



St Augustine's Academy Newsletter

5th December 2025



Headteacher's Message

Lyfta

Dear Parents, Carers and Children,



This week has been especially busy for our Year 6 children as they took part in Mock SATs week. In the photographs above, you can see them enjoying a hearty breakfast to start their day. The children did themselves proud with their focus and concentration and they now feel better prepared for what to expect when the real SATs take place next year.

Once again, this newsletter is packed full of information about recent events that have taken place and we hope you enjoy reading it.

Best Wishes,

Amanda Howes – Headteacher



This week in Lyfta, we met Lukas from Denmark who is a Christian. Lukas struggles with a physical condition that has stopped him participating fully in sports in the past. He prays a lot for healing and tries to do everything he can to be as fit as possible and maintain a positive mental attitude.

Lukas and his family are keen motorcyclists and attend a local biker church.

Our children have been attending RE Active Church at St Augustine's and it was lovely to see the similarities and differences to the church in the Lyfta video.



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



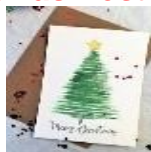
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Christmas Events at St Augustine's Academy

Christmas is an exciting time of year and at St Augustine's we always enjoy making it a fun and memorable time for the children. Below is a list of the Christmas events that will be taking place during the next 3 weeks at school.

Christmas Post Boxes



Our special Christmas post boxes (1 for each class and 1 for staff) will be open from **Monday 1st December**. Please make sure that you put your cards in the correct post box so that they will not need sorting in school.

Friends of St Augustine's Academy Christmas Fayre



Our Christmas Fair will take place straight after school on **Friday 5th December**. Come and join the fun as the school enjoys stalls such as: adopt a teddy, raffles, chocolate tombola, food and drink, and more!

Christmas Bauble Competition



As always, we will be holding our Christmas Bauble Competition. Children should make a bauble at home and bring it into school, by **Monday 8th December**, to help decorate the Christmas trees in their classrooms. The bauble could be made from any art or craft. There will be a prize for the winning bauble from each class.

Christmas Wonderland



We have a special visitor visiting our Christmas Wonderland on **Monday 15th December**. The children are in for a very exciting treat on this day. Straight after school, we will be opening up our Winter Wonderland so that other members of our community can enjoy it.

Christmas Dinner



Our delicious Christmas dinner will take place on **Thursday 18th December**. If you usually pay for school dinners then please pay Gary in the usual way.

Christmas Party and Jumper Day



On the last day of term, **Friday 19th December**, we are asking children to wear Christmas Mufti/Jumpers to school. Each class will have their own Christmas party organised by their class teacher in the afternoon. The school will be providing food and drink so please do not send any into school.

Dunstable Torchlight Procession



Once again, what a joyous occasion the Dunstable Torchlight Procession was this year. A group of children from our school enjoyed taking part, waving their lights and joining in with the Christmas songs. Mrs Gosling also worked hard to restore our school banner which you can see proudly being displayed in the bottom right-hand photograph. Thank you to all the children, staff and families who supported this fantastic event.



Year 2 Ukulele



Year 2 led us in a rousing ukulele performance last Friday. It was wonderful to see parents, carers and staff clapping along and joining in with the actions to their songs. We were all so proud of the children and how far they have come with learning to play an instrument in such a short time. "Thank you!" Mrs Thompson for your wonderful tuition.

Celebration

CONGRATULATIONS to the following children.

Our Stars of the Week are...

Year 1 – Agnes
Year 2 – Denis
Year 3 – Emmett
Year 4 – Frankie
Year 5 – Eliezer
Year 6 – Jesse

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

Year 1 – Oluwafirefunmi
Year 2 – Vrishank
Year 3 – Semehal
Year 4 – Maximillian
Year 5 – Andreas
Year 6 – Diana



Our Vocabulary Velociraptors are...

Year 1 – Aaron
Year 2 – Kamsi
Year 3 – Jesse
Year 4 – Emma
Year 5 – Ella-Louise
Year 6 – Mason



Our Attendance Bear Winner is...



The House Point totals this week are...



291

292

269

273

Diary Dates

1 Reverend	2 Imam	3 Guru	4 Church
5 Mosque	6 Gurdwara	7 Bible	8 Quran
9 Guru Granth Sahib	10 Cross	11 Star and Crescent	12 Khanda

This week in Vocabulary Velociraptors, the children learnt about Christianity, Islam and Sikhism following on from the Queen's Park Faith Tour. They learnt the names of their religious leaders, places of worship, holy books and symbols. They recapped on them every day to try to learn them well. Can you learn them too?

Diary Dates

WB 8 th Dec.	Vocabulary Velociraptors – Christmas Week Lyfta – 36 – Lukas in Denmark – Christian Boy (Part 2)
Tue. 9 th Dec.	2:30pm – Year 1 Christmas Play
Wed. 10 th Dec.	2:30pm – Year 2 Christmas Play
Thu. 11 th Dec.	9:30am – Reception Christmas Play 2:00pm – Year 3 to Caddington Grove
Fri. 12 th Dec.	1:30pm – Year 3 RE Active Church 2:20pm – Year 6 RE Active Church
Mon. 15 th Dec.	CHRISTMAS WONDERLAND
Wed. 17 th Dec.	Christmas Service
Thu. 18 th Dec.	Christmas Dinner
Fri. 19 th Dec.	Christmas Parties and Christmas Jumper Day Last Day of Term

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

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.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



#WakeUpWednesday

The National College

Join The TEAM U8

We're currently looking for players
for our under 8's Pumas team



LANCOT FOOTBALL CLUB

- ✓ FA qualified & DBS checked coaches
- ✓ Just £3 per session

SESSIONS:

Training every Wednesday
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lancotfootball@gmail.com | lancotfootballclub.co.uk

