



ABOYNE LODGE

CREATIVE • CURIOUS • CARING

WEEKLY BULLETIN

Thursday 28th March '24



MESSAGE FROM THE HEAD

We have reached the end of the Spring term and with it comes a well earned rest for the children, families and staff. We say good bye and good luck to Mr Wilding, who moves onto his next school placement. We wish him the best of luck on his journey into the teaching profession.

This week the Year 5 footballer's had a friendly against St. John Fisher with Aaron scoring a cracking goal for Aboyne. Congratulations to all the team, who have grown and developed into an accomplished team as the year has gone on. Thank you to Archie Hobbs, in his first year as our coach. The children have really enjoyed the season. I'd also like to thank Gema Landrove for her continued work with the girls football team, David Hobbs for training our cross country runners and Tracey Hobbs for all her work with netball (and the other school teams). It is very much appreciated.

On Tuesday afternoon Y4 visited Verulamium Museum and took part in a artefacts workshop before exploring the museum! Thank you to our parent helpers for accompanying us!

Also on Tuesday we had our Easter curriculum morning, where the children were able to enjoy Easter themed arts and crafts activities. Thank you for the Teaching Assistant team for your help making this work so smoothly.

On Wednesday, the Year 1 children had the chance to visit the Abbey. It sounds like they had a great time, with many of them mentioning hot cross buns when they returned. Thank you to Mrs Page for organising the trip.

Also this week, several of our musicians took part in the St Albans Schools event at the Alban Arena. Congratulations to those who took part.

School remains closed for an INSET day on Monday 15th, but we are back for the Summer term on Tuesday 16th April.

From all of us here at Aboyne, we would like to wish you a Happy Easter and a restful break.

Best wishes,
Mr Smithard

EFFORT CERTIFICATES

All of Year 4, Lottie Y6, Louis Y3

HOT CHOCOLATE FRIDAY

Back after the Easter break

UPCOMING EVENTS

Monday 15th April—School closed for INSET

Tuesday 16th April—Summer Term starts

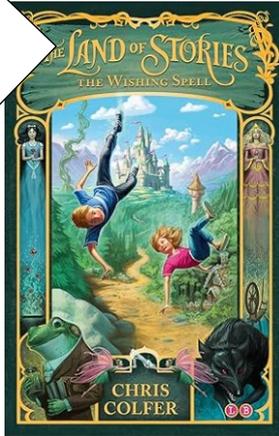
Tuesday 16th April—Swimming for Y6 starts

Weds 17th April—Y4/5 Football Tournament at Garden Fields 4pm

Friday 19th Y4 & 5 to St Albans Boys School for D&T and Science

Thu 2nd May— The Reception classroom being used as a polling station.

The Land of Stories - The Wishing Spell
 By Chris Colfer
 Birthday book from JamesY4



BOOK OF THE WEEK

When the Bailey twin's gran gives them a treasured fairy-tale book, they have no idea what's in store and the land they are about to enter..."

Food for thought... Screen Time

This is your brain on **SCREEN TIME**



3x

People consume three times as much information daily as they did in 1960.



61%

of people can't ignore their electronic devices. They check them within the hour after getting an email, text, or alert.



50%

of people check their work email outside of work hours, including weekends and vacations.



61%

of people have felt jealous, depressed, sad, or annoyed after checking updates on their social media account.



81%

of people admit to interrupting conversation, mealtime, or playtime with family or friends to check their social media, text messages, or email.



3 out of 5

people spend more free time on their computer than they do with their significant other.



73%

of people believe their use of electronic devices has contributed to **stress in their life.**

meQuilibrium.com Interactive Stress Management

Statistics according to research conducted by the University of California, San Diego; Katon Research; and meQuilibrium.com. Created by DiabeticLivingOnline.com

RECHARGE YOURSELF Once A Week: Pledge to Unplug!

AFN NOC
SUMMER SESSIONS

Junior Training and Trials

Open to all existing AFN members and new players

6 weeks (w/c - 15th April to 20th May)

Trials - w/c 13th & 20th May

**Samuel Ryder Academy,
 Outdoor Netball Courts**

Juniors (current Yr2 - Yr8)

Minis (Yr 2, 3 & 4) - Wednesday 6-7pm

Juniors (Yr 5 & 6) - Wednesday 6.30-7.30pm

Youth (Yr 7 & 8) - Monday 7-8pm

Please register to secure your place

<https://>

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forms.gle/

