



Information and Dates for your Diary

Please see below some diary dates for you:

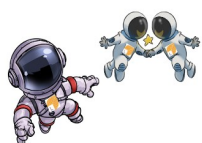
Just Talk and Anti-Bullying Week—w/c 15th November 2021

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.

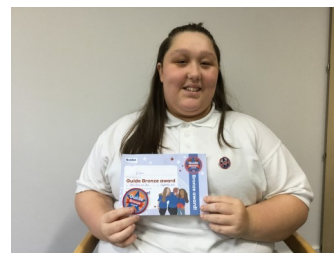


Whole-School News



Congratulations to Eden, who achieved her Bronze Guides Award!

This week, a number of pupils applied for the role of Prefects, formerly known as Head Boy/ Girl). There were some really strong applications, and Mrs Ottridge has shortlisted. There will be a whole-school assembly on Monday, where all candidates face questions from the school community!



Next week will focus on wellbeing and anti-bullying. We will join in Hertfordshire's 'Just Talk Week' to explore five ways to wellbeing as well as working on themes and topics around friendships, relationships and respect. 'One Kind Word' is the theme of this year's Anti-Bullying Week. Explore the links to find out more: <https://www.justtalkherts.org/news-and-campaigns/just-talk-week-2021.aspx> and <https://anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2021-one-kind-word>.



Primary News



Dolphin Class:

This week we have continued to work on our senses. The children have particularly enjoyed using their sight to explore light, shadow and colour with torches. We have explored how rainbows are made through light, and we painted our own rainbows, mixing colours to create new ones. The children made their own senses book, matching the sense to the body part and made a mobile using old CDs to hang and reflect light. We have worked hard in Phonics, learning to hear and make initial sounds of words. In Cooking we made rainbow biscuits.

Bumblebee Class: This week in the Bumblebee Class we have continued our PBL topic 'Our Imaginary Planet'. We started the week by exploring shape and chose which shape we wanted our planets to be. Next we created a class rocket to send us to our imaginary planet and launched these to space. The Bumblebees really enjoyed launching the rockets and found it very exciting. In Number we matched pairs and explored colour. In Cooking we made galaxy biscuits, and in PE we continued to explore how we can move different parts of our bodies.

Owl Class: This week the children have been listening to the story 'Whatever Next!' by Jill Murphy. The children used props to retell the story and used their imagination to think of other adventures for Baby Bear. Next week they will be using their ideas to write a class story. In Art the children decorated bottles to make their own rockets, and then we used the class rocket for a science experiment to make it take off. In Music and PE the children explored various styles of music to create a dance on the moon. They designed their own dance to match the music. In Cooking the children practised their sandwich-making skills and discussed shapes they made.

Koala Class:

In Literacy we researched toys we would like for Christmas. In Numeracy we worked on addition skills and temperature. In Topic we learnt about how the sun affects our day and night. In Life Skills we practised our bandaging skills to help someone who is bleeding. In Cooking we developed our independence skills by making fork biscuits. We enjoyed making nature exhibitions with Sea Turtles and Wombats in TaskMaster.



Secondary News



Wombat Class:

In English this week, we had fun discussing what we thought dragons might like to eat and then designing a dragon menu for a café. The students came up with items such as volcano soda pop, mosquito soup and gumdrop pie! We made a start on practising the Boccia challenges for the National Virtual Boccia competition in PE this week. In Life Skills the students helped to sort the washing into light and dark piles. Maybe you can encourage them to support you with this chore at home? In Creative the class have made a start on the large wombat for the underpass display. They are using dried food to create aboriginal patterns which will then be cut into a wombat shape. In Maths this week, the class continued their work on patterns, this time creating patterns and sequences using shells.

Hippopotamus Class:

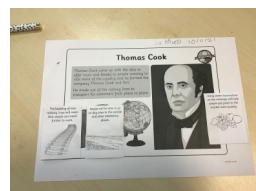
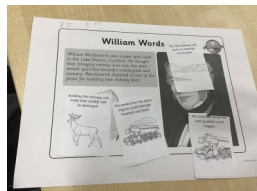
This week, the Hippo Class have continued their work on rounding numbers to the nearest 10, 100 and 1000 in Maths, as well as having a go at rounding to the nearest whole number. We had a break from the rounding on Thursday's Maths lesson though, to complete some Remembrance-themed Maths work instead. In Science this week, the class attempted to repeat Galileo's experiment by dropping two objects that were the same size and shape but with different masses to see if one of them dropped faster. We didn't have quite the same results – perhaps we're just missing the Leaning Tower of Pisa. In Geography this week, we continued our work comparing Stevenage to the town of Whitby, and in Computing, we programmed some squares and rectangles using Turtle Logo.

