



Information and Dates for your Diary

Please see below some diary dates for you:

In-school Christmas Fair 10th December 2021

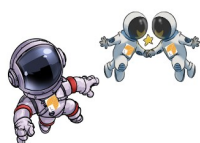
End of Term 17th December 2021

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



Everyone returned refreshed from their half-term breaks. Pupils and staff enjoyed the autumn sunshine, and a lot of lessons took place outdoors. On Friday all classes had an assembly to find out how to apply for the 'job' of a Prefect (Head Boy/Girl/Person) and which responsibilities a pupil in this role may have. Our Head teacher is advertising to recruit for the role and has received first applications. Pupils can apply until the end of next week, after which successful applicants will be shortlisted. They will go through an interview process and face questions from all classes in assembly later this month.

In other news, all classes are busy creating their artwork for our upcoming 'Underpass Project', and three pupils went to Stevenage Museum this week to represent our school in the Stevenage 'Co-Create' project. And last but not least, you can find out below about the latest House results.

You may have been aware that in PE lessons last half term your class took part in the House Boccia competition. Results are as follows:

4th place with 897 points - **Yellow** house
3rd Place with 1037 points - **Blue** house
2nd place with 1116 points - **Green** house
1st place with 1371 points - **Red** house.

Many [congratulations](#) to all those who took part and especially those students in the Red house!



Primary News



Dolphin Class:

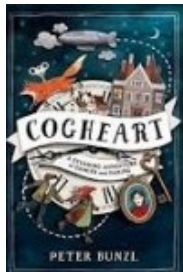
It has been lovely to see everyone back this week. We have started to learn about our senses and used them in a range of ways. We have explored colouring water, mixing it and adding sequins, glitter or foam. We have used chalk and paint to create firework pictures and counted our fingers on hand-prints. We have worked hard on listening skills in our phonics sessions, playing a range of sound games. In PE we listened and moved to music and played musical statues. The children enjoyed making scented playdough. They have explored playing both inside and out.

Bumblebee Class:

This week in the Bumblebee class we started our new PBL topic 'My Imaginary Planet'. We began the project by exploring 2D and 3D shapes and understanding what shape our planets are. We then designed our own rocket to take us to our imaginary planet, and made sure we had all of our favourite things in our rockets too. In Art we made firework paintings and in cooking we made chocolate covered apples for bonfire night.

Owl Class: The children have been learning about the Earth in space. They listened to a story read from the International Space Station and looked at video of the Earth from space. They identified the sea, land, ice and cloud and then painted paper plates using these colours to look like the Earth. The children visited their peers's homes by zooming in from Google Earth to street view. In Cooking the children made coconut burfi and learned about Diwali. They danced to firework music in PE and composed their own class firework music in Music, taking turns to be the conductor.

Koala Class: In Literacy we looked at what makes an address, ready for writing letters to Santa. In Numeracy we worked on number recognition and temperature. In Topic we learnt about how the Moon, Earth and Sun move around one another. In Life Skills we 'went shopping' for snacks and litter-picked. In Forest School we created natural rangoli patterns with Sea Turtles. In Cooking we developed our cutting skills by making fruit kebabs. We enjoyed acting out the story of Guy Fawkes in PSHCE.



Secondary News



Wombat Class: We have had an enjoyable week back in school. We have continued to read our class book, *The Boy who Grew Dragons*, and this week we designed and described our own dragon. The students created some fabulous dragons! In Life Skills we learnt about the different appliances that can be found in the home and how to use them safely. We also started our new topic in Science—Nutrition—and we reminded ourselves what was needed to stay healthy. In PE we practiced the first round activity for the National Boccia Competition. This was very tricky, but we persevered! In Maths this week, we've been discovering sequences of colours and shapes, and we created our own sequences using coloured blocks. This half term in Gardening, we will be planting cress seeds, watering them and watching them grow. We will also be planting garlic and rhubarb in our raised flower beds. We are looking forward to making grass heads this half term too. This half term in K@U we will be learn-

