



December 2022

Issue 19



Henlow Heart

Christmas Spirit

Dear Parents and Carers

After two years of virtual Christmas assembly today's event was extra-special and had all the traditions we have been waiting for. The opening carol of 'In the Bleak Midwinter' rang truer with lines more meaningful than before:

'earth stood hard as iron

water like a stone'

Thanks to everyone for the understanding shown with regard to the concerns the snow and ice have brought, especially combined with roadworks at a key junction next to our school. I am sorry that two days of closure was necessary but the risk assessments revealed significant concerns. Online lessons were soon established and attendance at these was impressive, particularly on Wednesday.

Assembly included the new Kindness Award sponsored by Champneys and Alfie (Year 9) became the first recipient of the £100 gift. It was a pleasure to welcome Lucy and Jodie from Champneys to present the award and we are very grateful to Champneys for sponsoring this award for a further 9 years with the winners receiving this prize.

The Roll of Honour recognises the kindness of others in addition to highlighting the wide range of ways in which students have stretched and challenged themselves either in school or beyond. This term has certainly been a busy one and the reasons for recognition have been wider than ever before.

'I have come that they may have life, and have it to the full.' John 10:10

The theme of kindness spread through the assembly and many of our students have shown a real care for others, also demonstrated in their charity donations. As Christmas approaches and we consider what we can give to others we return to the final words of the carol:

'Yet what can I give Him -

Give my heart'

There are many reasons for adults and children alike to be worried at this time but the generosity of spirit that we regularly see across our community is a reason to celebrate. The hand made Christmas card, the visit to a relative, the sharing of some food, the singing of a carol, will bring us all warmth this Christmastime. The colours we traditionally associate with Christmas are noticeable in all of the photographs taken today as staff and students have worn the full range of jumpers/hats/elf attire and even shoes. We were all very grateful that Christmas dinner was possible and we were even able to enjoy the snow and scenery on the field just before dismissal.

Please take care of yourselves and others during this festive era. I know all families will emphasise the dangers of lakes, rivers and ice.

I look forward to welcoming everyone back on Wednesday January 4th for our first teaching day of 2023.

Merry Christmas from everyone at Henlow Academy

Caren Earp - Head Teacher



'I have come that they may have life, and have it to the full.' John 10:10

Roll of Honour

Alex W 10EW

Being selected for Watford FC Pre Academy.

Henlow Harmony

Excellent role models at the Barnardos Young Supporters Concert. The concert raised over £60,000 for Barnardos The Children's Charity.

Tabby A 9BW

Nurturing other pupils on the Barnardos Trip.

Artie S 7MW

Achieving a silver medal in the Bishops Stortford Judo Red & Yellow Belt Championships.

Finn H 10DW

Excelling in homework tasks and always being punctual and enthusiastic in English and Drama.

Jack J 10DW

Commitment and keenness in outside learning surrounding English Literature.

Molly H 9BW

Winning the region's Young Farmers' Public Speaking Competition and is going through to the next round.

Dominique S 9MS

For being one of the winners in the school round of the Central Bedfordshire biodiversity art competition and therefore being put through to the county stage.

Mies H 8RT

For being one of the winners in the school round of the Central Bedfordshire biodiversity art competition and therefore being put through to the county stage.

Jake F 6JF

For being one of the winners in the school round of the Central Bedfordshire biodiversity art competition and therefore being put through to the county stage.

Grace G 8RT

For being one of the winners in the school round of the Central Bedfordshire biodiversity art competition and therefore being put through to the county stage.

Roll of Honour

Parum S 8KD

Being moved up to the top tier group of his table tennis club.

Emily Kelly 10JK

Volunteering to help at the Shefford Christmas Lights Committee plan, helping set up the lights and helping at the switch on event.

Finn F & Jaiden S 7AW

Goldfish monitors - Regular commitment to cleaning out the fish tank at lunchtimes.

Gracie D 10JK

Achieving 2nd Dan Karate Black Belt.

Grace G 8RT

For her dedication and support to the library and using her initiative extremely well.

Alexandra R 9CG

For her continued support and commitment to the library.

Rory C 8RT

For his commitment and support to the library. Rory regularly provides extra cover.

