



Information and Dates for your Diary

Please see below some diary dates for you:

Half Term 14th to 18th February 2022

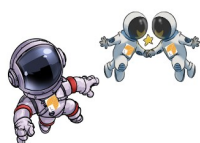
Parents' Consultation Week w/c 21st February 2022

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, we were very excited when the artwork installation in the Brittain-Way underpass was opened officially on Friday. It is amazing to see the pupils' work displayed in a local space. All classes will take a walk over the coming weeks to see the artwork. We have put some photos together for you on page 4!

Lonsdale School hosted the Stevenage Green Network this week. Teachers from other local schools came to visit Lonsdale to share their ideas about sustainability and environmental education. Some classes took part in designing a new logo for the network.

Earlier this week, pupils learnt and explored 'Chinese New Year', and the lunch on that day was an extra-special selection of Chinese delights. Next week, we are looking forward to celebrating 'Children's Mental Health Week'. This year's theme is "Growing Together". You can find out more here: <https://www.childrensmentalhealthweek.org.uk/>.



Primary News



Dolphin Class: This week we have changed our role play area into a clothes and shoe shop. The children have enjoyed trying on clothes and shoes and continuing to learn about money by counting and paying for the items. We have listened to 'The smartest giant in town' and 'The Elves and the Shoemaker', then the children have made their own clothes book. We have measured our feet and ordered shoes from long to short. The children have worked hard choosing materials to then make their very own sock puppets, which have turned out amazing. The children have continued to work hard on their phonics and in PE have worked on bat and ball skills. In Cooking we made sausage rolls.

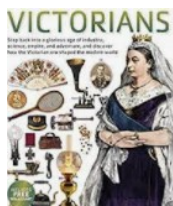
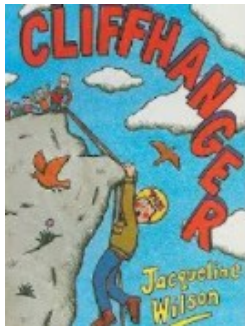
Bumblebee Class:

This week the Bumblebee Class have had a very exciting week. The Bumblebee Class enjoyed learning all about Chinese New Year and exploring different foods that people eat on Chinese New Year. In Cooking we made spring rolls, and in PE we focused on moving over, under and through different apparatus. In PBL we have been looking at tents for Teddy, creating our PBL final project book and continuing to explore money.

Owl Class:

This weeks story was 'Goldilocks and The Three Bears'. In Cooking we made honey-and-oat cookies. In PBL, the children made a bed for Goldilocks based on their knowledge of materials and their properties. The children did lots of sorting and describing objects of different sizes. In PE, the children have all made visible effort and improvement. We are all really proud of their achievements.

Koala Class: In Literacy we drafted our acrostic poems! In Numeracy we had a go at writing some Chinese numbers and using money to go in our good luck envelopes. In Topic we carried out a floating-and-sinking experiment, may have got splashed in the process! In Cooking we made vegetable soup. In Life Skills we looked at food packages to work out where food comes from and developed our computer skills to make a food rainbow. In Forest School we explored the nature around us by playing I-Spy and Hide-and-Seek. We enjoyed racing our cars with Sea Turtles in Creative.



Secondary News



Wombat Class:

We continue to read our book, *Cliffhanger*, and this week we described the different characters and tried to recall who said what! In Maths we have been learning our number bonds to 5 or 10 and created some rainbows to help us with this. The children enjoyed learning about Chinese New Year and how it is celebrated. They also found the story behind how the animals were chosen interesting. Everybody then made a tiger, as it's the year of the tiger this year, and we also decorated a Chinese lantern using coloured tissue paper. We continued this theme in Forest Schools and created collages using natural resources. In PSHCE we learnt about uncomfortable feelings and how to deal with them.