Hippopotamus Class:

It's been another fun week back at Lonsdale for the Hippopotamus Class. After sharing stories about the half term break, the class set to work on some Maths, looking at rounding numbers to the nearest 10, 100 and 1000. In Geography, we've been learning about the town of Whitby, including where it is and how it compares with Stevenage. The class developed their map-reading skills by finding different points of interest. In Science this week, we began the theme of forces with an overview of what we already know, before doing some specific work on gravity and Isaac Newton, measuring the mass and weight of objects. In Computing, we've started to learn the programming language Logo, and we've used it to begin drawing shapes. In other news, we've started reading the book '*Cogheart*' by Peter Bunzl as a class, it's very exciting so far!

Sea Turtle Class: We have had an excellent first week back to school. In K&U, we continued to learn about the continents, with each student doing some research about one particular continent. In Cooking, we made some lovely-smelling shepherd's pies! In Science, we started our new topic about being healthy, and we discussed ways that we can look after ourselves. The students then did a group task deciding if certain things lead to a healthy or not-so-healthy life. In PE, we played Boccia followed by some basketball. In Maths, students did a mixture of things including multiplication, division and work on number bonds. On Wednesday afternoon, we all enjoyed going to the woods to find natural materials to create a Rangoli pattern as Diwali, the Festival of Light, took place on Thursday. We also learnt a bit more about this Thursday afternoon and created some more Rangoli or Henna patterns. In Creative, the class did some Drama. As well as all of this, we did lots of walking, standing and reading!

Vaquita Class:

This one is a bit of a retrospective as I wanted to share the spooky Halloween group shot and the class looking really 'sciency' as they completed their traffic light projects.



Gorilla Class:

Gorilla class have enjoyed being back at school this week. They've had fun reading the next two chapters of '*The boy who grew dragons*'. They had to describe what their dragon and a dragon plant looked like using adjectives and create a picture. We planted cress seeds and will enjoy watering them and watching them grow. These will be sent home once grown, and you can enjoy egg and cress sandwiches. Lots of fun was had making shepherd's pie. We practised our Gorilla Class song in Music Therapy and explored making lots of different sounds using various instruments. We learnt about Diwali and made Diwali-style patterns in our Maths lesson. In Forest Schools this week, we created Diwali patterns using natural objects.

Tasmanian Devil Class:

Hope you all had a great Half-Term Break? This week in Science we have started to explore the 'Digestive System' and what happens to food when we eat—its journey in our body and where it goes from the mouth into waste. In K&U we have been looking at 'Weather and Climates'. What is the difference between weathers and climates, and what countries have different weathers and climates and why. In Maths, we have had a cracking start learning Algebra—see if your child remembers the following $2b+2b=$ $3a+3B+6a=$. In ICT we have looked into how animation was first created by Walt Disney and replicated our own flip cartoons.



Upper School News



Elephant Class: We've been focused on Life Skills this week in Maths and PSHCE. In Maths, we practised making phone calls. The students were comparing phone numbers and typing them on phones. In PSHCE the students focused on cleaning and what different products were useful for cleaning different items. In English the students have been developing their reading skills and are really getting to grips with 'How to Train your Dragon'. We have also started orienteering, where we were moving around the playground spotting different things using maps.



Lynx Class:

In 'The boy who biked the world', our adventurer Tom is trying to make a list of things to take with him around the world and can't understand why his sister Lucy thinks it's hilarious that he's planning to take his computer. In Maths we have been practising using money in a café and working out how much things cost. In Outdoor Learning we went up to the woods to collect wood to make log reindeer and snowmen to sell at the Christmas Fair, and in K&U we finished our fact files about Paralympian's and put these up on display. During our ASDAN lessons, we started to identify the basic needs of a baby and were shocked to find out how much essential equipment like a pram costs.

