



### Information and Dates for your Diary

Please see below some diary dates for you:

Occasional Jubilee Day—school closed— Friday 3rd December 2021

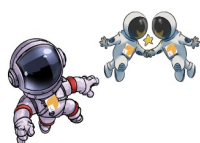
In-School Christmas Fair 10th December 2021

School Christmas Dinner 16th 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



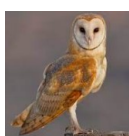
Let's start this week with a huge 'Congratulations' to our four elected School Prefects—Kyra, Oliver, Thomas, Aoife. And well done to all other pupils who applied, too!

This week, our classes got busy starting to plan and create their products to sell at the Christmas Fair. You will receive a leaflet next week to see the products which will be on sale. Thank you to all the families, who have started to send in donations for the raffle!

Some classes explored the colours of autumn this week. Look at this great photo of the trees outside the front of the school! It has turned much colder this week, too. We would like to remind you that a lot of sessions take place outside. So wrap up warm!



### Primary News



#### Dolphin Class:

This week we have continued the theme of personal hygiene using different senses. We have looked at how we need to keep clean, washing our bodies and clothes. We have listened to a range of books, including the 'Bathroom Boogie' and 'Oliver West get dressed'. The children have enjoyed role play, washing and dressing the dolls. They have worked on counting clothes, matching pairs of socks and matching patterned pyjamas in Maths. They have cut different clothes to dress teddy and used fine-motor skills with puzzles. In Art we attempted to use the bubbles to create pictures, but it didn't go as planned, the children found this very funny.

#### Bumblebee Class:

This week we have continued our PBL topic 'our imaginary planet'. In PBL the Bumblebees started to create their own planets using paper mache to create their chosen shape, then painting the planets and finally adding their finishing touches! In PE the children enjoyed copying a yoga routine and practised moving their bodies in different ways! The children explored shape in Maths and made houses, trains and a rocket out of different shapes. In Art the children have been creating their underpass project, and in Cooking they enjoyed trying new foods and making cheese straws.

**Owl Class:** This week the children have completed their PBL task—writing a class story and making a book. The children have collaborated in planning and writing a story over the last two weeks. They chose the pictures to illustrate their story. In PE the children made up a dance to their favourite space song and explored different ways aliens might greet each other. The children explored rocks in Science and found words to describe what they could see and feel. In Cooking the children made moon-rock cookies, and in Art they started painting for their Christmas Fair project.

#### Koala Class:

In Literacy we posted our letters to Father Christmas! In Numeracy we worked on number recognition and shape. In Topic we matched up planets and used a mini planetarium to see them in real life. In Life Skills we carried out a litter pick and made friendship bracelets. In Cooking we developed our independence skills by making popcorn. We enjoyed reading 'Stick Man' and hunting for sticks with Sea Turtles in Forest School.



## Secondary News



### Wombat Class:

We continue to read our class book in English, and this week we had to order words into sentences and add punctuation. We have been working hard in Creative lessons to get our Wombat complete and in our second English lesson we learnt lots of interesting facts about wombats to accompany the art work. In Science we started a new topic about sound, learning how sounds are made and that sound waves are invisible as they travel through the air to our ears. We went on a short walk around parts of the school to identify the different sounds that we could hear. We finished decorating our Hyacinth Bulb planters and sent them home as an early Christmas present for you! We hope that you continue to look after them and enjoy them when they bloom.

### Hippopotamus Class:

This week, the Hippopotamus Class have been learning about weight in their Maths lessons and converting between grams and kilograms as well as comparing different weights, solving problems and reading scales. In Science this week, the class finished off their work on air resistance with a good old-fashioned parachute contest. The class chose materials to construct their parachutes with before testing them from the REP balcony. In Geography this week, we learned the difference between human and physical geography, before comparing the human geography of our area with that of Whitby. Finally, in our Computing lesson this week, the class had a go at some different tasks from the hour of code website. If anyone would like to continue their learning at home, the website is: <https://code.org/learn>, there are lots of activities to have a go at.

