Learning @ Lonsdale

Weekly Newsletter — Friday 28th January 2022

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



This week's newsletter starts with some exciting news: We now have two fish in our school pond. We hope that they will thrive and be happy there. Pupils have begun to look into how to feed and look after our fish.

On Tuesday we held interviews for new teachers at Lonsdale. The candidates met pupils and staff, taught a lesson in V Class and completed other tasks throughout the day. We are pleased to let you know that we had some strong candidates visiting the school.

Next week we are looking forward to sending some pupils to the official opening of the underpass at the Brittain Way, where Herts County Council have put up the Lonsdale artwork we created last term. From 4th February you can visit the underpass and admire the classes' artwork on display.

Please also watch out for a message next week asking for your help to review a draft of our new-look school website. We are hoping to refresh our website to give it a more up-to-date look and make it more exciting for all our online visitors. Your input will be much appreciated.



This week in Dolphin Class, we have continued to learn about supermarkets. We have read the story 'The tiger who came to tea' and followed this up by designing a teapot, writing a shopping list, making a recipe book and designing a tea for the tiger. We have worked hard on phonics, sorting items by initial sounds and also sounding out some CVC words when working on rhyming words. We have explored 3D shapes, building shapes in the environment, and weighed a range of shape items for sale in the role-play shop. We explored messy play to create our own sensory stress balls.



Bumblebee Class: This week in Bumblebee Class, we have continued to help our PBL character 'Teddy' to become an explorer. The children have enjoyed making boots for Teddy using a range of materials and testing the boots to make sure Teddy's feet didn't get wet! In Maths this week, the Bumblebees have continued to explore money. In PE the class developed their understanding of over, under and through with the soft play. In Cooking we learnt about 'Burns Night' and made shortbread biscuits.

Primary

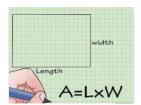


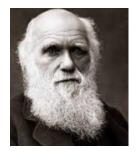
Owl Class: Our story this week has been the 'Three Billy Goats Gruff'. The children have enjoyed reading the story and exploring materials to make a bridge and a boat to cross the river. This enabled the children to demonstrate some of their knowledge of materials and their properties. The bridge had to be strong enough to hold a toy goat! In Music the children explored the change in pitch as they went up and down over the bridge. The children have been learning about floating and sinking, predicting and testing different objects in a bowl of water. There were some interesting results!



Koala Class: In Literacy we used our senses to describe our theme ready for writing our acrostic poems! In Numeracy we worked on understanding direction. In Topic we looked at Victorian inventions and explored what games they used to play. In Cooking we made pasta salad. In Life Skills we completed a litter pick and learned how to keep safe on the internet. In Forest School we learned how to use a picture orienteering map. We enjoyed making space creatures for 'International Lego Day'!







Secondary News







Wombat Class:

In last Friday's TaskMaster the Wombats joined with the Koalas and Sea Turtles. Our challenge was to slice a baguette without using a knife! We managed to do this quite successfully using pens, rulers and plastic shapes. We had lots of fun! In Maths on Wednesday we made use of the new orienteering course and identified the odd and even numbers on each plaque. The students enjoyed an extra Cooking lesson on Tuesday with Nina where they made some small cakes—we hope you enjoyed them! In English we read about how Tim felt when he had to go abseiling for the first time in our book 'Cliffhanger'. We then talked about what things made us feel scared and wrote a poem about what feeling scared looks like.

Hippopotamus Class:

This week, the Hippopotamus Class have been busily finding the area of rectangles by multiplying the length by the width in their Maths lessons. We also discovered a fantastic Maths-related tank game, in which the class mercilessly pummelled poor Mr Whitehead with a well-aimed turret. In Science this week, the class have been taking a closer look at one of our closest neighbours in the universe - Mars. They discovered more about the planet, before designing a buggy that would be capable of navigating Mars's rocky surface whilst keeping them nice and warm inside. They then learned about the way in which the planets in the solar system move around the sun, and how ideas about this have changed throughout history. In Computing, the class learned how to create the interior of a house in Sketchup, complete with comfy sofas and a nice big TV.

