Learning @ Lonsdale

Weekly Newsletter — Friday 1st October 2021

Information and Dates for your Diary

Please see below some diary dates for you:

School Photos-4/5th October 2021

Parents' Consultation (Face-to-face or virtual) - 20th October 2021 4-6pm

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 website.



This week we would like to start by saying THANK YOU for all the cake and money donations for Macmillan Coffee Morning last Friday. We are pleased to report that a total of £416 was raised on the day, which will help Macmillan Cancer Support and their great work. You can see lots of photos on page 6.

Whole-School News



Next week on Monday 4th and Tuesday 5th, our school photographers, Karen and Peter, will visit the school to take photos of all our pupils and staff. South-side classes and E Class will have their photos taken on Monday, North-side classes on Tuesday.

Our Parents' Consultation Evening will take place on 20th October from 4-6pm. Please return the reply slip to your child's form tutor to book your slot. You can join virtually or face-to-face, and we are looking forward to seeing you.



Dolphin Class:

This week we have been thinking about our feelings, reading two books, about happy and sad. We have created pictures using shapes and 3D models with bricks. We have continued working hard on our fine-motor skills, mark-making with a range of materials and using playdough to roll, squeeze and poke spaghetti into. All children are working well on developing their social skills through play. They have enjoyed seeing their pictures up on the wall and working well on their independent skills.



Bumblebee Class:

This week in the Bumblebee Class we have been continuing our PBL topic. We have been focusing on growing in all areas of our curriculum, in Science we have been exploring the different stages of growing up, in Outdoor Learning we have been growing seeds, and in Maths we have been exploring big and small. In Literacy we have been talking about characters and matching names to people. The Bumblebees finished off their self-portraits in Art and really enjoyed using mirrors to explore their own faces! Great work, Bumblebee Class!

Primary News



Owl Class: The children have been listening to lots of stories set on farms as inspiration for our PBL project, writing their own story to perform. They have been learning about where their food comes from, which has led to some interesting discussions about where Tesco gets the food from! We had lots of apples in school, so we used these to make an apple crumble in Cooking and cut them up in different ways in Art, using them to make prints. In Maths the children practised their counting skills to count sets of objects to match a number. In PE the children explored ways to move on the soft play. They expressed things they are thankful for in RE.



Koala Class: In Literacy we read the fable 'The Wolf and Heron' and answered some questions. In Numeracy we looked at multiplication and length. In Topic we made different sounds to match the baby animals to their mothers. In Music we joined with Sea Turtles and shared our favourite songs and discussed why we liked them. In Life Skills we practiced some first aid by doing the recovery position, and In Forest School we sorted items into different categories. In Cooking we developed our independence skills by cooking eggs different ways.



Wombat Class:

Another busy week for the Wombats! We started the week with some great cycling by all (see pictures below) and reading our class book, where we heard what dragons like to eat and that their poo is highly combustible!! In PE we practiced our walking / driving skills and enjoyed some time on the floor having a stretch. We had an extra PE lesson with the Sea Turtles where we had a very competitive game of Boccia! In Science we learnt / revised about gravity, and in K&U we learnt about the history of Hertfordshire.

Our Forest School session was lots of fun as we played "123 Where are You?" The children thoroughly enjoyed hiding around the back playground and found some great places, making it hard for the seekers!



Hippopotamus Class:

We've had another action-packed week in the Hippopotamus Class. In Science this week, the class learned about the inventor of the three signal traffic light, Garrett Morgan. After learning a little about his life and inventions, the class had a go at building their own traffic lights using electric circuits. In Maths this week, we've been looking at all things shape related, specifically learning the names and properties of 2D shapes. In our Geography lesson this week, the class learned about the Tropics and compared the weather there to the weather in the UK, before preparing their own weather forecasts. Finally, in our Computing lesson, we learned about Monet and his use of colour, before experimenting with editing colour using computer software.



