



## Information and Dates for your Diary

Please see below some diary dates for you:

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.



## Whole-School News



This week started with the big Anti-Bullying Assembly for many classes and our photographers visiting the school on Monday and Tuesday.

Another highlight of the week was the re-starting of lunchtime clubs with many pupils attending Dance Club, Sports Club, Cooking, Gardening and Choir. We are hoping to increase the number of clubs running throughout over the next half term.

The Tuck Shop is now also back and running on Fridays, and our older pupils are organising and running this as part of their Business Enterprise.

We are very excited that Herts County Council have allocated the underpass outside the school to Lonsdale. Each class will create a display representing their class's endangered animal, and our art work will be displayed in the underpass for the local community to enjoy.

Don't forget to let your child's form tutor know if you wish to book an appointment for the parents' consultation evening on 20th October. You can attend in person or virtually from 4-6pm. We are looking forward to seeing you!



### Dolphin Class:

This week the children in Dolphin Class enjoyed a lot of fine-motor skill work. We worked on our phonics phase1 and explored 'heavy and light' and 'more and less' in Maths. In Art we played with clay, and we focused this week on turn-taking, sharing and passing. We used balls and cars to practise this. Everybody enjoyed our music session, where we tried to keep the beat using drums.



**Bumblebee Class:** This week the Bumblebees continued to learn about growing and how we grow. In PBL children enjoyed looking at photos of themselves, identifying if they were babies or children and exploring life cycles. In Cooking the children learnt about vegetables, and in RE the class explored harvest festivals around the world! The children worked very hard in Maths, developing an understanding of length and growing! The class also enjoyed making bird feeders for the courtyards in Outdoor Learning, and we are looking forward to seeing all the different birds that come and visit!

## Primary News



**Owl Class:** This week the children wrote a class story set on a farm, which they plan to perform to their friends as part of their Project. The rest of the week, the children have been learning about young farm animals and their parents, wheat; how it grows and what it can be used for. In Art the children enjoyed using cereal and pasta to decorate a paper plate—see some in the photos. The children worked hard in Music choosing instruments to match mood cards, and in PE they worked on their individual targets. The children made carrot cake in Cooking and did lots of counting in Maths.



**Koala Class:** The Koala Class shared their ideas for our underpass project in Creative. They explored the fable 'The Crow and the Pitcher' and what healthy eating entails. They worked on their Horizon Targets and made leaf masks in Forest School. In their Cooking lesson, they made breakfast banana muffins, and they participated in line dancing with Miss Gregor.



## Secondary News



**Wombat Class:** The students have had a very practical week in school! In Science we made parachutes with baskets to protect a tomato from going splat when we launched them from the balcony. I'm pleased to say all were successful! In Gardening we had a great time digging up the dead sunflowers in readiness for some winter plants to be planted. In Forest School we continued and developed our game "1, 2, 3 Where are you?" by making a base for the groups to return to without being seen by the seekers—there may have been a little creative hiding in order to return to base! We joined with the Koalas and Sea Turtles for Task Master for another crazy challenge set by Miss Rose! We also loved our cycling session on Monday and have really improved our driving skills and speed!

### Hippopotamus Class:

This week, the Hippo Class learned about the discovery of oxygen in their Science lessons. We all found it a little odd that oxygen was 'discovered' as it seems to be everywhere, how could you miss it?! We then conducted an experiment, in which we lit a candle and covered it with different-sized glasses to see for how long the candle burned. Fortunately, we didn't set the fire alarm off in the process. In Maths this week, we have continued to look at shapes, this time finding lines of symmetry in 2D shapes. In our Geography lesson this week, the class learned about the Prime Meridian, including why we have it and where it is. We then conducted some research on different countries that are situated on the Prime Meridian.

**Sea Turtle Class:** This week, we watched 'The Big Anti-Bullying Assembly' and talked about different types of bullying, what students can do if they feel they are being bullied, and we then discussed the 5 people we would turn to if we needed help. In English, we worked on adverbs. In Cooking, we made some delicious-smelling (and looking!) pizzas. In PE, we practiced some of the ball-skill challenges that we will be doing in a House Competition in a couple of weeks time. In Forest Schools, we enjoyed working with the Wombats again doing some teamwork. In Maths, the class continued to do some work on money and then some work using the Numicom boards (whilst also having a bit of a stretch out on the mats. Mrs Fisher joined us and introduced us to some of her pilates exercises!!) In Science, we continued to look at scientists, this week focusing on the Solar System. We were very impressed by how much the class knew about this already.