Amber R 8BF

Setting up and running creative writing club.

Charlie & George L

For representing Henlow Academy at the Henlow Remembrance Parade.

Max D 7MW

Max is always so helpful and considerate of others. He helps set up In Nurture and will always hold the door open for other students to pass through, for as long as required.

Katie W 10DW

Going out of her way to support fellow students in GCSE maths.

Josh S 7MW

Josh is always polite, well mannered and helpful. He is always the one to volunteer if I ask for a job to be done in the Den and is a good role model to other students.

Roll of Honour

Erin C 9MS

Always willing to go above and beyond and selfless and genuinely always wanting to make people's lives better through and through. Not worried about what people think of her - does the right thing regardless.

Ollie B 8NC

Most mornings, Ollie acts as a reliable and very efficient messenger and courier of resources!

Isla J 8NC

Always happy to help others with a smile!

Dominique S 9MS

Constantly polite and helpful. Always happy to help out staff and students.

Izzy C 7MW

Every Science lesson Izzy gets the class's exercise books from the different lab or a classroom for everyone and she gives out the books to her friends.

Dejanna A 8RL

The first pupil to offer support to staff and students alike. Dejanna puts the needs of others first and is always willing to help students ensure they are prepared for lessons.

Owen M 7JC

Owen is so polite and well-mannered. He always holds the door and helps in any way he can, just an all-round lovely person. He always has something positive to say to encourage others and make them feel better.

Arabella H 9CG

- Always willing to go above and beyond and selfless and genuinely always wanting to make people's lives better through and through. Not worried about what people think of her - does the right thing regardless.

- For her continued support and commitment to the library.

- Achieving the black belt in karate.

Anwen J 10DW

Achieving 1st place in three Kayak Slalom competitions in Frome, Orton Mere and Cardington. 1st place in Ladies' Paddle boarding at Bedford River Festival.

Carys J 8BF

Winner of the Viking Shield for best youth member of the Viking Kayak Club.

Joshua S 7BD

For continued commitment to School Action Group.



The Kindness Award

We were thrilled to be contacted by Champneys asking if they could sponsor a 'Kindness Award' at Henlow Academy. They asked if the award could be given to a pupil who has demonstrated generosity of spirit, caring for our community and embodied our values consistently throughout the year.

We are proud to announce Alfie R in 9BW has been awarded the 2022 Kindness Award. Many staff nominated Alfie for the award with comments including; *'Alfie is always willing to go above and beyond, he's selfless and genuinely always wanting to make people's lives better through and through.'* *'Not worried about what people think of him - does the right thing regardless.'* *'Always offering to help staff, always willing to help out around school and can often be found supporting younger students.'*



Christmas Card Competition



Year 5 Winner
Sophie B



Year 6 Winner
Aaron S



Year 7 Winner
Ivey SB



Year 9 Winner
Sarah S

We had a record number of entries for Mrs Earp's Christmas Card competition this year.

Thank you to every student who took the time to design a card for Mrs Earp to send out. It was an incredibly difficult competition to judge this year!



Year 10 Winner
Anwen J



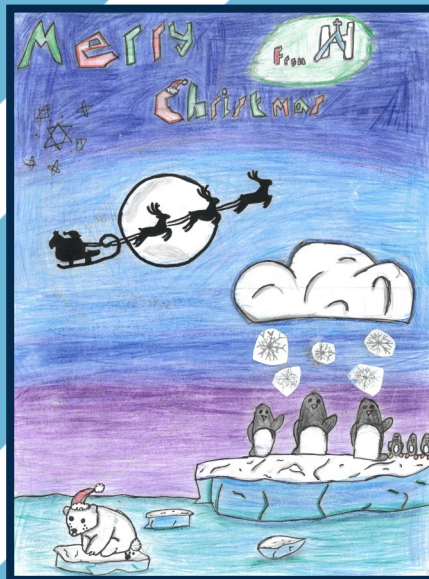
Year 8 Winner & Overall Winner - Carys J



