





<p>Dates for your Diary</p>	<p>Friday 23rd March—Parent / Carers Afternoon Tea, 2pm to 3pm Thursday 29th March—End of Spring Term, 1.30pm</p>
<p>Whole School News</p>	<p>Swimmer of the Week is Simba for always putting in 100% effort—well done!</p> <p>On Saturday morning at a very early hour the first ever Lonsdale School Ski Trip departed for a week's skiing in Andorra. Mrs Woolley, Mrs Harley, Mrs Lancaster and Mrs O'Brien are accompanying four of our students on an amazing trip to the eastern Pyrenees and we are sure they will all have a fantastic time. There will be a Ski Trip Blog each day on our website detailing what activities have been taking place and showing photos of their adventures.</p> <p>World Book Day this year had the theme 'Share a story!' Thank you to parent volunteer Charlotte who came in to read to Primary, and to all students who made an effort to dress up and donated to Book Aid, you looked wonderful! The following students won prizes for their costumes; 1st - Edward as Peter Rabbit, 2nd Ross as Roddy Doyle's Rover, and 3rd Stacey as Harry Potter. Please remember we have author Matt Dickinson visiting on Monday 12th March. Send £5 along if you'd like your child to buy a signed book.</p> <div style="display: flex; justify-content: space-around;">   </div> <p>Herts Carers are holding a free Moving and Handling Workshop on Thursday 8th March for parents of children or young people aged up to 19 with a physical disability. The Workshop will be held at The Pines in Hertford from 10am until 12.30pm followed by lunch. Any parents who would like to attend should call 01992 586969 or email contact@carersinherts.org.uk.</p>
<p>Primary News</p>	<p>Birch Class have been enjoying the snow. We brought the snow indoors and explored what it looked and felt like. Some children made a snowman and others had a mini snowball fight! Lots of fun was had watching what happened to the snow. As part of Health and Wellbeing week the children joined in wheelchair dancing in Marriotts Sports Hall and rode on a variety of adapted bikes. The children enjoyed listening to lots of stories and in music used the story of Goldilocks and the Three Bears to explore loud and quiet sounds.</p> <p>Oak Class: We have been very busy with our Health and Wellbeing week. In Literacy we have started to plan letters to persuade people to recycle and look after our planet and in Numeracy we have started looking at trees to make a bar graph next week. We have had lots of activities to keep our mind and bodies fit and healthy. Monday was a busy day—we did some wheelchair dancing with students from other schools and then raced round the playground on bikes. On Wednesday we practised some Tai Chi and on Friday we chilled and read a variety of Fiction and Non-Fiction books.</p> <p>Ash Class: This week Ash class have started their new story of Jack and the Beanstalk. They had an extra special music session with Hannah which they all enjoyed. On Thursday morning they had stories with Mrs Dunsterville and then went to play in the snow!</p>
<p>Secondary</p>	<p>CF: This week pupils have developed their Computing Skills to include new vocabulary such as debug and algorithms and have investigated interactive</p>

Secondary News

research for healthy diets and food analysis. In Geography we are planning a theme park (map skills and keys) with the emphasis on leisure activities for wellbeing. This week's Science is all about safety.

LM: We had a fabulous bowling trip with CF on Monday. Everyone thoroughly enjoyed being out and about and socialising with another class. Ruby wiped the floor with all other bowlers with an amazing score of 135! Jake P was chasing her tails with 112. We also has a fun session for Wellbeing week on positive mind-sets which included cheerleading practice and encouraging our class-mates. On Thursday we have enjoyed World Book Day, with Ross coming 2nd in the dress as a book character competition. Well done Ross!



MBSH: This week, as part of our Health and Wellbeing week the class enjoyed taking part in wheelchair dance. They were joined by lots of other schools. They have had lots of giggles in Art making our mosaics, when we used some squares as confetti (sorry if any came home). The mosaics are looking great! On Tuesday pupils all enjoyed our visit to Wyevale Garden Centre. They were very good at remembering what we needed to buy, looking for the items and recalling how plants grow. Pupils all enjoyed a nice drink and snack in the café, where a robin decided to join us. In the afternoon they continued work on drumming with another class. Our new Famous People topic in K&U has tied in with Health & Wellbeing as the class have started to learn about Florence Nightingale and the changes she introduced in hospitals nearly 200 years ago. Thanks to those who have already made the payment for our Easter Journey trip next Wednesday. Please could the remaining payments be made as soon as possible.

MW: This week we had lots of fun at the Wheelchair dancing. We enjoyed working with the Sports Leaders from Marriotts school as well as participating with students from other schools across the county. Gangster Granny (AKA Mrs Michael) came and read to us on World Book Day and we also enjoyed sharing some stories with a parent volunteer in the Library. As part of Health and Well-being week we made fruit smoothies and sunshine cereal bars.

SP: The class has enjoyed learning new concepts and trying different activities this week, as part of Health and Wellbeing week. Students enjoyed the adapted bikes, and learning the drums. Students had workshops from visitors; trying Tai Chi as a tool to combat stress and developing their resilience within a relationships and positive effectiveness workshop.

Upper

Upper School have participated in many activities as part of Health and Well-being week, students rode adapted bikes, developing their core strength, co-ordination whilst keeping fit. "It was something new and enjoyable."



All students participated in a drumming workshop, learning the basic principles of playing the drums and keeping a rhythm. "I don't usually get to learn how to play an instrument in school, it was excellent". Some students learned some Tai Chi exercises; supporting students to keep calm when they feel stressed and learning the importance of relaxation as part of Health and Well-being. "It was very interesting, relaxing and I am intrigued to learn more about it".

REP

This week in REP pupils made different flavour smoothies for Health and Well-being week. They also got the foot spa out so they could experience how this feels and could fully relax. The independent flat went to TGI Fri to celebrate some of the pupils birthdays; they ordered their own meals and were all very courteous and polite—and had a great time!