Panda Class:

In English we are developing our creative writing by writing a story about our half-term. We finished our underpass display as part of K&U. In Maths and Science we have been revising our learning by creating quizzes for our peer group to answer, demonstrating our progress in learning. In Drama we have been rehearsing our monologues for performance, developing our performance skills and character development, using Stanislavski's rehearsal techniques. As part of 'Community Action' we have started to plan the Memorial Garden. We will be supporting the building of the garden.

Lunchtime News from our MSAs

Some lunchtime clubs continued to run this week in South and North Bubbles. Pupils enjoyed various activities like listening to music, socialising outdoors and talking to friends, colouring, sharing games and films during their lunchtimes. Some pupils explored the new orienteering course, which was set up in the North-side playground last half term.



REP News

The first week in REP after the half term was quite exciting for students and staff. Continuing with the REP timetable that started on 6th September 2021 had a positive impact on students. The week went by with students participating in a variety of activities such as swimming, music therapy, movie nights and games.



Governors News



Welcome back from our Governors!

The different Governing Boards will meet next week to look at the school's development, curriculum, safeguarding, wellbeing, finances and resources. They will hold virtual meetings and are looking forward to welcoming some teachers and other members of the school staff to their meetings to present about the latest developments in their responsibility areas.

Photo Page — 'Zoom into Brilliant Bits'

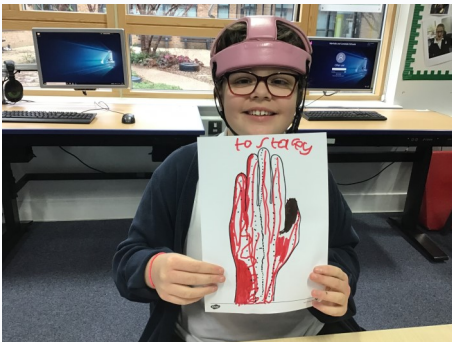
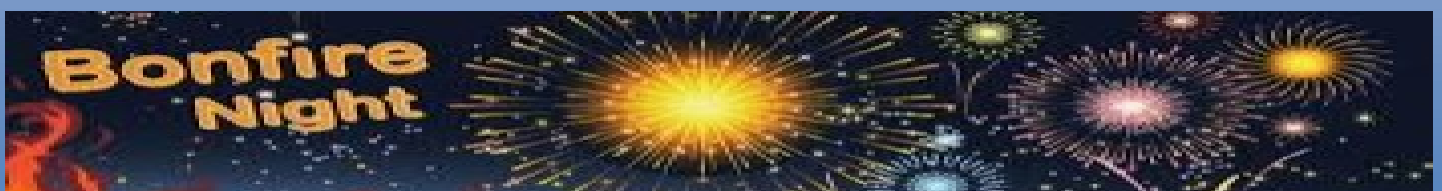
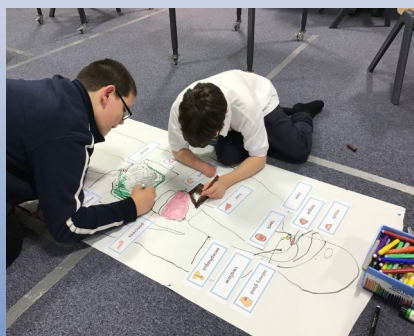
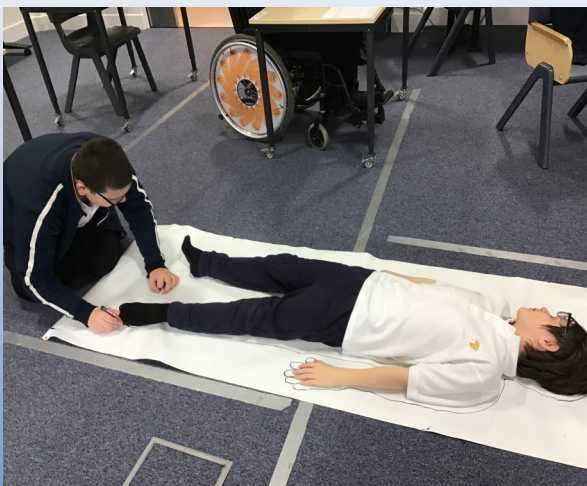
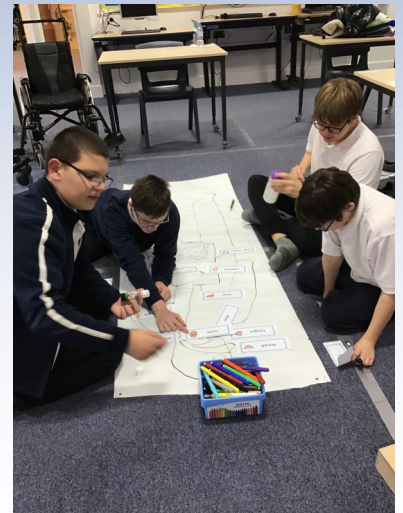
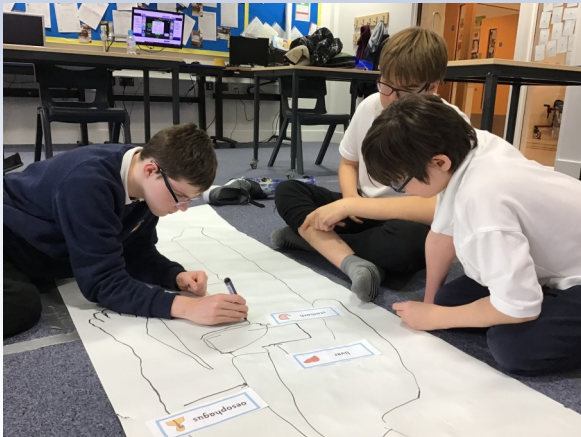