### Vaquita Class:

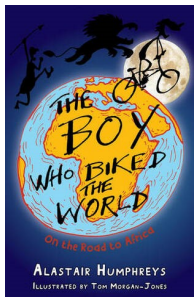
This week we built solar ovens in Science. These were invented by Mária Telkes, a Hungarian-American biophysicist, scientist and inventor who worked on solar energy technologies. In Maths we practised our times tables. In English we enjoyed "2Gangsta Granny" and completed several reading tasks and challenges. In Creative, we started our project work towards creating a class display, which will be displayed in the subway outside our school.

### Gorilla Class:

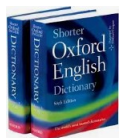
This week Gorilla Cass enjoyed learning all about harvest festival, and they got to design their own scarecrow. In Gardening, the children enjoyed pulling the sunflower seeds out of the large sunflower head. We learnt all about cerebral palsy as it was World Cerebral Palsy Day on 6th October. In Science, we have been learning about air resistance and have made parachutes in different sizes and out of different materials. In English the class wrote acrostic poems on the theme of the DRAGON in our story.

### Tasmanian Devil Class:

This week we have been watching the Anti-Bullying Assembly, and we discussed how we can help and what to do if the occasion arises. We were very impressed with how mature the pupils were. In Food Tech we have been making delicious pizzas, which made our mouths water all afternoon. In Science we were detectives looking at further forces and gears, levers and pulleys finding out where we can find these around the school.



## Upper School News



### Elephant Class:

It's been a busy week for Elephants with photo day, creating our artwork for the underpass and learning all about our likes and dislikes in PSHCE. In Maths, they have continued their work on time, becoming more fluent with their learning and using the time in day-to-day situations. In English, the students have been enjoying learning more about 'How to Train your Dragon'.

**Lynx Class:** This week in English we started to read 'The boy who biked the world' written by a teacher called Alastair Humphreys, who actually cycled 46,000 miles through 60 countries in 4 years, so it's based on his adventures but seen through the eyes of a boy called Tom. We enjoyed the first part and are eager to read more. During our ASDAN lessons, we learnt about human pregnancy and considered some of the ways that pregnant women can keep themselves and the baby healthy, we saw some amazing photographs of developing babies in the womb. Whilst in our Outdoor Learning lesson, we watered our late-season salad vegetables and planted some mint into pots. While we were out and about, we also had a look at the new orienteering signs that have appeared - What are they for, we wonder?

**Panda Class:** In English we continue to develop our understanding and competency of SPaG and using a dictionary. In Maths we continue to develop our learning of division using the 'bus-stop method'. In K&U we are learning about 'Black History Month' and about inventors that were not recognised; did you know that the traffic light colour system was in fact invented by Garrett Morgan? In RSHE we continue to develop our understanding about positive relationships and consent. In Drama we have started learning about Constantine Stanislavski's 'The System'; we have developed our characters through the rehearsal method of 'Hot-seating'. In ICT we have started to learn about Coding. In Business we have started to design the School Calendar for next year. This will be on sale from the beginning of December—Please watch this space!

## Lunchtime News from our MSAs

The primary pupils enjoyed football, a disco and the lunchtime clubs this week. Our secondary pupils had lots of games of 'hide and seek', football matches as well as socialising and chatting with friends. All lunchtime clubs were attended well, and we are looking forward to next week.

## REP News

Another week of increasing excitement has just gone by in REP. It is evident that the students are settling in quite well, in fact better than expected. Students have participated in a number of activities, which included weekly REP swimming sessions, music and dance, arts and crafts. REP staff and students held a "Students Voice" meeting on Monday 4 October 2021. The meeting was a success in that all students actively participated, and virtually everyone had a lot to say and suggest, resulting in the meeting taking quite a long time. This was a brilliant meeting by many standards, because the students' suggestions and contributions were quite mature and focussed on improving independent skills, participation by all, and positive peer-to-peer relationships. Staff supported students, as far as practicable, to complete baseline forms that were used to map out their REP curriculum targets.

