



St Augustine's Academy Newsletter

23rd January 2026



Headteacher's Message

Dear Parents, Carers and Children,



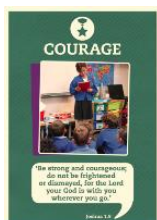
Maths has been a big focus for us in school this week with our School Improvement Advisor visiting to see what Maths looks like at St Augustine's. One of the really exciting things that is taking place at the moment in the introduction of a Multiplication Tables App created by Mr Mead. Year 4 use the app almost daily to test themselves on their multiplication knowledge and see what tables they need to work on next. It is really helping them to make good progress.

Also, in the photos above, you can see some of our younger children using practical resources to help them understand numbers. Careful counting, Part-Part-Whole models and learning to partition numbers into tens and ones using Dienes blocks are all skills that they are making good progress with.

Hopefully, you will have seen the Parents' Evening letters that have come home with children. Please return them to school as soon as you can so that we can organise an appointment time for you. Many thanks.

We hope that you all have an enjoyable weekend.

Best Wishes
Amanda Howes – Headteacher



Lyfta

This week in Lyfta we met Melkiye from Awra Amba in Ethiopia.

Melkiye described the community's approach to equality. We learnt that it doesn't

matter if you are a boy or a girl, everyone can aspire to be anything they would like to be and can play an important role in their community through taking part in a range of jobs. In Awra Amba all jobs are shared, regardless of gender. In the images below, you can see men and women baking bread and leading committee meetings.



It is always wonderful to see children enjoying the role play area in EYFS. Children can often be seen dressing up in a wide range of outfits. The children are currently learning about the emergency services and you can see them in the pictures below dressing up as nurses.



'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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Celebration

CONGRATULATIONS to the following children.

Our Stars of the Week are...

Year 1 – Oluwafirefunmi
Year 2 – Thomas
Year 3 – Elijah
Year 4 – Evelyne
Year 5 – Thalifa-Rose
Year 6 – Dollie-May

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

Year 1 – Aaron
Year 2 – Lacie-Mai
Year 3 – Zayyan
Year 4 – Maximillian
Year 5 – Abigail
Year 6 – Samantha



Our Vocabulary Velociraptors are...

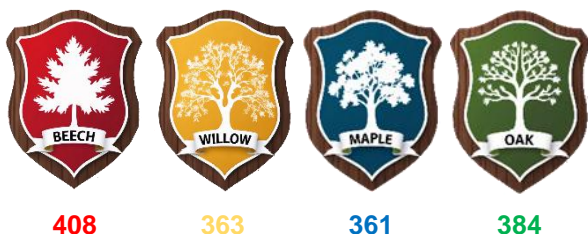
Year 1 – Frank
Year 2 – Lois
Year 3 – Alfie
Year 4 – Paige-Anthony
Year 5 – Scarlett-Marie
Year 6 – George



Our Attendance Bear Winner is...



The House Point totals this week are...



Year 1 Geography



Year 1 have been learning to use atlases to identify the 4 countries that make up the United Kingdom: England, Scotland, Northern Ireland and Wales. They enjoyed them so much that they didn't want to put them away!

Vocabulary Velociraptors

1  firefighter	2  police officer	3  paramedic	4  car mechanic
5  carpenter	6  author	7  illustrator	8  composer
9  lifeguard	10  software developer	11  marine biologist	12  curator

This week was 'Occupations Week' and the children learnt the names of 12 different jobs and what they involved. They repeated them daily to help to remember them.

Diary Dates

W.B. Mon. 26th Jan.	PSHCE Week – Vocabulary Velociraptors Lyfta – Aci in Indonesia – Disability Advocate
Fri. 30th Jan.	Mid-year Reports out to Parents/Carers
W.B. Mon. 2nd Feb.	Computing Week – Vocabulary Velociraptors Lyfta – Ilya in USA – AI Computer Scientist
Tue. 3 rd Feb.	3pm – 6pm – Parents' Evenings
Wed. 4 th Feb.	4:30pm – 7pm – Parents' Evenings
Fri. 6 th Feb.	PTFA Valentine's Disco

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

What We Need To Know About Age Ratings

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



Publish date: 06/02/19

What parents need to know about AGE RATINGS

bbfc

If you have children, it is understandable to have concerns about the films and TV shows they watch, as well as the games they play. In this guide, we take a look at the two official ways you can assess if a particular title is suitable for your child. Both the BBFC and PEGI have search facilities on their websites that can be used to look up individual titles so you can check their ratings.

PEGI

RATINGS FOR FILMS, TV & MUSIC VIDEOS

Since 1912, the BBFC (British Board of Film Classification) has informed UK residents of the age suitability of films, TV and music videos - providing parents with the information needed to assess whether or not it is appropriate for their child's age. This applies to cinema releases, DVDs and streaming video services such as Netflix.

WHAT ARE THE BBFC RATINGS?

BBFC ratings are broken down into seven age categories:



WHAT ELSE CAN BBFC REVEAL?

Accompanied with the age suitability rating, BBFC also provide an additional warning regarding the content and what to expect, such as swearing, sexual content, violence and anything you may consider to be inappropriate for your child. In addition to this, the content is also rated in three levels: frequent, mild or strong.

LIMITATIONS OF BBFC RATINGS

It's important to note that there is no obligation on streaming video services to use or display BBFC ratings. Due to this, we advise that you check the rating online before your child streams the content. It may also be a good idea to watch the content first yourself or discuss it with other parents to help you decide whether or not it is suitable for your child.