Hippopotamus Class: In PE the Hippo Class have been continuing with their gymnastics. They explored the different apparatus and created sequences to include travel along, under or over and balances on or using the apparatus to support. In PSHCE, pupils have been exploring the issues around body image and the role of the media in creating unrealistic expectations. In Geography, we have investigated the factors that early and invading settlers need to establish places to live. In their Maths lessons this week, the Hippo Class have been working on finding the area of right-angled triangles as well as dabbling in some Maths mini-golf. In Science the class have been working hard to explain how the Earth rotates as it orbits the sun and how this gives us night and day. In Creative, we have explored block and blended artwork inspired by Mark Rothko, implementing them into our art-based surroundings. In K&U Hippos have continued their Judaism topic, learning about festivals and relating traditions back to what they do at home.

Sea Turtle Class:

Last week ended with us continuing to do some work on algorithms in Computing. We did this by learning to programme some computerised toys—which was great fun. In Cooking this week, the class made some scones. In K&U, we continued to learn about 'Crime and Punishment' in Victorian times. The students enjoyed getting into character—Miss Read was made to dress up, too! This week was the start of Chinese New Year, so we have also been learning about that by watching videos and creating some lovely collages. In Maths, the students did some addition work related to Chinese New Year and also some subtraction work. In English, the class continued to do literacy work related to the class book. In PE, the class really enjoyed exploring the soft play equipment during our gymnastics lesson.

Vaquita Class:

In PSHCE this week, pupils helped celebrate the Chinese New Year by exploring some greetings and responses in Mandarin. They also started to crack some Chinese food-related clues using their calculation skills. In English, we looked at how David Walliams uses lists, font sizes and styles as well as exaggerated punctuation to create emphasis and dramatic effects when reading. In Science, pupils went on a minibeast hunt (mentioned last week), so this is a picture of the invertebrates we found...



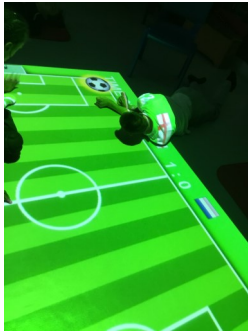
Gorilla Class:

In Science Gorilla Class are continuing learning about life cycles, this week are looking at the life cycle of the frog. If you would like to support your child with this topic, they have the book 'My Life' allocated on Bug Club (login details in diaries), which explains the life cycles of the butterfly and the frog. Our Textiles project is going well - this week, we expect to join the seams of the bags.

The children enjoyed learning about Chinese New Year and how it is celebrated. They also found the story behind how the animals were chosen interesting. Everybody then made a tiger, as it's the year of the tiger this year, and they also decorated a Chinese lantern using coloured tissue paper. In PSHCE we discussed things we like and completed some work about activities that makes us happy.

Tasmanian Devil Class:

Wow, another week has gone already; we have been furthering our knowledge of reading maps by investigating and applying 6-point grid coordinates, scale and contour lines and what they mean. Bear Grylls watch out! We have been working on elapsed time understanding time to improve our time-management skills in Maths. We have been learning CPR and its links to the cardiovascular system with some tremendous life-saving skills in Science. We started working on poetry in English, looking into 'poetry terms' and learning what makes a good poem. Working as a class, we produce an acrostic poem about Grandpa (from 'Grandpa's Great Escape'). In Food Tech, we made some delicious cheese scones; they were consumed before home time by some students!



Upper School News



Elephant Class:

Between our Maths topic and our song choices, E Class have been singing 'Money, money, money' all week! In English they went to the library to choose new reading books and see all the lovely books on offer. We have continued our forces topic in Science, looking at paper airplanes and how far they go depending on their design features.

In PSHE/Life Skills, Elephant Class have been making their own plastic bag holders using tea towels!

Lynx Class:

In Maths we have been working hard on calculating elapsed time, understanding how to organise time as well as looking at the various time zones throughout the world. In Business we are slowly organising and finalising our 'Friendship/Valentines' packs, which will be available for purchase after half term - watch this space. Some students enjoyed representing the school at the official opening of the Brittain-Way underpass artwork installation. Please see page 4! And finally, in English we continued our work practising and refining skills whilst working towards our Functional Skills English.

