



### Information and Dates for your Diary

Please see below some diary dates for you:

Macmillan Coffee Morning 24th Sep 2021, see flyer on page 8.

Half Term 25th-29th October 2021

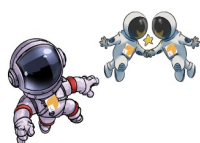
End of Term 17th December 2021

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



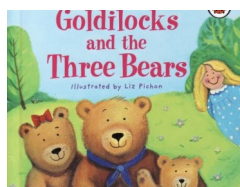
School is well and truly back! Pupils are enjoying Outdoor Learning, Swimming sessions, their Mile-a-day and Forest School. The Lego Room is busy most lessons, and Project-Based Learning excites our younger learners. Horse-Riding restarted this week, and first pupils are also staying in REP again. We also welcomed back our Music and Play Therapists and Suzanne, our School Counsellor, who have worked with many of the Lonsdale pupils during the week.

Assemblies this week celebrated the successes of Paralympians, looked at 'Fresh Starts' on Friday and celebrated achievements from around the school during the week.

We are all looking forward to celebrating the Macmillan Coffee Morning next Friday. Classes will be busy baking cakes and biscuits next week in preparation, and we hope that some of you will be able to join virtually and donate to Macmillan Cancer Support. We are looking forward to seeing you via Zoom.

Please also take a look at the flyers below. There is a lot of information and free training and courses for parents available.

Enjoy the weekly read!



**Dolphin Class:** This week in Dolphin Class we have really settled well. We have read the story 'Goldilocks and the three bears', developing role play using different props. We have worked hard on mark-making as well as cutting, sticking pictures and sentences to create mini books. We have worked on counting and sorting by different sizes, linked to our story as well as use playdough to create different-sized objects. We have continued to explore soft play in PE as well as use walkers to keep moving. When the weather has been good, we have enjoyed playing instruments, using water/ sand to fill and empty, built with bricks and used bikes to continue to develop our learning.



### Primary News



#### Bumblebee Class:

This week in the Bumblebee Class, the children started their first Project Based Learning topic 'This is how we grow'.

We began to explore the different features of animals and humans, discussed what a play is, look at length and size, and made groups of items, sharing equally.

Bumblebee Class worked as a team in PE, trying to throw as many balls in the basket as possible, and in PSHCE and RE we have been working on being kind to each other!

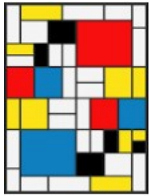


#### Owl Class:

Owl Class have been working hard this week. The children have been learning about how they grow and some of the changes that happen as they get older. The children have been naming different parts of the human body. In Art they painted a self-portrait. In Music they played instruments along to a song about their feelings and listened to two pieces of music identifying which one was happy and which sounded cross. In Cooking the children learned about potatoes and made a potato salad and mashed potato. The children did a survey to find out what was the favourite way to eat potatoes—crisps and chips were the most

#### Koala Class:

In Literacy we read the fable 'The Frog and Ox' and answered some questions. In Numeracy we looked at addition and capacity. In Topic we discussed the changes in a human life cycle. In Drama we joined with Sea Turtles and played some games. In Life Skills we ironed our shopping bags, and in Forest School we looked for Forest Treasure. In Cooking we developed our independence skills by making toast.

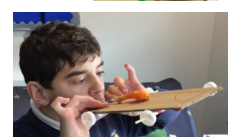


## Secondary News



### Wombat Class:

This week the class have enjoyed our second instalment of "The Boy who Grew Dragons" in English, and we also learnt how to write instructions. In Science we looked at how to make objects move using different forces such as air. We made some balloon cars, which unfortunately did not move very far, but we still had lots of fun trying! In our wellbeing afternoons, we have enjoyed cycling, learning about the points of a compass, gardening and creating a natural rainbow in Forest Schools.