### Sea Turtle Class:

Another busy week! In Science, we learnt about the effect of exercise on our health and our bodies. In English, the class worked on punctuation. In Cooking, they made some lovely looking fruit pies—which I am sure tasted lovely! In Geography, we did some more work about maps. We looked at the many different maps you can use and the students taught me how to use Google Earth! We had great fun roaming around the towns where we all live. The students then planned and created their own map of their ideal suburb. In Maths, we worked on measuring and money. In Creative, the class did some research about sea turtles as part of the underpass / subway project. In Science, we talked about how to keep our minds healthy and discussed the 5 ways to well-being (Learn, Connect, Give, Be Active and Take Notice). We had some really good discussions about what we do when we are worried.

### Vaquita Class:

English this week, has had a focus on writing skills. Pupils read a passage of a story and then had to write what happened next. They created some really imaginative sentences. Next they will check the work for spelling and punctuation accuracy etc. In Maths, the topic is money and we played a game of 'How rich is Fish?' - they had to guess how much cash I had in my purse (some were very generous!) We then counted out the amount in notes and change and totalled it up. In Science, pupils learned about the concept of Absolute Zero and used marbles to demonstrate how particles move when in a gas, liquid or solid state. We started a creative project, making 'hand trees' - pictures to follow as the paint took a long time to dry before being able to add the coloured leaves. Socially, all the pupils have enjoyed making the most of the dry weather, and are using the outside space at break and lunchtime. They have the use of Giant Jenga and Connect 4, as well their own playground games (red light, green light etc.). It is very pleasing to see how they can adapt to the current circumstances.

**Gorilla Class:** This week in Gorilla Class, the children have been matching in Maths and using Numicon pieces during the activities. In PSHCE the children learnt about equal opportunities and learnt about what equality means. In Gardening the children planted some garlic, which was a bit smelly but fun to do. In K&U we learnt about Lewis Hamilton and his life so far, with all that he has achieved. Our Music session was great fun. We made lots of noise singing and playing various musical instruments. Our new Science topic is 'Sound'. The class enjoyed a 'sound walk' around school listening out for and identifying a range of sounds. In English they have been working on a story about some children visiting the doctor and enjoyed engaging in some role play based in the waiting room at the doctor's surgery. We had a bright, crisp afternoon for orienteering and practised our basic concepts by looking for something circular, something taller than you etc.

### Tasmanian Devil Class:

Wow, what a chilly week it's been; We know this from venturing outside daily on cold frosty mornings to record our data from the weather stations we built. We now know how to read temperature in celsius, wind direction, cloud coverage, cloud colours and other important weather factors such as precipitation. In Science we have been looking at teeth - How important are they to keep our bodies healthy and can we compare them to animal teeth? Do we have the same teeth as a wolf for example? In PSHCE we have been learning about kind words - Stop, Think before we speak and how words can impact our feelings and links to bullying. We have in Maths discovered that we use halves, quarters and other fractions when cutting up PIZZA and CAKE without realising.





## Upper School News



### Elephant Class:

We have been measuring the classroom in elephants this week! After a very funny estimate that Mrs Rosenberg was 80cm tall...it turned out she's 160cm once measured! In English the students have been working hard on their spellings and comprehension, and in Art we have been getting excited about our Christmas Fair creations!

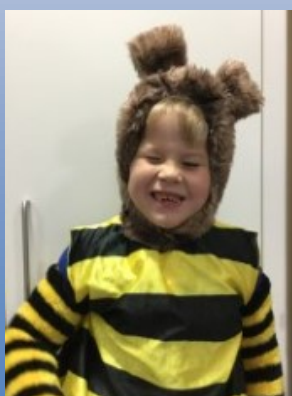
### Lynx Class:

In Cooking this week we made some lovely apple pies with cinnamon and other spices, we used scraps of pastry to cut out our initials or name to put on the top of the crust. In our Outdoor Learning we learned about signs and symbols and looked at the symbols on maps and their meanings. Then we practised giving each other directions around obstacles. Mrs Brown put a blindfold on, and we made her bump into lots of tables. In English we practised writing messages, postcards and emails to inform other people about changes and give information.

**Panda Class:** In English this week, we continued to practice for our Speaking and Listening element of our Functional Skills qualification, we also started the Comprehension element. In Maths we revised time. We learned how to balance equations in Chemistry, it was hard! For our 'Parenting Awareness' unit we learned about the demands of having a baby on new parents, focussing on emotionally and physical demands and how you might spot these. We are excited about having an electronic baby to look after. We are getting festive in Cooking making Apple and Cinnamon pies. In ICT we continue to learn about the two methods of coding.

