



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

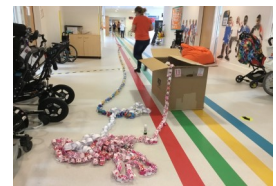
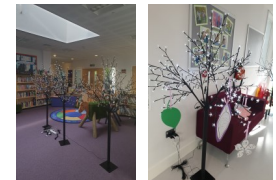


Upper-School pupils were very excited to go on a visit to see 'Blood Brothers' in London. They had studied the play in school and are now planning their own performance.

This week was also 'Children's Mental Health Week'. All classes spent some time exploring what makes them feel good and how they can look after themselves. There are now six twinkling light-up cherry-blossom trees at school, on which all pupils hang their wellbeing thoughts.

Safer Internet Day happened this week, too, and all groups will revisit online respect and staying safe online after the holidays again.

And last but not least an update on the paper-chain challenge: The chain is now **130m** long!



Primary



Dolphin Class:

This week, we have continued to learn about clothes and shoe shops. We have read the story 'Aliens love underpants', talked about the story order and designed our own underpants using paint or materials. We have continued to work hard on phonics and developing skills in reading. In Phonics we were thinking about initial sounds and making loud and quiet sounds using instruments and different materials. In Maths we have sung number songs, counted objects and talked about one more and one less.

Bumblebee Class:

This week the Bumblebees have finished off their PBL project 'Teddy the Explorer'. The Bumblebees built a tent for Teddy, wrote sentences to finish off their book and created their final project—a book all about Teddy. The Bumblebees enjoyed presenting their book to Owl Class and were very proud of what they made. In Maths we continued to explore money and in PSHCE we looked at what makes us feel happy for Wellbeing Week.

Owl Class:

Our story this week was 'The three little pigs'. The children worked together to make three collage houses—straw, sticks and bricks. The children finished their PBL project testing materials if they were waterproof or not. They then chose the best material for the roof of the dolls house. They tested their choices if they were waterproof and windproof. They shared their finished house with Bumblebee Class.

Koala Class:

In Literacy we wrote our fantastic acrostic poems! In Numeracy we learned about card suits when playing Solitaire and how to make up amounts with different coins. In Topic we carried out push/pull and friction experiments! In Cooking we made Quiche Lorraine. In Life Skills we looked how to set the table and how to put someone in the recovery position. We enjoyed making different sounds with our mouths trying to beatbox in Creative. We loved walking to the underpass to see all the artwork and finishing off the week visiting the 'Koala Spa'.



Wombat Class:

We finished our class reading book this week, Cliff Hanger, and the children wrote reviews about the book. It has been Children’s Mental Health Week so we enjoyed thinking about those people who help us and making leaves about them to say thank you, which we have hung on the trees in reception. In K&U we found out the meaning of the Spanish flag and what it stands for. Using paint, we created our own Spanish flag. In Gardening we had to identify the different objects in the garden and stick the label in the correct place. We had a great visit to the underpass to see all the artwork from the different classes which is on display there. We also learnt some very interesting facts about some of the animals!



Hippopotamus Class:

In PSHCE, pupils created their own ‘leaves of gratitude’ for display on the blossom trees; there is more information about those on page 1. Meanwhile in Geography, pupils studied and compared how land is used in three towns/cities in the UK, and how the physical geography influences this. In K&U this week, we have started looking at the Passover story. We have watched the film 'The Prince of Egypt' to prepare us for the topic. After half term, we will be looking how the festival is celebrated. In Maths this week, the class have been learning about parallel and perpendicular lines with the help of Maths Mansion and a bit of MangaHigh. In Computing this week, the class celebrated Safer Internet Day by finding out how to be a more positive gamer and have a happier time online in general. In Science, the class concluded their work on ‘Earth and Space’ by learning about the Moon.