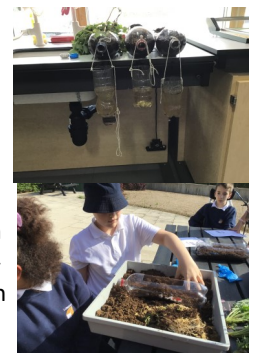
### Hippopotamus Class:

It's been yet another great week for the all new Hippopotamus Class. In their Maths lessons this week, the class continued to expand their knowledge of place value, this time by putting numbers with up to 5 digits in order. In their Geography lesson they learned about lines of longitude and latitude, and how to find places on a map of the world using GPS coordinates. In Science, they learned about the life and inventions of Alexander Graham Bell as well as creating their own telephone using the classic cups and a piece of string. Finally, in their Computing lesson this week, the class learned about the artist, Mondrian, and created their own Mondrian inspired pieces of artwork using tools on the computer. We hope you had a great weekend, everyone!

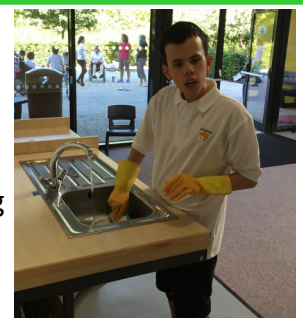
**Sea Turtle Class:** Another great week for the Sea Turtle Class. The week started with a great swim for half the class, and weekend news and reading for the other half. In Geography, we continued to learn about maps, this week comparing computer generated maps to sketch maps, as well as having a quiz about map symbols. In Cooking, the class made some lovely flat breads. In Science, we continued to look at sound focusing on 'pitch'. The class enjoyed playing some percussion instruments to demonstrate what pitch is. In PE, we practiced our ball skills. In Maths we continued to work on 'time' moving on to looking at quarter past and to the hour. In Forest Schools, we worked with the Wombat Class again. This week, we did a Rainbow Scavenger hunt during which the students worked in groups to find anything natural that was the colour of a rainbow and then create their rainbow. In Creative, the class did some Drama games with the Koala Class.

### Vaquita Class:

Another busy week in V class has gone by...Pupils have learned the correct article to add to nouns, including the exception rule (a or an). We learned about the effects of deforestation on the land in vulnerable ecosystems (rainforests). The pictures show some pupils setting up their 'rainforest' bottles, and what they looked like when water was added. We have been completing the mile-a-day challenge when the weather permitted. Pupils also learned about the properties of 2 and 3D shapes in Maths and continued their understanding of the early railways and inventions. In Geography, pupils have started to use symbols to annotate a plan of the school.



**Gorilla Class:** This week Gorillas have enjoyed planting hyacinth bulbs in our gardening lesson. Afterwards the children watered some of the other plants outside. They have been working hard in Maths counting and identifying numbers. The children had fun painting the Hertfordshire flag. In Life Skills they have been identifying and practising household chores.



### Tasmanian Devil Class:

Wow, it's another exciting week gone already; we have had a blast discovering decimal places and digits in Maths and the alternative ways you can show your workings.

In Science we have been skydiving!! We learnt how four different-sized parachutes would 'behave', we discovered that air resistance and gravity have an impact on the time it takes for Taz to jump off our balcony and land, and that size matters when it comes to choosing a parachute!



## Upper School News



### Elephant Class:

This week Elephants enjoyed their Art lessons, finishing their collage from last week and deciding to shape it like an Elephant! Close up, there are all things they like, including fish and chips, Paw Patrol, Disney princesses and Iron Man. In Maths, they continued their topic of time by exploring Autumn, and in English Elephants have been introduced to their new topic...How to Train Your Dragon!



### Lynx Class:

Lynx Class worked hard this week preparing for and organising the Macmillan Coffee Morning, which will take place on Friday 24th. They made posters and advertised the event (see the flyer on page 8). They are also busy preparing for the re-opening of the Tuck Shop as part of their Business Enterprise.