Sea Turtle Class:

Another great week! In Geography on Monday, we looked at globes and discussed the continents and the oceans of the world. The discussion grew to also discuss the planets and the solar system. In Science on Tuesday, we finished off our work about Gerald Durrell and created a wall display. In PE, we played Boccia, learning the rules and then practised throwing the boccia balls through 'gates' on the floor. The students challenged themselves by making their gates really small!! In Maths, we started to look at money, reminding ourselves what each coin is followed by doing some Maths games on the computer. In Forest Schools, we played '1,2,3 where are you?' followed by doing some camouflage activities. In Thursday's Science lesson, we started to learn about Alexander Graham Bell, learning about his inventions. We also created our own string phones! We had time for a game of Twister!!



Vaguita Class:

Lots of Macmillan fun! After designing cup cakes and watching lots of tips and recipes for cake making, pupils enjoyed sharing treats together, followed by some pumping tunes in the disco after lunch..















Gorilla Class: A busy week for the Gorilla class! In K&U the children have been learning about the history of Hertfordshire and looked at different locations in Hertfordshire. The class loved getting creative and making get-well cards for a member of staff. In Maths the children have been working hard on counting and recognising numerals. In Music the children had lots of fun playing various musical instruments and singing songs. They also have enjoyed the next 2 chapters of 'The boy who grew dragons'. They have been working hard as a class working out where the capital letters and full stops go. Individually, they worked on different sentences and had to add punctuation. The children did some research on Gorillas and used the computer to help them find various facts about them.



Tasmanian Devil Class:

Another busy week for Tasmanian devils joining in with the Macmillan coffee morning, sampling all the cake delights and catching up with friends. We then, in science discovered how to reduce and increase friction on various surfaces as well as designing impressive posters of all the forces we have learnt which will be displayed on the classroom wall. We have also begun to look into how Ancient Greeks invented the Olympics and how much things have evolved and changed with the addition of the Paralympics. We particularly enjoyed the new additions of rock climbing, windsurfing and skateboarding to the Olympic list of sports and the different types of medal designs from hosted countries.



Upper School News



Panda Class:

Elephant Class:

space for an update on his name next week!

in on clocks and how to tell the time.



In English we have continued consolidating spelling, punctuation and grammar rules. In Maths we have practised to use fractions and decimals. In Chemistry we continued our learning about protons, neutrons and electrons, we used chocolate in the learning process again. We have worked hard to follow up and review the Macmillan Coffee Morning, linking into our 'Community Action' unit for our ASDAN qualification. It was a great success, and we were very pleased to be able to open the school tuck shop again, too.

Elephants have been very busy this week planning our new art project. We have decided on another collage but with a range of materials, and of course we have decided on our favourite shape...The Elephant! We have also been voting on a name for the new cuddly member of our class. Watch this

In English we have continued our focus around 'How to Train your Dragon' and our understanding about characters. In PSHCE we made faces using a variety of features, and in Maths we really focused

Lynx Class: In English this week we had a spelling test, learnt about the difference between common and proper nouns and practised using interesting adjectives. During our PSHCE lesson we dis-

cussed what an 'inspirational' person was and then completed some independent research into people we think are inspirational and explained why. In Maths this week, we have been learning how to use column addition and carry amounts over, starting with 2 digits, moving on to 3 digits and finally decimals, because we need to know how much money we've got—we used these skills to add up the money donated from the Macmillan Coffee Morning! In Outdoor Learning, we carried out research

Lunchtime News from our MSAs

We are looking forward to lunchtime clubs re-starting from next week!

into how to make fat balls for the birds, which we'll make next week.

This week primary pupils enjoyed dancing, singing and colouring as well as playing outdoors. The secondary pupils had fun playing 'Hide and Seek' and listening to music. Some played football or enjoyed a chat with friends.

REP News

Four weeks have gone by since we welcomed REP students back to REP after a long layoff.

The students and staff have had a lot of fun together, and REP is definitely taking shape.

Pupils enjoyed an after-school Boccia club, swimming and music in the hall.

Leo Matariro, REP Manager

Governors News



Our Governors are planning their visits for this school year and which Buddy Classes they will support. They are looking forward to staying in regular contact with their Buddy Class.