## Lunchtime News from our MSAs

Our lunchtime clubs ran in Bubbles this week. Pupils enjoyed gardening and sports activities. Some pupils escaped the cold by joining the film club, and others put on their warm coats to take a walk in the autumn sunshine. The South Bubble took their music outside and kept warm with dancing!



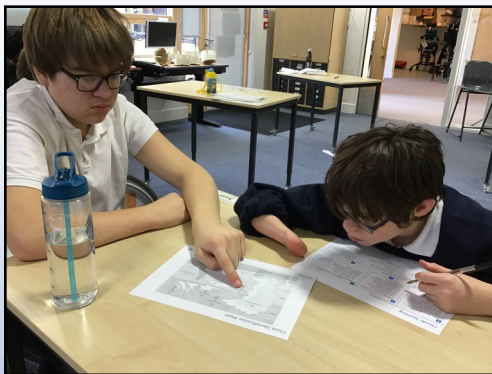
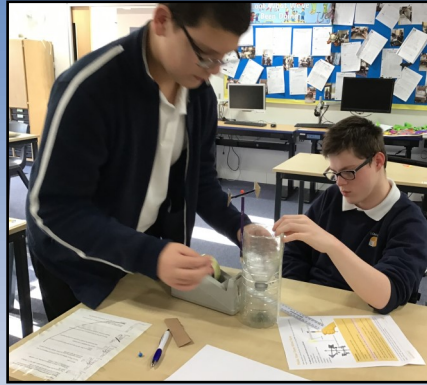
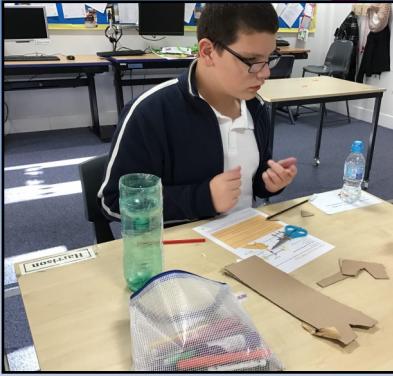


# Photo Page — 'Zoom into Brilliant Bits'





# Photo Page — 'Zoom into Brilliant Bits'





Click here to donate an instrument for free:

<https://www.electricumbrella.co.uk/1000>



## Help us secure 1,000 instruments!

**At Electric Umbrella we know that instruments are made to be played!**

After all, is there anything sadder for an instrument than sitting in the back of a cupboard gathering dust, unplayed, unloved?

That's why we've launched our new 1,000 Instruments Challenge.

If you have an instrument you no longer use, then we'd love you to send it to us as part of our campaign to secure 1,000 instruments before Christmas.

**Getting involved is easy - and it's completely free to send them to us!**

### **Sending us your instrument is easy!**



#### **1. Find it**

Look under the stairs or the back of the cupboard, and make sure it's in reasonable condition.

#### **2. Register it**

We ask you to register your instrument with us, because it allows us to claim gift aid on any sales.



#### **3. Post it**

When you register you'll get details of how to send it to us for **FREE** via your local post office!







# A PRODUCTION EXPLORING THE THEME OF BULLYING

AN ONLINE PRODUCTION

[www.theatre-online.co.uk](http://www.theatre-online.co.uk)

**Log in details will work until 30th November 2021:**

**OUR WEBSITE:** <https://www.theatre-online.com/watch-hope> or **VIMEO:** <https://vimeo.com/627218947>





# Club for children

**Stevenage Library**  
**Every Saturday for 5 weeks**  
**From 20 November until 18**  
**December 3-4pm**



Places limited - please book at the library



Suitable for children age 5- 12  
Children under 8 must be accompanied by an adult

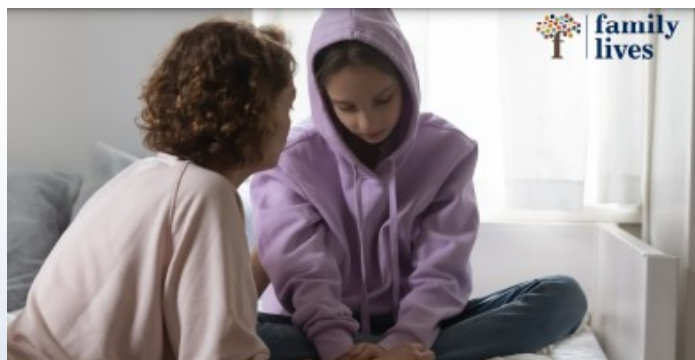
#HertsLibraryLego

Further details 0300 123 4049

[www.hertfordshire.gov.uk/legoclubs](http://www.hertfordshire.gov.uk/legoclubs)







