



Information and Dates for your Diary

Please see below some diary dates for you:

Macmillan Coffee Morning 24th Sep 2021, see flyer on page 5.

Half Term 25th-29th October 2021

End of Term 17th December 2021

Staff Inset Day 5th January 2022, Pupils return to School 6th January 2022

Please note that all EHCP Annual Reviews will have the option to be conducted remotely via Teams or telephone or can be attended in person.

A list of dates for the academic year can be found on the school website.



Whole-School News



Welcome back to the first edition of our Learning@Lonsdale Newsletter for the school year 2021-2022! We hope you all had an enjoyable and restful summer break.

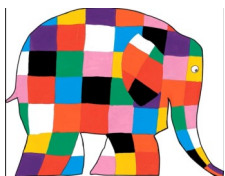
At Lonsdale, we have celebrated the return of all our pupils and staff this week. Everyone is working on settling into their new class groups and building relationships and routines. Our REP opened its doors again, and swimming restarted!

Lonsdale Upper-School pupils have started to plan for the annual Macmillan Coffee Morning on 24th of September (see page 5) and the re-opening of the Tuck Shop (more info to follow).

We have also returned to remember and celebrate Miss Hughes's life this month.

As a school, we would like to create a memory trail of planted trainers and boots around school. Miss Hughes loved sports and had a selection of trainers and boots she used to wear. We want to put plants into disused shoes to place into our outside areas. If you have any trainers or boots which you do not use any longer, that are too small or broken, please send these into school by 17th September for our project.

Thank you!



Primary News



Dolphin Class: It has been lovely to welcome six new pupils to Dolphin Class, and have they have settled in well with our other pupils. It has been great to see relationships forming through play and learning who everyone is. We have listened to the story about 'Elmer' and how we are all different. We have explored colour in a range of ways including mark-making, creating cards and books. In Maths, we have sorted and counted bricks, done threading and sung lots of different number songs. It has been fun using different materials to create our group 'Elmer' elephants. We explored colour-mixing and painted a self-portrait. In Cooking, we made 'Elmer' biscuits and explored ways to move in PE. Well done, Dolphin Class!

Bumblebee Class: This week, Bumblebee Class have focused on getting to know our new friends whilst learning about a story called 'The Bumble Bear'. The children have settled in incredibly well, and are learning to help and support one another and laugh together. Throughout the week, the children have made honey biscuits in Cooking, taken part in honey-themed Science experiments, engaged with water play to cool ourselves down, brushed up on their Phonics and Number skills, and created some beautiful smelly flowers in Art! Next week, we will begin our first 'project' for PBL. Have a lovely weekend!

Owl Class: The children have been learning all about Barn Owls this week using the book 'White Owl, Barn Owl' by Nicola Davies as their way in. The children made owls with moving wings in Art, sang a song about owls in Music, decorated biscuits to look like owls in Cooking and completed a true or false quiz to see what they remembered. They put parts of an owl together and labelled the main features. They used lolly-pop sticks to create a 3D-owl-nesting-box model. In Maths, the children worked on their number recognition and ordering.

Koala Class: In Literacy we read the fable 'The Hare and the Tortoise' and answered some questions. In Numeracy we looked at before and after numbers. In Topic we put the body parts on the body and had a laugh at our baby pictures. In Music we joined with Sea Turtles to sing some songs. In Creative we coloured in our still life. In Life Skills we tied up our shopping bags and dyed them, we're waiting for the results! In Forest School we explored the area and gave some trees a hug. In TaskMaster we identified objects in a bag.



Secondary News



Wombat Class:

Welcome back and welcome to our new families from the Wombats! The children have had enjoyable first week where we have been getting to know one another. We have started a new class book in English, "The Boy who Grew Dragons", which we are looking forward to reading about the exploding poo! In K & U we have started a new topic all about Hertfordshire and our local area, and in Science we are learning about 'Forces'. We took a walk around the school to discover which forces we used on a daily basis, often without realising it! We have been enjoying our well-being afternoons, where we drew maps of islands on the playground, took part in a scavenger hunt with the Sea Turtle Class and made a plan for our outside area / garden.