Sea Turtle Class:

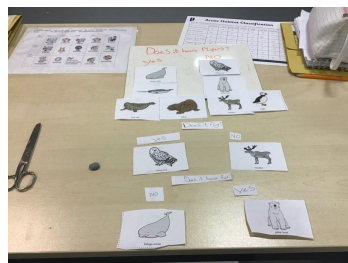
We have had an excellent week. In English, the class continued to do some work on similes and also some literacy work on their class book. In Cooking, they made some lovely lemon-drizzle cakes. This week was Children’s Mental Health Week. We discussed what mental health is, how we can help our mental health, and we also wrote down what things make us happy at school and things that we are grateful for. In Maths, the class worked so hard on different tasks including number bonds, subtraction and time. In PE, we had our final gymnastics lesson and everyone enjoyed getting out and exploring the soft play apparatus. On Wednesday afternoon, we took a trip to the underpass to look at all of the amazing collages made by every class in school. In Creative, the class did some music—doing some beat-boxing! We also finished our History topic on ‘Crime and Punishment’ victorian this week by looking at the Victorian times.

Secondary News

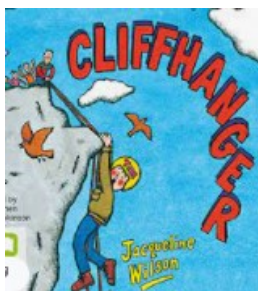
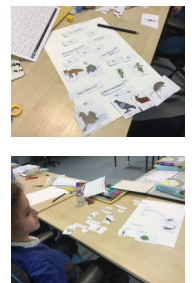


Serious Scientists :)

Vaquita Class:



In PSHCE pupils created their own ‘leaves of gratitude’ for display on the blossom trees. Meanwhile in Geography, pupils studied and compared how land is used in three towns/cities in the UK, and how the physical geography influences this. Pupils also continued to create their own keys to identify the characteristics of animals or plants (see photos)



Gorilla Class:

G Class finished reading 'Cliffhanger' this week and wrote reviews of the story about a boy, who went reluctantly on an adventure holiday. In Science they have been consolidating their work on ‘Life Cycles’ by playing interactive games about animals and their young. We are expecting to finish making our bags this week - pupils have enjoyed this project which has included design & measurement, and with support, practical sewing skills. In Maths, the children have continued to learn about number bonds to 10. They enjoyed using the Numicon to help with this activity. We discussed ‘Mental Health Week’ and talked about ways in which we help look after our own mental health and others around us. In K&U we found out the meaning of the Spanish flag and what it stands for. Using paint, we created our own Spanish flag.



Tasmanian Devil Class:

This week we continued our work on poetry, we worked as a group to write a simile poem, and we recapped on, and wrote a new shape poem about Grandpa's favourite aeroplane, the spitfire (from ‘Grandpa's Great Escape’). In Science we conducted some experiments to see what exercise does to our heart. In K&E we ventured outside to do a spot of orienteering to see how much map-reading we have learnt. In Maths we have worked on exam-type train timetable questions and gymnastics in PE. In Food Tech half the class made pizzas, and the other half did meatballs—yum!



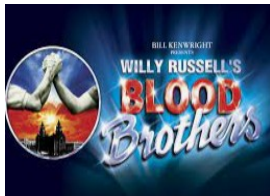
Elephant Class:

The Elephants have continued their exploration of the Library this week, independently choosing books and enjoying reading and being read to. In Maths they have been consolidating their work with coins and money. We have had a focus on mindfulness this week, completing colouring, listening to calm and sensory music and talking about what we can do to help our mental health.



Lynx Class: In PE, L Class played Polbat. In Business we are finalising the details of our Friendship and Valentine's project, which will be launched after half term. In English this week, we completed mock assessments for our Speaking and Listening assessment. We worked hard, and Mrs North is proud of our efforts. In Maths this week, we finished our work on time by looking at train and bus timetables and calculating the length of journeys. We also started revising our knowledge of our times tables and associated division facts. On Friday afternoons over the first half-term, Lynx Class have been learning about and practising Art based on Still Life and Impressionist techniques.