Next week, the Governing Body will meet on Wednesday to look at all the important things going on at school.

Photo Page — Zoom into Brilliant Bits'

























Photo Page — Zoom into Brilliant Bits'























































































PREPARE FOR SUCCESS IN HERTS

Tel 01992 556194

Learning in the community for Hertfordshire residents aged 19+

Free Autumn Short courses*











Job Search in the Modern World

2-week course, running at 2 different venues and times;

- Stevenage -Starts Weds 13th Oct, 10am to 12pm
- Online Starts Weds 13th Oct, 6pm to 8pm

Book your place at www.step2skills.org.uk/courses



















www.step2skills.org.uk Tel 01992 556194

Gain the grades



ENGLISH QUALIFICATION course

starts at Bedwell
Community Association
on Tuesday 7th
December
9.15am – 11.45am

Fully funded for Hertfordshire residents aged 19+, with no cost*

*Eligibility criteria applies, this will be checked on the day

There is an opportunity for you to come along to take a free face-to-face assessment on Tuesdays, from the 28th September

Please come along between 9.15am and 11.45am

to

Bedwell Community Centre Bedwell Crescent Stevenage Hertfordshire, SG1 1NA

This assessment will check that you are working at a suitable level to then join this course.

Please bring a form of ID with you.

The assessment session is drop-in, with no need to book. Online assessments also available. For more info, please call 01992 556194



















DATES FOR ASD/ADHD PARENT/CARER ONLINE WORKSHOPS

Autumn Term

Date	Time	Title
Tues 28 th Sept	1-2.30pm	Girls and Women – Supporting Children with Additional Needs
Tuesday 12 th October	1-2.30pm	Supporting Siblings of Children with Additional Needs
Tuesday November 9 th	7.30-9pm	Supporting a Child with ASD through Relationships and Sexuality
Tuesday November 30 th	1-2.30 pm	Supporting a Child with ASD / ADHD with Bereavement and Loss

For more information or to book please visit: nessieined.com/events

These forums are online and funded by Hertfordshire County Council and open to residents of Hertfordshire.









October 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

ZOOM with Francine and Lesley	Thursday October 7th 9.30 - 11.30am	Managing anxiety in primary aged children	
ZOOM with Francine and Lesley	Monday October 11th 7-9pm	Supporting Siblings	
Early Years ZOOM with Tracey and Georgie	Wednesday October 13th 9.30-11.30am	School issues & successful meetings with Helena Marks-Dwyer, independent SEND consultant	
ZOOM with Siobhann and Sharon	Thursday October 14th 7-9pm	Preparing EHCP assessment application	
ZOOM with Siobhann	Monday October 18th 10am - 12pm	Choosing the right school for your child with Helena Marks-Dwyer, independent SEND consultant	
Teens 15+ ZOOM with Finola and Karen	Tuesday October 19th 7-9pm	Building a community of shared experiences	
ZOOM with Vicky and Sharon	Wednesday October 20th 9.30-11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa	

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





@familiesinfocus



@FiFHerts

www.familiesinfocus.co.uk

alle class	October half term 2021 at Brighter Days Kids Club Based at Roebuck Academy-open from 7.45 until 18.00 *Activities are subject to change*						
1	Monday	Tuesday	Wednesday	Thursday	Friday		
AM	Lava lamps and volcanoes	Musical theatre workshop	Walk to the woods - Den building	Pinecone bird feeders Football tournaments and penalty shootout	Spider crafts Pumpkin biscuit decorating Monster races		
PM	Brighter Days has talent	Kite making Kick rounders	Animal visit	Team obstacle course	Make your own monster Design a pumpkin Skeleton scavenger hunt		
Dinner	Shepherd's Pie	Macaroni cheese	Chicken curry	Pizza and chips	Tomato pasta		
		Our fun filled	d holiday club also include	s			
Arts and	craft Science	e Dancing	Face painting	Board games	Book corner		
Group g Sewi			Multi sports es Construction	Drawing Loom bands	Small world play Potion making		
		y questions please of Enquiries@brig	do not hesitate to o				