Panda Class: In English we practiced the discussion element of the Speaking and Listening exam. In Maths this week we have been consolidating our learning of money, including calculating change. In Chemistry we continue to learn about bonding and have been learning to find the charges of elements to make compounds. In ICT we have been developing our learning of 3D modelling, creating floor plans to make more complex houses. In Drama we continue to explore character, we have been rehearsing extracts from 'Blood Brothers'. We have submitted our plans for the memorial garden and have ordered items, we hope to be able to start renovating the area when the warmer weather arrives!

Lunchtime News from our MSAs

This week Lonsdale pupils enjoyed using the Duplo and Lego bricks, attending the film club and joining football matches in the secondary playground. These are getting more and more popular with pupils and staff joining in. The lunchtime Sports Club also ran this week, and the Play Leaders helped with playground activities on Monday.



Governors News



With the release of the REP Ofsted report last week, the whole school community celebrated the Lonsdale REP. Here a few words from our Governors:

"The report is a fantastic read with so much to be proud of, but there is one line in particular that stood out for me: 'The children make exceptional progress because of the support that they receive at this remarkable school'."

"Outstanding result!!! Outstanding team, outstanding students! "

"It truly reflects the whole school ethos and culture of working together to put students' and staff's welfare, development and safety at the centre of everything we do."

Photo Page — Lonsdale Underpass Project

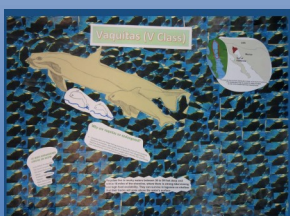
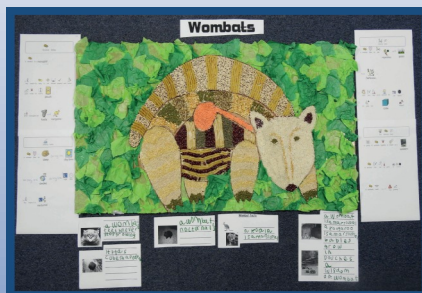
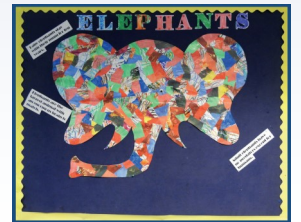
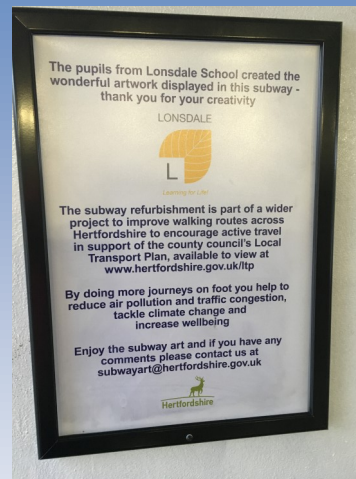


Photo Page — 'Zoom into Brilliant Bits'

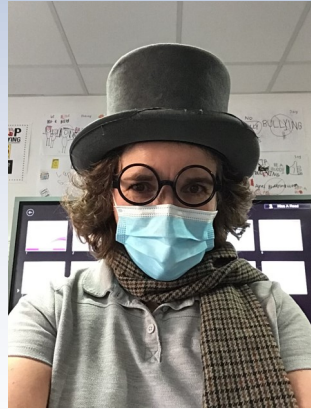
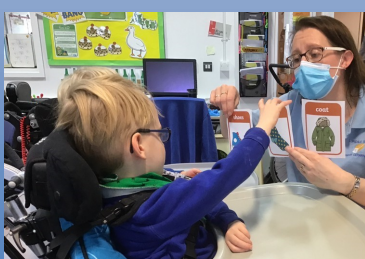
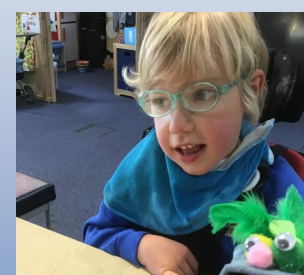


