



Dear Parents and Carers,

The end of September has arrived and how quickly the return to school has flown! It has been a calm and focused month here at Arnold and it has been delightful to see how quickly our new pupils have settled and found their feet.

I want to share with you our key school development foci for this term. We have already begun training and development in these areas as staff and progress toward these objectives will be reviewed in December ready for term two:

1. Ensuring Quality First Teaching to ensure lessons both stretch the more able learners, whilst ensuring our weakest can access lessons and make strong progress
2. Developing stronger relationships and improve communication with our parents
3. Fostering a love and passion for reading amongst our pupils

This half-term we have a number of opportunities for parents to attend the school and increase their involvement in life here at Arnold. We have our Parent Forum coming up where we will be discussing uniform, homework and asking parents for agenda items for the rest of the year. You can confirm your attendance [here](#) to ensure we know how many to cater for. We also have our meet the tutor events during the last week of half-term, which has been advertised today, to ensure you can discuss how your child has settled into the new year with their tutor. Our wonderful PTA is also actively recruiting newcomers to help at events, no matter how big or small. Please contact them on [pta@aa.pstrust.co.uk](mailto:pta@aa.pstrust.co.uk) for more information.

This term we have our Open Evening on Wednesday 1st November. This will give our pupils wonderful leadership opportunities to showcase our school. If you know of anyone looking for school places in current Year 5 or 6, or Year 5 in September, please help us promote our event by directing people to our social media pages or website. You are also welcome to attend, as a current parent, any of our open events. It would be wonderful to host you and let you see the school in action!

The monthly Arnold Update celebrates the best of what is being experienced and achieved in the Arnold community. A big part of the offer at Arnold is our wider school opportunities. We strongly believe that our broad curriculum helps develop well balanced and happy pupils during the middle years. Our club timetable is now in full swing and many events and trips will continue to be on offer for our pupils across the year. Please talk to your child regularly about this and ensure they are trying and participating in clubs and activities regularly to ensure they make the most of life at Arnold. During this difficult financial period we are also supporting parents with event and trip costs. Should you need any support this year, please do not hesitate to reach out to our Assistant Headteacher Greg Davis: [gdavis@aa.pstrust.co.uk](mailto:gdavis@aa.pstrust.co.uk)

A number of our governing body have just completed their term in office and are stepping down from the board. I would like to take the opportunity to thank Gary Dunger, Natalie McCalman, James Breeze and Hayley Dunnigan for their service as governors. This means the board are now actively recruiting to build a team for the next four-year phase. Please see the separate information shared today about this opportunity should you be interested.

It is important to take the opportunity to pay tribute and say goodbye to two staff who left us over the summer break. Sue Buttigieg has retired after 19 fantastic years of service as Learning Support Assistant, supporting pupils in Chiltern with skill and kindness. Leigh Horvat has chosen to move to pastures new after 15 years as a Kitchen Assistant. We wish them both the very best and would like to thank them for their wonderful service.

I hope you enjoy this edition of the Arnold update. I look forward to seeing you in person at one, or some, of the many events we have over this half-term!

Pete Roberts - Headteacher

## Dates for Your Diary

### October

#### Black History Month

##### Wc 9th Oct

9th - Year 8 Science Trip

##### Wc 16th Oct

16th & 17th - Meet the Form Tutor

17th - Bake Off at HUS

19th - PTA Halloween Disco

### November

##### Wc 30th Oct

1st - Open Evening

##### Wc 6th Nov

9th - Zanele Mian Author Visit

10th - Remembrance Day

##### Wc 13th Nov

Anti-Bullying Week

17th - Year 4 Parents Coffee Morning

## Year Group News

### YEAR 5



#### Form with the Highest Values

5LN

#### Announcements

Year 5 Pantomime at The Grove Theatre -  
Thursday 14th December.