## 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: Wednesday 26th January to 9th March**

**Time: 9.30am - 11.30am**

**For more information, contact Louise on 0204 522 8700 or 8701 or email [services@familylives.org.uk](mailto:services@familylives.org.uk)**

 Find us on Facebook @FamilyLivesHertsandBeds

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

We build better family lives together



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.



## 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: Thursday, 27th January to 10th March 2022**

**Time: 9.30am 11.30am**

**For more information, contact Louise on 0204 522 8700 or 8701 or email [services@familylives.org.uk](mailto:services@familylives.org.uk)**

 Find us on Facebook @FamilyLivesHertsandBeds

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

We build better family lives together



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.





Learning in the community for Hertfordshire residents aged 19+

## Free Winter Short courses

Formerly known as **HAFLS** Hertfordshire Adult Learning Foundation

Evening course option on many courses

**Festive Bunting - Knitting for Beginners**  
2-week course, two start dates;  
Tuesday 7th & 14th Dec, 9.45 - 11.45am (online)  
Thurs 9th & 16th Dec, 9.45 to 11.45am (Stevenage)

**Festive Paper Crafting**  
2-week course in Waltham Cross  
Thursday 25th Nov & 2nd Dec 1pm - 3pm

**Crochet for Beginners: Snowflakes**  
Online, 2-week course, two start dates;  
Tuesday 30th Nov, 7th Dec, 6pm to 8pm  
Thursday 9th, 16th Dec, 1 - 3pm (Waltham Cross)

**Understanding your Mind**  
Online, 2-week course, two start dates;  
Tuesday 23rd & 30th Nov, 10am to 12pm  
Monday 29th & 6th Dec, 6pm to 8pm

**Get to Grips with Google**  
2-week course, two start dates;  
Wednesday 24th Nov, 1st Dec, 6 to 8pm (online)  
Thursday 2nd, 9th Dec, 1 - 3pm (Stevenage)

**Intro to Customer Service**  
2-week online course, starts;  
Wednesday 1st Dec & 8th Dec, 6pm to 8pm

Book your place at [www.step2skills.org.uk/courses](http://www.step2skills.org.uk/courses)



## MATHS & ENGLISH COURSES

AVAILABLE HERE  
(PRICE - FREE)

WANT TO DO A MATHS OR ENGLISH COURSE?

## TALK TO US

NEED TO IMPROVE YOUR ENGLISH OR MATHS BUT DON'T KNOW WHERE TO START?

Come and have an informal chat with one of our friendly tutors who will be on-site (details below) and can help to identify the right course for you

### DATES

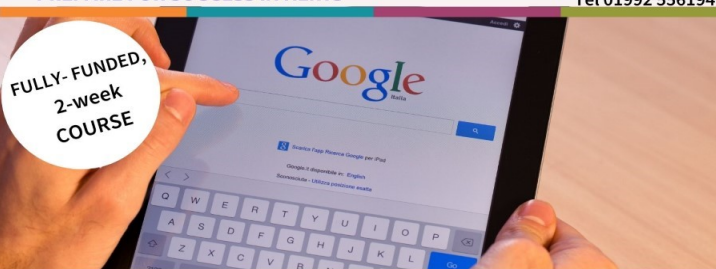
Mon - 29 Nov  
Tue - 30 Nov  
Mon - 06 Dec  
Tue - 07 Dec

### DROP-IN TIMES

12 - 3 PM  
9:30 - 12 PM  
12 - 3 PM  
9:30 - 12 PM

### LOCATION

Bedwell Community Centre  
Stevenage  
SG1 1NA



FULLY-FUNDED,  
2-week  
COURSE

Learning in the community for Hertfordshire residents aged 19+

## Get to grips with Google!

This 2 session, face-to-face workshop will help you access Google Classroom and use some of the Google Workspace apps that you need for your course. The workshop will develop your skills and knowledge in the following areas:

- Accessing and using your Google Classroom
- Using Google Meet for your live session
- Use Google Docs to produce leaflets, reports, assignments and collaborate with peers in real time
- Creating and using Google Forms
- Creating and using Google Jamboard



Thursday 2nd and 9th December  
| Bedwell Community Centre,  
Stevenage, SG1 1NA | 1pm - 3pm

Book your place at [www.step2skills.org.uk/courses](http://www.step2skills.org.uk/courses)



Learning in the community for Hertfordshire residents aged 19+

## January's Timetable

Formerly known as **HAFLS** Hertfordshire Adult Learning Foundation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Starts 10th Jan 10am-12pm <b>Writing for Pleasure &amp; Profit</b> Online, 5 weeks £15	Starts 1st Feb Tues & Thursdays 12.30pm-3.30pm <b>Level 2 Award for Business Administration</b> blended progression course - FREE	Starts 12th Jan 1pm-3pm <b>Family Mindfulness</b> Stevenage 5 weeks £15	Starts 13th Jan 10am-12pm <b>Sewing for Wellbeing - Advanced</b> Stevenage 5 weeks £15	Starts 14th Jan 10am-12pm <b>Social Media for Business</b> Online 5 weeks £15	Have a disability and looking for work? Our Supported Employment team can help
Starts 10th Jan 10am-12pm <b>Developing Resilience &amp; Self-esteem</b> Online, 5 weeks £15	Starts 10th Jan 1pm-3pm <b>Creative Writing</b> Online 5 weeks £15	Starts 12th Jan 4pm-6pm <b>Family Coding</b> Online 5 weeks £15	Starts 13th Jan 10am-12pm <b>Family Health</b> Online 5 weeks £15	Starts 5th Nov 10am-12pm <b>Succeed &amp; Get That Job: ESOL</b> Online 5 weeks £15	Unemployed? Visit <a href="http://www.step2skills.org.uk/BBO">www.step2skills.org.uk/BBO</a>
Starts 10th Jan 1pm-3pm <b>Getting Back into Work</b> - Online 5 weeks £15	Starts 10th Jan 1pm-3pm <b>Getting Back into Work</b> - Online 5 weeks £15	Starts 2nd Feb Wed & Fridays 9.15am-12.15pm <b>Level 2 Award for Business Administration</b> progression course - FREE	Starts 13th Jan 1pm-3pm <b>Digital Skills for Work: Advanced</b> Stevenage 5 weeks £15	Starts 13th Jan 1pm-3pm <b>Family Fortunes</b> Online 5 weeks £15	Accredited English & maths courses at various times on various days. visit our website at <a href="http://www.step2skills.org.uk/englishandmaths">www.step2skills.org.uk/englishandmaths</a>
Starts 31st Jan Mondays & Weds 6pm-9pm <b>Level 1 Award for Business Admin</b> FREE		Gain the grades			

Book your place at [www.step2skills.org.uk/courses](http://www.step2skills.org.uk/courses)



## 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*

SEND families



# SEND DROP IN

3<sup>rd</sup> 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](http://hertsfamilycentres.org) Call us  
on: 0300 123 7572



Hertfordshire  
Family Centre  
Service

On behalf of



Delivered by





**AARON & CARING**

**HERTS 2021**

**XMAS PARTY**

**WITH**

**THE AMAZING**

**DJ EXPLOSION**

**Friday 17th December 7.00-10.30pm at**

**The Shephall Centre:**

**Shephall Green, Stevenage**

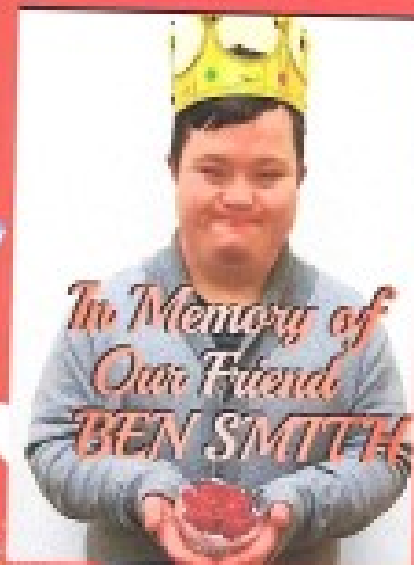
**SG2 9XR**

**£7.00 + 1 Carer Free (includes a drink & snack)**

**Secure your ticket now from**

**[www.eventbrite.com/e/caring-herts-christmas-disco-tickets-191136463307](http://www.eventbrite.com/e/caring-herts-christmas-disco-tickets-191136463307)**

**Raffle-Tombola+MORE & a visit from Santa! For more info call/text Tina-07429705694**



Being a carer means you may be entitled to additional benefits, grants or other financial help. We've created a free e-learning course to help you learn more about what could be entitled to.

