



St Augustine's Academy Newsletter

13th February 2026



Headteacher's Message

Dear Parents, Carers and Children,



This week we are thrilled to have launched our new school website and mobile phone app. If you have not already done so, please download the School Jotter 3 app so you can easily access newsletters etc. and have notifications sent to your phone.



We also celebrated Children's Mental Health Week and Safer Internet Day this week. In the photograph above, you can see our 'Safety Squad' who led a special assembly to promote safe internet usage. We are so proud of our Safety Squad and the example they set for our younger pupils.

Next week is our half term holiday and we hope you are able to spend some quality family time together making special memories. We look forward to seeing you all back at school on Monday 23rd February.

Best Wishes

Amanda Howes – Headteacher



Valentine's Disco



The children had a wonderful time at the Valentine's Disco last Friday. We would like to thank our PTFA for organising such a fantastic event and for all their hard work in providing amazing experiences for our children.

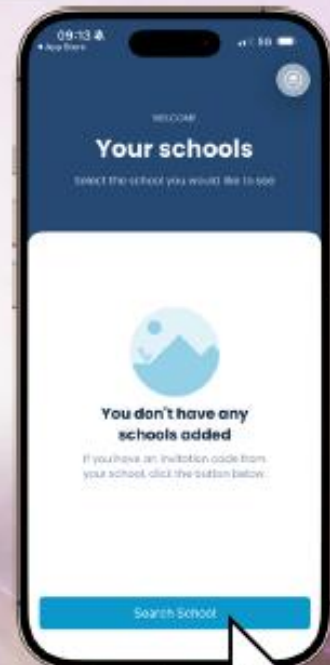
'Let your light shine before others that they may see your good deeds and glorify your Father in heaven.' Matthew 5:16



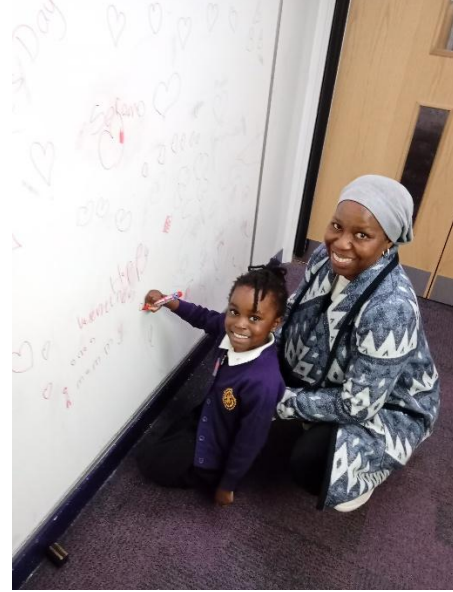
Oakwood Avenue, Dunstable, Bedfordshire. LU5 4AS
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How To Download Our New App:



EYFS Stay and Play



For our second Stay and Play session we focussed on the value of 'love'. All of our activities linked in with Valentine's Day. These included: heart sewing, love bugs made from egg boxes, love heart lamps with candles inside and a range of other activities linked to Writing and Maths. At the end of the session, the children shared with the parents and carers everything they had learnt about Valentine's Day. It was wonderful to see everyone enjoying the activities together and we can't wait for the next Stay and Play session to come around.

CONGRATULATIONS to the following children.

Our Stars of the Week are...

Year 1 – Gracie-Mai
Year 2 – Philip
Year 3 – Darius
Year 4 – Emma
Year 5 – Harry
Year 6 – Mason

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

Year 1 – Jessica
Year 2 – Tania
Year 3 – Sara
Year 4 – Josh
Year 5 – Tovi
Year 6 – Jesse



Our Vocabulary Velociraptors are...

Year 1 – Greyson
Year 2 – Jedrzej
Year 3 – Emmett
Year 4 – Abel
Year 5 – Filip
Year 6 – Riley



Our Attendance Bear Winner is...



Year 2
97.5%

The House Point totals this week are...



