



St Augustine's Academy Newsletter

5th June 2026



Headteacher's Message – Celebrating Bees



Dear Parents, Carers and Children,

Welcome back to school for the final, fun-packed half-term of the year. During the school holiday, the Pop Pentecost choir, led by Revd Ricky and Chloe, performed at St Augustine's Pentecost service. The story of Pentecost was retold using pop songs, bubbles, ribbons, flame hats and plenty of joy! Revd Ricky would like to pass on his thanks to all of the children for their hard work in learning the songs, to their grown-ups for their support and to everyone who came and helped make it such a special occasion.



We are delighted to announce that today, GMC Signature Catering, have once again achieved the maximum 5-star food hygiene rating. This outstanding result reflects their high standards and unwavering commitment to our children's safety and well-being. Congratulations to both Gary and Miss Mitchell.

We hope you have an enjoyable weekend.

Best wishes,
Amanda Howes - Headteacher

Lyfta and Our School Our World



This week in Lyfta, we met Paula in Spain who is a marine biologist. Did you know that with every drop of water you drink, every breath you take, you are connected to the sea? No matter where on Earth you live! Most of the oxygen in the atmosphere is generated by marine plants in the sea.

Today, we also had the pleasure of meeting Noel from Lyfta. He visited our school to see how Lyfta has become such an important part of our school curriculum. As well as enjoying our Lyfta Collective Worship (which also centred around World Environment Day), he spent time with staff and children learning about how Lyfta has helped us to learn more about the world we live in and reminds us to take care of it.

We can all play a part in looking after our world. What are you going to do today to be more sustainable?



'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
Telephone: 01582 661778 Email: office@staugustinesacademy.co.uk
Website: www.staugustinesacademy.co.uk



Celebration

CONGRATULATIONS to the following children.

Our Stars of the Week are...

Year 1 – Zendaya
Year 2 – Kamsi
Year 3 – Emmett
Year 4 – Trinity
Year 5 – Scarlett-Marie
Year 6 – David

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

Year 1 – Phoebe
Year 2 – Vrishank
Year 3 – Elijah
Year 4 – Beau
Year 5 – Eldon
Year 6 – Riley



Our Vocabulary Velociraptors are...

Year 1 – Elif
Year 2 – Thomas
Year 3 – Elior
Year 4 – Calum
Year 5 – Jada
Year 6 – Jesse



Our Attendance Bear Winner is...



The House Point totals this week are...



219



243



200



225

First Aid Lessons



First Aid lessons are an important part of PSHE and this week some of our year groups had the opportunity to learn some very important life-saving skills. In the pictures above, you can see children performing CPR and also learning what to do if someone faints or injures themselves.

We would like to thank Sam from First Aid Schools, for yet again delivering highly motivating and engaging sessions for our children which have given them skills for life.

Diary Dates

WB. Mon. 8th Jun.	Vocabulary Velociraptors – Names Week
	Lyfta – Chen Fung in Indonesia – What's in a Name?
Fri. 12 th Jun.	1:30pm – Year 1 RE Active Church 2:20pm – Year 2 RE Active Church
WB. Mon. 15th Jun.	Vocabulary Velociraptors – Emotions Week
	Lyfta – Kristos in Greece – High School
Mon. 15 th Jun.	Year 3 to Caddington Grove
Thu. 18 th Jun.	EYFS to Mead Open Farm
Fri. 19 th Jun.	1:30pm – Year 3 RE Active Church 2:20pm – Year 6 RE Active Church

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

Tips for Developing Healthy Sleep Patterns

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.



Helping an ADHD Child with Homework



FREE one hour online session for parents
Thursday 25th June 7pm - 8pm

Join us online to get some advice on how to help your
ADHD child start and complete their homework.

Book on the **PARENTS - Live Talks** page
facefamilyadvice.co.uk

SNAP PCF SEND ROADSHOW 13/06/2026



No need to book in advance this year – just pay at the door. Make sure your MAX card is valid and bring it with you to get the discounted zoo entry.



Use your
Max Card
ADULT £6
CHILDREN £3
6 TICKETS PER
MAX CARD

About Us

Our Roadshows bring together services that support children/young people with Special Educational Needs and Disabilities and their families, all in one place.

When and Where?

Saturday 13/06/2026

Entry from 9am

SNAP PCF Roadshow open:

9:30am to 12:30pm

Whipsnade Zoo

The River Room (Education Hub)

LU6 2LF

Booking not required

Chat with ...

- 0-19 Children and Family Service
- Autism Beds
- Blue Sky Carer Support
- CAMHS
- Children's Centre
- CWD (Children with Disabilities Service)
- EHC Team
- Fostering and Adoption Service
- FUN (Families United Network)
- HAF (Holiday Activities and Food Programme)
- Health Deputy DCO (Designated Clinical Officer) for SEND
- Oral Health Improvement (Dental) Team
- Physiotherapy
- SEND Local Offer
- SENDIASS
- Shared lives
- Yes We Can
- Youth Support Service



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE

Help us to accurately reflect what life is like navigating SEND in Central Bedfordshire in readiness for an imminent OFSTED and CQC SEND Inspection.

Please complete the Parent & Carer Survey

- ✓ Quick and easy to complete
- ✓ Share your experiences
- ✓ Help improve SEND services
- ✓ Make your voice heard to Ofsted



Please give us just 3 minutes of your time, scan the QR code or click on the link below and complete our survey.

THANK YOU!

SNAP PCF – OFSTED Ready Survey

SCAN ME



Inspectors need to hear about:

- Education support
- Health services
- Social care support
- Communication with families
- Outcomes for children and young people with SEND

We cannot do this work without your feedback