Sea Turtle Class:

In K&U this week, the students drew maps of their bedrooms. In English they did some work on phonics. In Cooking, they made a lovely-smelling camembert and vegetable pie! In Science, we learnt about the different food groups, discussing which foods fall into which food group. In PE, we practiced some Boccia challenges for a national virtual competition, and in Maths, the students did some Education City tasks and worked on individual skills including times tables, 'one more, one less', and counting in 2's, 5's and 10's. In Forest Schools, we made some 'orange bird feeders', which the birds will love. In Creative we started to make our turtle out of recycled plastic for the underpass project. On Thursday afternoon, we learnt about Remembrance Day and did some artwork related to poppies. We also hung the bird feeders we made the day before on the trees in our courtyard.

Vaquita Class: Some highlights of the week:

Pupils worked in pairs (History) to decide if some impacts of the railways in the 19th Century were positive or negative and then applied these to the points of view of some key historic people (engineers, poets etc.) Some pupils attended an exciting activity at the Museum. Meanwhile the rest of the class got 'sciency' with microscopes...



Gorilla Class:

This week the children have been getting stuck in with lots of hands-on activities. They enjoyed making camembert and vegetable pies, which by the way were very tasty. In English the children had to design a food menu for the dragon in the story. In K&U we learnt all about Remembrance Day and made poppies to take home. In Art we enjoyed making firework pictures using toilet rolls and paint. It was lots of fun making rangoli patterns in Maths, using powder paint and glue. In Forest Schools we used fallen leaves to create woodland animal masks.

Tasmanian Devil Class:

Wow, another week has flown by! In K&U, we have been looking at how weather stations and scientists can predict the weather with different types of equipment measuring the wind, rain, sun and pressure. Then we created our weather station and collated some data. In Science, we have been looking at the roles and responsibilities of each section in the digestive system and learnt how food enters the mouth and where the waste goes with some fantastic demonstrations. In Maths, we are consolidating our learning on Algebra, and in Creative, we have made excellent progress in our underpass project. Well done!



Upper School News



Elephant Class:

This week Elephant Class have continued their focus on phone numbers and phone calls in Maths, making calls and discussing how to call the emergency services.

In English they have been writing sentences and working hard to extend their ideas.

In PSHCE they have been delving into the environment and explored how to look after our world, and in Outdoor Learning they have been looking at the changes which autumn brings. A brilliant week for Elephants!

Lynx Class: In our Creative lessons we have been working hard to complete our underpass art based on our class name. We also enjoyed cutting up some of the wood that we collected last week so that we can start making our log reindeer and snowmen. In English we used conjunctions to join simple sentences together to form compound ones. In Maths we have been developing our ability to add sums of money together and to calculate change, choosing which coins or notes we would use for this. We also enjoyed learning a little bit about climate change, and this is a topic that we'll continue to study until Christmas.

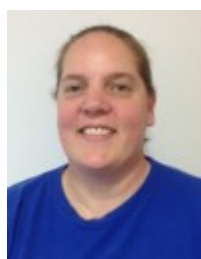


Panda Class:

In English this week, we watched some sample videos of the Speaking and Listening element of our qualification and had to grade the candidates using the grading criteria. It was very useful in helping us understand what is required. In Science we are learning to balance Chemistry equations, which we found quite challenging. In PHSCE/RSE (ASDAN 'Parenting Awareness') we have been learning about the stages of Foetal development and watched 'One Born Every Minute' for homework. We continue to make the school calendar for the Christmas sales and are developing ideas for the memorial garden.

Lunchtime News from our MSAs

Pupils enjoyed the lunchtime clubs on offer. Not all clubs were able to run this week. Quite a few secondary pupils played football together, whilst primary pupils spent time playing games and dancing in the playground. More and more pupils started to go for walks at lunchtime, enjoying the autumn colours and chatting with their friends along the way.