If you would like your child to see Jack & the  
Beanstalk please pay via Parentmail by  
Friday 3rd November



### YEAR 6

#### Form with the Highest Values

6DB



### YEAR 7

#### Form with the Highest Values

7FP



### YEAR 8

#### Form with the Highest Values

8SQ

#### Announcements

Applications for Upper Schools due by  
Tuesday 31st October 2023

#### PTA

#### September Hundred Club Winners

- 1st — A Read
- 2nd — J Beales
- 3rd — L Taylor

If you would like to join the PTA's monthly  
numbers draw and be in with the chance of  
winning a cash prize as well as helping to raise  
much needed funds for our wonderful school  
library, then please email [pta@aa.pstrust.co.uk](mailto:pta@aa.pstrust.co.uk)  
for further details.

## Chiltern's Walk to The Springs

Chiltern class have had a great start to the term  
and all went for a walk to Barton Springs. During  
their visit, Chiltern looked at the importance of  
teamwork when working on a project such as Dam  
building. They worked very well together to  
include everyone's ideas and ensure that they  
built a secure and stable dam.



## Climbing Kilimanjaro

Over the summer holidays, Miss Donovan  
climbed Mount Kilimanjaro to raise funds for  
Pancreatic Cancer UK. Miss Donovan would like  
to thank everyone for all of the support which she  
received both before, during, and after the climb.  
With the help of everyone's donations, Miss  
Donovan has been able to raise over £3,000 for  
Pancreatic Cancer UK!





## September's Spotlight Subject

# FRENCH

### Duolingo Challenge Awards

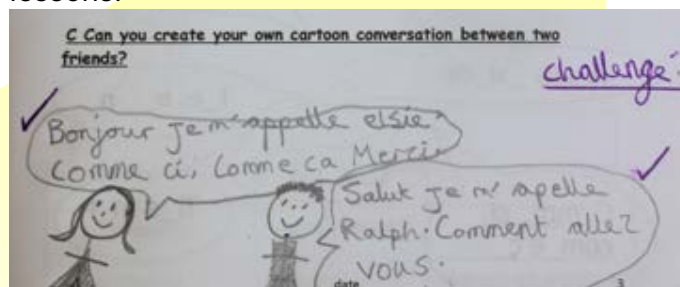
A huge congratulations to all of our pupils who completed the Duolingo Challenge over the summer holidays!

Everyone was set a task of completing one lesson a day from 22nd July - 4th September. They could either continue learning French or chose a new language to learn. We had a range of languages learnt over the summer. Some of these included; Italian, Japanese, and Spanish.



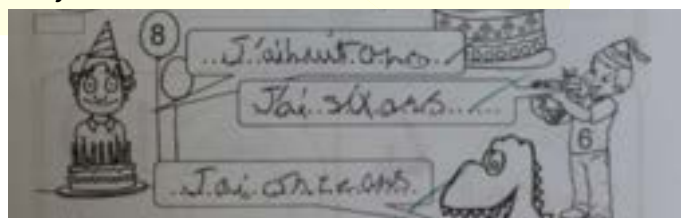
### Year 5

Our year 5 pupils have been challenging themselves and are learning lots of different ways to introduce themselves in their French lessons.



### Year 6

Year 6 have been learning how to write how old they are and how to describe themselves.



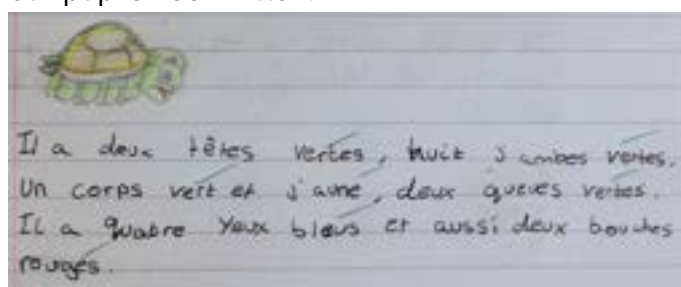
### Year 7

Our year 7 pupils have been learning how to write their daily routine in French. Pupils have also included the time that they usually complete these tasks.