In other lessons we worked on our Maths and English skills, Sex Education, swimming, PE and Cooking, and some pupils from Lynx and Panda Classes went to Digswell on Friday to look at the stables and horses before horse-riding sessions commence next week for some pupils.

### Panda Class:

This week, we have all chosen our own library books and have been improving our dictionary skills, using these to check our spellings and finding out the meanings of words. In Maths we have started learning about place value for numbers up to 1000 and for decimals. We made Turkish flat bread in Cooking and seasoned it with spices and garlic. We learnt about the origins of the Paralympic games and compared these with the Ancient Greek Olympics. We tried to remember which different events were involved. We were also kept busy preparing for the Macmillan Coffee Morning next Friday.

## Lunchtime News from our MSAs

The children enjoyed a mixed range of activities of puzzles, games, colouring and music. Secondary pupils enjoyed some good weather to sit outside and socialise. Some pupils attended the film club. All pupils are looking forward to lunchtime clubs restarting later this half term.

## REP IS BACK

### REP News



REP has re-opened. At last! The REP staff team welcomed the first group of students to access the overnight facility in more than 17 months. We will always remember this day when students smiled as they arrived in the main dining room for a welcome brief. Virtually everyone wore some "infectious smiles" that will certainly linger in the staff team's minds for a long time to come. The REP team welcomed the students and shared the feelings of celebration. We revisited and discussed rules and general expectations. Students actively joined in the discussions and had many exciting questions to ask the team. On behalf of the team, I am pleased to announce that everything has gone very well, if anything, better than expected during the first two weeks of reopening. We have started with an old theme: "WE ARE Back AND We WILL BE BETTER THAN BEFORE"

We are aware that we started with smaller groups than expected, but we look forward to increasing the numbers to pre-pandemic levels as soon as conditions allow. In the meantime, we will work collaboratively with parents to rebuild the students' resilience, confidence and wellbeing to enable them to increase their capacity and capability to achieve better educational outcomes and life chances. This will be in line with the REP curriculum. I wish to extend my appreciation to the Senior Leadership Team, other Lonsdale school teams and the parents for supporting us during the period leading to the reopening of REP.

Leonard Matararo, REP Manager

## Governors News

Please see below a message from Russell Lebe, Chair of Governors:

The Governors are pleased to welcome everyone back to School for a new and exciting term. Please all continue to stay safe.





# Photo Page — 'Zoom into Brilliant Bits'



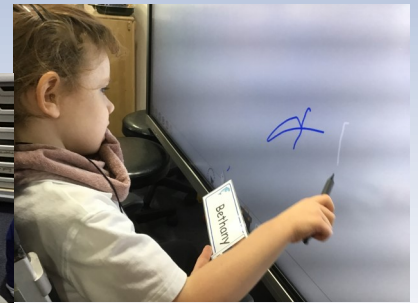
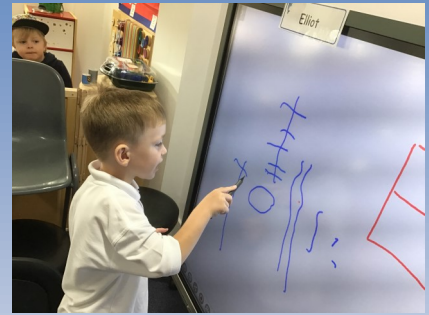