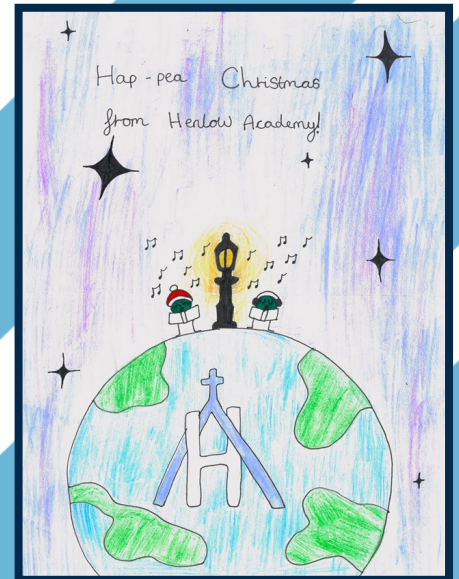
Christmas Card Competition



Highly Commended
Grace G



Highly Commended
Phoebe K



Highly Commended
Ellie B



Highly Commended
Andrew S

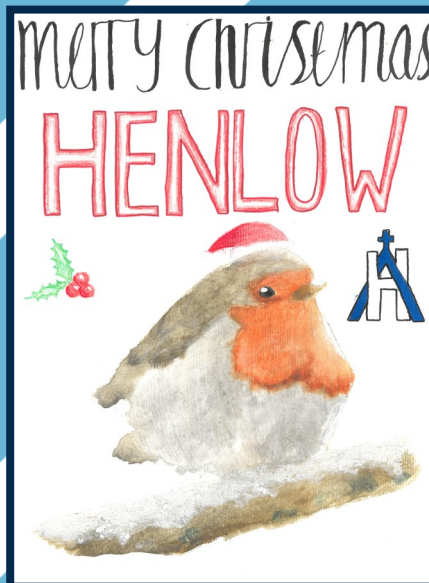
Alongside our six year group winners, Mrs Earp awarded commendations to the all these Christmas card designs which all impressed her.



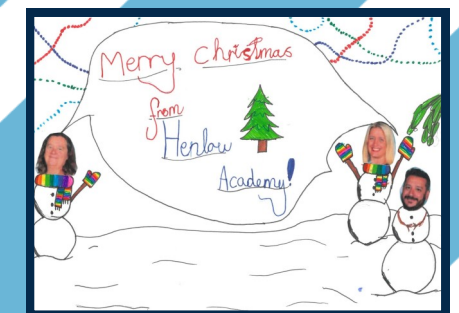
Highly Commended
Arabella H



Highly Commended
Anna K



Highly Commended
Dominique S



Highly Commended
Tabitha A &
Harry Y

Christmas

This year, after 2 years of Covid restricted activities, we were extremely excited to get back to our usual Henlow Christmas festivities including an in person carol concert and Key Stage 2 Nativity church service. Unfortunately the weather had other plans for us!

We hope to rearrange some of the missed events in the new year but in the meantime over the next few pages you will hopefully get a flavour of









Henlow Harmony



Henlow Harmony travelled down to the Royal Albert Hall in November to perform alongside the Royal Philharmonic Orchestra in the Barnardo's Young Supporters Concert. The theme was Heroes and Villains and many different movie themes were sung and played. The concert was a great success and raised over £60,000 for Barnardos.



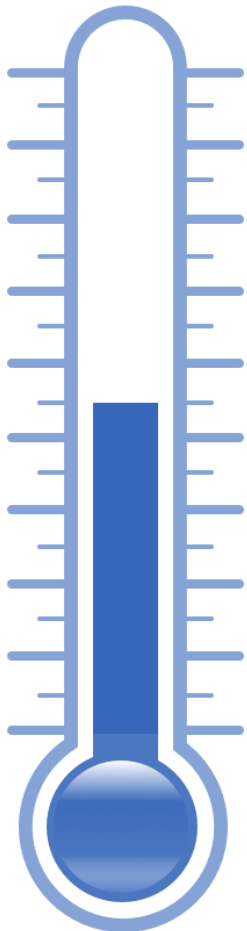
Mission Zero

In the new year, Henlow will be taking part in Mission Zero. This is a project run by the raspberry pi foundation and the European space agency. Students will code a programme that will display an image, sensing the colours around to adapt the image to what the programme "sees". Programmes that meet the project criteria will qualify to be sent on board the International Space Station to run on their Astro Pi.

