



CASSIOBURY JUNIOR SCHOOL

NEWSLETTER No 5

Friday 2nd October 2026

Dear Families,

Messages from Miss Sherry..

It has been a busy but positive week in school. If you have been able to make it in, then great, if not, hopefully you can soon.

This week we offered an Online Safety talk, a Reading and Writing open morning and a Reading and Writing parent talk. The Online Safety presentation is already available on the website.

Miss Evans Baby News

I am sure you will join me in congratulating Miss Evans on the birth of her baby boy earlier this month. Baby Evan and Mum are both doing well and getting used to new routines (or lack of!)

School Dinner Bookings

A gentle reminder to please check your child's school dinner bookings for the coming weeks. Unfortunately, the School Office are having to contact parents and carers to ask for packed lunches to be brought in when no lunch has been booked. We would be grateful if you could take a moment to ensure all bookings are up to date and all payments are made for the dinners booked. Thank you for your support.

Handwriting

In the Parent Rep Meeting we were asked about how to achieve a pen licence. Please see the handwriting progression and the handwriting font on a website via this link: <https://www.cassioburyjm.herts.sch.uk/useful-documents>

At the end of the progression, you will see the criteria for achieving a pen licence.

English Updates

Thank you to everyone who attended the parent workshop last night. Please see the English Updates document on the website for the powerpoint that was discussed: <https://www.cassioburyjm.herts.sch.uk/useful-documents>

Online Safety Newsletter – October 2026

Please see the online safety newsletter below.

Children's Wellbeing Practitioner Workshops

Please see the flyer below.

Author Visit – Wednesday 14th October 2026

We are delighted that Pari Thomson will be visiting the school on Wednesday 14th October 2026. If you would to purchase a signed book, please see separate correspondence (and flyer below) from Chorleywood Bookshop.

Year 3 & 5 Cross Country Competition results..

Well done to all of our Year 3 & 5 children who took part in the Cross Country Competition. Lots of schools participated and we were delighted that our top 3 Cassiobury children in each year group were as follows:

Year 3 Girls

1. Rosie
2. Edie
3. Lucie

Year 3 Boys

1. Tommy
2. Elliot
3. Rafael

Year 5 Girls

1. Sofiia
2. Olha
3. Sienna Pa

Year 5 Boys

1. Abbas
2. Miraj
3. Joseph

CSA Uniform Shop

The CSA run a second-hand uniform shop which is planning to reopen for online orders soon. In order to make this happen, we need you! We'd like lots of volunteers to help next Wednesday 3-4pm with a stock count so that we can open the online shop. We'd also like volunteers on an ongoing basis for sorting donations, organising stock and fulfilling online orders. We are currently open Wednesdays 3-4pm in the Oak Room in the Infant school. If you'd like to volunteer at a different time, please let us know too. A message will be going out on class Whatsapp groups shortly too.

Parents/Carers talk about Self Harm and Recovery – see flyer below

On **Tuesday 6th October**, Carers in Herts, supported by Herts Mind Network, are running an evening Zoom session from **7pm to 9pm** which aims to support Parents/Carers of children and young people who have experienced self harm. The session will explain more about self harm, share practical ideas and strategies to help young people towards recovery, while providing an opportunity for families to ask questions. To book, please visit: [Self-Harm - Support for Parents and Carers](#)

Harvest Festival – Wednesday 14th October 2026

The children will be participating in a Harvest Festival assembly on the morning of Wednesday 14th October 2026.

If you are able to donate the following items for our Harvest Festival, please can they be brought into school on the morning of Wednesday 14th October 2026.

The Watford Foodbank is currently low on:

- Tinned Potatoes/Instant Mash
- Tinned Fruit
- Tinned Meat
- Tinned Soup
- Tinned Custard/Rice Pudding
- Long Life Fruit Juice
- Long Life Milk
- Tuna
- Pasta Sauce

(they currently do not need, cereal, pasta, rice and baked beans)

Please bring your donations to your child's class on Wednesday 14th October 2026.