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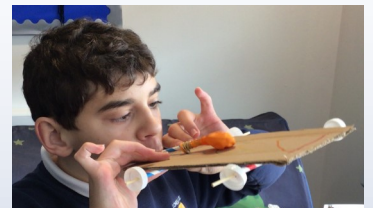
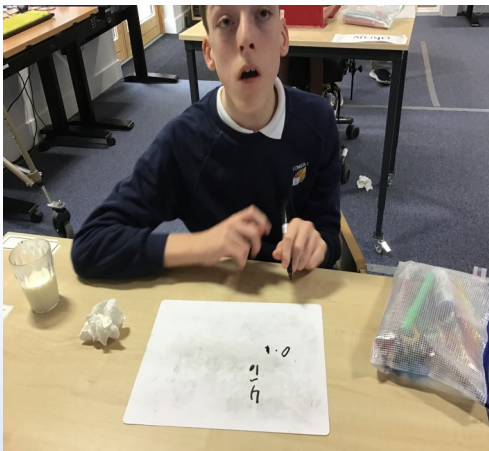
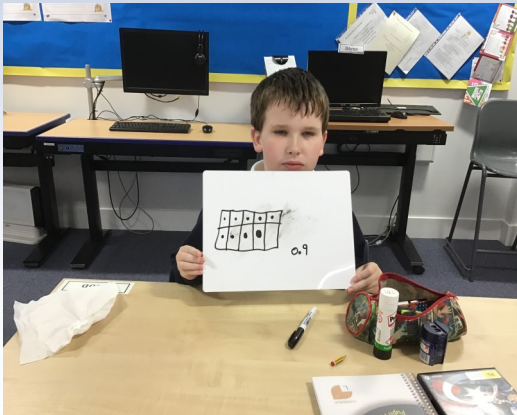
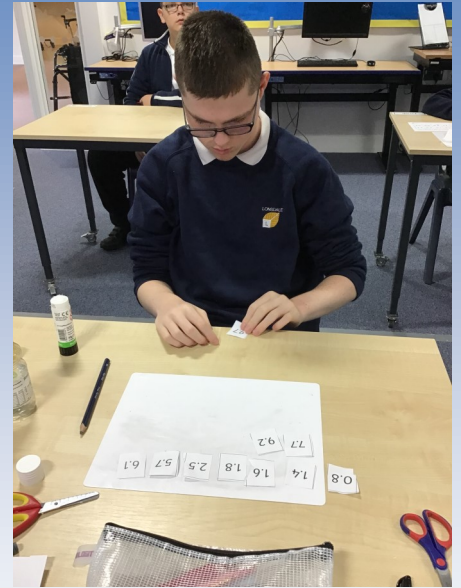
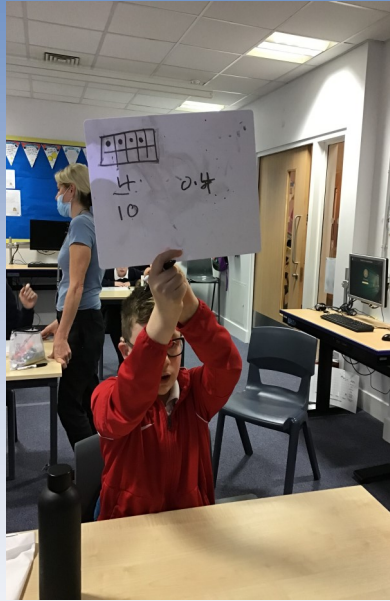
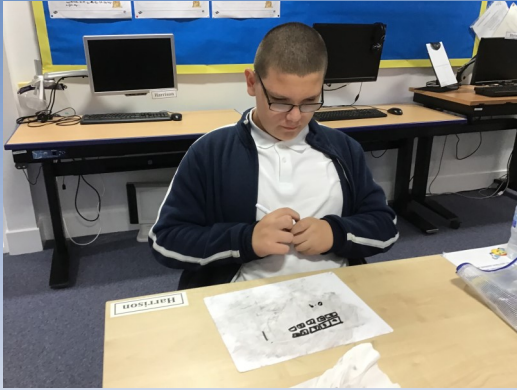


# Photo Page — 'Zoom into Brilliant Bits'





# Photo Page — 'Zoom into Brilliant Bits'



# Macmillan Coffee Morning



Friday 24<sup>th</sup> 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 24<sup>th</sup> September)
- Due to Covid 19 restrictions we cannot have visitors at this event

Together, let's | help make a difference!