Photo Page — 'Zoom into Brilliant Bits'





**Caring Herts Invite
you to their**

VALENTINES DISCO

Friday 18th February

7pm til 10pm

**at The Shephall Centre, Stevenage,
SG2 9XR**

£7.00 at the door

FREE Drink & a Snack

Carer FREE

**Please let us know by e-mail how many
will be attending, thankyou**

Caringherts.Stevenage@gmail.com



Northern Gateway Sports Park
COLCHESTER - ESSEX

THURSDAY 10 MARCH 2022

wheelpower.org.uk/sport-events



find us on social



supported by
Rotary
Club of Colchester



WheelPower National Junior Games
Stoke Mandeville Stadium
28 June – 1 July 2022



	Morning session (0900-1200)	Afternoon session (1300-1700)	Evening session (1900-2100)
Tuesday 28 June	Arrival from 1000	Sports coaching	Fun team matches and exercise classes
Wednesday 29 June	Sports coaching	Challenge Time	Fun team matches and exercise classes
Thursday 30 June	Swimming / Challenge Time	Challenge Time	Disco and Presentations
Friday 1 July	Breakfast and Departures		

- The Sports Coaching sessions will give participants a chance to try out the sports
- During Challenge Time, participants will record their personal best on each activity

Eligibility

Participants should be aged 11-18, and should have a physical disability.

Accommodation

Dormitory accommodation is provided for participants and teachers. Two hotel rooms will also be available per school. The entry form will require you to state who is staying in each hotel room. Shower chairs are available in both the dormitories and hotel rooms.

Catering

All meals will be provided. Dietary requirements are requested on entry form.

Venue and Parking

Stoke Mandeville Stadium is the Birthplace of the Paralympic movement and therefore fully accessible. There is ample accessible parking on site for cars, mini buses and coaches.

Entry and Payment Deadlines

Please complete the entry form digitally as it has pre-populated drop-down fields. The entry form contains two tabs. One for school entries and one for parent/guardian entries. A parent can attend with up to two children. Due to an anticipated increase in the event's popularity, schools can bring a maximum of 20 children and 15 staff.

Entry fee per teacher/parent/participant requiring accommodation = £75 each

Entry fee per teacher/parent/participant without accommodation = £35 each

The entry deadline is Friday 20 May 2022 – no entries will be accepted after this date.

Fees must be paid in full by 31 May 2022. Registration for the event cannot be confirmed until payment has been received. Refunds cannot be issued unless one week's notice of cancellation is received prior to the start of the event.



If you would like to book a place and require the entry form for parents, please email Michelle Woolley at mwoolley@lonsdale.herts.sch.uk.

