please note...

Add -vance sessions are recorded and available to watch for 7 days after to those booked/attending the session.

**BOOKING DETAILS ON FLYERS OR VIA
<https://www.eventbrite.com/cc/pins-project-parentcarer-workshops-4801862>**

www.snapppcf.org.uk



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE



PINS
Partnerships for Inclusion of
Neurodiversity in Schools

**BOOK
NOW!**

FREE Online Workshops for Parent Carers as part of the PINS Project.

We are excited to announce they will be delivered by the
British Dyslexia Association.

Supporting Your Child with Dyslexia: A Practical Guide for Parents

Join us for an engaging 2-hour online session designed to help parents better understand and support children with dyslexia at home. This training will cover:

- **Understanding Dyslexia** – What it is and how it affects learning and daily life.
- **How Does It Feel?** – Gain insight into your child's lived experience.
- **Behaviours at Home** – Explore why challenges like homework avoidance and forgetfulness happen.
- **Practical Strategies** – Learn visual tools, technology tips, and ways to create a supportive home environment.
- **Whole Family Understanding** – Foster empathy and teamwork within your household.
- **Next Steps** – When and why to consider a diagnostic assessment.

This session is packed with actionable advice and real-world strategies to make a positive difference for your child and family.

Date: Friday 13th February
Time: 12:00 - 2:00pm



Please book your place by emailing '**BDA Training**', your name and your child's school to: PINS@snappcf.org.uk.

Limited spaces available, booking is essential!



Bedfordshire, Luton
and Milton Keynes
Integrated Care Board



Cambridgeshire
Community Services
NHS Trust

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SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE

BOOKING IS ESSENTIAL



Partnerships for Inclusion of
Neurodiversity in Schools

We are excited to
announce our...

Online training:



Understanding ADHD

Friday

27/01/2026

12:00 pm - 1:30pm



*Book
Now!*

This session is delivered by qualified experts who will help you support your child/young person.

Understanding aims:

- *To understand more about the strengths and challenges associated with ADHD*
- *To recognise the different ways that ADHD may 'present' in children/young people, including co-existing conditions*
- *To explore helpful support strategies*
- *To know where to get more help*

BOOKING IS ESSENTIAL...



Please note...

Add -vance sessions are recorded and available to watch for 7 days after to those booked/attending the session.

www.snappcf.org.uk

DATE: Friday 27th February

12:00pm - 1:30 pm

Please book your place by clicking on the live link

[https://understanding-adhd-](https://understanding-adhd-270126.eventbrite.co.uk/)

[270126.eventbrite.co.uk/](https://understanding-adhd-270126.eventbrite.co.uk/)

CLICK HERE

PINS Online Training



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BOOKING IS ESSENTIAL



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We are excited to announce our...

Online training:

Understanding Autism

Thursday 10/02/26
12:00 pm - 1:30pm



BOOKING IS ESSENTIAL...

This session is delivered by qualified experts who will help you support your child/young person by discussing the following:

- To understand more about Autism
- To recognise the different ways that Autism may 'present' in children and young people (including co-existing conditions)
- To explore the strengths and challenges associated with Autism
- To identify helpful support strategies
- To know where to get more help

Please note...

Add -vance sessions are recorded and available to watch for 7 days after to those booked/attending the session.

www.snapppcf.org.uk

DATE
Tuesday 10th February 2026,
12:00 pm - 1:30 pm

Please book your place by clicking on the live link:
<https://understanding-autism-100226.eventbrite.co.uk/>

CLICK HERE



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BOOKING IS ESSENTIAL



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We are excited to announce our...

Online training:

Tips and Tools to Manage Sensory Differences

25/02/2026
12:00 pm - 1:30pm



BOOKING IS ESSENTIAL...

This session is delivered by qualified experts who will help you support your child/young person.

Tips sand Tools to Manage Sensory Differences aims:

- To understand the link between sensory differences and behaviour
- To discover how to work out your child's unique sensory profile
- To explore strategies and adjustments to support your child to manage their sensory differences
- To know where to get more help

Please note...

Add -vance sessions are recorded and available to watch for 7 days after to those booked/attending the session.

www.snapppcf.org.uk

DATE: Thursday 25th February 2026,
12:00 pm - 1:30 pm

Please book your place directly (click on the live link) via
<https://understanding-sensory-differences-250226.eventbrite.co.uk/>

CLICK HERE



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CENTRAL BEDFORDSHIRE

BOOKING IS ESSENTIAL



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We are excited to announce our...

Online training:

Understanding Pathological Demand Avoidance (PDA)

Thursday 05/03/2026
12:00 pm - 1:30pm



BOOKING IS ESSENTIAL...

This session is delivered by qualified experts who will help you support your child/young person by discussing the following learning outcomes:

- To understand more about Pathological Demand Avoidance
- To recognise the different ways that PDA may present in children
- To highlight relevant teaching and support strategies
- To explore the strengths associated with PDA
- To know where to get more help

Please note...


Add -vance sessions are recorded and available to watch for 7 days after to those booked/attending the session.

www.snapppcf.org.uk

DATE
Thursday 5th March 2026,
12:00 pm - 1:30 pm

Please book your place by clicking on the live link
<https://understanding-pda-050326.eventbrite.co.uk/>


CLICK HERE



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CENTRAL BEDFORDSHIRE

BOOKING IS ESSENTIAL




PINS
Partnerships for Inclusion of Neurodiversity in Schools

We are excited to announce our...

Online training:

Understanding Challenging Behaviours

Thursday 19/03/26
12:00 pm - 1:30pm



BOOKING IS ESSENTIAL...

This session is delivered by qualified experts who will help you support your child/young person by discussing:

- what is meant by challenging behaviour
- understand why challenging behaviour is more common in neurodivergent children/young people
- identify triggers and underlying needs
- develop strategies which anticipate and prevent challenging behaviour
- know where to get more help

Please note...

Add -vance sessions are recorded and available to watch for 7 days after to those booked/attending the session.

www.snapppcf.org.uk

DATE
Thursday 19th of March 2026, 12:00 pm - 1:30 pm

Please book your place by clicking on the live link:
<https://understanding-challenging-behaviour-190326.eventbrite.co.uk/>

CLICK HERE



KIDS IN ACTION'S *Youth Club*

**Ages
4 - 18**

Every Saturday

AT THE BASE

Unit 26
Apex Business Centre
Boscombe Road,
Dunstable
LU5 4SB

ACTIVITIES

- Soft play area
 - Sensory cottage
 - Multimedia room
 - Video games
- And many more...

**10am -
3pm**

**PARENT AND
CARER
PARTICIPATION**

For more info call

01582 477762

www.kidsinaction.org.uk

Charity No: 1193660