AUTUMN TERM 2021 WORKSHOPS /COURSES

	1	
Anger and Conflict Workshop	Thursday 16th September	10:00 - 11:30
ADHD Parenting Course (4 wks)	Tuesday 21st September	19:00 - 21:00
Sleep Tight Course (5 wks)	Wednesday 22nd September	09.30 - 11.30
Understanding Autism Workshop	Monday 27th September	19:00 - 21:00
Navigating the SEND World Course - Beginning the Journey (3 wks)	Friday 1st October	09:30 - 11.30
Executive Functioning Workshop	Tuesday 5th October	18:00 - 19.30
Understanding ADHD Workshop	Thursday 7th October	11:00 - 12:00
DLA Application Workshop	Friday 8th October	12:30 - 14:30
Raising Self Esteem Workshop	Monday 11th October	10:00 - 11:30
Navigating the SEND World Workshop - Beginning the Journey	Wednesday 13th October	19:00 - 21:00
Emotional Regulation Workshop	Monday 18th October	18:00 - 19:30
Autistic Girls Workshop	Thursday 21st October	19:00 - 20:30
Understanding Autism Workshop	Monday 8th November	10:00 - 11:00
EHCP Annual Review Workshop	Monday 15th November	19:00 - 20:00
Navigating the SEND World Workshop (Beginning the Journey)	Tuesday 16th November	10:00 - 12:00
Understanding ADHD Workshop	Thursday 18th November	19:00 - 20:00
Autistic Girls Workshop	Tuesday 23rd November	10:00 - 11.30
Puberty Workshop	Wednesday 24th November	10:00 - 12:00
Anxiety Workshop	Thursday 2nd December	19:00 - 20:00
EHCP New Application Workshop	Tuesday 7th December	19:00 - 21:00
Navigating the SEND World Workshop	Wednesday 8th December	19:00 - 21:00
Understanding Autism and ADHD Workshop	Friday 10th December	10:00 - 12:00



All workshops and courses can be booked via Eventbrite and will be posted on our social media in due course For further information then please email: training@spaceherts.org.uk or check Eventbrite & our FB pages

All workshops and courses are subject to change, correct at



RAISING SELF ESTEEM

Monday I Ith October 2021

10am - 11.30am

Content that will be covered in this workshop include:

- · What is self-esteem?
- · Profiles of children with low and high self esteem
- · Exploring how the words we use affect children's self esteem
 - Strategies to raise self-esteem and increase motivation

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

THIS WORKSHOP IS AIMED AT PARENT / CARERS OF PRIMARY AGED CHILDREN



Please use the Eventbrite link below to request your place:

https://www.eventbrite.co.uk/e/raising-self-esteem-tickets-166810477629

Limited Places Available



training@spaceherts.org.uk



www.spaceherts.org.uk

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





HERTFORDSHIRE ADHD HERO AWARDS

October is National ADHD Awareness Month. That's a whole month devoted to sharing reliable information about ADHD! It's also a chance to recognise the good practice that is already happening to ensure people with ADHD can thrive, so that we may all benefit from their incredible strengths and talents.

The **Hertfordshire ADHD Hero Awards** have been created by a group of local charities which support families living with ADHD in Hertfordshire. The initiative is designed to acknowledge and celebrate the outstanding contributions of individuals, teams and organisations who have shown dedication and commitment to understanding ADHD.

If you would like to present an ADHD Hero Award to a teacher, healthcare worker, mentor or anyone else who has made a real difference to you or your family, please complete the online form https://forms.gle/wuWDztMAtg9SkFD16 and describe the impact they have made. We will send you a certificate to present to your hero personally.

If you have permission to take a photo of your hero with their certificate, then please do share on social media so that we can give our Hertfordshire ADHD Heroes the recognition they deserve!