Autism | ADHD  
Neurodiverse Conditions

## **UNDERSTANDING AND SUPPORTING EXECUTIVE FUNCTIONING DIFFICULTIES**

**Tuesday 5<sup>th</sup> October 2021**

**6PM - 7.30PM**



Content that will be covered in this workshop include:

- *Understanding what Executive Functioning is.*
- *Understanding how difficulties with Executive Functioning affect access to the curriculum.*
- *Considering the range of learners who may have difficulties with executive functioning.*
- *What can we do to help?*

This workshop is presented by Susan Brooks who is a Chartered Educational Psychologist and an Associate Fellow of the British Psychological Society.

THE SESSION INCORPORATES RESEARCH FROM DEVELOPMENTAL PSYCHOLOGY  
AND INCLUDES CASE STUDIES.

Please use the Eventbrite link below to request your place:  
<https://www.eventbrite.co.uk/e/understanding-and-supporting-executive-functioning-difficulties-tickets-166808818667>

*Limited Places Available*



training@spaceherts.org.uk



events@spaceherts.org.uk

www.spaceherts.org.uk

**SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS**

REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178



Families In Focus CIC  
LOOKING FORWARD TOGETHER

# Sleep solutions for all children

**Funded by Hertfordshire County Council and FREE for parents living in Hertfordshire and parenting children aged four to ten.**

**A proven evidence-based, behavioural approach to help families get a better night's sleep**

Together, in small interactive groups Lesley and Francine who are licensed sleep practitioners with a wealth of experience will help parents to restore healthy sleep. This course covers:

"Understanding why my child couldn't sleep without me in the bed was life changing. Learning that all I needed to do was make a few simple, gentle changes made it all seem so much more achievable. We do now all sleep in our own beds!"

- ✓ Understanding the stages of sleep and impact of sleep deprivation on children's behaviour and learning
- ✓ Identifying the causes of sleep difficulties, including a child's sensory sensitivities
- ✓ Support to find ways to bring balance to your child's sleep issues
- ✓ Tips and ideas that help children go to sleep and stay asleep
- ✓ Understanding and managing sleep problems such as night terrors and nightmares
- ✓ Learn how to actively listen and respond empathically to children to reduce concerns and feelings such as anxiety
- ✓ Helping parents to create a routine & sleep induced environment to aid healthy sleep for the whole family



Funded by Hertfordshire County Council and free for parents living in Hertfordshire and parenting children aged 4-10.

**Where:** Online via Zoom

**When:** Tuesdays 12pm - 2pm

November: 9th, 16th, 23rd, 30th

December: 7th, 14th



Limited free places available. Email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) to secure your place



# SEND Drawing Competition

To help celebrate the upcoming launch of the SEND Strategy, Hertfordshire SEND Local Offer are running a drawing competition - Children and young people could win a £50 Amazon voucher!

Pick a category and make a picture for it. Paint, collage, iPad - create however you want to!

draw,



Follow the link to find out more information:

<https://www.hertfordshire.gov.uk/microsites/local-offer/feedback/local-offer-blog/drawing-competition.aspx>

## SUPPORTING CHILDREN WITH ADDITIONAL NEEDS: GIRLS AND WOMEN



## FREE WORKSHOP

TUESDAY 28th September  
1pm-2.30pm

Designed for Parents/Carers of  
girls and young women displaying  
traits of ASD and/or ADHD

Funded by Hertfordshire  
County Council



Families In Focus CIC  
LOOKING FORWARD TOGETHER

# Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20 + years personal and professional experience.

This course will enable you and your family to:



"I was in a quite low place when I joined this course but each week i took away ideas to help me understand why my child was so angry and it's amazing that things are so much more brighter now and highly recommend this to understand not only children's anger but yours too!

- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand more about Autism and ADHD
- ✓ Understand the root causes or triggers of anger in your family
- ✓ Learn proven and effective strategies that will reduce anger in your family
- ✓ Discover new ways to communicate to calm and prevent anger... before it occurs!
- ✓ Learn safe and creative ways for children to 'let go' of pent up emotions safely
- ✓ Create a calm family environment so all can talk about their emotions safely
- ✓ Gain skills to manage your family's emotional regulation
- ✓ Meet other parents in a calm, judgement-free group



Funded by Hertfordshire County Council

**Where:** Online via Zoom

**When:** Wednesdays 9.30-11.30am

November 3rd, 10th, 17th, 24th

December 1st, 8th

**Only 12 free places available. Places must be booked by emailing [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) with name and date of course**



## **HPCI Autumn Term Webinars are free and open to book now!**

**SEN Support in Mainstream Schools** – for families whose child may have a special educational need but does not have an EHCP.

[Wednesday 8 September \(10:00 – 11:00\)](#) or [Thursday 9 September \(19:30 – 20:30\)](#)

**EHC Needs Assessments part 1** – What is an Education, Health and Care Needs Assessment? Does my child need one and how do I request one?

[Wednesday 15 September \(10:00 – 11:00\)](#) or [Thursday 16 September \(19:30 – 20:30\)](#)

**SEND Strategy** – for parents and carers who are not able to attend one of the SEND Strategy Community events and would like to hear from Herts County Council about their proposals for a new SEND Strategy.

[Friday 17 September \(10:00 – 11:00\)](#) or [Wednesday 29 September \(19:30 – 20:30\)](#)

**Understanding the Local Offer** – this session will help you understand what the Local Offer is and how to navigate the website.

[Friday 24 September \(10:00 – 11:00\)](#)

**Choosing a secondary school**

[Wednesday 6 October \(10:00 – 11:00\)](#)

**Choosing a primary school**

[Wednesday 13 October \(19:30 – 20:30\)](#)

**EHC Needs Assessments part 2** – weeks 6-12 of the 20-week process

[Wednesday 20 October \(10:00 – 11:00\)](#) or [Thursday 21 October \(19:30 – 20:30\)](#)

**Tribunals part 1** – How to lodge your appeal

[Tuesday 2 November \(10:00 – 11:00\)](#) or [Wednesday 3 November \(19:30 – 20:30\)](#)

**Making Meetings Matter**

[Thursday 11 November \(10:00 – 11:00\)](#)

**EHCP Annual Reviews**

[Tuesday 16 November \(10:00 – 11:00\)](#) or [Wednesday 17 November \(19:30 – 20:30\)](#)

**Tribunals part 2** – After you have lodged your appeal

[Tuesday 30 November \(10:00 – 11:00\)](#) or [Wednesday 1 December \(19:30 – 20:30\)](#)

**EHC Needs Assessments part 3** - Assessment Feedback / EHCP Planning meeting and beyond

[Tuesday 7 December \(10:00 – 11:00\)](#) or [Wednesday 8 December \(19:30 – 20:30\)](#)

For full details about each webinar, please visit [www.hertsparentcarers.org.uk/webinars](http://www.hertsparentcarers.org.uk/webinars)





## 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](mailto:bookings@familiesinfocus.co.uk) and we'll send you the Zoom codes

Early Years <b>zoom</b> with Tracey and Georgie	Wednesday September 8th 9.30 - 11.30am	Smooth transitions e.g. Home to school
<b>zoom</b> with Francine and Lesley	Thursday September 9th 9.30-11.30am	Open forum and mindfulness with Helena Marks-Dwyer, independent SEND consultant
<b>zoom</b> with Francine and Lesley	Monday September 13th 7-9pm	How different parenting styles impact children
<b>zoom</b> with Vicky and Sharon	Wednesday September 15th 9.30 - 11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa
<b>zoom</b> with Siobhann	Monday September 20th 10am-12pm	Voice of a child in EHCP with Helena Marks-Dwyer, independent SEND consultant
Teens 15+ <b>zoom</b> with Finola and Karen	Tuesday September 21st 7-9pm	Building a community of shared experiences
<b>zoom</b> 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](http://www.familiesinfocus.co.uk)



# Parent Network





# ADD-vance

The ADD-vance ADHD and Autism Trust  
Reg. Charity No. 1158968

Helpline: 01727 833963 Email: [herts@add-vance.org](mailto:herts@add-vance.org) Web: [www.add-vance.org](http://www.add-vance.org)

## FREE ONLINE Introductory 6-Week Courses for Parent/Carers

### Understanding ADHD and Autism

This interactive course is designed for parent/carers of children aged 5 to 14 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism.