Governors News



I was in school again this week for work, and I just have to feed-back to you that, once again, I had a really wonderful visit with our pupils. I met with some of the leavers on Wednesday, and they are all so well-informed, have thought hard and carefully about their plans and are keen to find out more and start putting those ideas in motion. As well as the leavers, I also stopped and caught up with some of the other pupils during break and at the printer! They are all so friendly; asking how I was and how my day was, asking if I would like to go through doorways or use the printer before them, and telling me about the things they were up to with much enthusiasm. As ever, the pupils were an absolute pleasure to spend time with, and are credit to their school community and their families and supporters. Thank you all for such a lovely visiting experience ! Anna Drury, Lonsdale Governor

Photo Page — 'Zoom into Brilliant Bits'

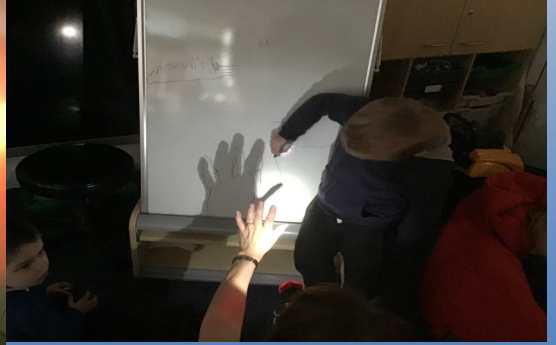
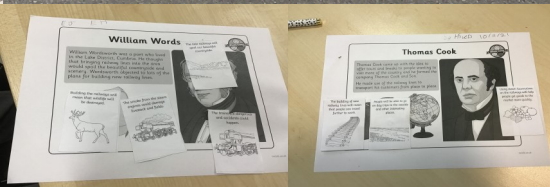
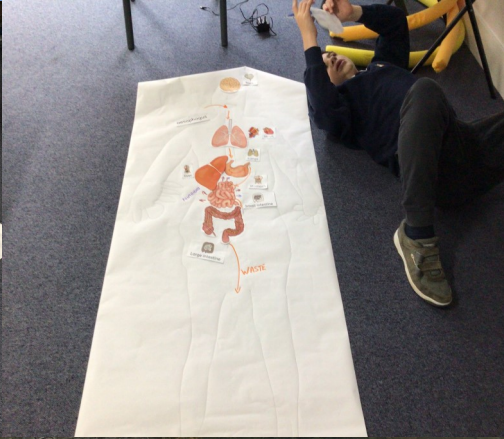