Sea Turtle Class:

The week started with some excellent swimming or reading / literacy work. In Science this week, we started to learn about evolution. We talked about family trees, ancestors and we compared primate to human skeletons in order to see why we think that that we originated from primates. We also learnt about Charles Darwin and looked at different fossils. In English, the class did some work on similes and continued to do work about their class book. In History, we continued to look at crime and punishment in Tudor times. The class enjoyed cracking lots of eggs in Cooking, creating a number of egg-based dishes, such as mini quiches and a fatata. In Maths, we finished our work on averages and continued to work on fractions. In Computing, the class learnt how to programme mini bee -bot robots, and in PSHCE, we looked at how we can control our ever-changing emotions throughout puberty.

Vaquita Class:

This week in Maths, pupils revisited their analogue time skills and improved their understanding of quarter to and quarter past the hour—those who are more secure had extended and more precise times to identify or show on a clock face. In English we have continued with 'Grandpa's Great Escape',

with pupils contributing to reading excerpts aloud. In Science, pupils have continued to practice identifying animals (invertebrates) using a key, and they went on a minibeast hunt.







Gorilla Class:

In English, the class is enjoying the story 'Cliffhanger'. This week they heard about Tim's scary abseiling experience & wrote poems about things that scare them. In Maths they have been continuing to practise number bonds. Our work about the human life cycle in Science last week went well, thanks to the lovely selection of photos the class had to work with. They have enjoyed having people look at their photos on the wall. We are also making good progress with our bags in Textiles and will have sewn the handles on our bags by the time you read this! Do look at our photos at the end of the newsletter. 'Electric Umbrella' continues to be a weekly favourite—look at their website for other musical sessions they run.

Tasmanian Devil Class:

This week we have enjoyed map reading in more detail using ordnance maps and then created our own Lonsdale maps with important key details. In Maths we have continued to persevere with reading times and decoding bus timetables and understanding the importance of learning these key skills. In Science we learnt about what blood cells do, why they are called 'delivery drivers' and the importance of their jobs. In Food Tech, we have made some delicious pork-and-apple sausage rolls and beetroot, apple and cauliflower 'sausage' rolls. In free time, the pupils played Uno with Hippo-Class students.





Upper School News



Lunchtime

News from

our MSAs

NEWS

Governors News



Elephant Class:

In Maths this week, Elephants have been really enjoying their money topic, practising shopping and making amounts of coins. English has been very exciting, learning about rationing in 'Grandpa's Great Escape'! We are still focusing on the environment in PSHCE and have been making sure to reuse, reduce and recycle. In Science we are getting to grips with forces, analysing different surfaces and talking about push and pull.

Lynx Class: In Maths this week, we looked at how to read both analogue and digital clocks and convert from one to the other; some students completed this using a 24-hour clock. In ASDAN we found out about the role of a Health Visitor and the developmental checks that babies have.

In Cooking, this week we made a Chinese chicken curry. In K&U we are looking at the great plague of London, ASDAN 'Foodwise' course we are looking at the size of a portion to complete a healthy meal.

Some students worked with Sheen to prepare for a visit to Bendrigg later this school year. The group is doing some team-building as well as looking at how to make the visit a positive and exciting opportunity to take part in.

Panda Class:

Panda Class worked on their persuasive writing in English. In Maths, they practised their money skills. In K&U, the class explored World War 2 and looked at Auschwitz. In their Drama session, they learnt lines for their 'Blood Brothers' performance and a dance. In Cooking, pupils enjoyed making a Pineapple cake. Some pupils who will join a trip to Bendrigg later this year met for a team-building session. They explored what had been the favourite school trips for their parents.

It was really lovely to have the opportunity this week to assist with the Positive Play. The Play Leaders were all very organised and knew what it was that they wanted to do. We were able to have two separate games to include all children, so that they all stayed fully engaged and had fun. The leaders demonstrated great organisational skills and set up hoops, bean bags and also bowling outdoors. We had both games going on at the same time, and the leaders were able to adapt to help everyone who needed support. (Kayleigh, MSA)

It was lovely to be back in school this week. I took part in the teacher interviews along with Katie Byrne, a fellow governor. The potential teachers gave us a presentation as part of their interview process. We then fed back our thoughts on each candidate to the interview panel. It was an enjoyable experience, which enables us as a school to employ the best teachers available. We

hope you all had a good week, too!