Hippopotamus Class:

Hello and welcome back from the Hippo Class! We've all had a great first week back, getting to know one another and enjoying our lessons. This week, we learned about conservation in Madagascar in our Science lessons, and in Maths we've been finding out about place value. In our K&U lessons, we've been learning about the northern and southern hemispheres and about ancient Greece. We also had a very arty ICT lesson, where we learned about pointillism and created our own pointillist artwork using computer software.

Sea Turtle Class:

It has been lovely to see everyone again and to welcome our new Sea Turtle class members. Half the class started their week with a great swim. In Geography, we are looking at maps and map work—looking at map symbols, planning routes etc. In Cooking, the class made some very tasty-looking vol-au-vents, which most of them ate as their snack. In PE, we worked with the Gorillas and played some games and did some relays. In Science, we are learning about 'Sound' and how it is produced. This week, we learnt that sound is produced by vibrations, and we had fun playing some instruments to demonstrate this! We doubled up with the Wombats as part of our Forest Schools programme to do a nature scavenger hunt, which was much-enjoyed. In Creative, the class will participate in a rotation of Music, Drama and Art, and they started off by singing this week.

Vaquita Class:

Welcome back to all our pupils old and new!

We have had a very busy start to the new school year, and the pupils are all happy to be here, making new friendships and re-establishing old ones. This week, pupils have explored some adjectives in English, to describe their favourite drink and created their own poems, based on the five senses. We have explored the properties of 2D shapes and learned about early locomotives in History, where pupils tried to work out the oldest to most recent inventions, based on a picture and description— they were all from around the 17th century, so this was quite a challenge!

Gorilla Class:

In English, G Class have started to read the book 'The Boy Who Grew Dragons'. They have imagined what a dragon fruit might look like and have practised using adjectives. In PE they enjoyed a shared session with S Class, which included parachute games in the sunshine.

Everyone has settled back into school. Pupils are enjoying to see their friends and forming new friendships with pupils new to the school.

Tasmanian Devil Class:

Welcome back, Tasmanian Devils! We hope you all have enjoyed your first full week back, and 'WOW' what a week it has been. We have been learning all about decimal places in Maths, Ancient Greek in K&U and had a blast in Science with learning all about forces, friction, air resistance, water resistance, and it was wonderful to hear all about the pupils' interpretation of forces discovered when going into the sea, riding bikes, bouncing a ball and using the escalators during their summer break.



Upper School News



Elephant Class:

We had a lovely first full week back in Elephants Class! We were busy getting know one another better, seeing old friends and making new ones. In English, Elephant Class have been recounting and sequencing by sharing what they did on their holidays. In Maths, they have started their topic on 'Time'. In PSHCE, the students were sharing similarities and differences. They started an Art project this week, where they will be creating a big collage with lots of different materials, this week focused on things each of us like. The students chose images on a computer ready to print and stick in the next Art lesson. Each afternoon Elephant Class have been participating in a range of learning activities including Gardening and Life Skills.

Lynx Class:

We have had a very busy first week back, getting to know new classmates, seeing old friends and catching up with everyone's news from the holidays. In English we have been learning how to order alphabetically and went to the library to choose reading books for our daily read. In Maths we have just completed a practice Functional Skills assessment to check our levels, and we'll be working on the areas identified. During our Business lessons we discussed running the Tuck Shop, Macmillan Coffee Morning and Christmas Fair—would you believe it?! Some of our class enjoyed their first swim of the new school year, and outdoors we planted seeds and learnt to identify trees in the school grounds using a leaf key.

Panda Class:

This week we have started our Chemistry lessons, we have been learning about the Periodic Table, we had to crack a code using elements from the table. In Functional Skills English and Maths, we have been completing practice assessments to baseline our learning. In ICT we have been learning how to follow algorithms. In K&U we had our introduction lesson to WW2, we are going to be studying this part of history. We started our Drama lessons this week, learning about the components of the voice and Juxtaposition on stage.

