



St Augustine's Academy Newsletter

25th September 2026



Headteacher's Message



Lyfta

Dear Parents, Carers and Children,



Year 3 enjoyed an exciting trip to Ashridge last week. They enjoyed hunting for insects, creating a huge outdoor picture of a snail and built a den. The sun shone and it was a superb day. Thank you to everyone who accompanied the trip and helped it to be a huge success.

Today we have celebrated European Day of Languages and it was lovely to see children in national dress and flag colours. Next week we will be celebrating our Harvest Festival so any donations of dried and packaged foods (for Dunstable Foodbank) will be very gratefully received.

We wish you all an enjoyable weekend.

Best Wishes,
Amanda Howes - Headteacher



This week we met Ilonka and Erzsebet from Hungary, otherwise known as the 'strudel sisters'. The 2 sisters make "big strudels on small tables" in much the same way their beloved mother did, when they were children during the last century. Food is much more than fuel for the body; it is a powerful tool that brings families closer, builds strong neighbourhoods and preserves cultural traditions.

The children in Reception have enjoyed making apple crumble. The smell of the crumble around the school was absolutely delicious and you can see the children tucking into their tasty treat in the picture below.

Do you have a favourite family meal? Why is it your favourite?



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



The whole school celebrated European Day of Languages today and it was wonderful to see so many children in national dress and flag colours.

The main purpose of this special day is to celebrate Europe's rich diversity and to promote the importance of learning new languages. How many languages can you say, "Hello" in?



On Wednesday 30th September, we will be celebrating our Harvest Festival. As usual we are requesting donations of food items (see the poster below) which will in turn be donated to the Dunstable Foodbank which serves our community. Please can all donations be brought into school from Monday. Many thanks in advance for your kindness and support.



Harvest Appeal



Help support your local community this Harvest

In the three weeks leading up to Harvest, the food bank will provide over 500 food parcels for local individuals and families facing hardship.

Donate food



Donate an item or two from our shopping list, ensuring we can provide food for people facing hardship in your community.

Donate money



Help to cover the costs of storing and distributing food, as well as developing sustainable projects.

Shopping list

Meat in sauce (e.g. meatballs)

Tinned meat (e.g. corned beef)

Pasta sauce

Milk cartons (long life)

Tinned vegetables

Rice pudding & custard

Sponge puddings

Instant mashed potato

Jam/Honey/Peanut Butter

Snacks (crisps, biscuits, sweets)

Can you help us? Scan to Donate!

info@dunstable.foodbank.org.uk 07874200056

Dunstable Foodbank is run in partnerships with local churches and as part of the Trussell Trust network, offering emergency food assistance to individuals and families living in LU5 and LU6 postcodes. Dunstable Foodbank operates as a CIO and is a Registered Charity England & Wales (1198625)



Celebration

CONGRATULATIONS to the following children.

Our Stars of the Week are...

Year 1 – Romunu
Year 2 – Lily
Year 3 – Tejiri
Year 4 – Alfie
Year 5 – Chloe
Year 6 – David

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

Year 1 – Mohammed
Year 2 – Elif
Year 3 – Edward
Year 4 – Alma
Year 5 – Evie
Year 6 – Abigail



Our Vocabulary Velociraptors are...

Year 1 – Austin
Year 2 – Liana
Year 3 – Denis
Year 4 – Thomas
Year 5 – Trinity
Year 6 – Kajetan



Our Attendance Bear Winner is...



Our House Point totals this week are...



Value of the Half Term

"Never let the things you want make you forget the things you have."

SANCHITA PANDEY



THANKFULNESS



'Always be thankful.'

1 Thessalonians 5:16

Vocabulary Velociraptors

1  fish and chips	2  Pizza Margherita	3  strudel	4  fondue
5  paella	6  Greek salad	7  waffles	8  schintzel
9  sarmale	10  goulash	11  pierogi	12  escargot

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

Diary Dates

WB 28th Sep.	Vocabulary Velociraptors Edible bugs week Lyfta – Flora in Peru – Farms grubs
Tue. 29th Sep.	3:30pm – 6:00pm – Parent Consultation Evening
Wed. 30th Sep.	9:00am – RSHE Meeting for parents and carers 1:30pm – Harvest Festival (Donations of food will be gratefully received.) 4:30pm – 7:00pm – Parent Consultation Evening
WB 5th Oct.	Vocabulary Velociraptors Blessings 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

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 DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like 'It's not that bad' or 'You're okay' may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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Central Bedfordshire Community Access Service

Upcoming Events

Online Workshops for Parents & Caregivers
Click on each to sign up or scan the QR code!

OCTOBER

8

Promoting Positive Body Image for Young People
(11 Years +)

4-5 PM



NOVEMBER

24

Managing "Big Feelings"
(5-11 years)

12-1 PM



DECEMBER

3

Supporting Mental Health
and Wellbeing in Children
and Young People

12-1 PM



DECEMBER

7

Managing your Child's
Overwhelm during the
Holidays

4-5 PM



We care
We respect
We are inclusive



East London
NHS Foundation Trust

Mental Health Drop-In Service

CAMHS Bedfordshire's Community Access Service (CAS)

Supporting Your Child's Mental Health

PLEASE NOTE THIS IS NOT A MENTAL HEALTH CRISIS SERVICE.

If you or your child is experiencing a mental health crisis, please contact **NHS on 111 option 2**, for the mental health crisis line (all ages). In an emergency, you can also attend your local A&E.

Our community drop-in service provides young people and their families/carers with direct access to a CAMHS clinician. During your drop-in appointment, you will have a brief conversation with a CAMHS clinician to discuss your concerns. The clinician will offer advice and help you understand the most appropriate next steps and available support.

This service is for young people experiencing concerns about their mental health, and parents, carers, or family members who are worried about a young person's emotional wellbeing or mental health.



Please scan the QR code to request a space at our drop in or contact our clinic on **01582 707635** and leave your contact details and we will return your call.

You can access the CAMHS Drop-In Service at the following venues:

Dunstable

67 High Street North
Dunstable
LU6 1JF

Biggleswade Youth Centre

(On the Biggleswade
Academy school grounds)
Mead End
Biggleswade
SG18 8JU

Arlesey Youth Centre

High Street
Arlesey
SG15 6SJ

**Flitwick Community
Football Centre**

Amphill Road
Bedford
MK45 1BA

Whichello's Wharf

The Elms
Stoke Road
Leighton Buzzard
LU7 2TD



We care
We respect
We are inclusive



East London
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