201



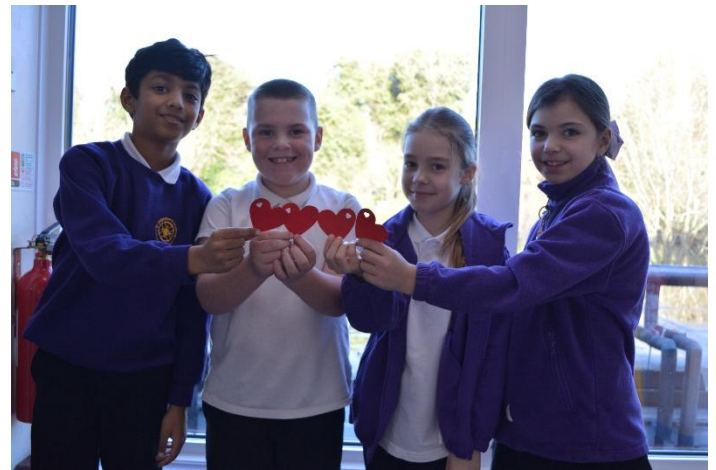
197



182



189



Our children have learnt so much about courage this half term and their answers to the question, "What is courage?" (below) were thoughtful and mature.

Our special Valentine's Worship was also a highlight of the week with children learning about God's agape love.



Helping someone in need

Trying

Bold

Brave

Fearless

Determined

Resilient

Confident

What is courage?

Believe in yourself

Speaking up

Exploring

Taking risks

Adventurous

Daring

Strong

Asking for help

Diary Dates

| | |
|----------------|-----------------------------------------------------------------------------------------------------------|
| Mon. 23rd Feb. | Children Return to School Vocabulary Velociraptors – Maths Week Lyfta – Kristos in Greece - Teacher |
| Mon. 2nd Mar. | Vocabulary Velociraptors – English Week Lyfta – Mohit in India – Saving Rare Hoolock gibbons |
| Thu. 5th Mar. | World Book Day – Wear your pyjamas and bring in a favourite bedtime story |

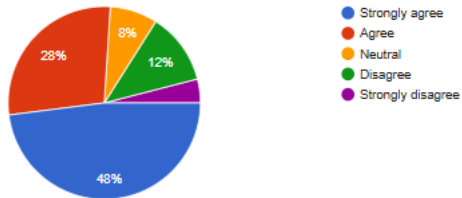
Sometimes we have to change diary dates due to circumstances beyond our control. Please keep checking the school diary regularly for updates.

Behaviour Review Survey

We would like to thank everyone who took part in our Behaviour Review Survey. Your feedback is always valuable to us and helps us to recognise our strengths and the areas we need to work on as a school. The results of the survey can be seen in the charts below.

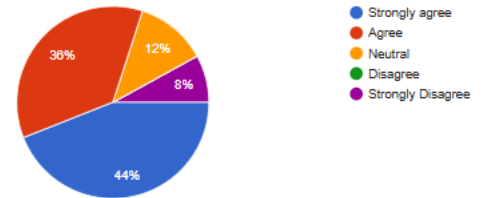
My child is happy at school.

25 responses



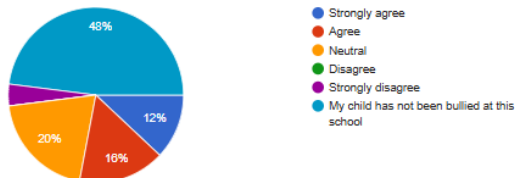
The school makes sure its children are well behaved

25 responses



My child has been bullied at school. When the bullying took place, the school dealt with it quickly and effectively.

25 responses



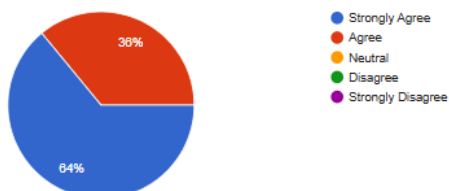
My child has received the following rewards since September 2025

25 responses



My child enjoys receiving rewards from school.

25 responses



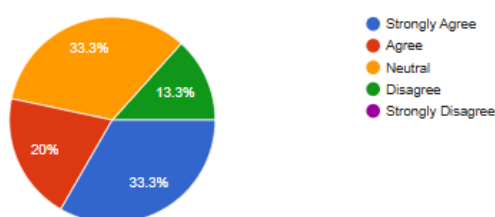
My child has received the following consequences from school.

25 responses



The consequence that my child received help them to improve their behaviour.

15 responses



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 issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK ... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azmi is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-62049505>
<https://proudsocial.com/insights/social-media-algorithms/>

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 #WakeUpWednesday



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Brook is a UK-based national charity providing free, confidential wellbeing and sexual health services, primarily for young people under 25.

This free session is for parents and carers of primary aged children. The aim is to inspire your confidence in supporting your children with their developing bodies and feelings.

TALKING TO CHILDREN ABOUT THEIR DEVELOPING BODIES AND FEELINGS

A webinar to inspire confidence in taking a positive approach to supporting children with their developing bodies and feelings.

February 26th @ 7pm
Online