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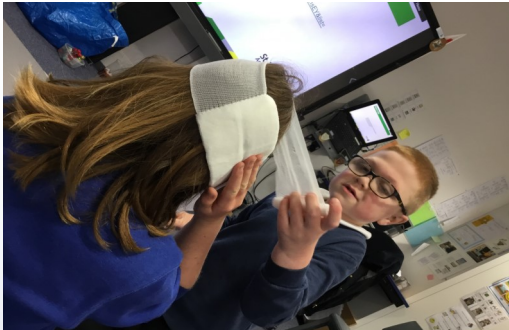
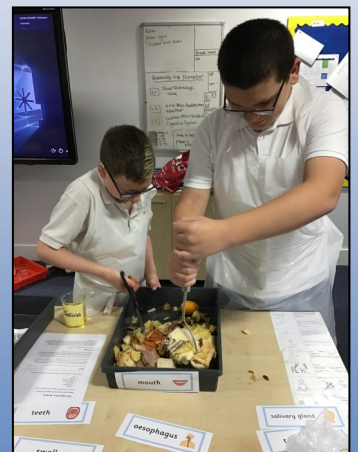
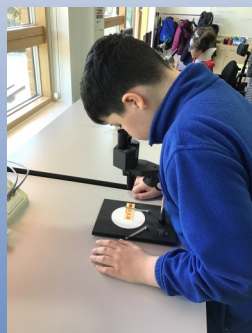
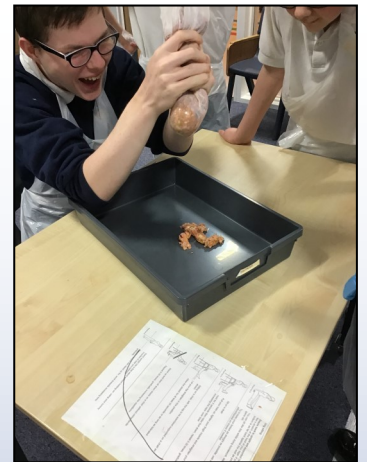
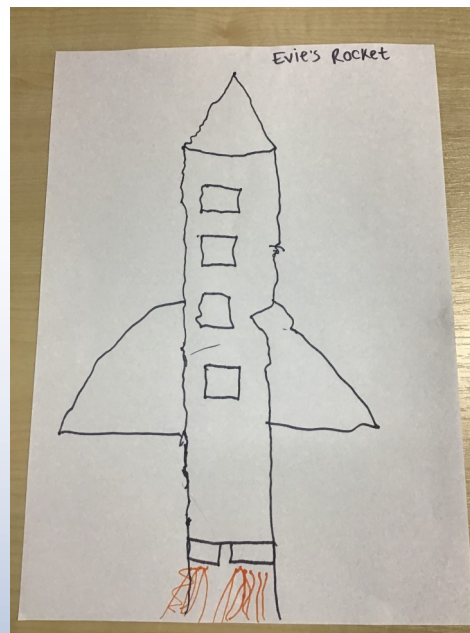
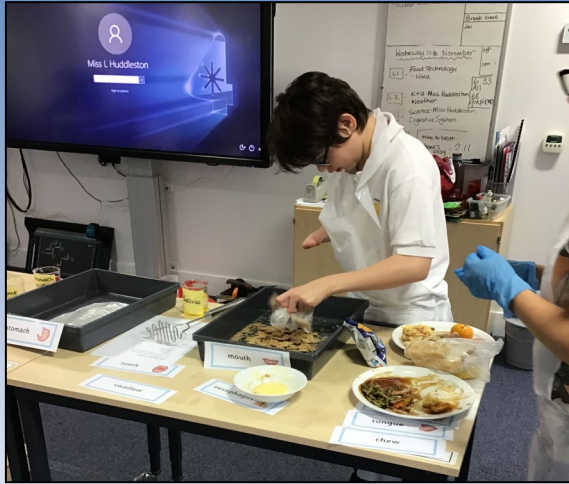


Photo Page — 'Zoom into Brilliant Bits'



#JUSTTALK



Mental health and wellbeing information for parents and carers in Hertfordshire



"It's okay to not be okay"



"Talking shows strength"

Information for parents and carers of children and young people. We all have mental health, and there are things all of us can do to help look after our own wellbeing and mental health, and to support those around us.

Hertfordshire's Just Talk website: www.justtalkherts.org is a central hub of information and resources for parents, carers and young people in Hertfordshire, to help children and young people improve their emotional wellbeing, build their resilience and develop positive coping strategies. It also has details of other organisations who can help if parents, carers, children and young people are struggling:

www.justtalkherts.org

[Five Ways to Wellbeing e-learning](#)

[Facebook: JustTalkHerts](#)

[Instagram: @JustTalkHerts](#)

[Twitter: @JustTalkHerts](#)

www.mindedforfamilies.org.uk is a national website for quality assured and free e-learning about young people's mental health and wellbeing.



Spot the Signs – Youth Suicide Prevention Training (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 link for more information and to sign-up for your FREE space:

www.hertsmindnetworkcyp.org/training-workshops/spot-the-signs-emotional-wellbeing/spot-the-signs-youth-suicide-prevention-parents-carers-family-members

**For further information about the training, please contact:
Jess Whittaker – jessica.whittaker@hertsmindnetwork.org**

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

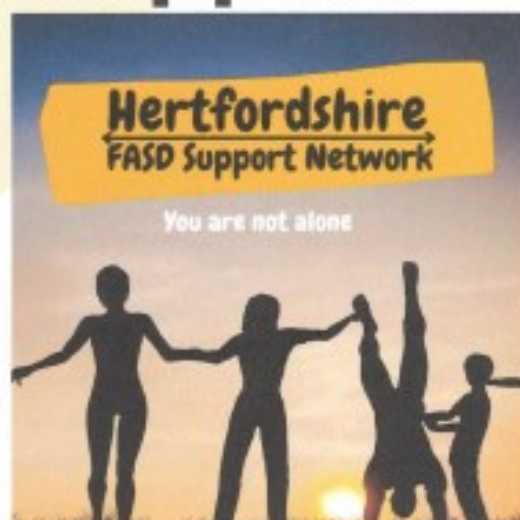
EastHerts.FASDFamilies@gmail.com

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

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS

REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

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!