Learning @ Lonsdale

Weekly Newsletter — Friday 25th February 2022

Information and Dates for your Diary

Please see below some diary dates for you:

World Book Day 3rd March 2022

Comic Relief 18th March 2022

Mother's Day Sale 25th March 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

Half Term 30th May to 3rd June 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



What an exciting week! For the first time in a long while, we were able again to 'burst our bubbles' and move and mix around the school. Pupils enjoyed the restarting of assemblies, and it was great to see secondary pupils from the previous South Bubble venturing North to mix with their peers during lunchtimes. It was incredible to see the whole school coming together again for lunch in the dining room. On Friday, we were able to welcome some parents to school for their consultation slots. And it was also good to see many of you take up appointments to speak to form tutors via Teams, Zoom and over the phone.

Next week, we are all looking forward to celebrating WORLD BOOK DAY. All pupils are invited to dress up or come in non-school uniform on 3rd March. Just Two weeks later on 18th March we will celebrate COMIC RELIEF (see page 8), and from 25th March, you will be able to purchase hand-crafted items from the Post-16 Business for Mother's Day. More information will follow.



Dolphin Class: This week we have started to learn about our new topic 'People who help us'. We have read two books 'Real Superheroes' and 'A Superhero like you' and watched a Power-Point to share information about the different jobs. The children have really enjoyed dressing up in a range of dressing up clothes, role playing different people who help us. They have played with small world toys and used 'People who help us' playdough mats, rolling, squeezing and cutting. The children have continued to work really hard on their phonics and reading books. They have played snap, counted 'People who help' and painted hand prints to make a 'People who help us' tree. Each week, we will learn more information about the different jobs.



Bumblebee Class:

This week in the Bumblebee Class, we have started our new PBL project 'Sounds All Around Us'. The class have explore sound, made sound shakers and created sounds with different parts of their bodies. The children enjoyed making flapjacks in Cooking and exploring their feelings when listening to music in Art. In Outdoor Learning the Bumblebees started their topic 'Habitats' and began to explore what a habitat is and where we can find them. Have a great weekend!

Primary



Owl Class: This week's story has been 'Hansel and Gretel'. The children have been exploring and describing the characters. In Music the children are working on a project by the Royal Opera House, exploring opera through the 'Hansel and Gretel' story. This week the children sang 'Twinkle Twinkle Little Star' in lots of different ways to show their feelings such as shy, confident, sad, happy. In PBL the children have begun to learn about sound and have used their listening ears to identify sounds around school. They have watched the strings on a guitar move and explored how they looked when played loud or quiet.



Koala Class: In Literacy we brainstormed ideas of how recycling is good for the planet. In Numeracy we developed our addition and capacity knowledge. In Topic we planted runner beans and flowers to start our growing plant experiment! In Cooking we made macaroni cheese. In Life Skills we collected wood and thought about what we are grateful for. We enjoyed using the Beebots and inputting what direction they were to go in. In TaskMaster, we enjoyed making a surprise.



Wombat Class:

This week in English, we started our new topic, learning about non-fiction books, what they tell us and how they are set out. In Science we also started a new topic, materials. We identified different objects around the classroom and what they were made from. In Forest Schools we joined with the Sea Turtles and had great fun making and flying kites! The class enjoyed learning facts about Spain, using maps to locate Spain and colouring in their own map of Spain. We also enjoyed digging up some weeds in gardening. It was lovely to be out in the fresh air. In PSHCE we talked about changes and how we feel when there has been a big change in our lives, like a new baby, moving house, surgery etc.



Hippopotamus Class:

In PSHCE this week, pupils have started a unit about healthy living. The focus was on healthy eating and diets. In Geography, we consolidated our learning about land use and compared the most/least common uses of Glasgow, Scunthorpe and Llangollen. In Maths this week, the class learned about the properties of rectangles and how to properly label them showing right angles and parallel lines. In Science this week, the Hippo Class began a new subject, animals including humans. They learned about human life cycles including the different stages in a human life. In Computing this week, the class learned about how to create secure passwords as well as investigating how long it would take a computer to hack them.



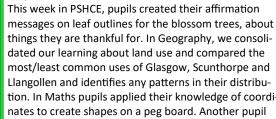
Sea Turtle Class:

It has been lovely seeing the class after the half-term break and hearing about the lovely things that they got up to. This week, in Science, we started our new topic of electricity, looking around school to see what is powered by mains electricity and / or batteries followed by completing a sorting task based on this. In English, the class continued with their literacy work on the class book. In Cooking, they made some lovely macarons. In PE, as well as walking, we started our new sport, table top games, playing some excellent Polybat. In Maths, we looked at the topic of time again, with students doing a variety of different tasks. In Forest Schools, we made some kites and tried to fly them! In Creative, the class started to work on their play in Drama. In Computing, we looked at Internet safety, focusing on exploring respect and relationships online.



News

Vaquita Class:









Gorilla Class:

went on a recycling hunt!

