



## Information and Dates for your Diary

Please see below some diary dates for you:

Half Term 14th to 18th February 2022

End of Term Friday 1st April, pupils leave at 1.30pm

Staff Inset Day 19th April 2022, pupils return to school on 20th April 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



Please enjoy this week's edition of our newsletter. We have added our classes' news, photos and a lot of informative flyers with offers, training and events for you. We are always keen to receive your feedback and ideas about things you would like to read about. You can use our feedback form on the 'Student Area' of the website (accessible via this link: <https://www.lonsdale.herts.sch.uk/form/?pid=120&form=27>) or email your feedback directly to [cthiele@lonsdale.herts.sch.uk](mailto:cthiele@lonsdale.herts.sch.uk).

This week, we asked pupils and staff what the highlight of their week was.

Here is a selection of what they said:

**"I really enjoyed some new games in swimming and also the PE lunchtime club."**

"I usually work in Primary but had lots of opportunities this week to work with Secondary staff and pupils. I really enjoyed it!"

**"The best thing was seeing the children who were home-learning on Zoom."**

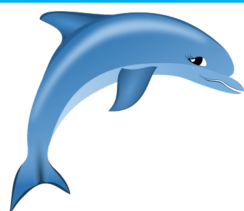
"I really enjoyed an AAC session with a pupil for a new VOCA device."

**"The best thing this week was a group music therapy session."**

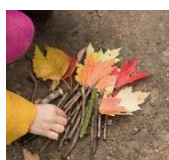
"We had a lot of birthdays this week. It was great so see how kind and happy everyone is on their birthdays." **"The smiles on pupils' faces were my highlight of the week."**

"We had some brilliant football matches this week at lunch. And seeing my friends is always a highlight of my week."

What was the highlight of your week?



## Primary



### Dolphin Class:

This week we have been learning about supermarkets. It has been lovely to see some of the children on Zoom and others send in their home learning. We have read a few different books, including 'Play shop', 'The very hungry caterpillar' and 'Shopping'. The children have made shopping lists thinking about different items and what sound they begin with. In Maths they have weighed items exploring whether they are heavy or light, counted fruit, thought about one more and sung lots of number songs. They have explored logos around their houses and made a junk model in Art.

### Bumblebee Class:

This week in the Bumblebee Class, we created boats for our book character 'Teddy'. In PBL we explored floating and sinking, created boats made from polystyrene and then tested our boats to see if they would float or sink. The Bumblebees enjoyed helping 'Teddy' and were very proud of themselves when their boats floated. In Cooking we made courgette muffins, and in Art we used tin foil to create textured pictures. In PE we are working on gaining confidence by using different soft-play apparatus in lots of creative ways. Well done, Bumblebee Class!

### Owl Class:

The story theme this week has been 'The Enormous Turnip'. The children have enjoyed retelling the story in Music using pitched percussion. They have listened to several different versions of the story, and in Art they made a moving picture, where the turnip comes out of the ground. In PBL they have been finding lots of ways to describe and sort different objects and materials. The children are improving their confidence in PE.

### Koala Class:

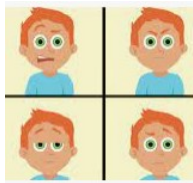
In Literacy we used our senses to explore our outdoor surroundings ready for our acrostic poems. In Numeracy we worked on fractions and position. In Topic we dressed up as Victorian people and discovered what a Victorian school was like. In Cooking we made pasties. In Life Skills we learned how to separate washing, what should go in a tumble dryer and how to peg it on a line. In TaskMaster we enjoyed trying to slice bread without a knife, and in Forest School we made pictures out of natural resources.



**Wombat Class:** Our week started with continuing to read 'Cliffhanger', and we then wrote a postcard to Tim. In the afternoon we went to the Lego Room and used some of the cards to make different objects. In PE we used our walkers and played games in the Hall. Henry invented a new form of skittles using human balls, getting Mrs W to roll along the floor! Using our ICT skills, we did some research on Lee Valley Park and looked at the range of various activities they have to offer and also different types of accommodation. Using our creative skills, we made a get-well card for a friend who is a little bit under the weather. In PSHCE we talked about things that makes up happy and completed a sheet detailing all the things we like. And finally, we had fun with the Sea Turtles in Forest Schools.