## Governors News



The school's governors met on Wednesday evening to talk about all the important things going on in school. They were keen to find out how the first half term of the new school year was going, and they were pleased to find out that pupils and staff have settled back into school well. The governors are very much looking forward to starting their visits to school soon.



# Photo Page — 'Zoom into Brilliant Bits'

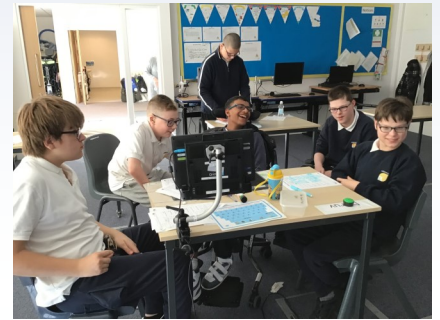
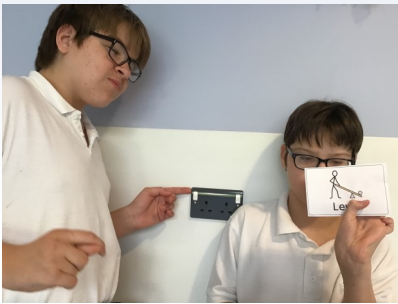




# Photo Page — 'Zoom into Brilliant Bits'









<https://www.childnet.com/ufiles/Let's-talk-about-life-online.pdf>

## Let's talk about life online

Advice and conversation starters for  
supporting your child to stay safe online



Co-financed by the European Union  
Connecting Europe Facility

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Childnet International is registered as a charity in the UK no. 1080173  
[www.childnet.com](http://www.childnet.com)

V.07.19



<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>

## Report Remove

Childline has launched 'Report Remove', a service that allows children and young people under 18 to report and get removed from the internet, a nude image or video of themselves that might have been shared online. The webpage also includes links to services and information offering emotional and safeguarding support.

**Childline | Report Remove: Remove a nude image shared online**



Nude image of you online?  
We can help take it down.

On Friday **15th October** at 10am - 12, **Herts Mind Network** will be delivering their first **Spot the Signs – Youth Suicide Prevention Training for Parents, Carers and Family Members**.

The aim of this training is to help parents, carers and family members to recognise when their young people are experiencing suicidal thoughts and provide next steps support, along with practical advice, information and signposting.

If you are a parent, carer or family member over 18 and living or working in Hertfordshire, please visit the following links for more information and to sign-up for your FREE space:

<https://www.hertsmindnetworkcyp.org/training-workshops/spot-the-signs-emotionalwellbeing/spot-the-signs-youth-suicide-prevention-parents-carers-family-members/>

<https://www.eventbrite.co.uk/e/spot-the-signs-youth-suicide-prevention-course-for-parentsfamilies-tickets-173551135117>



## Suicide Intervention training



**For frontline staff, professionals & volunteers in Hertfordshire**

- Improve knowledge and understanding of suicide
- Increase awareness of myths, facts and stigma surrounding suicide
- Understand the magnitude of suicide, and identify higher risk groups
- Recognise risk factors and warning signs for suicide
- Understand how the COVID-19 pandemic has changed risk and suicide presentation
- Recognise the wider impact of suicide
- Identify effective risk assessing skills
- Build skill and confidence in responding to and supporting someone in suicide crisis, both short and longer term
- Understand how to implement effective practical support for someone in suicide crisis
- Recognise protective factors and their importance to recovery and support
- Understand how and where to signpost individuals to appropriate help



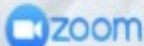


This CPD-accredited training meets the Health Education England Self-Harm & Suicide Prevention Competency Framework for Community and Public health requirements