New Website – don't miss an event at school!

Our school's new website is now live! Please visit <https://www.cassioburyjm.herts.sch.uk/>

You can subscribe to our school calendar so it will sync with your calendar.

Please follow the instructions:

<https://www.cassioburyjm.herts.sch.uk/calendar/?calid=2&pid=38&viewid=2>

You may need to unsubscribe from our old calendar and then use the Android tab to link with your Gmail Calendar – any problems, please liaise with Mrs Harrison in the School Office.

Parent/Teacher Consultations – w/c 19th October 2026

Please see the letter next week regarding how to book your Parent/Teacher Consultations for week commencing Monday 19th October 2026.

KS2 Teaching Assistant

We have a vacancy for a Key Stage 2 Teaching Assistant – please see the link:

https://www.teachinherts.com/find-a-job/view,ks2-teaching-assistant_116434.htm

Special Mentions

3 Ash – Antos Z - for showing good sportsmanship in our cross-country competition and **Nevaeh S-M** - for making excellent progress with her presentation.

3 Alder – Nabiha H - for taking her time to produce work to a high quality and taking great pride in her work. Keep it up! **Ernie L** - for his super contributions during our science lesson this week which looked at the human body. Great work!

3 Apple – Yushua K & Kiyara J - for excellent observing skills when exploring the book *The River and the Tree*.

4 Hawthorn – George M - for coming up with some uniquely original ideas for his Kennings poem about a river and **Gabriel P** - for always being ready for learning in each lesson and listening attentively.

4 Hazel – Freddie E - for following our school rules beautifully and engaging enthusiastically in our English lessons this week on writing kennings poems. Well done!

4 Holly – Zayn A - for his thoughtful comments in our art lesson and **SK T** - for settling well into 4 Holly.

5 Pear – Joshua W - for sharing some very interesting space knowledge with us this week! **Erol R** - for working hard and showing good behaviour for learning. Keep it up!

5 Pine – Keyaan V - for showing great initiative, recognising when others need support and willingly offering help without prompting. He also has a positive attitude to learning, always engaging in class discussions and applying taught concepts - keep it up! **Katya M** - for always taking pride in her work, having a positive attitude to learning and being a kind friend to others - well done!

5 Poplar – Anousha A - for always approaching her work with focus and dedication and **Kayla R** - for always listening carefully and being ready to learn.

6 Beech – Sadie W - for setting a great example to others and producing great ideas across all her learning this week and **Nakshatra K** - for being an excellent mathematician and working together to solve reasoning problems.

6 Maple – Gabby T - for always trying his hardest and setting a great example to others and **Aadev B** - for producing some great writing this week.

6 Oak – Ravi S - excellent behaviour for learning and **Charlotte J** and **Chloe G** - for carrying out optional research task.

Well done to..



Ravi S – 6 Oak – achieved 1st place in a cycling Watford South Scouts District Cyclo-X 2026 obstacle course this weekend – Well done!



Kiran S – 3 Alder – achieved the 2026 award for Classical Ballet from Charlotte Amelia School of Dance – Well done!



Yuvaan H – 4 Hawthorn - was recently featured in the **Watford Observer** as part of his football team, **Cassiobury Rangers U9s Black**, following their team feature in the local newspaper – Well done!



Shray G – 4 Hazel - was awarded two medals for representing West Herts cricket Club in the under 9's team.

Thank you to..

Esha A and Sebastian A – 6 Beech – for being excellent Office Monitors this week – thank you!

Have a lovely weekend.