We continue to work with 5E and 5L planning the Macmillan Coffee Morning, we hope to raise lots of money for this charity. This planning forms the foundation of our first ASDAN unit, 'Community Action'.

Lunchtime News from our MSAs

It was a very hot week. Primary pupils enjoyed reading in the shade as well as an outdoor disco. Our secondary pupils were keen to socialise and pick up some football again after the summer break. Our staff are busy planning to re-open lunchtime clubs again very soon. Watch this space!



Governors News



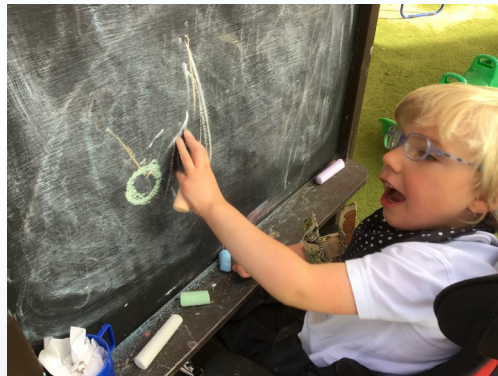
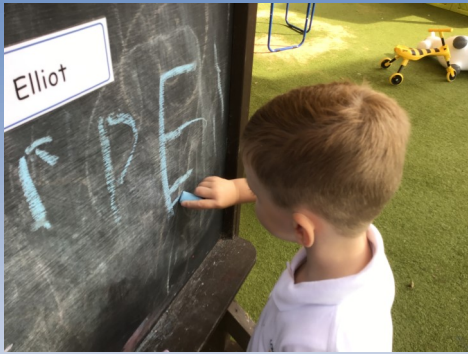
Welcome back to the new school year 2021-2022 from all our Governors! Our Governors are looking forward to meeting their buddy classes and visiting the school throughout the school year.

To find out more about our Governing Body, please use this link to the school website:

<https://www.lonsdale.herts.sch.uk/page/?title=Governors&pid=9>



Photo Page – 'Zoom into Brilliant Bits'



Macmillan Coffee Morning



Friday 24th September
2021

10:30am – 11:30am

- Pyjama/non-school uniform and Disco = £1
- Tuckshop open - Items 50p or a £1 each - proceeds go to Macmillan
- Money donations on the day for drinks and cake
- Cash Only
- Cake donations welcome - must be vegetarian and nut free, gluten free options are welcome (please send cakes into school on Friday 24th September)
- Due to Covid 19 restrictions we cannot have visitors at this event

Together, let's help make a difference!



Parent Network



September 2021 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.

If you would like to join us, email bookings@familiesinfocus.co.uk and we'll send you the Zoom codes

Early Years zoom with Tracey and Georgie	Wednesday September 8th 9.30 - 11.30am	Smooth transitions e.g. Home to school
zoom with Francine and Lesley	Thursday September 9th 9.30-11.30am	Open forum and mindfulness with Helena Marks-Dwyer, independent SEND consultant
zoom with Francine and Lesley	Monday September 13th 7-9pm	How different parenting styles impact children
zoom with Vicky and Sharon	Wednesday September 15th 9.30 - 11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa
zoom with Siobhann	Monday September 20th 10am-12pm	Voice of a child in EHCP with Helena Marks-Dwyer, independent SEND consultant
Teens 15+ zoom with Finola and Karen	Tuesday September 21st 7-9pm	Building a community of shared experiences
zoom with Siobhann and Sharon	Thursday September 23rd 7-9pm	Preparing pre-teens for the way forward

Parents who have attended previous sessions will receive a text invitation to join the virtual meetings



@familiesinfocus.co.uk



@familiesinfocus



@FiFHerts

www.familiesinfocus.co.uk



Parent Network

Integrated Services for Learning **Statutory SEND Duty lines**

ISL Integrated
Services for
Learning

working together locally

A general queries and advice line for schools, parents/ carers and professionals for matters relating to the Education Health and Care Plan (EHCP) process for children and young people with Special Educational Needs and Disabilities (SEND).