Upper School News



Panda Class: Pandas have been working really hard on their speaking and listening in English this week, focusing on exam prep and pushing themselves to communicate clearly and effectively. In PE, P Class enjoyed themselves, going back in time, playing on the soft-play on the mats! This week in Science we looked at 'Nucleation', experimenting with Coke and Mentos to understand the process of nucleation and how Mentos make it explode like a 'geyser', or is it pronounced 'geezer'? We had an amazing trip to see the theatre production of 'Blood Brothers' in London as part of our Drama curriculum. We all loved it and had so much fun (We want to go back!). In English we had mock assessments for our Speaking and Listening assessment. Mrs Rosenberg is very pleased with our efforts, topics included 'Blood Brothers', 'Encanto' and 'Green Gables'. In ICT we were learning about computer safety as it was Online Safety Day on Tuesday. Mrs North is very proud of our achievements and work ethic this half term.

Lunchtime News from our MSAs

This week, the Secondary Play Leaders got out the giant 'Snakes and Ladders', which was enjoyed by a number of pupils. As always, the football was popular in the secondary playground. In the primary playgrounds, the trikes were actively used, and pupils played games like 'Hide 'n' Seek' and 'Catch'.



Governors News



The Lonsdale Governors started to meet in their Boards this week.

On Tuesday, the School Development Board met to listen to subject leaders present their curriculum areas to the Governors. Our Governors asked a lot of questions; they are very keen to find out about all the learning happening around the school, and they are looking forward to visiting the school again next half term.

On Wednesday, the Safeguarding and Pupil Welfare Board met to look at welfare of the pupils and staff and other pastoral aspects of school life. They talked about Mental Health Support in Schools as well as looking at the School Development Plan.

The Governors' Resources Board will meet in the first week back after the half-term holidays. They will look at the school's finances, facilities and staffing and how the school's resources benefit the Lonsdale pupils.

Photo Page — 'Zoom into Brilliant Bits'



Photo Page – 'Zoom into Brilliant Bits'

