



St Augustine's Academy Newsletter

2nd October 2026



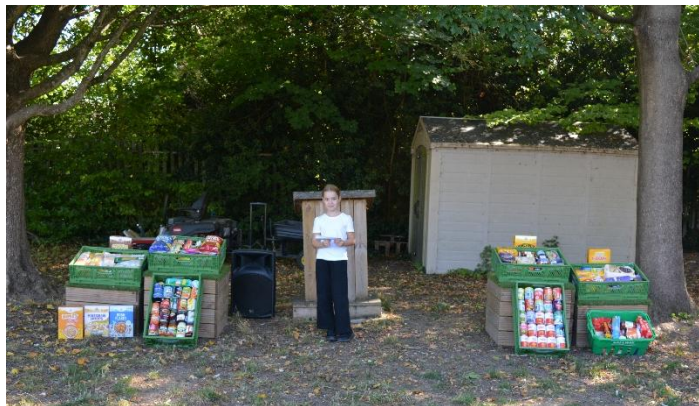
Headteacher's Message

Lyfta



Dear Parents, Carers and Children,

We would like to say a huge thank you for the kind and generous food donations brought into school for our harvest festival. As you can see below, a tremendous amount of food was gifted and the Dunstable Foodbank was so grateful.



We held our harvest festival in our Forest School this year as it was such a beautiful autumnal day. We were pleased that Revd Ricky was also able to attend.

It was good to see so many of you at Parents' Evenings this week and to hear how your children are settling into their new classes. If you were unable to attend, please do book an alternative time to meet with your child's teacher.

We hope you enjoy the weekend ahead.

Best wishes,
Amanda Howes - Headteacher



This week we met Flora from Peru who harvests grubs for her community. In the Amazon, there are many natural foods and medicines so the people who live there have enough to eat. Every day, Flora leaves her village to go to the Suri farm. She uses an axe to cut the palm trees to find Suri larvae. The larvae comes from a black beetle that lays its eggs in the tree trunks. Flora cooks the grubs in Bijao leaves and then they are often eaten alongside a plant called manioc or banana. The community think that the grubs taste delicious.

This week, as part of our harvest festival, we thought about the creatures that help to give us food. We even had the chance to taste mealworms. Delicious!



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

Celebration

CONGRATULATIONS to the following children.

Our Stars of the Week are...

Year 1 – Ishan
Year 2 – Sofia
Year 3 – Gwen
Year 4 – Darius
Year 5 – Leo-James
Year 6 – Filip

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

Year 1 – Alyssa
Year 2 – Rares
Year 3 – Arianne
Year 4 – Esfir
Year 5 – Harley
Year 6 – Kajetan



Our Vocabulary Velociraptors are...

Year 1 – Seromo
Year 2 – Rose
Year 3 – Iniya
Year 4 – Sara
Year 5 – Maximillian
Year 6 – Logan



Our Attendance Bear Winner is...



Our House Point totals this week are...



Year 2's Art in Nature

Year 2 have been enjoying creating Art in nature, just like the artist Andy Goldsworthy.

The children used the natural resources they found in our Forest school and placed them carefully together to form interesting shapes, patterns and structures. The beautiful autumn colours added that extra wow factor to their creations. Well done Year 2!



Vocabulary Velociraptors

1  grasshopper	2  cricket	3  mealworm	4  silkworm pupae
5  sago worm	6  weaver ant eggs	7  tarantula	8  giant water bug
9  bamboo worm	10  scorpion	11  termite	12  cicada

In Vocabulary Velociraptors this week, the children learnt the names of 12 edible creatures. Repeating the words each day helped to cement them in their long-term memories. Have you tried any of them?

Diary Dates

WB 5th Oct.	Vocabulary Velociraptors Transport Week Lyfta – Sylvain in England – London Transport Worker
Tue. 6th Oct.	9:00am - Year 1 Phonics session for Parents and Carers
Fri. 9th Oct.	2:30pm – Year 5 and 6 Church Service – Parents and Carers invited
WB 5th Oct.	Vocabulary Velociraptors Farming Week Lyfta – Simon in Tanzania – A sustainable farmer
Tue. 13th Oct.	EYFS Phonics morning for Parents and Carers
Thu. 15th Oct.	Individual Pupil Photos

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

MANSHEAD CHURCH OF ENGLAND ACADEMY

OPEN EVENING



THURSDAY 8TH OCTOBER

17:00 > 19:30

HEADTEACHER
PRESENTATIONS

17:00

17:45

18:30



<< SCAN OR CLICK >>
To book your tickets

Join us for our Year 6 Open Evening!

Take a tour and see for yourself the vibrant energy of our students and the excellent teaching that makes our school a special place to learn, aspire and flourish.

Year 6 Opening Evening

[https://www.eventbrite.com/e/year-6-opening-evening-](https://www.eventbrite.com/e/year-6-opening-evening-tickets-20013111274567msocid=16f09239c59a6a1b15a08497c4e06b53)

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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about **WORRY AND ANXIETY**

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



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