### Year 8

Year 8s have been learning about mythical creatures in their French lessons. Here is a description of a two headed tortoise that one of our pupils has written.



### Useful Links

<https://www.duolingo.com/>

<https://www.french-games.net/frenchtopics>

<https://www.euroclubschools.org>

<https://www.youtube.com/watch?v=R1erSYyDzOA>

## Music Lessons At Arnold

Welcome to Arnold Academy Music department. Mr Hill and Mrs Smale are very much looking forward to getting to know the pupils and making music throughout the year. The pupil's will have one hour of classroom music lessons every week and are welcome to come along and join in some of the clubs we offer.

If you'd like your child to learn an individual instrument we have a full range on offer. We are lucky enough to have professional musicians delivering lessons throughout the year.



The following can be contacted directly:

Drums: Mr Mark Jeffs  
[jeffs\\_mark@hotmail.com](mailto:jeffs_mark@hotmail.com)

Guitar: Mr Luke White  
[officiallukewhitemusic@gmail.com](mailto:officiallukewhitemusic@gmail.com)

Voice: Mrs Ildiko Allen  
[ildikoallen@gmail.com](mailto:ildikoallen@gmail.com)

Violin/Viola: Ms Rachael Walker  
[rachaelmsmt@msn.com](mailto:rachaelmsmt@msn.com)

Inspiring Music delivers Piano and Trumpet / Trombone lessons at our school - see the link below for more information.

<https://www.inspiringmusic.co.uk/lessons-schools/enrol>

## Poets IN 79 Mile Walk

Some of our pupils joined Poets IN for their 79 Mile Walk across the Chiltern Hills for Suicide Awareness and PoetsIN!

The Creative Mental Health Charity PoetsIN are an amazing organisation that support people who feel they have nowhere to turn.



## Roald Dahl Competition

Congratulations to everyone who took part in the Roald Dahl competition. We received some amazing entries (a couple of examples can be seen below), however there could only be a few winners from each year group. Our winners are as follows:

**Year 5** - Mia, Connie, Francesca, Lorelai, Layla & Valentina

**Year 6** - Freya & Andrew

**Year 7** - Olivia & Vidya

**Year 8** - Ava & Naiya







# SPORTS NEWS



## Football Fixtures

### Years 6, 7, & 8

Pupils have been working hard in the sports of Football and Netball this term. Some excellent work has been produced.

Excellent turnout to all football trials. First teams have been picked for years 6, 7 and 8 (Lions) and where possible we are looking to pick second teams (Tigers) and third teams (Pumas) for school football. League fixtures have now started for years 6, 7 and 8. County Cup and National Cup fixtures will also be starting shortly.



## LTA Tennis Coach

On Thursday 21st we welcomed an LTA tennis coach into some of our lessons. Pupils enjoyed the day and some new activities. We are looking to continue to promote tennis within the school.

## Futsal Sessions

We are pleased to announce some pre-school sports opportunities. On Monday 2nd October Futsal sessions start at Arnold Academy delivered by Mid Beds & Football. The sessions, which need to be booked directly through the company, will run from 7.55am-8.35am on Mondays for KS2 pupils and Friday for KS3 pupils. Spaces are limited so please book promptly.

## Septembers Player's of the Match

### Year 8 Netball

Grace & Kennedy

## Year 8 Girls Netball Team

Netball Fixtures are also well underway for years 7 and 8. It has been great to see such high levels of participation and enjoyment from our teams. The progress has been excellent from all involved.

### Arnold Academy vs Robert Bloomfield

Our year 8 girls first netball fixture against Robert Bloomfield Academy may not have resulted with a win, however they all worked well together as a team and gave it their all. We were all very proud of you!

### Arnold Academy vs Henlow Academy

On Wednesday 27th September, our year 8 girls netball team played an away game against Henlow Academy. The fixture ended with a brilliant score of 11 - 2. Well done girls!