Funded by **Hertfordshire** Delivered by **Harmless**

**For more information or to book a place:**  
**[harmless.eventbrite.co.uk](https://harmless.eventbrite.co.uk)**

 [training@harmless.org.uk](mailto:training@harmless.org.uk)  0115 880 0281



## Suicide Intervention training

### November 2021




**For frontline staff, professionals & volunteers in Hertfordshire**

Wednesday 3<sup>rd</sup> November, 12:30-16:30,  
via Zoom


Monday 15<sup>th</sup> November, 09:00-13:00,  
via Zoom

Thursday 25<sup>th</sup> November, 09:00-13:00,  
via Zoom

Monday 29<sup>th</sup> November, 09:00-13:00,  
via Zoom



**For more information or to book a place:**  
**[harmless.eventbrite.co.uk](https://harmless.eventbrite.co.uk)**

 [training@harmless.org.uk](mailto:training@harmless.org.uk)  0115 880 0281



# AUTUMN HALF TERM



## YOUTH

### Tuesday 26th October

Light Art project and pizza lunch | Phoenix - 1pm - 4.30pm - FREE

### Wednesday 27th October

Introduction to British Sign Language followed by teaching BSL to the community.  
(If you are a BSL user, please come along and help to teach) | Phoenix | 1.30pm - 4pm | FREE

Fire station visit and advice about home safety | Stevenage - 10.30am - FREE

### Thursday 28th October

Ninja Warrior Experience | Watford - 1.30pm - 3.30pm - £7

## PHOENIX PLUS

### Monday 25th October

Cooking | Phoenix Centre - 1.30pm - 4pm - FREE

### Wednesday 27th October

Fire station visit and advice about home safety | Stevenage - 10.30am - FREE

### Thursday 28th October

Ninja Warrior Experience | Watford - 1.30pm - 3.30pm - £7



## FULL DETAILS ON OUR WEBSITE

**Email:** [info@phoenixgroup.org.uk](mailto:info@phoenixgroup.org.uk) **Text:** 07748 690989

**Book Online:** [www.phoenixgroup.org.uk](http://www.phoenixgroup.org.uk)



COMMUNITY  
FUND



THE  
CHILDWICK  
TRUST

## AUTUMN TERM 2021

## WORKSHOPS /COURSES

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](mailto:training@spaceherts.org.uk) or check Eventbrite & our FB pages

*All workshops and courses are subject to change, correct at*





Learning in the community for Hertfordshire residents aged 19+

# Free Autumn Short courses\*



## What's Your Goal?

Waltham Cross, 2-week course, starts  
Monday 11th Oct, 12.30 to 2.30pm



## Understanding Your Mind

Online, 2-week course, starts  
Wednesday 13th Oct, 10am - 12pm



## Mindfulness at Work

(\*This has a £15 cost)

Online, 5-week course, starts  
Monday 1st November 6pm to 8pm



## Photography for Beginners

Online, 2-week course, starts  
Tuesday 12th Oct, 10am to 12pm



## 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](http://www.step2skills.org.uk/courses)**

# STEP SKILLS

PREPARE FOR SUCCESS IN HERTS



[www.step2skills.org.uk](http://www.step2skills.org.uk)

Tel 01992 556194

**Gain the grades**



Open up  
new job  
possibilities!

STEP SKILLS  
PREPARE FOR SUCCESS IN HERTS

## 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**







## Parent Network

### 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](mailto: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.co.uk



@familiesinfocus



@FiFHerts

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)



### 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\*

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Lava lamps and volcanoes  Tag rugby	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 holiday club also includes					
Arts and craft	Science	Dancing	Face painting	Board games	Book corner
Group games	Cooking	Roleplay	Multi sports	Drawing	Small world play
Sewing	Outdoor play	Lego challenges	Construction	Loom bands	Potion making

Any questions please do not hesitate to contact us at:

[Enquiries@brighterdayskidsclub.co.uk](mailto:Enquiries@brighterdayskidsclub.co.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 \(19:30 – 20:30\)](#)

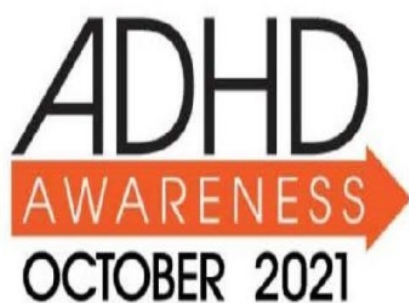
**EHC Needs Assessments part 3** - Assessment Feedback / EHCP Planning meeting and beyond

[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](http://www.hertsparentcarers.org.uk/webinars)







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## 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/the-hertfordshire-local-offer.aspx>



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/>



Home | Press | Work for us



Email us for support  
askus@familylives.org.uk

 Helpline  
0808 800 2222

Search Family Lives

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



# 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!