**Hippopotamus Class:** It's been another fun-filled week in the Hippopotamus classroom. In Maths this week, we continued our dive into division, working on different methods including using a number line to divide by subtracting, and the good, old-fashioned bus-stop method. In Science this week, we've been digging deeper into our understanding of the solar system by finding facts about individual planets and completing quizzes (in which the class scored an excellent 10/10). We also designed our own planets, thinking about what kind of life might be found there, what materials make up the surface and how long the days and years could be. In our Computing lessons this week, we've taken an artistic turn, creating 3D abstract sculptures in Sketchup, inspired by work at the Yorkshire Sculpture Park. In PE we have been doing gymnastics, working on individual routines and also mirroring a partner. We have also explored some of the new equipment as you will see in the photos!



#### Sea Turtle Class:

Another busy week for the Sea Turtles! In Cooking, they made sausage rolls and sticky toffee cakes—they smelt lovely! In English, the class continued to do some literacy work on the class book 'Grandpa's Great Escape'. In History, we learnt about crime and punishment during the Tudor period with the class enjoying some role-playing about punishments such as the rack and stocks! In Maths, we did some more work on averages, learning about the 'median', as well as starting to look at fractions. In PE the students enjoyed getting out onto the mats to do some different movements. In Forest Schools we enjoyed joining up with the Wombats again to play a fun game of 'Capture the flag' followed by making some dream catchers. In Creative, the class made a wooden car. In PSHCE we continued to discuss puberty, focusing on how it may affect our emotions.

## Secondary News

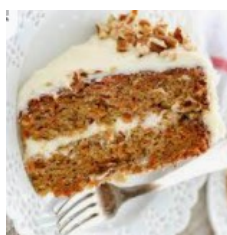


#### Vaquita Class:

This week, pupils have learned some background information about the start of WWII, and they were able to say how this puts the story of 'Grandpa's Great Escape' into context. Among many other activities, the pictures show the pupils working in pairs to sort living things into groups in Science. The Maths focus is 'Time', and pupils have estimated repetitions they can do in 10 secs, 1 min or 5mins etc. Pupils cooked 'Toad in the Hole' this week, which went down very well at home (we hear). Pupils also have been enjoying their gymnastics in PE.



**Gorilla Class:** In Gorilla Class this week, we have completed some more sorting activities in our Maths lesson. We had to work out which object was shorter or longer. We focused on feelings in PSHCE and had to match the picture with the correct 'feelings' description. Using our ICT skills, we did some research on Lee Valley Park and looked at the range of various activities they have to offer and also different types of accommodation. We have been practising our new class song in music, which has been good fun. In Gardening, we made grass-seed heads. We will water them and look forward to watching them grow. In English, the class is enjoying the story 'Cliffhanger'. Linked to the book, they looked at postcards and composed a reply to Tim, the main character. In Science they have continued their work on life cycles by using photos to look at their own growth and development. Thank you for helping by supplying the photos. With our bag-making, we are at the stage of having used our measured templates to mark & cut out the pieces of fabric.



#### Tasmanian Devil Class:

Wow, what a busy week! In Science we have been discovering the scientific names of the heart and the importance of our major organ and its vital job to keep us healthy. In K&U we have been on an adventure to Newquay, looking at its local map and learning all about navigation symbols and translating them to ordnance survey maps and exploring the importance of learning how to map-read. In Maths, we did a Maths assessment and practised time, 12 and 24-hour clock, which we will continue to dip in and out for the rest of the term to consolidate learning. In PSHCE, we have been continuing our reflective journal and reviewing positive extracts from the past week and how they shape our decisions and future goals. In Food Tech, we made **DELICIOUS** carrot cake; the temptation was too much for some, deciding they didn't want to share, thus eating most of the loaf **BEFORE** it went home!



## Upper School News



**Elephant Class:** In English, this week we have been writing instructions to learn about complex sentences, compound sentences and imperative verbs. In K&U we went on a virtual tour of the annex Anne Frank and her family hid in during WW2. In Chemistry we have been revising electron configuration. In Maths we have been revising time, long multiplication, and long division. In Drama we edited 'Blood Brothers' in preparation for open auditions and rehearsing next week. In ICT we have been learning to make an interior of a 3D house model using Sketch-Up. We participated in Driving School this week, practicing hazard perception and the Highway Code. In Art we made Rothko paintings.