## PE Notices

Please continue to ensure your child has the correct PE kit for all lessons. Shorts are needed for all lessons. Jogging bottoms can be worn to school and in colder climates.

## Clubs At Arnold

At Arnold Academy, we have a variety of different extra curriculum clubs to attend. To see our club list, [click here](#).



# ECO COUNCIL



## Eco Schools Flag

At the end of the 2023 Summer Term, Arnold Academy was awarded the Eco Schools Flag!



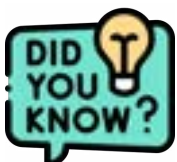
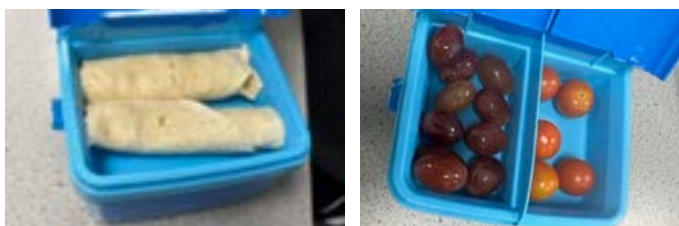
Some of our proud Eco-Council members, whose hard work helped Arnold to gain the Eco Schools Award for 2023, can be seen above. Look out for the flag flying high when you visit the school next.

We would also like to give a special mention to some of our past year 8s who also worked with the team to receive this flag. These pupils include Gabriella, Daniel, and Erin.

## ECO-FRIENDLY

### Ideas to Reduce Waste In Packed Lunches

- Put sandwiches in a reusable container or wraps, such as Tupperware, an ice-cream or margarine tub or beeswax wrap, instead of wrapping in clingfilm or using plastic bags.
- Aluminium foil can be recycled easily and it's far easier to find the end of the roll in the morning!



*Plastic bags can take 1000 years to decompose.*

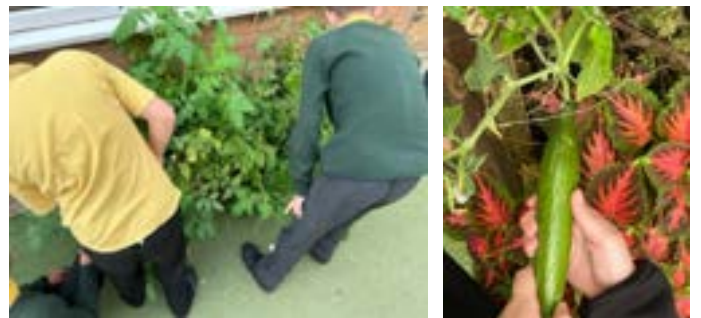
## Schools Natures Grant

Arnold Academy applied for a Schools Natures Grant last term and we are pleased to say that we were successful. We have been awarded some equipment for use in school to support the outdoor classroom, including wildflower seeds, butterfly nets and a wildlife camera. We aim to put the wildlife camera in our woodland area which is a focus for development this year. Currently Mr Lumley is trialling the camera in his garden in the hope of catching some images of foxes, before we place the camera at school after half term.

We have also joined a national scheme to monitor air quality around the school as part of a nationwide research project for the DfE.

## Arnold's Garden

The eco Council have been busy harvesting our fruit and vegetables from our summer growing project and Mr Burr will be turning our bumper harvest of tomatoes and cucumbers into tomato soup next week with the help of some Arnold pupils. Recipe to follow in the next newsletter.

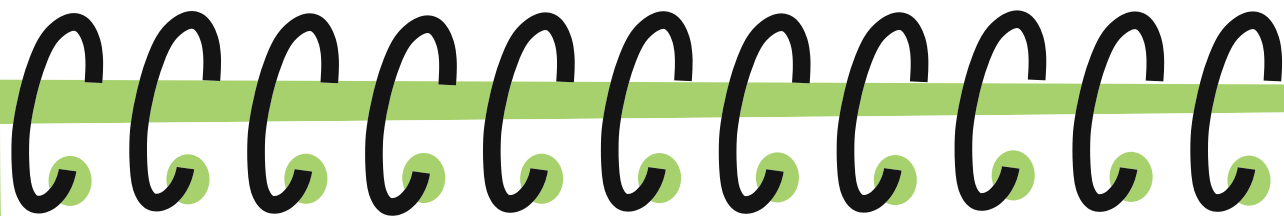


## Eco Council Notices

If you do have any seeds you can donate please do bring to Miss Donovan so that our gardening can blossom further.