PROJECT RUGBY

HERTFORD RFC

Hoe Lane, Ware, SG12 9NZ

Wednesdays - 17.30-18.30



disABILITY Rugby Sessions

Mixed Ability Rugby

Aged 16+

FREE to participate

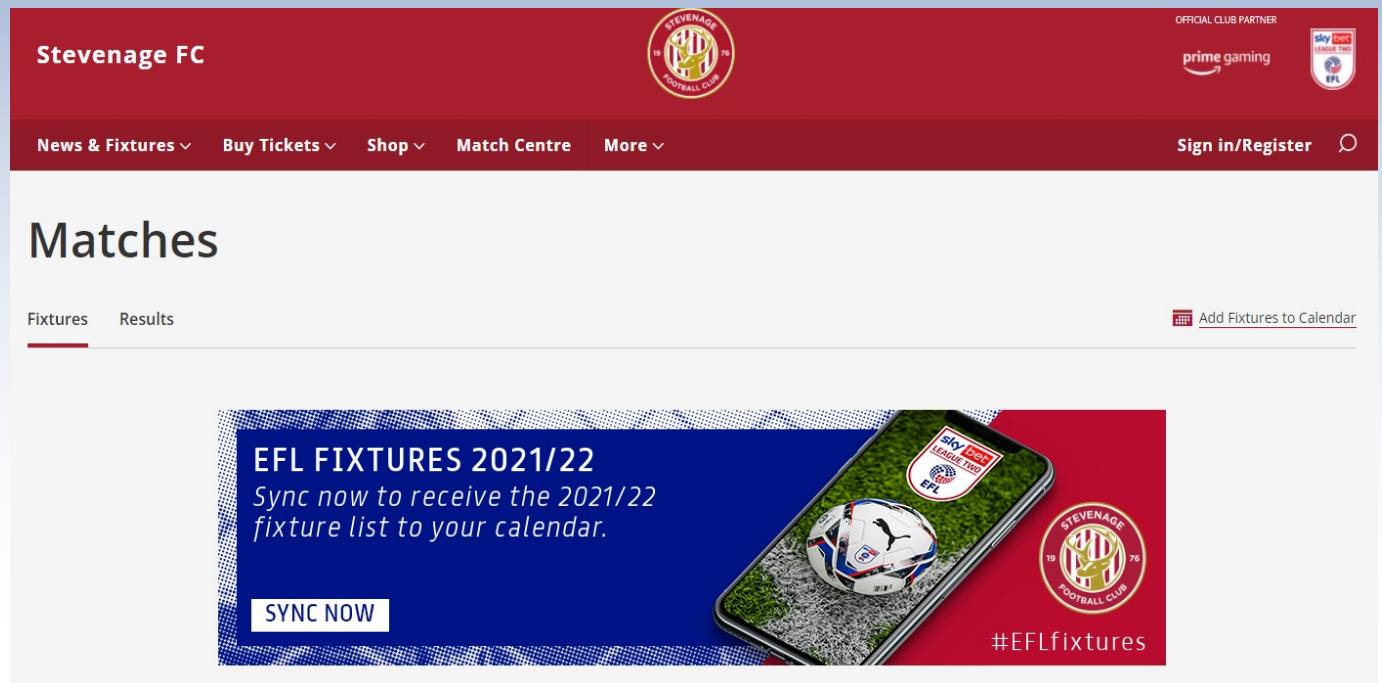
Participants and volunteers welcome

For more information please contact scarlettcooperwall@saracens.net



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



The screenshot shows the Stevenage FC website. The header is red with the club name, crest, and logos for 'prime gaming' and 'sky EFL'. Navigation links include 'News & Fixtures', 'Buy Tickets', 'Shop', 'Match Centre', and 'More'. A 'Sign in/Register' link is on the right. The main section is titled 'Matches' with tabs for 'Fixtures' and 'Results'. A promotional banner for 'EFL FIXTURES 2021/22' encourages users to sync their calendar, featuring a smartphone with the fixture list and a soccer ball. A 'SYNC NOW' button is present. The hashtag #EFLfixtures is at the bottom right.



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.



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

"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."



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 County Council

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.



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

"I was in a quite low place when I joined this course but each week I took away ideas to help me understand why my child was so angry and it's amazing that things are so much more brighter now and highly recommend this to understand not only children's anger but yours too!"



Funded by Hertfordshire County Council

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



NATIONAL LOTTERY FUNDED



Parent Network

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 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



NATIONAL LOTTERY FUNDED



Parent Network

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 codes

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

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



DSPL is a Hertfordshire-wide partnership approach where parents, carers, staff in early years settings and schools, further education colleges, local authority officers and representatives from other agencies, work together as part of an Area Group, to ensure that there is a range of provision and support services available in their local community.

They are looking at how they can help support families this year and have put together a short survey for all parents and carers in the DSPL2 Stevenage area.

They would really appreciate you help if you could complete the short survey:

<https://forms.office.com/r/UCubXVG8eX>



Contact Us

General Enquiries: Email: dspl2@peartreespring.herts.sch.uk

Donna Hansen – DSPL2 support worker contact : Email: d.hansen@peartreespring.herts.sch.uk
or 01438 233 900 Via Peartree Spring Primary School.