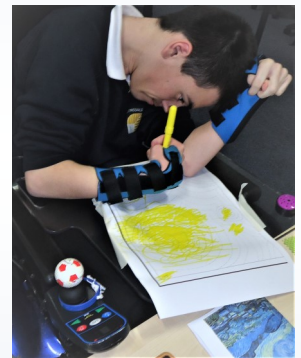
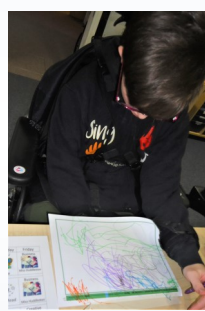
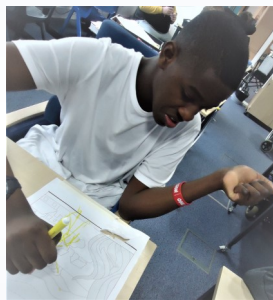
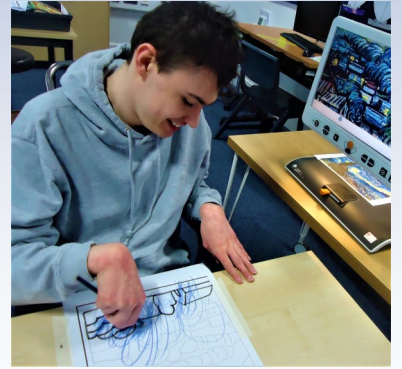
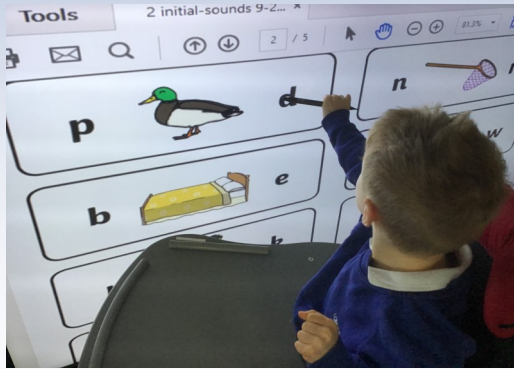
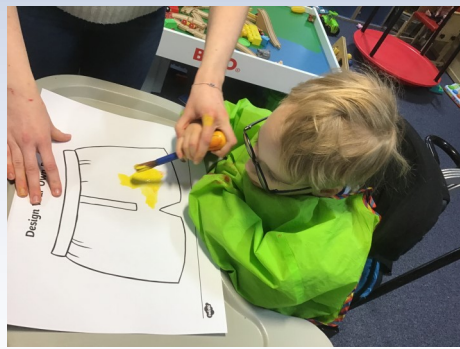
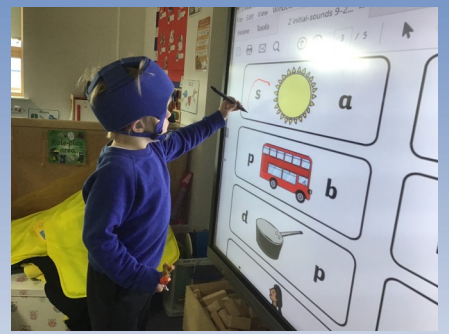
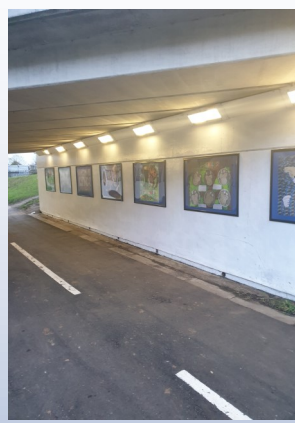


Photo Page — 'Underpass Photos'



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. At the top, the club name 'Stevenage FC' is on the left, the club crest is in the center, and 'OFFICIAL CLUB PARTNER' with logos for 'prime gaming' and 'sky Bet' is on the right. A navigation bar below contains 'News & Fixtures', 'Buy Tickets', 'Shop', 'Match Centre', and 'More'. On the right of this bar are 'Sign in/Register' and a search icon. The main heading is 'Matches', with 'Fixtures' and 'Results' as sub-links. A 'Add Fixtures to Calendar' button is on the right. Below this is a promotional banner for 'EFL FIXTURES 2021/22' with the text 'Sync now to receive the 2021/22 fixture list to your calendar.' and a 'SYNC NOW' button. The banner also features a smartphone displaying the fixture list, a soccer ball, and the club crest, with the hashtag '#EFLfixtures' at the bottom right.



CHECK IN WITH YOUR FRIENDS

If one of your friends doesn't seem OK, checking in on them can make a huge difference. One in every five children struggles with their mental health, so let's make sure we support each other through any difficult times.

**BE A GOOD
LISTENER**

**ASK HOW
YOU CAN
HELP**

**SHOW
EMPATHY**

**SEND A
NICE
MESSAGE**

BE KIND

**★ BE ★
SUPPORTIVE**

**IF YOU ARE WORRIED ABOUT A FRIEND
TELL A
TRUSTED
ADULT**



**I SAW THIS AND
THOUGHT OF YOU!**



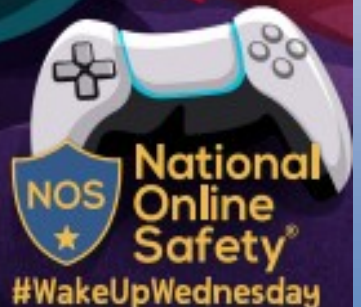
**WANTED TO LET YOU
KNOW I'M THINKING
OF YOU!**



**I'M HERE WHEN YOU
NEED ME.**



**MISSED YOU AT
SCHOOL TODAY.
EVERYTHING OK?**



**National
Online
Safety®**

#WakeUpWednesday

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





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

They would really appreciate your 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.