If anyone carried out the butterfly survey in the summer, please email your results to Miss Donovan for an eco value.





## RECIPE OF THE MONTH

### FAJITAS

#### Ingredients

- 1 clove garlic
- 1/2 green chilli
- 1 x 10ml spoon oil
- 1 small chicken breast
- 1/2 onion
- 1/2 pepper
- 1 tomato
- 25g cheddar cheese
- 2 tortillas
- 1 x 15ml spoon guacamole (or salsa)

#### Equipment

- Juice squeezer
- Garlic press
- 2 chopping boards
- Weighing scales
- Grater
- Measuring spoon
- Frying pan

#### Method

1. Prepare the marinade:
  - squeeze the lime;
  - peel and crush the garlic;
  - de-seed and slice the chilli;
  - chop the coriander;
  - stir everything together with the oil.
2. Remove any skin from the chicken and cut the chicken into strips. Mix with the marinade and place in the fridge, covered, until needed.
3. Prepare the remaining ingredients with a clean knife on a clean chopping board:
  - slice the onion and green pepper;
  - chop the tomato;
  - grate the cheese.
4. Add the marinated chicken to the wok or frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked.
5. Add the onion and green pepper and continue to cook for a further 2 minutes.
6. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then roll up.



### WOULD YOU LIKE YOUR FOOD TO BE FEATURED?

If you have a go at cooking this month's recipe,  
take a picture and send it in to [admin@aa.pstrust.co.uk](mailto:admin@aa.pstrust.co.uk)



## QUOTE OF THE MONTH

You're off to great places  
today is your day  
your mountain is waiting so...  
get on your way

Dr. Seuss

## NASA CALENDAR COMPETITION

NASA's Commercial Crew Program wants you to help draw out our future in space exploration! Now through Oct. 25, 2023, children ages four to 12 years old can submit artwork in four space-related themes. Winning artwork will be selected from three age groups in each theme, and first, second, and third place selections will be used to create an out-of-this-world calendar for 2024!

### Themes:

- Rockets and Spacecraft
- Living and Working in Space
- Exploring the Solar System
- Astronauts



### Age Groups:

First, second, and third place winners for each theme will be selected in each of these age groups:

- 4-6
- 7-9
- 10-12

Choose a theme, create your masterpiece, scan or take a good photo (pdf, jpg, png files only), and enter the contest at:  
<https://contest.sciartexchange.org/NASA-crew-calendar-2024/>

## SHORT STORY COMPETITION

Do you think you can write a story using the prompt below? Have a go and send it in to [admin@aa.pstrust.co.uk](mailto:admin@aa.pstrust.co.uk) to be entered for a chance to win a token for our book vending machine, as well as having your work featured in next months newsletter and on our social pages! Competition closes on 20th September.

"Jake looked down at his watch. His mouth dropped open. His watch was now turning backwards..."

## TAKE A MINDFUL BREAK

B

### REATHE

Take 5 deep, slow breaths

R

### EST

Close your eyes until your mind is clear

E

### MPOWERING WORDS

Say 3 nice things about yourself

A

### BSORB

Check in with your senses. What do you see, feel, hear, smell, and taste?

K

### NOWLEDGE

Stop and think before you act

## WANT TO SHARE AN ACHIEVEMENT?



Whether it's a sporting, musical,  
writing, cooking or a painting success...  
We want to hear about it!

Send in your news to [admin@aa.pstrust.co.uk](mailto:admin@aa.pstrust.co.uk)  
to be featured.