To find out more about their work, visit the link below:

<https://stevenagedspl.org.uk/>

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!

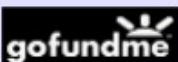


 Website: inclusiveacademydanceschool.com

 Facebook: [inclusive.academy](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

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 families



SEND DROP IN

3rd Monday in every month – 10.00 – 11.30am

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

FREE bookable session

SESSION DETAILS

Are you a Parent of a Child with Special Needs?

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

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

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

HOW TO BOOK

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

MORE INFORMATION

hertsfamilycentres.org Call us
on: 0300 123 7572



Hertfordshire
Family Centre
Service

On behalf of



Delivered by



Contactline

 **01992 588574**
oooooooooooooooooooooooooooooooo


**A 'quick queries' service for parents, carers, and young people
(16-25) in Hertfordshire**

Please call if you would like to speak directly to an Educational Psychologist to discuss a child or young person's development, learning or emotional wellbeing, or to find out more about our service.



**From September 2020 Contactline will be available
Wednesday from 2:00pm to 4:30pm**

If you are from an Educational setting and have a query, your school has a link Educational Psychologist with whom any requests for involvement can be raised.



ISL Integrated Services for Learning
working together locally

SEND Advice for Parents/Carers

Helpful SEND advice lines for Parents and Carers

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

* also available to schools, settings and professionals

Lateral Flow Testing at Lonsdale

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

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

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

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

Reporting results to school is no longer required.

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

Cyberbullying

What is Cyberbullying and online Harassment?

- Cyberbullying is any form of bullying which takes place online.
- This can be done over smartphones, tablets, online gaming, chat rooms, social media and more.
- Online harassment is the act of sending offensive, rude and insulting messages and being abusive.
- If someone purposefully keeps sending you offensive messages that make you feel scared, it could be illegal.



Cyberbullying is NOT ACCEPTABLE

- Bullying someone whether online or offline is wrong.
- It can badly affect their mental health.
- Harassing someone and/or sending malicious or threatening messages to someone repeatedly is **ILLEGAL**.
- If you are found to be cyberbullying someone, there could be criminal consequences.

What to do if you are being cyberbullied

If someone is bullying you, here is what you can do to put a stop to it....get **SMART**.

Screenshot any nasty messages.

My privacy settings.

Avoid talking to them any further.

Report the incident on whatever site you are using.

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

How to cope with the effects of Cyberbullying

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

When to tell the Police

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

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

safe4me

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



HOME » STUDENT AREA

Welcome

To access this area we need you to login using the username and password provided to you by the school. Please enter this information below and click login to proceed.

If you have forgotten your username and/or password please contact the school.

Username:

Password:

[Forgotten your password?](#)

Log on to find out more!

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

Maybe send your feedback?

HOME » STUDENT AREA » IDEAS SHARED BY AND FOR PARENTS

Ideas Shared by and for Parents


This page is full of ideas which have been sent to us by parents. Thank you, all!

Keep your ideas and thoughts coming; we will update this page regularly...


To get in touch, please email your child's form tutor or use the 'Home Learning Questions' tab.

Have you seen those?


Free Daily Resources For Children




PE with Joe Wicks On YouTube
Week days at 9am but you can visit any time on youtube to view the workout.




Wildlife With with Steve Backshall On Facebook
Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.




Science with Maddie Moate on YouTube
Weekdays 11am. Maddie & Greg chat about science and nature!




Dance with Oti Mabuse On Facebook
Every day at 11.30am but children can view the class at any time.



Maths With Carol Vorderman
Free access to the her maths website:
www.themathsfactor.com



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



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

ALL SORTS OF THINGS...

BUMBLEBEES

DOLPHINS

ELEPHANTS

GORILLAS

HIPPOS

KOALAS

LYNX

OWLS

PANDAS

SEA TURTLES

TASMANIAN DEVILS

VAQUITAS

WOMBATS

JOIN THE SPRING WATCH!