Miss Sherry and the School Office Team

DATES FOR YOUR DIARY

OCTOBER 2026	
5 th	Explorer Dome – Year 5 & 6 – school hall – see separate correspondence
7 th	CSA AGM – Oak Room, Infants School @ 8pm
14 th	Harvest Festival
14 th	Pari Thomson – Author Visit – see separate correspondence
18 th	Joint Concert with Year 5 & 6 Choir – see separate correspondence – Save the date!
19 th	Parent/Teacher Consultations week
19 th	Year 6 Height and Weight – see separate correspondence
26 th – 30 th	Half Term
NOVEMBER 2026	

6 th	Parent Rep Meeting @ 9am
11 th	Autumn Term Concert – TBC
13 th	Children in Need – non uniform
25 th	Year 6 Bentley Priory Museum – more details to follow
26 th	Year 6 Bentley Priory Museum – more details to follow
26 th	Year 2 Parent Talk and Tour @ 9am
27 th	Occasional Day – school closed
DECEMBER 2026	
4 th	Parent Rep Meeting @ 9am
8 th	AUTUMN - SEND Support Plan Meetings – appointments to follow – see separate correspondence
9 th	Whole School to Rickmansworth Pantomime – AM – more details to follow
11 th	Christmas Jumper and Christmas Dinner Day – more details to follow
15 th	TBC – Year 5 Christmas Concert – 6pm – more details to follow
16 th	EHCP Meetings – see separate email re appointment time
18 th	Autumn Term 2026 ends at 1.05pm – non uniform
JANUARY 2027	
4 th	Inset Day – school closed
5 th	Spring Term 2027 starts
8 th	Parent Rep Meeting @ 9am
FEBRUARY 2027	
5 th	Parent Rep Meeting @ 9am
9 th	Young Voices Concert @ Wembley Arena – more details to follow
15 th – 19 th	Half Term
22 nd	Lord and Lady Baden Powell (Thinking Day) – Scouting and Guiding uniforms can be worn
25 th	Maths Parent Talk – 6pm
26 th	Open Morning
MARCH 2027	
4 th	World Book Day
5 th	Parent Rep Meeting @ 9am
24 th	SEND Support Plan Meetings after school
25 th	Spring Term 2027 ends at 1.05pm – non uniform
APRIL 2027	
12 th	Summer Term 2027 starts
MAY 2027	
7 th	Parent Rep Meeting @ 9am
31 st – 4 th June 2027	Half Term
JUNE 2027	
7 th	Year 6 Residential week
11 th	Parent Rep Meeting @ 9am
18 th	Sports Day
25 th	Inset Day – school closed
JULY 2027	
2 nd	Parent Rep Meeting @ 9am
2 nd	Open Afternoon
5 th	Parent/Teacher Consultations week
8 th	Transition Day
21 st	Summer Term 2027 ends at 1.05pm – non uniform
22 nd	Inset Day – school closed
SEPTEMBER 2027	
1 st	Inset Day – school closed
2 nd	Autumn Term 2027 starts
OCTOBER 2027	
25 th – 29 th	Half Term
NOVEMBER 2027	
DECEMBER 2027	
3 rd	Occasional Day – school closed

Online Safety Newsletter

October 2026

CapCut

CapCut is a video editing app. Their services are intended for those over the age of 13 (those under the age of 18 must have consent from their parent/legal guardian). It is rated as 13+ on the App store.

What can I do on CapCut?

CapCut is used as a video and image editing tool allowing users to edit their videos/ images as well as add music, sound effects, text and stickers.

What should I be aware of?

- The templates are user generated, therefore they may not always be appropriate for your child to view, for example may contain adult themes.
- CapCut includes access to a library of music that may include explicit lyrics.
- Premium content – CapCut does include in-app purchases/monthly subscriptions to allow users access to premium content.

Further information

Wayne Denner provides further information about the social side of CapCut including a comments section: <https://www.waynedenner.com/capcut-parents-guide/>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version: <https://www.knowsleycitylearningcentres.org.uk/october-2026>

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AI companions

What are AI companions?

AI companions are artificial intelligence services designed to interact with users to simulate friendship or romantic relationships. There are many different AI companions available, accessible via apps or websites. **Many of these apps are intended for adults and have an age rating of 18+.**



Why are children using AI companions?