Chandra Green, School Governor

On Tuesday via Teams, I was able to be part of the panel to interview for teachers, and it was great to be part of the process and see how we interview. Thank you for making the experience accessible for me by being online!

Katie Byrne, School Governor

Photo Page — Zoom into Brilliant Bits'

































Photo Page — Zoom into Brilliant Bits'





























Photo Page — Zoom into Brilliant Bits'

























HERTFORD RFC

Hoe Lane, Ware, SG12 9NZ



disABILITY Rugby Sessions Mixed Ability Rugby Aged 16+ FREE to participate

Participants and volunteers welcome

For more information please contact scarlettcooperwall@saracens.net







Northern Gateway Sports Park COLCHESTER - ESSEX THURSDAY 10 MARCH 2022

wheelpower.org.uk/sport-events



find us on social



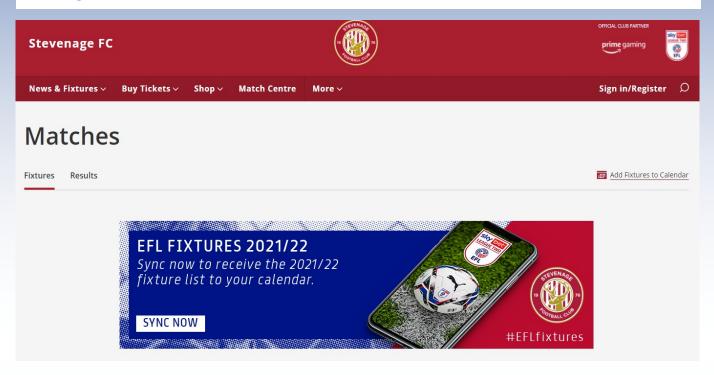






Stevenage Football Club would like to offer a complimentary ticket for their new North Stand to our students and of course their carer or family member to any of their home games.

I have copied a link to their fixture list: https://www.stevenagefc.com/news/fixtures/ so if you are interested in any of those, please contact cthiele@lonsdale.herts.sch.uk







Handling anger in your primary aged child with ASD or ADHD

Funded by HCC and FREE, this six session CANparent Quality Award evidence-based course is for parents living in Hertfordshire and parenting children from 2 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too, with 20 + years personal and professional experience.



I feel empowered by the tools we were shown on this course and was at a real loss as to how to help my families anger and didn't know what to do. Others judged our family but not judged at all here. Emotional intelligence makes so much more sense now and I love the gentle but firm ideas we learnt each week."

This course will enable you and your family to:

- Gain understanding of Autism and ADHD and how behaviours can be affected
- Attain awareness of a child's sensory world and the affect on behaviour
- Understand how anger and other emotions live in your family
- Increase your understanding of triggers that cause angry outbursts
- Learn healthy anger management strategies for children and parents to reduce angry outbursts
- Discover creative ways to support children to 'let go' of anger safely
- Gain effective empathic communication techniques to reduce angry outbursts
- Meet and share experiences with other parents



Funded by Hertfordshire County Council

Where: Online via Zoom

When: Monday lunchtimes 12-2pm

February 2022 21st, 28th March 7th, 14th, 21st, 28th

Only 12 free places available. Places must be booked by emailing bookings@familiesinfocus.co.uk



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Funded by Hertfordshire

Where: Online via Zoom

When: Thursday lunchtimes 12-2pm

February 2022 24th

March 2022 3rd, 10th, 17th, 24th, 31st

Only 12 free places available. Places must be booked by emailing bookings@familiesinfocus.co.uk



Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20 + years personal and professional experience.



"I was in a quite low place

when I joined this course

but each week I took away

understand why my child

amazing that things are so

and highly recommend this

children's anger but yours

much more brighter now

to understand not only

too!

was so angry and it's

ideas to help me

This course will enable you and your family to:

Gain greater understanding of anger dynamics in your family

Understand the root causes or triggers of anger in your family

Learn proven and effective strategies that will reduce anger in your family

Discover new ways to communicate to calm and prevent anger... before it occurs!

