



ABOYNE LODGE

CREATIVE • CURIOUS • CARING

WEEKLY BULLETIN

Friday 24th November '23



MESSAGE FROM THE HEAD

I was in Head's PE advocates meeting this week and the Youth Sports Trust did a presentation explaining that children should be exercising for a minimum of 60 minutes a day. Unfortunately, since the pandemic, children are spending less time being active than before. At Aboyne we try to get the children outside as much as possible, even if the weather is cold or a little bit drizzly. As a result it's really important that children are wearing coats. Please remind them to bring them in or they could get a bit wet and cold at playtime. Also please ensure everything is named!

On Wednesday we had a Reception and Key Stage 1 Drama workshop where children explored around the world. Thank you to the office team for setting this up—it looks like the children had a lovely time.

We had some good sporting results this week - In the City Cup, the Girls Football Team beat Bowmansgreen 3 - 1. Two goals from Nancy and a goal from Minuki sealed the win. The team are really starting to bond well, which is great to see. In Netball, the team beat Wheatfields an impressive 8 - 0. Congratulations to all of the children who took part.

We also have some top chess players here. Our team took part in the EFROC Autumn tournament, with Alex (Y6) and Isaac (Y4) qualifying for the semi finals in June. Congratulations to all of the team for a fantastic performance.

Have a lovely weekend!

Warmest wishes,
Mr Smithard

LEARNING POWER CERTIFICATES
(awarded for reciprocity, resilience, resourcefulness and resourcefulness)

Sienna (Y6) Alice (Y5) James (Y4)

Bella (Y3) Ivy (Y2)

HOT CHOCOLATE FRIDAY

Jack (Y6) Mali (Y5) Harri (Y4) Zenifa (Y3) Adam (Y2) Ned (Y1)

UPCOMING EVENTS

Tues 28th Nov—Girls Football vs How Wood (A)

Weds 29th Nov - Y6 St Albans Schools Christmas Concert @1030am (parents welcome)

Fri 1st Dec - ALSA Christmas Fair 4pm—7pm

Mon 4th Dec - Netball V St Albans High School

Tues 5th Dec - Christmas SEN Coffee and Chat

Fri 8th Dec—Y3/4 Music Assem-

**How to Train Your Dragon
by Cressida Cowell
Recommended by Aryana Y2**

BOOK OF THE WEEK



"I'm telling you Hiccup," the Wodensfang was saying, "you can stop this stupid war, and save the dragons and humans from extinction..."

Messages from the office

Orchards

Please remember to book your Breakfast and After-school sessions.

For short notice bookings, please email Sharon Jackson on orchards@aboyne.herts.sch.uk

School Dinners

School dinners can be booked up to 10 weeks in advance.

Please make sure orders are placed by 9am on the day.

St Albans & District
foodbank

WAREHOUSE OPENING TIME

Tuesday: 12:00 - 15:00
Thursday: 11:00 - 13:00
Friday: 12:00 - 15:00

WAREHOUSE ADDRESS

Unit 3 Redbourn Industrial Estate
Redbourn
AL3 7LG
stalbandsdistrict.foodbank.org.uk

Reverse

ADVENT CALENDAR

Christmas Appeal

Christmas can be a difficult time for many, especially for those living on a tight budget. With increased winter fuel bills alongside the seasonal pressures many will find themselves in food crisis.

Can you help someone this year?

For 25 days, **from Tuesday 21st November**, please could you donate an item daily from the list below. Pop it in a box or bag and drop it off to our warehouse by **Friday 15th December**. Your donation will help someone in need and make a really big difference this Christmas.

And if you want to start earlier please do so!
Should you wish to make a cash donation, please pay via our website (see above) or by texting 70085 using STAFBXMAS nn where nn is the amount (texts cost your donation amount plus TWO standard network rate messages)



Thank you!

www.stalbandsdistrict.foodbank.org.uk

21 Nov	Custard
22 Nov	Long Life Fruit Juice
23 Nov	Sponge Pudding / Desserts
24 Nov	Festive Biscuit
25 Nov	UHT Milk
26 Nov	Cooking Sauce
27 Nov	Long Life Fruit Juice
28 Nov	Jam or Spread
29 Nov	UHT Milk
30 Nov	Tinned Soup
1 Dec	Long Life Fruit Juice
2 Dec	Cooking Sauce
3 Dec	Nuts
4 Dec	Tinned Rice Pudding
5 Dec	Tinned Peas / Sweetcorn
6 Dec	UHT Milk
7 Dec	Christmas Chocolates / Sweets
8 Dec	Cooking Sauce
9 Dec	Noodles
10 Dec	Long Life Fruit Juice
11 Dec	Tinned Soup
12 Dec	Festive Biscuits/Chocolates
13 Dec	UHT Milk
14 Dec	Cooking Sauce
15 Dec	A non perishable food item of your choice No mince pies, please! No alcohol