This will be open to Year 7, 8 and 9 and will run after school on a Wednesday through January and February. Full details to sign up and the schedule of after school classes will be available in the new year.

For more info visit <https://astro-pi.org/mission-zero/>

Goal



Fundraising

This term we've been fundraising for a range of projects. Thank you for your continued support during difficult financial times. So far we have made:

£669.91 for Children in Need

£369.00 for Great Ormond Street Hospital

£27.50 for The Need Project

Enough items to fill 20 shoeboxes for the Christmas Ukraine Appeal

Mr Carrington would like to thank everyone who donated to his brave the shave. He raised over £1700!

Competitions and Fixtures

Term 1 has not disappointed. The dedication of students to training and competition has once again been fantastic. We have experienced some great successes and learning opportunities and we are so proud of the students that have got involved this term. More than 150 pupils earned over 550 caps this term. Bring on next term with even more exciting opportunities!

Football

This term has been full of football with us entering the leagues, national and county cup competitions.

Congratulations to the Year 8 boys who won their division, the Year 7 boys who made it through to the fourth round of the national cup and the U13 girls who are still in contention for the county cup.

Our Year 10s played in the district futsal competition and the Year 7 & 8 boys and girls have this to look forward to next term. The Year 10 leagues and all the girls leagues will happen next term also so there is still lots of football to be played.



Netball

We have had a strong start to the netball season and are extremely proud of the dedication shown by students to training and fixtures.

Year 8 managed to complete all of their fixtures and grew with each game. Year 6 and 7 still have one game remaining each. Both squads are undefeated, can they go all the way? All three age groups have their county tournaments to look forward to next term.

Year 9 netball training has been very well attended resulting in some fantastic results at their county plate competition. We are excited to see both Year 9 and 10 take the court when their league starts next term.



Boccia

We took 3 teams of students to the district boccia competition this year. All pupils had a great day and represented the school fantastically. One team of pupils were undefeated and took home the gold! Well done everyone.

Cross Country

The cross county district league returned this year and our runners performed superbly in each competition.

Our Key Stage 2 Girls, Key Stage 3 Girls and Boys all secured victories in the team events with our Key Stage 2 Boys taking second places. These are phenomenal team results, secured by some fantastic individual performances. We are SO excited for the district competition next term.



Basketball

Girls and boys from Year 7-10 have enjoyed the training and basketball fixtures this term. Break time lay-up practice has been very popular.

It was particularly tough for our Year 10s as competition was u16 level for them this year however they are fully prepared for the basketball league next year!

Our Year 7 basketballers grew with every game and secured a victory in their last fixture of the season. The Year 8 boys really started to gel this year and narrowly missed a place in the finals. Well done to everyone involved in basketball this year.



Sports Hall Athletics

Due to the weather the Year 6 and 7 competitions have been moved to next term. The Year 8 competition did go ahead and what a competition it was. We were so impressed with the talent and commitment in lessons and at the club that we entered two boys teams into this year's event. The boys did not disappoint with some stand out individual wins in events and one team finishing in second place. In a very tight competition, the girls dominated on the track winning their competition and progressing to the county finals next year. Well done to everyone involved.



#LetsGoHenlow

Trampolining

For the first time in Henlow's history we entered the Regional Schools Trampolining competition. We entered a team of girls from Year 7 & 8, both a team of boys and girls from Year 9 & 10 and some individuals from Year 6 and 8.

All the athletes were fantastic in their first competition. Both the Year 9 & 10 girls and boys teams won their categories and have progressed to the zonal competition next term. Lois (Y8) also qualified as an individual in her category Good luck to everyone competing.



Extra-Curricular

In addition to the clubs that have been geared towards fixtures and competitions, there have been a number of recreational clubs that have been running

Running Club

This has proved to be a popular club with students - and staff - from across the age-range as well as the complete running ability range. When the weather and light allowed, we enjoyed some wonderful runs around Henlow Lakes and up over the fields beyond Poppy Hill. Well done and thank you to all those who came along to the running club - especially to the determined few for those November runs when it started to get dark and cold! We are looking forward to starting up again in late February.