Visit www.hertsdirect.org/localoffer for services for children/young people with SEND



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

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



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





HELLO, PARENTS & GUARDIANS! WE ARE BEEZEE BODIES, AND WE WORK WITH HERTFORDSHIRE COUNTY COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR FAMILIES.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW 12 WEEK COURSES STARTING NEAR YOU WEEK COMMENCING 21ST FEBRUARY.

*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Hertfordshire and include one child who is above their ideal healthy weight.

CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILY'S FREE PLACE

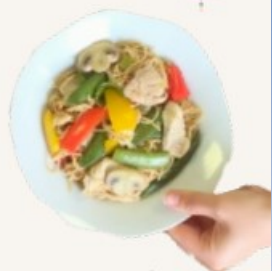


MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WELWYN Ridgeway Academy 17:00 - 19:00	STEVENAGE Barnwell Middle School 17:30 - 19:30	CHESHUNT Goff's Academy 17:00 - 19:00	WATFORD Knutsford Primary School 17:30 - 19:30
HARPENDEN Katherine Warington School 17:30 - 19:30		HEMEL HEMPSTEAD Longdean School 17:30 - 19:30	HERTFORD The Sele School 17:30 - 19:30
BOREHAMWOOD Allum Hall 17:00 - 19:00			
ONLINE Age 9 - 12 17:30 - 19:30	ONLINE Age 5 - 8 16:30 - 17:30	ONLINE Age 5 - 8 17:30 - 19:30	ONLINE Age 9 - 12 16:30 - 17:30

HAPPY LUNAR NEW YEAR!

LET'S MAKE CHICKEN CHINESE NOODLES

CELEBRATE THE YEAR OF THE TIGER WITH THIS CHINESE INSPIRED NOODLE DISH!



WHAT YOU'LL NEED:

- 200g mushrooms, sliced
- 4 spring onions, sliced
- 2 peppers, seeds removed and cut into strips
- 150g sugar snap peas
- 3 skinless, boneless chicken breasts, diced
- 340g egg noodles
- 2tbsp reduced sugar or "light" sweet chilli sauce
- 1 ½ tbsp. reduced salt soy sauce

WHAT TO DO:

- Wash and cut your vegetables. Put them in a bowl and set aside for later.
- Cut the chicken into bite size pieces.
- Heat 1tbsp of vegetable oil in a large frying pan, then stir- fry the chicken for about 3 mins until golden and cooked through.
- Add all the vegetables, stir and cook until the vegetables have softened.
- While the vegetables and chicken are cooking, prepare your noodles following the packet instructions. Place noodles into a large pan and cover with boiling water. Simmer for 4 mins, loosening the noodles with a fork. Drain well in a sieve.
- Add the noodles, sweet chilli and soy sauce to the frying pan and toss everything together for a final 2 mins of cooking. Serve straight away and enjoy!



beezeebodies.com

BeeZee Families

01707 248648



If you would like to enter the Flag Competition below, please print page 7 of the newsletter, design your flag and send your entry back to school by Wednesday 20th April.

Stevenage Sporting Futures Team
Birmingham Commonwealth Games 2022
DESIGN YOUR OWN FLAG COMPETITION

- How can you link your flag to your Commonwealth country?
- How can your flag be linked to sport and the Commonwealth Games?
- What else could you add to your flag to make it as creative as possible? – think about colours, symmetry, patterns and shapes.
- Remember to sign your flag in the bottom left corner.

The top three designs in your school will be entered into the Stevenage Commonwealth competition. The Stevenage Sporting Futures Team will select the three most creative designs in Stevenage, who will have their flag specially made.



**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

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





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 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

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