**Lynx Class:** Despite the cold weather we are pleased to be getting back into the routine of school and are getting used to our new timetable. This week we completed our Maths assessments and went over these to find out how we could solve the problems that we didn't understand. We also looked at how to convert one unit of time to another. In ASDAN we researched local support groups for parents and found out that the cost of these varies significantly. In Business we have been coming up with some fantastic ideas and design work for our Valentine's project... watch this space! In Cooking this week, we made roast chicken with all the trimmings. K&U we looked at the Great Fire of London and what it was like to live for a day with the plague. For our ASDAN Foodwise course, we are studying what a healthy balanced diet is and are finding out about proteins and carbs.

**Panda Class:** In English we practiced our Speaking and Listening element of our qualification, by discussing our recent holiday. We had to ask questions to consolidate understanding and enquire for more information. In K&U we continued studying WW2, learning about Anne Frank. We hope to read her diary as part of our study. In Chemistry we have been learning about atom stability and bonds. In Drama we watched 'Blood Brothers' and have started to discuss the main characters, creating roles on the wall for each character to analyse their internal and external emotions throughout the play. In ASDAN 'Community Action' we have been planning the school's Memorial Garden. We hope to send our ideas to SLT very soon and obtain a budget. We want to start this project very soon....watch this space!

## Lunchtime News from our MSAs

The Play Leaders worked together this week to play board and ball games with primary and secondary pupils. Sports Club also ran for secondary with table-top games, and the secondary pupils enjoyed some 'heated' football matches in the cold!

## REP News



Our REP department is currently closed. Students still have the opportunity to spend time with REP staff, who are joining students in class during the day and supporting their learning. REP staff are reviewing the REP curriculum and planning exciting opportunities for when students return to REP.

## Governors News

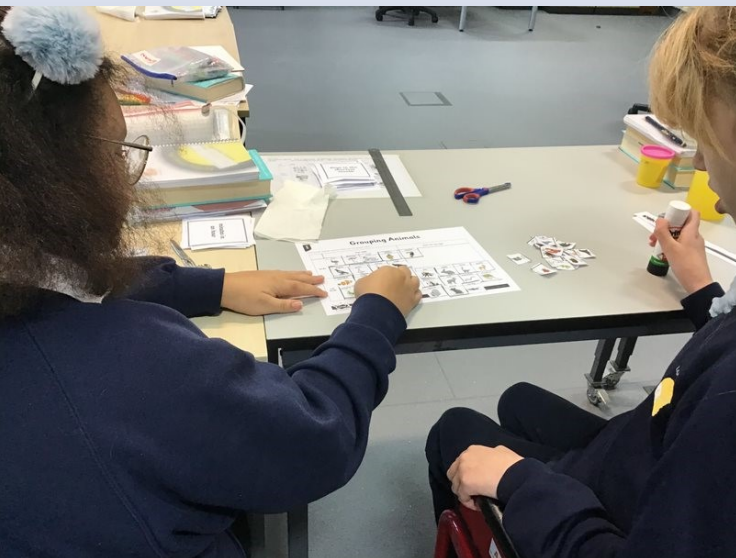
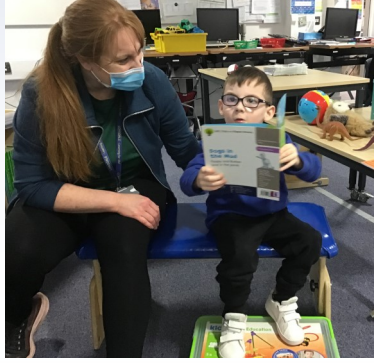
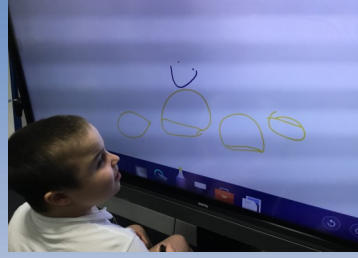


Our Governors took part in some training this week. They explored how to recruit new members to the Governing Body and how to make the work of the Governing Boards even more effective. The training was delivered by Herts for Learning, and all Governors left with a lot of facts, new ideas and thoughts they took away.