This week in Gorilla Class, we enjoyed digging up some weeds in gardening. And looking at how much the garlic has grown that we previously planted. It was lovely to be out in the fresh air. In PSHCE we talked about changes and how we feel when there has been a big change in our lives, like a new baby, moving house, surgery etc. In K&U we looked at how the climate is different in Spain. We packed a suitcase with suitable clothing for a summer holiday in Spain. In Science, we have started looking at materials. The pupils enjoyed a walk around the school, identifying different materials and discussing why they have been used. In Textiles, the pupils enjoyed completing their bags and currently have them displayed on the classroom wall.



Tasmanian Devil Class:

Tasmanian Devils this week have been extremely busy with doing some 'Nucleation Science Experiments' to see how we can create reactions using sweets and fizzy drinks! In Maths we have been working on probability with some interesting results. In K&U we have been utilising our map reading skills to discover continents but first the important such as the equator, Tropic of Capricorn and finding out what continents are and what countries lie within them. In PSHCE we looked into five things we are grateful for to hang on our trees. In Food Tech we made some yummy macaroons.







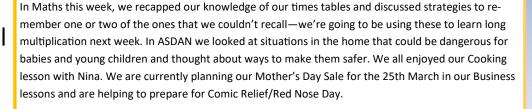
Upper School News



We did some lovely painting in E Class this week, putting down masking tape to make abstract shapes. In Science, we learned about how airplanes fly. Then we made our own planes to see what shapes are aerodynamic. In Maths, Elephant Class have been measuring distances and looking at 'smaller' and 'bigger'. In English they have continued to look at sentence structure and tell each other about their weekend news.

Lynx Class:

Elephant Class:





Panda Class: In English, we continue to practice for our 'Speaking and Listening' exam. In Maths, we have been consolidating our learning, revising time, multiplication, division, and money. In Science we researched the history of the Periodic table, creating presentations to deliver to our peers next week. In K&U we were discussing WW2, in particular Auschwitz and the history of concentration camps. This was a great learning opportunity! Continuing the WW2-theme in Cooking, we made rationed Russian macaroons, they were different and delicious! We have started to rehearse our edited version of 'Blood Brothers' in Drama, we are excited to produce and perform this in the Summer Term.

Lunchtime News from our MSAs

The positive play leaders were challenged by a stormy day on Monday, so they all chose a different toy and played some fantastic games with the younger children, from puzzles, to snap and pairs.

On the Primary playground at lunchtime this week, there has been some excellent games of skittles, with the children taking their turn so nicely, counting the knocked down skittles, and cheering each other on.













Photo Page — Zoom into Brilliant Bits'





















Photo Page — Zoom into Brilliant Bits





























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.





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 - 16:30	ONLINE Age 5 - 8 16.30 - 17:30	ONLINE Age 5 - 8 17.30 - 18:30	ONLINE Age 9 - 12 16:30 - 17:30

HAPPY LUNAR NEW YEAR!

LETS MAKE CHICKEN CHINESE NOODLES

CELEBRATE THE YEAR OF THE TIGER WITH THIS CHINESE INSPIRED MOODLE DISHI

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

1 01707 248648



If you would like to enter

the PDNET Pupil Voice Competition,

please see page 7 of the newsletter!

pdnet Pupil Voice Competition 2022

If you were the Prime Minister for a day, what would you do?









WHAT SHOULD MY ENTRY INCLUDE?

If you were the prime-minister what would you do to make things better for children and young people with a physical disability?

Tell us what decisions you would make! What would you want to change? How would you support children and young people with a physical disability? What would you put into place to help support learners? You can be as creative as you like! Your entry can be written, a drawing, a presentation and more!

HOW DO I ENTER?

Please email your entry to emma.sheasby@sdsa.net and make sure you include your full name, age, school and contact details. If you are aged under 16, please ask a parent or teacher to submit your entry for you.

JUDGING DETAILS

Following the closing date the judging panel will meet to select their winners (one from each category). Winners will then be contacted via email with details of how to claim their prize. The winner from each age category will receive a gift voucher and a certificate. All entrants will receive a a certificate to recognise their achievement.

We would like to hear from you!



COMIC RELIEF

When is it: Friday 18th March 2022

What's happening at school: Non school uniform, disco, tuck shop at the disco

All proceeds made at the tuck shop will be donated to Comic Relief

Please bring £1 for non school uniform and disco



(NON-FUNGIBLE TOKENS)

r-fungible taken, or NFT, is a unique digital record of a particular file – such as an image, audio track or video (non-fungible meaning it can't placed by an identical item). NFTs let digital content producers like artists and designers control how their work is distributed and monetised. Iffine equivalent would be owning a limited-edition art print, signed by the artist, with a certificate of authentication. The value of the takens redibly volatile, unregulated and very much based on hype, publicity and marketing. These digital assets – typically collectibles, avatars for social media profiles or character add—one for online games – are traded in specialised marketplaces using cryptocurrency.