Every course is bespoke to the needs of each group. Learning outcomes include:

- Understanding ADHD, Autism and related conditions
- Building your child's self-esteem
- Understanding anxiety and anger triggers
- Reducing meltdowns and other behaviours which challenge
- Developing positive behaviour strategies
- Working collaboratively with school
- Knowing your rights and how to advocate for your child
- Reducing your own stress levels
- Managing the needs of siblings
- Improving communication as a family
- Connecting with other families and sharing experiences
- Signposting to useful resources and local support networks.

Courses will be delivered online via Zoom with a maximum of 12 participants. They will run as a series of 2 hour sessions over six weeks. The sessions are designed to be interactive and participants will be expected to attend every session with video/audio. Earphones are recommended if you have children in the same room with you.

The sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology.

Eight separate courses will be running on the following dates:

Mondays	13 <sup>th</sup> September to 18 <sup>th</sup> October	7 – 9 pm	
Wednesdays	15 <sup>th</sup> September to 20 <sup>th</sup> October	7 – 9 pm	(Dads and male carers only)
Thursdays	16 <sup>th</sup> September to 21 <sup>st</sup> October	9.30 – 11.30 am	(Early years only)
Fridays	17 <sup>th</sup> September to 22 <sup>nd</sup> October	10 am – 12 pm	
Mondays	1 <sup>st</sup> November to 6 <sup>th</sup> December	10 am – 12 pm	
Wednesdays	3 <sup>rd</sup> November to 8 <sup>th</sup> December	7 – 9 pm	(Dads and male carers only)
Thursdays	4 <sup>th</sup> November to 9 <sup>th</sup> December	10 am - 12 pm	(Parent/carers of girls only)
Fridays	5 <sup>th</sup> November to 10 <sup>th</sup> December	10 am – 12 pm	

For more information and to book your FREE place please see <http://add-vance.eventbrite.com/>.

**These courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only.**





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## FREE ONLINE 6-Week Courses for Parent/Carers of Teens

### Understanding Teens with ADHD and Autism

This interactive course is designed for parents/carers of children aged 12 to 15 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism. A basic knowledge of ADHD and/or Autism is assumed. Every course is bespoke to the needs of each group. Learning outcomes include:

- Understanding the challenges faced by teens living with ADHD and/or Autism
- Helping your teen to understand themselves better and develop their identity
- Exploring your parenting style and how this may impact your teen
- Considering the importance of communication and empathy
- Using positive behaviour strategies which work for teens
- Supporting your teen to develop healthy relationships with others
- Understanding why your teen is more likely to feel anxious or angry
- Developing strategies to help them manage and regulate emotions
- Spotting the signs of secondary mental health disorders
- Understanding how to manage growing levels of independence safely
- Building a positive, collaborative relationship with school
- Planning for the future
- Signposting to useful resources and local support networks.

Courses will be delivered online via Zoom with a maximum of 12 participants. They will run as a series of 2 hour sessions over six weeks. The sessions are designed to be interactive and participants will be expected to attend every session with video/audio. Earphones are recommended if you have children in the same room with you.

The sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology.

Four courses will be running on the following dates:

Tuesdays	14 <sup>th</sup> September to 19 <sup>th</sup> October	10 am - 12 pm
Wednesdays	15 <sup>th</sup> September to 20 <sup>th</sup> October	10 am – 12 pm
Mondays	1 <sup>st</sup> November to 6 <sup>th</sup> December	7 – 9 pm
Tuesdays	2 <sup>nd</sup> November to 7 <sup>th</sup> December	10 am – 12 pm

For more information and to book your FREE place please see <http://add-vance.eventbrite.com/>.