Learn safe and creative ways for children to 'let go' of pent up emotions safely

Create a calm family environment so all can talk about their emotions safely

Gain skills to manage your family's emotional regulation

Meet other parents in a calm, judgement-free group



Where: Online via Zoom When: Wednesdays 9.30-11.30am February 23rd March 2nd, 9th, 16th, 23rd, 30th

Only 12 free places available. Places must be booked by emailing bookings@familiesinfocus.co.uk with name and date of course





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February 2022 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs

including those awaiting assessment or diagnosis. If you would like to join us, email $\underline{bookings@familiesinfocus.co.uk}$ and we'll send you the Zoom codes

ZOOM with Francine and Lesley	Monday February 7th 7-9pm	Understanding ADHD
Early Years ZOOM with Tracey and Georgie	Wednesday February 9th 9.30 - 11.30am	Modelling self care and an introduction to mindfulness With Helena Marks-Dwyer, Independent SEND consultant
Teens 15+ ZOOM with Finola and Karen	Tuesday February 15th 7-9pm	Benefits post-16 and PIP With the Money Advice Unit
ZOOM with Vicky and Sharon	Wednesday February 16th 9.30-11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa
ZOOM with Siobhann	Monday February 21st 10am - 12pm	EHCP - The first steps
ZOOM with Siobhann and Tracey	Thursday February 24th 10am - 12pm	SEND support in schools
ZOOM with Siobhann and Sharon	Thursday February 24th 7-9pm	Understanding your draft EHCP

Parents who have attended previous sessions will receive a text invitation to join the virtual meetings







March 2022 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.

If you would like to join us, email bookings@familiesinfocus.co.uk and we'll send you the Zoom co

ZOOM with Francine and Lesley	Monday March 7th 7-9pm	Understanding sensory issues
Early Years ZOOM with Tracey and Georgie	Wednesday March 9th 9.30 - 11.30am	Early Years support in Herts & benefits and SEND With The Money Advice Unit
ZOOM with Siobhann	Monday March 14th 10am - 12pm	EHCP & school issues Q&A With Helena Marks-Dwyer, Independent SEND consultant
Teens 15+ ZOOM with Finola and Karen	Tuesday March 15th 7-9pm	Understanding PDA With Amanda Mcquire
ZOOM with Vicky and Sharon	Wednesday March 16th 9.30-11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa
ZOOM with Siobhann and Tracey	Thursday March 17th 10am - 12pm	Getting a successful EHCP review
ZOOM with Siobhann and Sharon	Thursday March 17th 7-9pm	Tried and tested tips and ideas for children with sensory issues



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

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 be spoke 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

facebook: inclusive.academy

Instagram: @inclusive_academy

▼ Twitter: @InclusiveAcade1

gofundme 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
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!)





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://barnardosstevenage.eventbrite.co.uk

MORE INFORMATION hertsfamilycentres.org Call us on: 0300 123 7572



Believe in children

Barnardo's





Contactline



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.





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
	Specific Learning Difficulties: Mon & Thurs 09:30am - 12pm
SEND Specialist Advice and Support Service* \$\sum_{01442453920} - \text{term time only}	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

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.

* also available to schools, settings and professionals

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.



- 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.

How to cope with the effects of Cyberbullying

- You must not blame yourself. Noone deserves to treated cruely by anyone.
- It can make you feel very upset, alone and like noone 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 <u>nspcc.org.uk</u> or Bullying UK bullying.co.uk



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**.

5 creenshot 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).

When to tell the Police

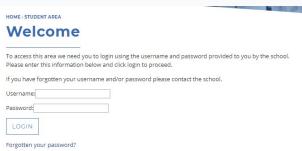
- If you are ever threatened with physical harm, being repeatedly harassed, being sent malicious messages.
- If it's not an immediate emergency, phone 101 or use our online webchat service.
- If it is an immediate emergency phone 999.

www.safe4me. co.uk/portfolio/ cvber-bullving/

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 homework plans uploaded there.





Log on to find out more!

Then explore your class area and look at 'Ideas Shared by and for Parents'.

Maybe send your feedback?