COLLECTIONS

earching for a particular collection, it is common for false versions to alongaide the originals, which can see a less experienced surver. Larger a will be verified, but a mail once will not, it the veture that has been treded and he activity to verify authentialty — false ons will hove almost me treding history.

OF CLARITY

a limited-edition print of a pointing lan't no thing as owning the original. Underlas, smache buys an IFT, they're not not ownership rights to all original work, suyers den't realize that - almos many a publish you view - purchasing one tates ethic possible from making their play of your IFT (by serving a scheenshot assention). Sheak pooks of NFTs can also advertise what the purchasing their ping suyers disappointed in what they y receive, and do they are unregulated, int a precedure for returns and refunds.

LEFT & "WASHTRADING"

ritine this was steel NFTs to sell, while a common scam is "neashtrading". Here, crupalisus trader creates allowed to buy ne NFT multiple times at increasing prices site to 8 for 10, who sells to 6 for 100, who like to 9 for 300 — except A, B, and C are y all the same persen). The goal is to bure a speculation with the illusion of a juicy unity.









STORAGE ISSUES

An NFT is cryptoctarency which is linked to an additional file containing a sligital asset. Due to the cast of storing data on a slockshain, it's typical for a project founder to store only the IFT's transaction record "on chain" to preme ownership — with the accompanying asset stored "off chain". Whether that storage is in the cloud or an a personnel server, it must be permanently secure or the asset could be leet. So in a large number of cases, the NFT cantains a link that points to the image data; it is not the image sate itself.

TRANSACTION COSTS

issuing an NFT requires "minting" it and any future seles require updeting a blockchain ledger to transfer europeanip. The cent of tria depending on the blockchain and market cahalitisms—ean vary wildly, besed an supply and demand of "block specie". In 2021, the feel paid for NFT transactions on one blockchain regularly seat more than the value of the esset itself, often by hundreds of UE delians.

PHISHING EMAILS & REPLICA SITES

There have been instances of messages lesing sent advertising the availability of new HETs with a link to a fake website with a very similar URL to an authentic site. Users then link their cryptowallet to the site, are side to 'man't the take HET, and once you press 'confirm', the cryptocurrency lesives your will tand you are left without the NFT you were promised, and very much out of pocket.

Advice for Parents & Carers

X AUTHORSHIP

LY NFTs from unknown sources, and he wary of trading auticle of markstpicess. Branded NFTs, like these said by sports franchises, are by evaluate via a platform that's easy to authoritosts. However, he're inclinitiatis artists can be harder to wirtly. Research their online tien to ensure they have a consistent traink record of authoritip and inlesd cryptocurrency wallet before you send a payment.

WALLET SECURITY

Wallet security can be the difference between keeping MTE secure and having them stelen. There are two primary types: a het wallet (such as metermank) in used for mainting NIT's and departed slot—to—day interestions with third—party sites. A cald wallet (or "voult") is for stering high—value assets, as interestions sear take. A cald wallet (or "voult") is for stering high—value assets, as interestions sear take a page without physical confirmation on the hardware. Only buy these from official sites and not from third—party sellers (including Amazier).

TGAMBLE

ore should avoid investing significant sums every and gambling on future NFT prices.

It is can extend NFTs: this patentially infinite of "limited-edition" collections means that, silly, \$9% of NFTs will likely be verth nothing, prior to lengely based around building hype silling pee his believe that the next project the one that me one properties that the prior that me one than his, Take time our decision and ensure you fully understand act belore getting invelved.

SPOT THE SCAMS

Learn what type of message a hecter will leave.
They'll often try to create the lituden that years one of a select few who has this increase, imited-time operaturity. These can appear on official pages yis hecting, as be wary of this pressure-buying tactic. Hackers also send links estaids official chahnels, such as on message beards and private messages. Turn off sheet messages for the server when you join, and never click links that even't on a project's which you prove the project's which you prove the project's which you prove the project's which is present.

RESEARCH THE SPACE

if you're interested in NFTs and you're is immed the besite of cryptocurrency, talk to people who are already involved in the space (like on NFT dights group) on elethentic marketpictes, because the projects you're coincidering invosting in to avoid scarms; follow the project on Tiffitter or Discord and review the went they've done before — avoid artists and teams who insist on remaining unperposes.

Our Experi

is Associate Professor at the UCL School of more and a researcher at the UCL Contro for in Technologies. He associationing research on py and organization has been published in loading c journals as seel as in two books. It is also a speaker up adoles. He tweets at @PirateOrg.







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🖹 www.nationalonline







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





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





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	Speech Language, Communication & Autism needs: Tues & Weds 1:30pm - 4pm	
Support Service* № 01442 453920 - term time only	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

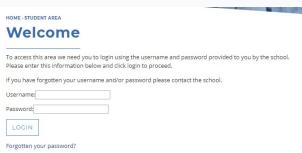
- If you are ever threatened with physical harm, being repeatedly harassed, being sent malicious messages.
- If it's not an immediate emergency, phone 101 or use our online webchat service.
- If it is an immediate emergency phone 999.

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?