**These courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only**





# 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)
<b>Educational Psychology Contact line</b> 📞 01992 588574	Weds 2pm – 4:30pm
<b>SEND Specialist Advice and Support Service*</b> 📞 01442 453920 - term time only	<b>Specific Learning Difficulties:</b> Mon & Thurs 09:30am – 12pm
	<b>Speech Language, Communication &amp; Autism needs:</b> Tues & Weds 1:30pm – 4pm
	<b>Early Years:</b> Weds 9am – 12pm Thurs 1:30pm – 4pm
	<b>Physical and Neurological Impairment:</b> Mon 1:30pm – 4pm
<b>West team Attendance Duty*</b> 📞 01442 454778	Mon - Fri 09:30 am – 4pm
<b>East team Attendance Duty*</b> 📞 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

[Home](#)[Quality Mark](#)[About Us](#)[What We Do](#)[Courses](#)[Workshops](#)[What's On](#)[Contact Us](#)

### 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.

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### 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.

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### 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.

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### 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
-



## An eco-community on a mission to rescue food from landfill

Every week tonnes of fresh and edible food is thrown away by supermarkets in the UK as they clear older stock to make room for the new. Fresh fruit and vegetables, bakery products and store cupboard items which still have days and weeks of life remaining are destined for landfill, adding to the ever growing problem of CO2 emissions and climate change.

Food Rescue Hub rescues this food, crates and crates of it every week, and diverts it to fill tummies, not landfill. We make this food available to our ever-growing community of food rescuers who, like us, don't want to see perfectly good food go to waste. Everyone is welcome to bring their two empty bags and come and rescue food from our Hubs, and in doing so will be contributing to halting climate change.

**WGC**

**TUESDAYS**  
**9.30-11AM**

ATTIMORE HALL PUB  
WELWYN GDN CITY  
AL7 2AD

**HITCHIN**

**THURSDAYS**  
**9.30-11AM**

HALF MOON PUB  
57 QUEEN STREET  
HITCHIN SG4 9TZ

**STEVENAGE**

**SATURDAYS**  
**9.30-11AM**

OUR MUTUAL FRIEND PUB  
BROADWATER CRESCENT  
STEVENAGE SG2 8EH

### Pay-as-you-feel

Your donation towards your rescue is what keeps our project sustainable and which allows us to recover food for you to rescue. The suggested minimum donation of £5 for two bags of shopping per rescuer but of course any amount you can contribute is very gratefully received.

### Pay-it-forward

We run a scheme which enables people to pay a donation in order for someone else who may need it, to get their rescue shopping for free. All donations welcome at our Hubs or via our website. Anyone is welcome to request a pay-it-forward voucher anytime, no questions asked.

Find out more about our mission on our website and social media:

[hello@foodrescuehub.uk](mailto:hello@foodrescuehub.uk)



[www.foodrescuehub.uk](http://www.foodrescuehub.uk)



# 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**.

**S**creenshot any nasty messages.

**M**y privacy settings.

**A**void talking to them any further.

**R**eport the incident on whatever site you are using.

**T**alk 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](http://nspcc.org.uk) or Bullying UK [bullying.co.uk](http://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/](http://www.safe4me.co.uk/portfolio/cyber-bullying/)

**safe4me**

Visit the Student Area on our website [www.lonsdale.herts.sch.uk](http://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 home-work 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](http://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](http://www.worldofdavidwalliams.com)

ALL SORTS OF THINGS...

BUMBLEBEES

DOLPHINS

ELEPHANTS

GORILLAS

HIPPOS

KOALAS

LYNX

OWLS

PANDAS

SEA TURTLES

TASMANIAN DEVILS

VAQUITAS

WOMBATS

JOIN THE SPRING WATCH!