Photo Page — 'Zoom into Brilliant Bits'



Hertfordshire & Area FASD Support Network

For those who are affected by, caring for or educating someone with diagnosed or suspected Foetal Alcohol Spectrum Disorder caused by exposure to alcohol in utero

Support Group

The support group meets bimonthly. It has been suspended due to COVID but it will be starting up again soon.

FASD Club

The FASD Club meets alongside the Support Group meetings.



Coffee and Chat

We have regular coffee mornings. These have resumed and are currently taking place at Bridget's Cafe, The Priory, High Street, Ware, Herts, SG12 9AL.

Drop ins & phone support

Can be arranged on an individual basis.

Available for talks & training

RSVP

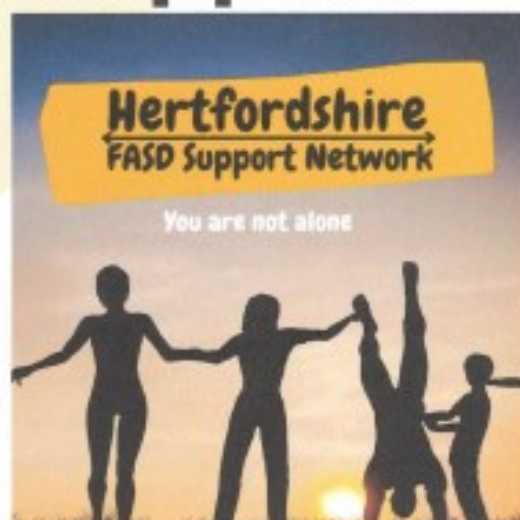
EastHerts.FASDFamilies@gmail.com

Web: ehertsfasd.wordpress.com

Facebook: HertsFASD

Twitter: @EastFASD

You're not alone



For online support: FASD UK Facebook group:
<https://www.facebook.com/groups/FASDUK/>

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 or check Eventbrite & our FB pages

All workshops and courses are subject to change, correct at

SEND families



SEND DROP IN

3rd Monday in every month – 10.00 – 11.30am

Bedwell Family Centre, Unit 2-3 Bedwell Park, Stevenage, SG1 1NB

FREE bookable session

SESSION DETAILS

Are you a Parent of a Child with Special Needs?