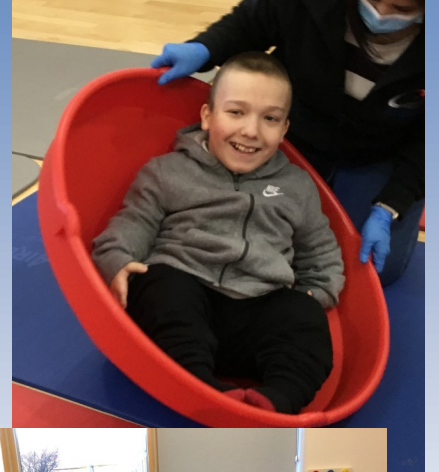
If you would like to find out more about the role of school governors, you can use the link below for some more information:

<https://www.governorsforschools.org.uk/app/uploads/2018/10/The-role-of-a-school-governor.pdf>

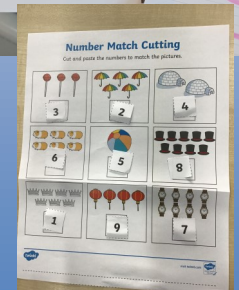
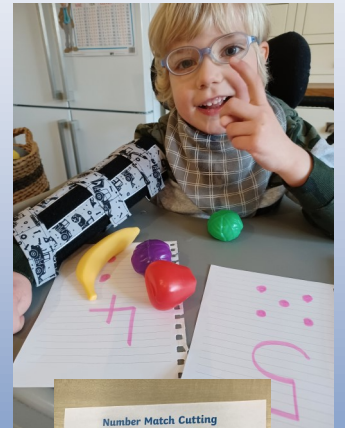
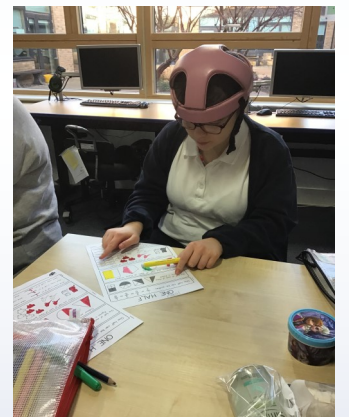
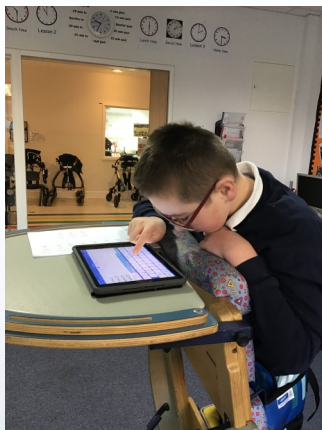
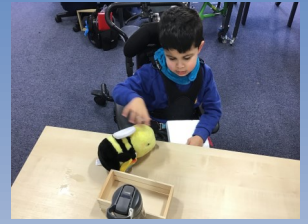
# Photo Page – 'Zoom into Brilliant Bits'



# Photo Page — 'Zoom into Brilliant Bits'



# Photo Page — 'Zoom into Brilliant Bits'



Foodshed  
The Vineyard Centre  
Unit 1,  
The Orbital Centre  
Stevenage  
Herts  
SG1 2NB



## Christmas Donation

To all at *Lonsdale School.*

Now the rush of Christmas and New Year is behind us we are working our way through the list of amazing people who donated, to say a massive THANK YOU!

Without donations from groups and organisations like yourselves we would not be able to continue the work we do here. Christmas is a particularly difficult time for some of the people we support and we rely heavily on help to give out our Christmas food parcels.

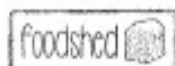
Every item donated is hugely appreciated and we want to thank you for taking the time and continuing to support us.

Over the month of December we were able to give out over 1200 bags of food to those in need, as well as around 100 Christmas meal bags. We also provided over 150 Christmas presents to the most vulnerable children in our town. We wouldn't have been able to do this without your generosity.

Thank You!

Kind regards.

Angela Paterson  
Foodshed Administrator  
Stevenage Vineyard Church





Innovative



Caring



Agile

## Moving and Handling training for Parents Carers of Children & Young People with physical disabilities

### Advice and Support Workshop

This workshop is for parents and legal guardians who look after a child or young person with a physical disability. We are unable to accommodate education staff or paid carers on this workshop.

The workshop will provide you with advice and support on how to move your child safely, whilst looking after yourself. It covers topics such as the importance of back care, moving and handling techniques, using equipment and relevant legislation.

There will be an opportunity to talk to the other parents/ carers attending and to speak to a Carers in Herts representative.