Dance

We were so pleased to be able to offer dance clubs after school this term and pupils have enjoyed learning some complex choreography. We have entered both the primary and secondary dance competitions next year and are excited to see what our pupils can produce.

Badminton

Once again badminton has proved an extremely popular extra curricular club with lots of pupils attending each session. We are excited to enter the Year 7-11 competitions next term and have secured some friendly matches for Year 6 & 5.

Gymnastics

Recreational gymnastics was a well attended club across all year groups and performers have now been selected for the competition squad who will now be preparing for the upcoming events next term.

What's Next?

In the Spring Term we have packed a lot into a short term! Trampolining and Gymnastics Competitions, Girls Football, Rugby, Hockey, Netball leagues and tournaments, Futsal, Cross County, Handball, Badminton, Cheerleading and Dance. Bring it on! **#LetsGoHenlow**

Year 5 River Walk



Year 5 went on a walk along the River Ivel to explore what was living in it. All the pupils had fun with our homemade fishing rods seeing what they could catch. There was much excitement when they caught quite a few American Signal Crayfish!



The Library Round Up



The Hub

Busy, Busy!

The 'Hub' continues to attract many students at break and lunchtimes and we have had to recruit some more student librarians! A huge welcome to the team:

Ethan M	Year 7	Rosie M	Year 5
Alfie W	Year 7	Sophie B	Year 5
Georgia G	Year 7	Phoebe W	Year 5
Melody G	Year 7	Bella M	Year 5
Xanthe W	Year 7		

Book Fair

Primary books held a fair in the library last week. Students had the opportunity to browse the selection of new titles and we hope that they were inspired by the wide variety of books and new authors. We would like to say a huge thank you to all students, parents and carers for all the support at this event. As a result of your generosity, the school has received commission from sales and a collection of new titles has been purchased for the library. We have focused on 'young adult' books as this section is currently being expanded.

As a reminder, 'young adult' titles are books written for students aged 14+. We also have a collection of 'teen' reads and these are for students aged 12+. For students who are under the above ages, we ask that you complete the form below so that they can be borrowed from the library (if you have not done so already)

https://docs.google.com/forms/d/1sgOeZevndySMS2bx8mP9eXchDQ6y_oTfaemOCaGuX_DQ/edit





Writing club

We are delighted that more students have joined the group. We currently have 20 students from different year groups writing stories either in small groups or individually. It is hoped that in the future, some of the stories will feature in our school newspaper.





VIA ZOOM



**CHILDREN'S SERVICES
CONFERENCE 2023**

30TH JANUARY - 3RD FEBRUARY

FREE EVENT

This event is for parents/ carers only. Your online ticket will allow you access to any of the talks, presentations and workshops available throughout the week. You will receive log-in details closer to the event.

Limited Spaces Available

BOOK NOW

enquiries@autismbeds.org

01234 214871 (general enquiries)

Monday 30th January 2023

- 09:30 - 10:00 **Introduction to the Children's Services Conference**
Meet some of the Children's Services Team, discussion about our 2023 Consultation and a quick intro to Zoom
- 10:00 - 12:30 **Sensory Processing**
Karen Forrest - Specialist Occupational Therapist and Advanced Sensory Integration Practitioner for Sensory Processing
- 14:00 - 14:30 **Bedfordshire Rural Communities Charity - Social Prescribing - What can social prescribing do for me? And other BRCC services**
Shani Brathwaite - Mental Health Social Prescriber
- 19:00 - 20:30 **Transitioning to Adult Services**
Angela Amitrano - Adult Services Manager at Autism Bedfordshire

Tuesday 31st January 2023

- 10:00 - 12:00 **Reactiv8 & its support services, discussion on EOTAS (Education Other Than At School)**
Michelle Crook - Author, Speaker, Coach and Life-Changer and Founder and Director of Reactiv8
- 19:00 - 20:00 **Mind Mindfully : Mindfulness (benefits of mindfulness in day-to-day life)**
Sabrina Bakare - Ex GB Athlete and Mindfulness Coach

Wednesday 1st February 2023

- 10:00 - 12:30 **ASD Assessments**
Dr Francesca Omisakin - Consultant Community Paediatrician ASD Lead for Luton Community Paediatric Service
- 13:00 - 14:30 **SEND Legal Advice**
Rob Price - Solicitor, HCB Solicitors Ltd
- 18:30 - 20:30 **Autism & Demand Avoidance (PDA)**
Charlotte Davids - Autism Trainer, Autism Bedfordshire

Thursday 2nd February 2023

- 18:00 - 19:00 **Benefits of Exercise**
Laura Carr - Personal Trainer, Barnes Rose Training

Friday 3rd February 2023

TBC

Additional speakers yet to be confirmed!