ISL Geographical Area Team	Main line	Alternative line
East Herts, Broxbourne, Welwyn and Hatfield	01992 588562	01438 844185
North Herts and Stevenage	01438 843758	01438 844707
St Albans and Dacorum	01442 453300	01442 453387
Watford, Three Rivers and Hertsmere	01442 454012	01442 453529

**Available 9am-17:30pm Monday to Thursday
and 9am-16:30pm Fridays**

**For support for case specific queries, please contact your allocated SEND Officer/Caseworker assistant. **



ISL Integrated
Services for
Learning

working together locally

SEND Advice for Parents/Carers

*Helpful SEND advice lines
for Parents and Carers*

Advice line	Times available [from Sept 2020]
Educational Psychology Contact line 📞 01992 588574	Weds 2pm – 4:30pm
SEND Specialist Advice and Support Service* 📞 01442 453920 - term time only	Specific Learning Difficulties: Mon & Thurs 09:30am – 12pm
	Speech Language, Communication & Autism needs: Tues & Weds 1:30pm – 4pm
	Early Years: Weds 9am – 12pm Thurs 1:30pm – 4pm
	Physical and Neurological Impairment: Mon 1:30pm – 4pm
West team Attendance Duty* 📞 01442 454778	Mon - Fri 09:30 am – 4pm
East team Attendance Duty* 📞 01992 555261	Mon - Fri 09:30 am – 4pm

* also available to schools, settings and professionals



Home	Quality Mark	About Us	What We Do	Courses	Workshops
Menu	What We Do				

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Why come on a Supporting Links course or workshop?

- We provide a welcoming, comfortable, supportive environment where it is safe to share your concerns.
- The courses are run by highly qualified and experienced parenting facilitators
- We meet all the Herts County Council guidelines for providers of parenting support.
- We are very experienced at delivering parenting courses to a diverse range of parents.
- We are committed to ensuring that our courses are welcoming and accessible to all.
- We are parents ourselves and several of us have personal experience of living in families with disabilities.
- We have a track record of helping many parents.

What will you get out of our courses and workshops?

- Our courses are practical and manageable so you will take techniques away each week to try out at home.
- You will leave our courses with solutions and strategies that are achievable and appropriate to your family's needs.
- You will have the confidence to carry them out and you will feel stronger as a parent.
- You will feel listened to and not judged.
- You will feel calmer and in control.
- You will leave knowing that you are the expert on your own children.
- You will even have fun in the process.

Who comes on our courses and workshops?

- Anyone with parental responsibility for a child under the age of 19.
- Parents who have an interest in developing their parenting skills.
- Parents at the end of their tether.
- Mums, dads, single parents, couples.
- Parents who feel isolated or lack support.
- Parents who have lots of support but find their current strategies not working.
- Parents who want to prepare for what's coming next.

When to come on a course or workshop?

- You don't have to wait for there to be a problem.
- When your child is about to move on to a new stage.
- When you are having problems and you need support.
- When you want practical strategies to manage difficult behaviour.
- When you want positive ways to encourage more of the behaviour you want.

Talking PreTeens

A 2.5 hour workshop for parents of children 8-12 years

We will help you to:

- Prepare for the teenage years and understanding how the brain develops.
- Understand the link between behaviour and communicating difficult feelings.
- Explore strategies for managing time spent on screens.
- Keep your child safe online and when they are out.

Resilience & Motivation

2 sessions of 2.5 hours for parents of children 3-19 years

We will help you to:

- Understand how resilience develops and how your influence affects it.
- Understand different types of motivation.
- Create an environment that builds resilience.
- Help your children develop the motivation they need to grow.