- Friday 28<sup>th</sup> January
- Time: 10am – 1pm
- Venue: Marlowes Health & Wellbeing Centre, Hemel Hempstead
- <https://www.eventbrite.co.uk/e/227688411167>
  
- Wednesday 9<sup>th</sup> February
- Time: 10am – 1pm
- Venue: The Pines, Hamels Drive, Hertford
- <https://www.eventbrite.co.uk/e/227627368587>
  
- Friday 18<sup>th</sup> March
- Time: 10am – 1pm
- Venue: Marlowes Health & Wellbeing Centre, Hemel Hempstead
- <https://www.eventbrite.co.uk/e/227692964787>
- 

To find out about other training opportunities please visit our CYP Therapies Service webpages  
<https://www.hct.nhs.uk/our-services/children-young-peoples-therapies-service/>

Contact us at:  
Telephone: 01923 470680  
Email: [hct.cytherapies1@nhs.net](mailto:hct.cytherapies1@nhs.net)  
Twitter: [@Herts\\_CYPT](https://twitter.com/Herts_CYPT)

# CREATING HEALTHIER, HAPPIER FAMILIES IN STEVENAGE



## Our free after-school groups are coming to Stevenage this February!

Our team of family wellbeing experts and nutritionists make learning about healthy eating fun, and have plenty of tricks to help you and your kids turn what you learn into healthy habits for life!

Kids will cook healthy meals, take part in fun games and sports, and make loads of friends!

Parents are supported by our team to handle conflict resolution, and benefit from the support network of likeminded families.



IT'S FREE!

WHERE AND WHEN?

**TUESDAYS 17:00 - 19:00**

Starting February 22nd for 12 weeks

**BARNWELL MIDDLE SCHOOL**

Shephall Grn, Shephall, Stevenage, SG2 9XT

SCAN ME TO SIGN UP!



[CLICK HERE TO SIGN UP FOR YOUR FAMILY'S FREE PLACE](#)



**WE ARE HOLDING AUTISM FRIENDLY TRAINING SESSIONS WITH FOCUS ON FUN, EXPLORATION AND A SAFE SPACE TO MEET NEW PEOPLE AND TO BE YOURSELF STARTS FRIDAY 4TH FEBRUARY, 6PM TO 7PM**

TO FIND OUT MORE PLEASE REGISTER YOUR INTEREST AT [WWW.WELWYNPEGASUSFC.CO.UK](http://WWW.WELWYNPEGASUSFC.CO.UK)



**ACCREDITED CLUB** ★ ★ ★  
PART OF ENGLAND FOOTBALL

## Tips & Tools to Support Communication

### FREE ONLINE WORKSHOP

(for Herts parents & carers)

- \* Understand the link between communication and behaviour
- \* Examine how autism and ADHD may affect communication
- \* Explore strategies to support communication with your child
- \* Develop an individual action plan

**Wednesday 19th January**

**10:00 - 11:30 am**



Don't worry if you can't join us 'live' because everyone who registers will receive a copy of the recording and resources afterwards!



For full details and to book your FREE ticket, please see: <https://www.eventbrite.co.uk/o/add-vance-14054405963?fbclid=IwAR3exeQgzhr1nFA71rRDYtphciPX7-->

# invis-Ability

## Sign Choir



*Come along and join in for a fun and enjoyable hour, learn songs in BSL (British Sign Language)*

*No experience needed*

*All abilities and families are welcome.*

*Each session you will learn step by step the sections of a song to be able to bring it all together.*

*We meet fortnightly on a Friday 6:30-7:30 pm*

*(17th Dec, 14th Jan, 28th Jan, 11th Feb, 25th Feb, 11th Mar)*

*Each session is £4 per person, groups of 2 or more £8.*

*Booking is required.*

*If you have any questions or to book please contact us by messaging the facebook page*



**<https://www.facebook.com/invisabilitycic>**

*Alternatively email us at*

**[info@invis-ability.org.uk](mailto:info@invis-ability.org.uk)**

## Who we are

Invis-Ability CIC are a local non profit Community Interest Company ran by and for Disabled people, carers and their families, Our vision is to break down the barriers that exists between Disabled people and everybody else.

We exist to help the people who are invisible or marginalised to gain a voice and be recognised for who they are and the super power that they have.

How do we do this? We have a program of courses that range from Social clubs for all ages, We have a program that can bespoke built for schools for either whole year group lessons to lunch or after school clubs.

# INCLUSIVE ACADEMY

## DANCE SCHOOL



Offering inclusive dance sessions to those who rarely get offered the opportunity to dance!