For more information about ADHD: https://www.adhdawarenessmonth.org/
For more information about support in Hertfordshire: https://www.hertfordshire.gov.uk/microsites/local-offer.aspx



















Getting on with your pre-teen or teenager

This online course is aimed at families with a FFA, CIN, CP OR Youth Justice Plan but places are also available for parents wanting to gain an understanding of the feelings and needs underlying teenager behaviour and knowledge and skills to develop a more positive relationship. Course content may vary depending on needs of the attendees.

When: Tuesday 28th September - 9th November 2021

Time: 7pm - 9pm

For more information, contact Louise on 0204 522 8700 or 8701 or email services@familylives.org.uk

Bringing up confident children for parents of children with ADHD/ASD (online group)

Worried about your child? Join our online group and get support to help your child feel more confident and happier. This is an online group and will be delivered via MS Teams.

When: Every Thursday, 11th November - 16th December

Time: 7.00pm - 9.00pm

For more information, contact Louise on 0204 522 8700 or 8701 or email services@familylives.org.uk



Find us on Facebook @FamilyLivesHertsandBeds

www.familylives.org.uk
We build better family lives together





Use the link below to get to the 'Family Lives' website, where you can find support about eating disorders. The site offers advice and support for many other areas, too.

https://www.familylives.org.uk/advice/teenagers/health -wellbeing/eating-disorders-help/





Advice How we can help Get involved About us

Chat to us online

Mon-Fri 1.30-9pm

Donate now
to support families

Home > Advice > Teenagers > Health and wellbeing > Eating disorders

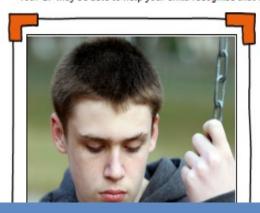
Eating disorders

Estimated read: 10 minutes

Food is often the focus of family celebrations, and regular shared mealtimes are a well-known way to keep the family connected, so when a young person has an eating disorder, it can be difficult for the whole family.

Key points:

- Try not to blame yourself for your child's disorder. Accept that you may never know what triggered it. Simply
 accept that your child has an illness and focus on recovery
- Find out as much as you can about eating disorders. This will help you to understand your child's behaviour, feelings and mood swings
- Make an appointment with your GP even if your child refuses to attend with you or admit there is a problem.
 Your GP may be able to help your child recognise that they need help



Understanding eating disorders

An eating disorder is a form of mental illness, not a fad or a diet gone wrong. With all eating disorders, food is used in some way to control or block out difficult thoughts and feelings. There is rarely one specific cause or trigger. Each case is unique and could be the result of different pressures such as bullying, family issues, worries at school, body image issues, friendship worries, and relationship difficulties.

Types of eating disorders

Teenagers Body image Teenage depression Self harm Eating disorders Peer pressure Teenagers and sleep Teens mental health during the pandemic Teens and exercise Runaway teens





Contactline



A 'quick queries' service for parents, carers, and young people (16-25) in Hertfordshire

Please call if you would like to speak directly to an Educational Psychologist to discuss a child or young person's development, learning or emotional wellbeing, or to find out more about our service.







From September 2020 Contactline will be available Wednesday from 2:00pm to 4:30pm

If you are from an Educational setting and have a query, your school has a link Educational Psychologist with whom any requests for involvement can be raised.

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.



- 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.

How to cope with the effects of Cyberbullying

- You must not blame yourself. Noone deserves to treated cruely by anyone.
- It can make you feel very upset, alone and like noone 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 <u>nspcc.org.uk</u> or Bullying UK bullying.co.uk



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**.

5 creenshot 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).

When to tell the Police

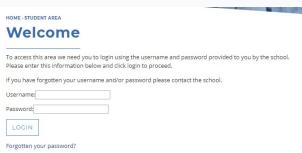
- If you are ever threatened with physical harm, being repeatedly harassed, being sent malicious messages.
- If it's not an immediate emergency, phone 101 or use our online webchat service.
- If it is an immediate emergency phone 999.

www.safe4me. co.uk/portfolio/ cvber-bullving/

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.





Log on to find out more!

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

Maybe send your feedback?