Stress & Anxiety

A 2.5 hour workshop for parents of children 3-19 years

We will help you to:

- The science of stress and anxiety.
 - Why appropriate stress can help us and learning how to cope with that.
 - When does stress and/or anxiety become a problem.
 - Preventing Stress from building up.
 - Responding to a stressed or anxious child
-

Cyberbullying

What is Cyberbullying and online Harassment?

- Cyberbullying is any form of bullying which takes place online.
- This can be done over smartphones, tablets, online gaming, chat rooms, social media and more.
- Online harassment is the act of sending offensive, rude and insulting messages and being abusive.
- If someone purposefully keeps sending you offensive messages that make you feel scared, it could be illegal.



Cyberbullying is NOT ACCEPTABLE

- Bullying someone whether online or offline is wrong.
- It can badly affect their mental health.
- Harassing someone and/or sending malicious or threatening messages to someone repeatedly is **ILLEGAL**.
- If you are found to be cyberbullying someone, there could be criminal consequences.

What to do if you are being cyberbullied

If someone is bullying you, here is what you can do to put a stop to it...**get SMART.**

Screenshot any nasty messages.

My privacy settings.

Avoid talking to them any further.

Report the incident on whatever site you are using.

Talk to someone (parent, carer, teacher, friend or the police if necessary).

How to cope with the effects of Cyberbullying

- You must not blame yourself. No one deserves to be treated cruelly by anyone.
- It can make you feel very upset, alone and like no one will understand or help you.
- **REMEMBER** you are not alone and there are lots of people who can help you. Make sure you tell someone and do not try to deal with this on your own.
- For confidential help and advice: NSPCC nspcc.org.uk or Bullying UK bullying.co.uk

When to tell the Police

- If you are ever threatened with physical harm, being repeatedly harassed, being sent malicious messages.
- If it's not an immediate emergency, phone **101** or use our online webchat service.
- If it is an immediate emergency phone **999**.

www.safe4me.co.uk/portfolio/cyber-bullying/

safe4me

Visit the Student Area on our website www.lonsdale.herts.sch.uk! You can find lots of activities in the “All Sorts of Things...” tab. Daily Home Learning Plan can be found in your class area for pupils who are not attending school. You will also find weekly homework plans uploaded there.



HOME - STUDENT AREA

Welcome

To access this area we need you to login using the username and password provided to you by the school. Please enter this information below and click login to proceed.

If you have forgotten your username and/or password please contact the school.

Username:

Password:

[Forgotten your password?](#)

Log on to find out more!

Then explore your class area and look at ‘Ideas Shared by and for Parents’.

Maybe send your feedback?

HOME > STUDENT AREA > IDEAS SHARED BY AND FOR PARENTS

Ideas Shared by and for Parents

This page is full of ideas which have been sent to us by parents. Thank you, all

Keep your ideas and thoughts coming; we will update this page regularly...

To get in touch, please email your child's form tutor or use the 'Home Learning Questions' tab.

Have you seen those?

Free Daily Resources For Children

PE with Joe Wicks On YouTube
Week days at 9am but you can visit any time on youtube to view the workout.

Wildlife With with Steve Backshall On Facebook
Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.

Science with Maddie Moate on YouTube
Weekdays 11am. Maddie & Greg chat about science and nature!

Dance with Oti Mabuse On Facebook
Every day at 11.30am but children can view the class at any time.

Maths With Carol Vorderman
Free access to the her maths website: www.themathsfactor.com

Music with Myleene Klass on YouTube
Twice a week. Next one Friday 27 March 10am, but can view any time.

Storytime With David Walliams
Free story everyday at 11am on his website: www.worldofdavidwalliams.com

- ALL SORTS OF THINGS...
- BUMBLEBEES
- DOLPHINS
- ELEPHANTS
- GORILLAS
- HIPPUS
- KOALAS
- LYNX
- OWLS
- PANDAS
- SEA TURTLES
- TASMANIAN DEVILS
- VAQUITAS
- WOMBATS
- JOIN THE SPRING WATCH!