Inclusive academy aims to give people who do not always get the opportunities to enjoy music, movement, and most of all, *dance*, the time to benefit from all three in an accepting environment.


Location: Community Arts Centre, Roaring Meg, Stevenage, Hertfordshire.


When: Term time Saturdays (timetable and term dates are on our website).



For more information or to show your support, check out our website and social media!

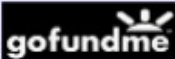


 Website: [inclusiveacademydanceschool.com](http://inclusiveacademydanceschool.com)

 Facebook: [inclusive.academy](https://www.facebook.com/inclusive.academy)

 Instagram: [@inclusive\\_academy](https://www.instagram.com/inclusive_academy)

 Twitter: [@InclusiveAcade1](https://twitter.com/InclusiveAcade1)

 <https://gofund.me/ea00025e>

*Inclusive Academy: Making  
Dance Accessible For All*



## About Carers in Hertfordshire

We are a leading charity that supports unpaid carers throughout Hertfordshire.

We are partly funded by Hertfordshire County Council and the NHS in Hertfordshire. In partnership with them and other local organisations we provide services to carers to help them with their caring role, improve their health and wellbeing, give them a break from caring and have a voice in shaping services for them.

We support carers of all ages, including children, and our services are free of charge.

### Carers in Hertfordshire

**The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX**

**Tel: 01992 58 69 69**

**Email: [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)**

**[www.carersinherts.org.uk](http://www.carersinherts.org.uk)**

## Our support for parents and carers.

We have Involvement and Development Workers supporting carers of someone with a mental health condition or who misuses drugs or alcohol, who can provide information relevant to your caring role and can help you to speak up to those providing or planning local services.

We also:

- Give you a chance to meet and talk to other parents, carers and staff who understand;
- Give you the opportunity to represent your views to the authorities that commission and manage CAMHS (Child and Adolescent Mental Health Services) in Hertfordshire;
- Provide training and learning opportunities;
- Offer a Carers' Passport Discount Card that gives savings in shops, restaurants and other venues (contact us to apply for one today!)





# WHAT TO DO IF YOU'RE WORRIED ABOUT YOUR CHILD'S WEIGHT: MASTERCLASS

**TUESDAY 1ST FEBRUARY AT 12:00PM**

A fun, free, family-focused masterclass on how to approach the topic of a healthy weight.

Aimed at parents and carers of children who are above the healthy weight for their age, the session will include ideas to implement as a family and resources to help you get going after the webinar.

Come along and get support from a team of Registered Nutritionists at BeeZee Bodies, who have worked with hundreds of families and are here to support you to make sustainable changes!



**SIGN UP FOR FREE!**



Hertfordshire  
Family Centre  
Service

There is a School Nurse on duty every weekday that can support you with any concerns you may have about your child's/ children's health and wellbeing.

They can be contacted on:

**0300 123 7572**

9am – 5pm Monday to Friday

**NHS**



[www.hct.nhs.uk/our-services/school-nursing](http://www.hct.nhs.uk/our-services/school-nursing)

**SUPER STAR SPORT**

# DODGEBALL

Hampson Park  
Stevenage

Every Friday

Ages 5 - 12 Years

5PM - 6PM

DODGE  
DUCK  
DIP  
DIVE  
DODGE!

**FIRST SESSION IS FREE**

To book your place please visit our website:  
[www.superstarsport.co.uk](http://www.superstarsport.co.uk)

**SUPER STAR SPORT**

# TOTS FOOTBALL SESSIONS

For ages 2-6 years

The Oval Community Centre,  
Stevenage SG1 5RD

Every Monday

16:45-17:30 (Ages 2-4 years)  
17:35-18:20 (Ages 4.5-6 years)

Super Star Sport would like to welcome you to our specialist Tots football session!

- ★ Every child leaving with a smile on their face
- ★ Friendly coaches that care
- ★ Fun comes first
- ★ Weekly certificates

**Let's get 2022 going with a free trial with Super Star Sport!**

To book your free taster, visit our website [www.superstarsport.co.uk](http://www.superstarsport.co.uk) and click "book your free taster"

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







**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 homework 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
- HIPPUS
- KOALAS
- LYNX
- OWLS
- PANDAS
- SEA TURTLES
- TASMANIAN DEVILS
- VAQUITAS
- WOMBATS
- JOIN THE SPRING WATCH!