Source: www.bbfc.co.uk

RATINGS FOR GAMES

PEGI (Pan European Game Information) is a content rating system that ensures all video games are labelled with a minimum age recommendation. These age recommendations are based on the types of content featured within a game. With each game, PEGI also provide a content descriptor that indicates the potential issues and concerns, including sex, violence, bad language and drugs.

WHAT ARE THE PEGI RATINGS?

PEGI ratings are split into age restriction and content descriptors. Additional 'content descriptors' help parents and children to understand the type of content featured within a particular game, including sex, fear, bad language, discrimination, gambling, drugs, violence, and in-game purchases. In combination, the two different ratings can provide a good level of information to help make informed decisions regarding the suitability for your child.

PEGI age ratings are broken down into five categories:



PEGI content descriptors are broken down into eight categories:



LIMITATIONS OF PEGI RATINGS

It's possible for young people to buy games online without a required proof of age, opening them up to age-inappropriate content without you knowing. We advise that you regularly monitor your child's gaming activities and maintain a honest and healthy dialogue with them about the online world.

PARENTAL CONTROLS

It is a good idea to put in place parental controls for all online accounts which your child may use to purchase or download online games e.g. The App Store, Google Play Store, PlayStation Store and Microsoft Xbox Store etc.

Source: www.pegi.info



Central
Bedfordshire

great
communities

Have your say on how we keep our communities safe

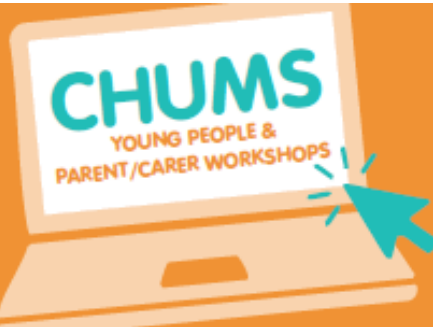
Take part in the community safety survey online at
safercentral.org/survey

We want to hear from you if you live
or work in Central Bedfordshire.



have
your
say...

Find the council online at www.centralbedfordshire.gov.uk/communitysafety



Our online workshops are designed as a starting point for families with children who have low level difficulties. These are one-off 2-hour sessions conducted virtually via Microsoft teams.

Please note these workshops do not support moderate/severe difficulties and will not address risky behaviours (self-harm, suicidal ideations).

PARENT ANXIETY WORKSHOP

17/2/26 @ 9:30AM - 11:30AM

(For parents of young people aged 5 - 11 years old)

One-off workshop exploring emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.

PARENT SELF-ESTEEM WORKSHOP

21/1/26 @ 9:30AM - 11:30AM

(For parents of young people aged 5 - 12 years old)

One off workshop which equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.

11+ ANXIETY WORKSHOP

17/2/26 @ 4PM - 6PM

(For young people aged 11+, parents also welcome to attend)

This single psychoeducation session explores emotional development in children, emotional regulation, and focuses on anxiety and anxiety management strategies.

PARENTAL SEPARATION WORKSHOP

3/2/26 @ 9:30AM - 11:30AM

(For parents of young people aged 5 - 11 years old)

One-off Workshop that explores the following topics: Common child responses to separation, emotional regulation, potential disruptive behaviour problems + techniques to manage them and identifying worries in young people and how to work through these.

BEHAVIOUR WORKSHOPS

9/2/26 @ 9:30AM - 11:30AM

25/2/26 @ 1PM - 3PM

(For parents of young people aged 5-11 years old)

A one-off workshop that covers the following topics: Emotional development in children, emotional regulation, common behaviour difficulties and strategies to promote positive behaviours.

MENTAL HEALTH AND STIGMA WORKSHOP

12/2/26 @ 4PM - 6PM

(For young people aged 12+, parents also welcome to attend)

One off workshop for young people focusing on mental health awareness and stigma. Follows a range of topics including puberty, male mental health, LGBTQ+, ethnicity and social media.

RESILIENCY WORKSHOPS

0-5 YEARS

2/3/26 @ 9:30AM - 11:30AM

(For parents of children aged 0-5 years old)

This single psychoeducation session explores the importance of relationships, healthy attachments, emotional regulation and anxiety. You will learn evidence based behavioural strategies to help your child thrive.

PRIMARY

16/3/26 @ 1PM - 3PM

(For parents of children aged 5 - 11 years old)

This single session explores relevant child development including and provides psychoeducation on mental health vs mental health problems, emotional regulation, anxiety and low mood. You will leave with a greater understanding of your child's needs and armed with strategies to build their resilience.

SECONDARY

30/3/26 @ 5PM - 7PM

(For young people aged 12 - 16 years, parents also welcome to attend)

One-off Workshop that Explores the following topics: mental health vs mental health problems, emotional regulation, psychoeducation on anxiety and low mood, strategies for relaxation with strategies to build their resilience.

PARENT SLEEP WORKSHOP

25/3/26 @ 9:30AM - 11:30AM

(For parents of young people aged 4-12 years old)

One-off workshop exploring why sleep is important, what is 'good' sleep, sleep hygiene tips, and strategies for managing worries at night.

EXAM STRESS WORKSHOPS

14/4/26 @ 4PM - 6PM

29/4/26 @ 4PM - 6PM

(For young people aged 12+ and parents)

One off workshop which equips teenagers with an understanding of exam stress, strategies for managing exam stress, revision tips and self-care. The workshop also offers parental tips for supporting their adolescent's exam stress.

To register for any of our workshops, please fill in the standard referral form in the 'Any other relevant information' section, state that the referral is for a workshop and include the workshop date.

<https://chums.uk.com/emotional-wellbeing-service/#workshops>