PE Kit Requirements

Here is the PE kit requirements for the next half term for Year 5 - 8. Please can you make sure that your child is coming to every PE lesson with the right equipment.

Group	Sports	Equipment
Year 5	Trampolining Hockey	Compulsory PE Kit Shin Pads Gum Shield
Year 6 Boys	Table Tennis Dance	Compulsory PE Kit
Year 6 Girls	Trampolining Hockey	Compulsory PE Kit Shin Pads Gum Shield
Year 6 Mixed	Trampolining Tag Rugby	Compulsory PE Kit
Year 7 Boys	Table Tennis Dance	Compulsory PE Kit
Year 7 Girls	Trampolining Hockey	Compulsory PE Kit Shin Pads Gum Shield
Year 7 Mixed	Trampolining Tag Rugby	Compulsory PE Kit
Year 8 Boys	Table Tennis Gymnastics	Compulsory PE Kit
Year 8 Girls	Trampolining Hockey	Compulsory PE Kit Shin Pads Gum Shield
Year 8 Mixed	Trampolining Tag Rugby	Compulsory PE Kit



At Henlow Academy we are very aware of the increase in the cost of living and are actively looking for ways to support families through this period. In order to support parents/carers we have put together some potentially helpful resources below. If you are concerned about any cost aspects to do with your child's education please email jgregory@henlowacademy.org.uk (Mrs J Gregory).

Childcare Offers for Parents

The Childcare Choices campaign aims to raise awareness and understanding of the support available from the government with the costs of childcare.

You can help ensure your parents and carers aren't missing out by directing them to <https://www.childcarechoices.gov.uk/> where they can easily find the right offers of childcare support for them.

With the school Christmas holidays approaching and looking ahead to half term in February, it is more important than ever that your parents and carers are able to access the financial support they qualify for. They could be entitled to:

- up to £2,000 a year of Tax-Free Childcare per child (or £4,000 if disabled) for children up to 11, or 17 if they're disabled
- help with up to 85% of their childcare costs for children up to 16 with Universal Credit
- 30 hours of free childcare for 3 and 4 year olds if they're a working family in England.



Free School Meals Eligibility and Entitlement

If your child is eligible for Free School Meals please ensure they are using this entitlement. The canteen offers a wide range of choices at lunchtimes.

If you feel your child might be eligible for Free School Meals please follow the link below:

<https://www.centralbedfordshire.gov.uk/info/53/benefits/4/free-school-meals/3> The school is then contacted via Central Bedfordshire

Free School Meals Holiday Courses

Central Bedfordshire offers a variety of holiday courses free for students entitled to Free School Meals - please follow this link to find out more.

<https://www.centralbedfordshire.gov.uk/info/11/children-and-young-people/1134/holiday-activities-and-food-programme-haf>

Emergency support

Emergency provision is available following an emergency or crisis to meet the immediate day-to-day expenses relating to food and utilities. Supermarket vouchers and top-ups for pre-paid energy meters are provided to meet these needs.

To be eligible for the emergency provision you must be:

- permanently residing within Central Bedfordshire
- 16 years or older
- in an emergency situation and not have enough money to meet the immediate needs of you and your family
- able to provide sufficient proof of identity

You do not need to be in receipt of any benefit or entitlement. Find out more [on our website](#).

The Need Project Referrals

We are able to refer families to The Need Project. If you would like a referral made please email Kelly Jando kjando@henlowacademy.org.uk with number of adults, number of children, what gender the children are, any food allergies in the household and giving permission for your details to be shared with The Need Project

Help for Households

You can find more information about the broader support available to help with the cost of living on the Help for Households website.

<https://helpforhouseholds.campaign.gov.uk/>

Cost of Living Support

Pupil Premium

Are you eligible for Free School Meals?