There are many reasons a child might want to use an AI companion, including:

- To ask advice and questions that they may be embarrassed to ask another person. It may be easier to talk to an AI companion, so it is imperative children understand the difference between AI and real people.
- They feel lonely and are looking for friendship.
- Children may just be curious and want to try new technology.

What should I be aware of?

- **Age restrictions:** it is important to check the age rating to see if it is appropriate for your child.
- **Inappropriate content:** there is often a lack of moderation so users could be exposed to content/language that is not suitable for their age.
- **Emotional dependence:** AI companions are designed to act as a friend, encouraging an emotional dependence. This may lead to your child becoming over reliant on the service. A chatbot should never replace a parent, a medical professional or other trusted adult.
- **Relationships:** repeated use of AI may influence a child's understanding of relationships and consent in real life.
- **Privacy and personal information:** children should not share personal or confidential information with AI companions.

What can I do?

- Check the age rating and any privacy settings.
- Set up appropriate parental controls on their devices/ broadband.
- It is crucial to have regular conversations with your child about the risks outlined above and about what they are doing online. Ensure your child knows that they should talk to you or another trusted adult if anything concerns them.

Further information

<https://www.internetmatters.org/resources/ai-chatbots-and-virtual-friends-how-parents-can-keep-children-safe/>

Discord

Discord is a social networking app originally designed for gamers, but is now used by lots of different people to **chat to each other online**. The minimum age to access Discord is 13. **The App store rates it as 17+.**

Discord is made up of servers, which are spaces for groups to chat, upload files and share images etc. Anybody can set up a server, and it can be set as either public or private. Users can video call and send direct messages to other individuals or groups. Children who play online games such as Fortnite may use Discord to chat whilst playing the game (**rather than using the game's own chat facility**). In-app purchases are available through Discord's subscription service called Nitro.



How can I make it safer?

Discord have created a Family Centre, which provides further information about what Discord is, as well as information about different safety settings available:

<https://discord.com/safety-family-center>

As always, we would encourage you to chat to your child to see why they use Discord and ensure that they know how to block users and what to do if they see any inappropriate content. It is important to be aware that Discord does include video/voice calling which cannot be filtered. **Discord is used by an array of users and therefore adult content can be found on Discord, as well as inappropriate language.** Discord have produced this article, which answers frequent questions:

<https://discord.com/safety-library>

5 fun online activities

Whilst we must be aware of the negative aspects of the internet, it's also important to remember that it can also be a great place to have fun or learn something new as a family. Why not try the following?



1. Play a game together.
2. Take a family quiz – it could be around the topic of online safety (e.g. from Childnet) or you could use Kahoot to create your own.
3. Learn something new – explore BBC Bitesize, National Geographic Kids or Khan Academy.
4. Create something – make a digital drawing or video.
5. Read an Audio book.

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.10.26. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership or copyright in the content of the linked materials.

Doki Doki Literature Club

Doki Doki Literature Club is a game that, due to its cartoon anime appearance, may appear to be a game suitable for all. However, as the game progresses, it contains much darker and potentially distressing themes. The game includes references to suicide, self-harm and death.

The App store rates it as 18+ as it has cartoon or fantasy violence and horror/fear themes as well as infrequent profanity and crude humour. The game is described as psychological horror. You should also be aware that the app also includes in app purchases.

The game's own website also states that it "is not suitable for children or those who are easily disturbed."

Please ensure you have set up appropriate parental controls on any devices and platforms that your child uses to ensure they can't access games that are not suitable for their age.

Happy Tree Friends

Happy Tree Friends is another animated series that might look harmless because of its cartoon graphics, but the programme contains violence, death and blood. Clips of Happy Tree Friends are also circulating on social media platforms.

As above, we would recommend that you have set up appropriate parental controls to limit exposure to content like this. Also, chat to your child about what they are watching online and ensure they know that if they do see something online that upsets them, then they should talk to you or another trusted adult.