Find our e-learning course here:

[https://assist.familyfund.org.uk/information-and-guidance-for-carers/?100&fbclid=IwAR1rl7rogoa6cNI1VpXx8gT6qLYJxzuKQEZfPt8MIS9rrZ9th\\_66CJE1xll#/](https://assist.familyfund.org.uk/information-and-guidance-for-carers/?100&fbclid=IwAR1rl7rogoa6cNI1VpXx8gT6qLYJxzuKQEZfPt8MIS9rrZ9th_66CJE1xll#/)

## TALKING DADS

Dads play an important role in a child's life. This **FREE** course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:



Dads,  
Step-Dads,  
Stay at  
home Dads,  
Working  
Dads...

**Thursdays 7.45-9.15pm**  
6<sup>th</sup> Jan – 10<sup>th</sup> Feb  
**Course 480**

**Wednesdays 7.45-9.15pm**  
23<sup>rd</sup> Feb – 30<sup>th</sup> Mar  
**Course 481**

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.

## TALKING ADDITIONAL NEEDS

(previously Understanding Behaviour in your child with Additional Needs)



Diagnosis  
not  
essential

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.

**Thursdays 8.00-9.30pm**  
6<sup>th</sup> Jan – 10<sup>th</sup> Feb  
**Course 473**

**Wednesdays 8.00-9.30pm**  
23<sup>rd</sup> Feb – 30<sup>th</sup> Mar  
**Course 474**



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a webcam and microphone. We will help you get set up if you haven't used Zoom before. No special skills are needed.

**Courses are open to parents and carers living in Hertfordshire**

**Pre-booking essential**

**To check eligibility and book a place, please contact Supporting Links on:**

**07512 709556 or [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**Quoting the Course ID**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**

These courses are provided free to parents by Hertfordshire County Council



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

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## Parent and Carer Support Online Courses Spring Term 2022



### TALKING FAMILIES

Our **FREE** 6 week course for parents and carers of children aged 0-12 will cover



- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.

**Wednesdays 8.00-9.30pm**  
5<sup>th</sup> Jan – 9<sup>th</sup> Feb  
**Course 475**

**Tuesdays 9.45-11.15am**  
22<sup>nd</sup> Feb – 29<sup>th</sup> Mar  
**Course 476**

**Tuesdays 8.00-9.30pm**  
22<sup>nd</sup> Feb – 29<sup>th</sup> Mar  
**Course 477**

### TALKING TEENS

Our **FREE** 6 week course for parents and carers of children aged 12-19 will cover



- The Teen Brain: the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.

**Wednesdays 7.45-9.15pm**  
5<sup>th</sup> Jan – 9<sup>th</sup> Feb  
**Course 478**

**Mondays 7.45-9.15pm**  
21<sup>st</sup> Feb – 28<sup>th</sup> Mar  
**Course 479**

**Pre-booking essential**

To check eligibility and book a place, please contact Supporting Links on:

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**Quoting the Course ID**

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## TALKING DADS

Dads play an important role in a child's life. This **FREE** course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:



Dads,  
Step-Dads,  
Stay at  
home Dads,  
Working  
Dads...

**Thursdays 7.45-9.15pm**  
6<sup>th</sup> Jan – 10<sup>th</sup> Feb  
**Course 480**

**Wednesdays 7.45-9.15pm**  
23<sup>rd</sup> Feb – 30<sup>th</sup> Mar  
**Course 481**

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.

## TALKING ADDITIONAL NEEDS

(previously Understanding Behaviour in your child with Additional Needs)



Diagnosis  
not  
essential

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.

**Thursdays 8.00-9.30pm**  
6<sup>th</sup> Jan – 10<sup>th</sup> Feb  
**Course 473**

**Wednesdays 8.00-9.30pm**  
23<sup>rd</sup> Feb – 30<sup>th</sup> Mar  
**Course 474**



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

\* also available to schools, settings and professionals

### 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](mailto: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**.

**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!