If you think you are eligible please contact Central Bedfordshire on the number below. As well as receiving the option to have Free School Meals you may also be entitled to a variety of initiatives at school. These may include free access to Breakfast Club, support with the cost of Food Tech, help towards uniform, subsidised music lessons, help towards the cost of school trips as well as other initiatives throughout the year.

The qualifying benefits to receive free school meals for children in Year 3 and over are:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part IV of the Immigration and Asylum Act 1999
- The Guarantee element of State Pension Credit
- Child Tax Credit (provided you are not also entitled to Working Tax Credit, and your annual gross income does not exceed £16,190 as assessed by Her Majesty's Revenue and Customs)
- Working Tax Credit run-on (paid for 4 weeks after you stop qualifying for Working Tax Credit)
- Universal Credit (during the initial roll-out of this benefit)

If you think you meet the free school meals eligibility criteria, please call Central Bedfordshire Council on 0300 300 8306. When you call to apply for free school meals, please have the following information ready:

- National Insurance numbers and dates of birth for you and your partner
- dates of birth for your children
- if you receive support from the National Asylum Support Service, your NASS number

The school will then be informed and you will receive further information. If you would like to find out more about how the school uses the funding to support pupils in the school, you can find more information on the school's Pupil Premium Strategy on the school's website http://www.henlowacademy.co.uk/web/pupil_premium/396258 or contact Miss Julia Cave (jcave@henlowacademy.org.uk) For more information on how to apply for Free School Meals, please contact Central Bedfordshire Council directly on 0300 300 8306.

Could you be entitled to Pupil Premium Funding support?

Stock Your Pencil Case!

Please ensure your child has the correct stationery with you everyday. Students are expected to come equipped for the business of learning and therefore we do not provide stationery for pupils.

You need a pencil case containing:

- Cartridge pen, handwriting pen, ballpoint or a friction pen (black)
- 30cm ruler
- HB pencil and a spare
- 2 Dry wipe board marker pen and a wiper/cloth
- Coloured pencils (not felt tips)
- Ink eraser pen (if using a cartridge pen)
- Green pen (friction pen preferred)
- Rubber
- Pencil sharpener (which can collect shavings)
- Glue Stick
- Scissors
- Highlighters
- Scientific calculator (ESSENTIAL FOR KEY STAGE 3 MATHS)
- Protractor
- Headphones (suitable to be plugged into any tablet)

**Name ALL your
belongings clearly**

Reminders

Please use ParentMail to make all payments.

All children need to have a NAMED water bottle with them everyday.

Please make sure that all your child's clothes and property is clearly named and that name labels haven't worn off.

The school office aren't able to call home if your child forgets something. Please ensure your child checks their timetable and brings all they need each day.

We offer Homework Club everyday from 3:45pm to 5:00pm. There is no charge for Homework Club but booking is essential. Please email

jmarshall@henlowacademy.org.uk

Please check your child's ParentMail accounts and ensure they are in credit for school dinners. Dinner money top ups can be found under the accounts section in ParentMail.

Breakfast Club runs from 8:00am until 8:30am and must be booked in advance. Do not drop children off before 8:00am as they are not supervised and not insured to be on site. Any pupil not attending Breakfast Club must not be on site before 8:35am.

Upcoming Events

Date	Event	Additional Information
Wednesday 4th January	First day back	
Wednesday 11th January	Year 7 - 9 Flu Vaccination	
Friday 20th January	Young Voices	
Tuesday 24th January	Moebius Awareness Day	Students can swap one item of their uniform for a purple item of clothing
Friday 27th January	HAPTA Quiz	More information to follow
Wednesday 8th February	Year 10 trip to Poetry Live!	At Cambridge Arts Theatre - More information to follow in the new year
Monday 13th - Friday 17th February	Half Term	
Monday 20th February - Friday 10th March	Year 10 Mock GCSEs	
Tuesday 7th March	Year 9 Globe Trip	
Friday 10th March	Careers Fair	For Key Stage 3 & 4
Monday 13th - Friday 17th March	Year 6 Mock SATs	
Friday 17th March	Red Nose Day	
Friday 31st March - Friday 14th April	Easter Holidays	