

## Dear Parents and Carers

Finally, the exams season is over and the end of June has seen celebration assemblies and the Prom for our Year 11 students. It was marvelous to see the Year 11 cohort enjoy the Luton Hoo Prom and live up to the glorious surroundings they were in. The staff remain very proud of the way our Year 11,12 and 13 students have shown resilience throughout the exam period and wish them luck for the summer.

On a worrying note I was saddened to see one of our Year 7 students involved in a collision with a car that potentially could have been a fatal accident. As of Monday 8<sup>th</sup> July, our roll forward period, all students riding bikes or scooters into the Academy must wear a helmet or they will not be permitted to bring their vehicle onto site. I'm sure you will agree at the seriousness of riding a bike without a helmet and understand we are doing this to protect our young people from harm.

Nearly there and looking forward to our summer holidays in three weeks' time!

**Liz Furber**

Executive Principal

## Dear Parents and Carers

The term 'National Treasure' is occasionally applied to personalities whom the majority of the population seem to admire – Sir David Attenborough and Stephen Fry spring to mind. At All Saints, we have our own, at least, Local Treasure: Margaret Deal. It's sometimes considered rude to refer to a lady's age, but I hope she'll forgive me when I say that Maggie celebrates her 80<sup>th</sup> birthday at the beginning of July. What is perhaps more significant is that she has worked at All Saints Academy, and its predecessor school Northfields Upper, since December 1972. That obviously makes her our longest serving employee – probably the longest serving in any school – and she continues to turn up to work every day to carry out her duties with the same diligence and high standards she has always demonstrated. In an era when everyone is expected to live and work longer, our students are rapidly approaching their adult lives and hopefully considering what lies ahead. In a recent Year 11 assembly, held in our new Reflection Centre, the Principal used visual prompts to illustrate what their journeys might look like, and urged them to make the most of the opportunities they are given. As some of our Year 11 and Year 13 students prepare to move on to the next phases of their lives, we wish them all the very best. In the meantime, we say to Maggie: A Very Happy Birthday and many thanks for your service.

**David Fraser**

Chair of Governors

## Looking Ahead

**Wednesday 10th July**

Awards Evening

**Friday 19th July**

Last Day of Term

Students return to school on

**Wednesday 4th September 2019**

Details of arrangements for the first day of term  
will be sent home shortly

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, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

**47%**  
of parents  
said they thought their  
children spent too much  
time in front of screens

# What parents need to know about SCREEN ADDICTION



## HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

## LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

## LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



## CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

## APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



**National  
Online  
Safety®**



# Top Tips for Parents



## LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

## LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

## LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

## MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

## REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

**52%** of children aged **3-4**  
go online for nearly **9hrs** a week

**82%** of children aged **5-7**  
go online for nearly **9.5hrs** a week

**93%** of children aged **8-11**  
go online for nearly **13.5hrs** a week

**99%** of children aged **12-15**  
go online for nearly **20.5hrs** a week

**STATISTICS**

Children and Parents: Media Use and Attitudes Report 2018

## ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

SOURCES: <http://www.independent.co.uk>, Children and Parents: Media Use and Attitudes Report 2018; <https://www.ofcom.gov.uk>, <http://uk.businessinsider.com> how-app-developers-keep-us-addicted-to-our-smartphones, Journal of Youth Studies; <http://www.mirror.co.uk/tech/one-five-kids-losing-sleep-9653986>, University of Leeds; <https://medhealth.leeds.ac.uk/news/article/1296/lack-of-sleep-damaging-for-children>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.06.19

All Saints Academy, Houghton Road, Dunstable LU5 5AB

01582 619700 [www.allsaintsacademydunstable.org](http://www.allsaintsacademydunstable.org)

Executive Principal: Liz Furber



### Year 7 Geography Fieldwork

Over the last few weeks, Year 7 students have been out about in Houghton Regis and Dunstable exploring their local area through a series of fieldwork tasks. The students have enjoyed surveying the traffic on our roads, opinions of the public and the quality of the local environment which has informed their end of year essays in Geography. All groups have behaved impeccably – well done to all students who took part.