If so you will be very welcome to attend our SEND Drop In. You will have an opportunity to discuss any concerns you may have, find out information about local support groups, meet other families. Your child does not need to have had a formal diagnosis

We can provide a friendly ear and a safe space to talk.

Children are welcome to attend with you or you can attend on your own. Children are welcome, no diagnosis needed.

HOW TO BOOK

Log onto our Eventbrite page
to book your place
<https://barnardos-stevenage.eventbrite.co.uk>

MORE INFORMATION

hertsfamilycentres.org Call us
on: 0300 123 7572



Hertfordshire
Family Centre
Service

On behalf of



Delivered by



TALKING ASD & ADHD WORKSHOP: STAYING SAFE ONLINE

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



Tuesday
16th November 2021
9.30 - 11.30am

We will help you to learn about:

How your child's diagnosis increases vulnerability online.

What you can do to support any difficulties with online behaviour.

Recognising when something is wrong.

Managing difficult conversations with confidence.

Setting and maintaining boundaries for online use.

Teaching your child to develop their own methods of regulating internet use and staying safe.

Where to access further help and support, both locally and nationally.

"A tricky subject, really well explained. Thank you."

"The best Zoom experience I have had so far!"

An online parenting workshop delivered to your home via Zoom

Full details on how to access and use this will be offered. 

Open to parents and carers across Hertfordshire

Pre-booking essential via Eventbrite

[Talking ASD and ADHD: Staying safe online. For parents/carers in Herts. Registration, Tue 16 Nov 2021 at 09:30 | Eventbrite](#)

Or contact Supporting Links
QUOTING REFERENCE SL424

01442 300185

info@supportinglinks.co.uk

www.supportinglinks.co.uk

Follow on:



This workshop is provided free to parents by Hertfordshire County Council



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



Contactline

 **01992 588574**
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**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.



ISL Integrated Services for Learning
working together locally

SEND Advice for Parents/Carers

Helpful SEND advice lines for Parents and Carers

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

* also available to schools, settings and professionals

Lateral Flow Testing at Lonsdale

Up to one third of people who have coronavirus experience no symptoms. By testing, we will help to stop the virus spread and help to keep our school open as safely as possible. Testing is voluntary, but we as a school would encourage everyone to test regularly.

Households, childcare and/or support bubbles who have children/adults that attend/work at schools can pick up home testing kits from local test sites or request home test kits to be delivered by visiting <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>.

Lateral Flow Tests are preferably conducted up to twice a week with a minimum of 3 days and a maximum of 5 days between each test. If you would like to home-test your child, please test Sunday and Wednesday evenings so that results of these tests are ready prior to Monday and Thursday mornings.

All results from LFT need to be reported to the NHS, and this can be done by visiting the following website: <https://www.gov.uk/report-covid19-result>.

Reporting results to school is no longer required.

If you need more LFT test kits, have any questions and/or queries related to LFT, please contact Andrew Perrett at aperrett@lonsdale.herts.sch.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**.

Screenshot any nasty messages.

My privacy settings.

Avoid talking to them any further.

Report the incident on whatever site you are using.

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

How to cope with the effects of Cyberbullying

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

When to tell the Police

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

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

safe4me

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



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



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

ALL SORTS OF THINGS...

BUMBLEBEES

DOLPHINS

ELEPHANTS

GORILLAS

HIPPOS

KOALAS

LYNX

OWLS

PANDAS

SEA TURTLES

TASMANIAN DEVILS

VAQUITAS

WOMBATS

JOIN THE SPRING WATCH!