Further information:

<https://www.commonsensemedia.org/website-reviews/happy-tree-friends>

Parents and Carers talk about self-harm and recovery

Please join us at an information
session to learn more about
self-harm and get practical ideas
and strategies to help your child
towards recovery

Where: Online over Zoom.

When: Tuesday 6th October, 7pm to 9pm

For more information or to book your
place:

Call: 01992 58 69 69

Email: contact@carersinherts.org.uk

Go online: www.carersinherts.org.uk/
events



About Carers in Hertfordshire

We are a charity that provides information, advice and support to unpaid carers - people looking after a partner, relative or friend, who is ill, elderly, has a physical or learning disability, or misuses substances.

We support carers of all ages - young people and adults - living, working or caring in Hertfordshire. Our services are free to carers and bereaved carers, who can access support for three years after the death of the person they looked after.

We provide services to carers to help them with their caring role or have a break from caring, to improve their health and wellbeing, and to have a voice in shaping health and community services.

We are partly funded by Hertfordshire County Council and the NHS in Hertfordshire. In partnership with them and other local organisations we work to ensure unpaid carers are identified, informed, supported and heard.

Carers in Hertfordshire

The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX.

Tel: 01992 58 69 69 Email: contact@carersinherts.org.uk

www.carersinherts.org.uk

Our support for parents and carers.

We have a team of Carer Engagement Workers who can provide advice and information and also support you to speak up.

We also:

- Give you a chance to meet and talk to other parents, carers and staff who understand;
- Give you the opportunity to represent your views to the authorities that commission and manage Children and Young People's Mental Health Services (CYPMHS) in Hertfordshire;
- Provide free training and learning opportunities; and
- Offer a Carers' Passport Discount Card that gives savings in shops, restaurants and other venues (contact us to apply for one today!)



Dear Parent/Guardian,

On **WEDNESDAY 14th OCTOBER**, PARI THOMSON will be visiting your school.

To pre-order the book, please click the link below and place your order through **Chorleywood Bookshop** by **11AM, TUESDAY 13th OCTOBER**.



Order the book here:

<https://schools.chilternbookshops.co.uk/pari-thomson-14th-october/>

Many thanks,

Chorleywood Bookshop



Chorleywood Bookshop
7 New Parade
Chorleywood WD3 5NJ
01923 283 566
info@cwbookshop.co.uk



www.chilternbookshops.co.uk

Children's Wellbeing Practitioner Workshops October - December 2026

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.



All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>

Workshop	Date & Time
Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their own emotional wellbeing and things parents/carers can do to help.	Tuesday 3 November 6-8pm
Supporting Adolescents with Self-Esteem A workshop focused on adolescents improving their self-esteem and what parents can do to support.	Monday 23 November 6-8pm
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Wednesday 14 October 6-8pm Tuesday 8 December 10am – 12pm
Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.	Tuesday 29 October 6-8pm Monday 14 December 6-8pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Wednesday 21 October 10am-12pm Tuesday 10 November 6-8pm Wednesday 16 December 10am-12pm
General Emotional Wellbeing and Regulation Tips for Parents/Carers A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Tuesday 6 October 6-8pm Wednesday 18 November 10am-12pm Tuesday 1 December 6-8pm

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:
<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>

Youth Mental Health First Aid Training

1 day Champion course designed specifically for Hertfordshire
Parent/Carers of 8 to 18 year olds.

FREE



MHFA England

You will learn:

- An understanding of common mental health issues and how they can affect young people
- The ability to spot the signs of mental ill health in young people, and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing

Friday 13 Nov 2026 9.30am to 4pm	Pear tree Spring Primary School, Stevenage, SG2 9GG	Parents/Carers	Parking available on roads near venue
Friday 12 Mar 2027 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	Parents/Carers	Parking available on site

To book your place please email schoolsmh@hertfordshire.gov.uk
Places are limited to two representatives per education setting