**Caroline Room**

Curriculum Leader for Humanities



and  
the

Parents can contact the Academy

on our dedicated email address

[parentcontact@asadunstable.org](mailto:parentcontact@asadunstable.org)

**HURRY! LIMITED SPACE**

## Houghton Regis SUMMER Playscheme

23RD JULY - 15TH AUGUST

**AGES 8 - 12**

**LOTS TO DO**

**FREE REFRESHMENTS**

**ACTIVITIES**  
ARTS & CRAFTS, ARCHERY, MR MULLIGAN'S GOLF, CINEMA, SCIENCE EXPERIMENTS PLUS LOTS MORE.....

**For more info**  
CONTACT  
TARA EARNshaw  
01582 708 540  
OR VISIT OUR WEBSITE  
[www.houghtonregis.org.uk](http://www.houghtonregis.org.uk)  
tara.earnshaw@houghtonregis.org.uk  
HOUGHTON REGIS TOWN COUNCIL  
PEEL STREET, HOUGHTON REGIS  
LU5 5EY

PICK UP A BOOKING FORM FROM THE TOWN COUNCIL OFFICE OR ONLINE VIA THE WEBSITE

[www.HotAcademy.co.uk](http://www.HotAcademy.co.uk) Hayley@HotAcademy.co.uk 07886 385799

## SUMMER SCHOOL

# CIRCLE OF LIFE!

**BASED ON THE LION KING!**

**HOT**  
HAYLEY OTWAY  
THEATRE  
ACADEMY

**OPEN TO ALL!**

**NO AUDITIONS!**

9.00AM-3.00PM  
MONDAY 12TH -FRIDAY 16TH AUGUST 2019

**FREE SHOW ON FRI @ 2PM FOR FRIENDS AND FAMILY**

**BEDFORD SQUARE COMMUNITY CENTRE,  
TITHE FARM ROAD, HOUGHTON REGIS, LU5 5ES**

**ONLY £125 FOR THE WEEK! (£100 EACH FOR SIBLINGS)**

**ALSO! SATURDAY CLASSES AVAILABLE!  
CONTACT US FOR FREE TRIAL OR AUDITION!**

### **Year 11 Prom**

Our Year 11 Prom was a very special event for our students. This year, we celebrated at the Walled Garden, Luton Hoo Estate. It was a spectacular event where students celebrated in true Hollywood style with dancing, awards and photography at the photo booth and by our photographer. We want to congratulate our students on their stunning behaviour that evening and how well they represented themselves and All Saints Academy. We were thrilled to receive such wonderful feedback from Luton Hoo about our students and the friendship they showed on the evening. I'd like to thank all the staff that helped in the build-up and on the evening itself to make this a once in a lifetime occasion.



**Sinéad O'Doherty**  
Head of Year 11

### **District Athletics**

June has been a busy month for Athletics and for those students who have been competing and representing All Saints Academy at the District Athletics which was held at Stockwood Park on Wednesday 5th June. It was pleasing to see the students competing and giving their all across the events; well done to all of those students involved. Well done to the intermediate girls' team who came 5<sup>th</sup> overall and to the intermediate boys' team who finished 3<sup>rd</sup> overall.

A further congratulation goes to the following students:

Javonte Gallimore – winner 200m and qualified for the county championships

Javonte Gallimore - winner 100m hurdles and qualified for the county championship

Javonte Gallimore – winner Long Jump and qualified for the county championships

Maddison Bennett – winner Long Jump and qualified for the county championships

Dante Needham – runner up shot putt and qualified for the county championships

**Mark Gilbert**  
Curriculum Leader for Sport, Health and Leisure



### Year 10 Geography fieldtrip to London

On 17<sup>th</sup> June, our Year 10 Geographers travelled to the Queen Elizabeth Olympic Park in London to examine urban change for their GCSE course. The students had the opportunity to learn about the changes in the park and the surrounding area since the 2012 games through a range of fieldwork methods, including Environmental Quality Surveys and Questionnaires. Well done to the students who attended for their impeccable behaviour and enthusiasm throughout the day – it was a joy to see your knowledge and understanding of our cities topic shine through your discussions and work on the trip.

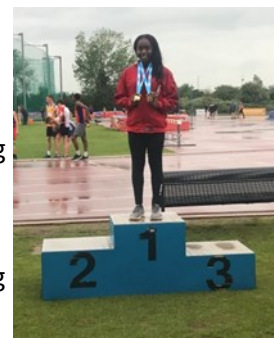


**Caroline Room and Gareth Morris**  
Geography Department

### County Athletics

On a wet, cold and late Wednesday evening on 12th June, the County Athletics Championships took place at Bedford Athletics Stadium in which Javonte Gallimore, Dante Needham, Maddison Bennett and Charisse Myrie were representing All Saints Academy and South Bedfordshire in the championships. It was an exciting evening of high level athletics and it was pleasing to see the students go head to head with other student across the county and competing for podium finishes, personal bests, and potential places at the National Athletics event. Well done to all 4 students, your effort, application and conduct were exempla throughout. A special mention to Charisse who was crowned county champion in both the 100m hurdles and triple jump events. Results included:

Charisse Myrie – winner 100m Hurdles  
Charisse Myrie – winner Triple Jump  
Charisse Myrie – 3<sup>rd</sup> place 200m  
Maddison Bennett – 3<sup>rd</sup> place Long Jump  
Javonte Gallimore – 3<sup>rd</sup> place 200m  
Javonte Gallimore - 5<sup>th</sup> place Long Jump  
Javonte Gallimore- 5th place 100m Hurdles  
Dante Needham – 6<sup>th</sup> place Shot Putt



Central Bedfordshire Libraries

great lifestyles

## Summer Reading Challenge Launch Day

at  
**Shefford Library**

Join the Reading Challenge  
Have your photo taken in the Library rocket  
Take part in the Hunt the Planet Competition  
Design a planet for our display

**Sat. 20<sup>th</sup>. July**  
Drop in anytime

SPACE CHASE

CBCLibraries  
@cbc\_libraries

[www.centralbedfordshire.gov.uk/libraries](http://www.centralbedfordshire.gov.uk/libraries)

### **New Student Leadership**

On Friday 28<sup>th</sup> June the Year 12 pupils competed against each other at a leadership debate, to commit their ideas to the rest of the year group on how they will be the ideal candidate for Head boy and Head girl.

They presented their opening statements about the year ahead, taking questions from the audience and the KS5 Leadership Team.

All pupils then were asked to vote in private on set ballot papers.

After counting the results we would like to congratulate Liam Lindgren and Natsai Mundawarara as Head Boy and Head Girl and Luke Coniff and Georgia Hawthorne as Deputy Head Boy and Girl.

We look forward to working closely with them to ensure the continuation of high standards and aspirations across the All Saints Academy Sixth Form.



### **Year 13 Leavers**

We were sad to say goodbye to our year 13 students this month, but there were a lot of smiles from the students as they came out of their final exam. We wish them all the best in the future and look forward to seeing them all again on results day!

### **House Points**

Congratulations to the following students as they are our top 10 for achievement points earned.

James Hagan	124
Luke Conniff	91
Liam Lindgren	76
Mihai Argint	73
Georgia Roberts	73
Hayley O'Brien	64
Charlotte Walters	64
Natsai Mundawarara	60
Caitlin Pratt	59
Rebecca Meffe	58
Casey Randall	57

### **Attendance**

As we continue our attendance push, the following students have maintained 100% attendance this month:

Rhiannon Bennett  
 Luke Conniff  
 James Hagan  
 Summer-Louise Lacey  
 Amy Mead  
 Felicity Moore  
 Zoe Samuels  
 Kailey Smith  
 Jamie Thompson

### Support with Uniform

With September looming and young people growing uniform may need replacing. We now have a new supplier (add details) If you would like support with replacing items of uniform please contact Anita Herd, Welfare & Safeguarding Officer, on either 01582 619700 or [aherd@asadunstable.org](mailto:aherd@asadunstable.org). Pupil Premium students do not automatically get uniform each academic year, but we will always support with some items that need replacing.

**Anita Herd**

### Free Young Drivers Course

'*MORE Pre-Driver* – an event aimed at reducing road collisions among young drivers. The event is being hosted at Millbrook Proving Ground and gives the pre-drivers the opportunity to start their driving career in a safe environment. Participants will have a driving experience and theory workshops to help keep them safe on the roads when they are legally old enough to drive.

To take part in the course, you need to be between 16 to 24 years old and not have had your first driving lesson. If you live within either Bedfordshire's local Authority areas the course is free, email [roadsafety@luton.gov.uk](mailto:roadsafety@luton.gov.uk) for booking details.

### Youth Support Service

**Does your son/daughter know what they want to do after they leave year 11 or 12?**

**If they are undecided, do they need support or advice?**

**The Youth Support Service can help**

**Get in touch today!**

 **0300 300 8352**

 **[youth.services@centralbedfordshire.gov.uk](mailto:youth.services@centralbedfordshire.gov.uk)**

 **[WWW.facebook.com/cbcyouthsupport](http://WWW.facebook.com/cbcyouthsupport)**



### **BE PART OF HOUGHTON ROCKS**

**On Saturday 31st August 2019 from 12 Noon—7pm at  
Parkside Drive Recreation Ground, Parkside Drive,  
Houghton Regis, LU5 5BQ**

<b>PREBOOKED</b>	<b>CAR £5</b>	<b>ON THE DAY</b>	<b>CAR £7</b>
	<b>VAN £7</b>		<b>VAN £10</b>

**SELLERS CAN ARRIVE FROM 10AM**