



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

Occasional Day 27th June 2022—School closed

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 has been overshadowed by events in Ukraine. Some of our pupils chose to talk with their teachers, peers, our school counsellor and support staff about current events to try and understand what is currently going on in Europe and the world. These conversations can be challenging, and we have put some resources for you on page 9 of the newsletter to support parents to talk with their children about current events.

We celebrated World Book Day on Thursday and admired all the brilliant costumes and outfits. We also received entries for the "Reading in unusual places" photo competition. We had several winners, who all received a book. See some entries on page 8!

Next week, we are looking forward to a '90-Minute Makeover' of our school on Thursday afternoon. All members of the Lonsdale community will put down their pens and move away from their computers in order to tidy and clean inside and outdoor areas of the school. The previous restrictions due to Covid-Bubbles and the recent storms have led to resources being out of their usual places and some areas of the school looking in need of a refresh. We will do this together!

And last but not least, take a look at our photos on pages 5-8 to see what we have been up to this week. We wish you all a restful weekend!



Primary



Dolphin Class:

This week in Dolphin Class, we have continued to learn about 'People who help us', focussing on Paramedics, Doctors and Nurses. We have learnt through role play the places we will see them, what they will drive and what tools they use. We then started to create a book to support the learning. Pupils designed, cut, stuck and tossed their own pancake on Tuesday. They continue to work hard on number skills, one more/ one less and their reading skills. Pupils enjoyed dressing up for World Book Day, and it was lovely seeing photos for the competition.

Bumblebee Class:

This week in the Bumblebees, the children have continued to explore sound. The class played a range of musical instruments from around the world, and they grouped each instrument by the way it is played. The Bumblebees enjoyed World Book Day activities and shared lots of books. They then designed a biscuit with their favourite book character on. In Cooking and PSHCE the Bumblebees learnt all about Pancake Day and enjoyed making their own. In Maths the class explore positional language and enjoyed role-playing the position of Teddy.

Owl Class: This week the children have enjoyed listening to lots of stories and sharing books from home. We were able to watch and listen to the author Julia Donaldson and illustrator Axel Scheffler online present some of their work. The children painted their favourite book characters in Art. There were some lovely costumes on World Book Day. In PBL the children learned more about sound and how we hear. In Music the children explored the character of the witch from the opera 'Hansel and Gretel' and listened to the song 'Hocus Pocus'. They enjoyed role-playing the role of the witch.

Koala Class:

In Literacy we did a survey of all the rubbish and recycling bins around the school. In Numeracy we developed our number and capacity knowledge. In Topic we looked at the life cycle of a plant and different material uses. In Cooking we made chicken fajitas. In Life Skills we practiced our bandaging skills and developed our fitness by having races in the sports wheelchairs. In Forest School we embraced the rain and went on a puddle hunt!



Wombat Class: We enjoyed a visit to the Lego Room on Monday where we took photos of our models as we deconstructed them and then put this into a video. Our classmates will have a go at following them next week! The children learnt about Shrove Tuesday and how it is celebrated in the UK. They went on to design a pancake face, which they seemed to enjoy. During PSHCE we discussed about speaking up for yourself. This involved discussions about being able to share your thoughts and feelings about certain things with confidence. It also allowed the children to recognise that their own thoughts and feelings are important. We also learnt about World Book Day and the importance of reading and enjoying stories. We hope the pancakes we made were delicious!



Hippopotamus Class:

In PE we have been practicing for the House Archery competition, which takes place next week! In Maths this week, the class began by looking at pictograms and bar graphs. They then ended the week's Maths lessons with World Book Day and a task that involved finding the answers to clues hidden around the room to unlock a secret password. In Science this week, the class continued with their work on animals including humans by first looking at how babies grow in the first year of their lives and then the changes that occur during puberty. The class also had a great time on World Book Day following the book-themed orienteering trail.



Sea Turtle Class:

Last Friday, we took part in a card-making activity lead by the Lynx Class Business Group. In K&U, we started our new Geography topic of settlements. This week, we discussed what people need to survive in settlements, and students then did a task where they wrote down all of the facilities that they have in their own towns. In English, the class looked at hyperboles and carried on doing work related to their class book. In Cooking, they made pancakes (topped with all sorts of delicious things!) and cheese toasties. In Science, we started to learn about renewable energy sources. In PE, we did some Polybat and Archery. In Maths, we worked on co-ordinates and the whole class did brilliantly. In Forest Schools, as the weather wasn't very good, we joined with the Wombats and played some games with them. During World Book Day, we did book-related orienteering, talked about our favourite books, went to the school library and did some quizzes about books. We had some fantastic costumes in our class. We also made some 'Kindness Jars' for Lent.

Secondary News



Vaquita Class:

Another busy week with exciting extra-curricular activities involving dressing up for World Book Day and an orienteering exercise to locate and name the titles of 10 books around the play areas. The pupils did this really well in their teams and worked together brilliantly (see pictures). In addition, following inspiration from 'Grandpa's Great Escape', pupils designed their own version of magnificent RAF-style moustaches! In PSHCE, pupils are discussing the benefits of a healthy lifestyle and will be creating balanced meal plans.



Gorilla Class:

In Gorilla Class this week, the children learnt about Shrove Tuesday and how it is celebrated in the UK. They went on to design a pancake face, which they seemed to enjoy. In Maths we continued to work on odd and even numbers. We also learnt about World Book Day and the importance of reading and enjoying stories. During our Gardening lesson we made a paper-flower model. They look lovely on the window sill in the classroom. Our wellbeing activities on a Thursday afternoon this half term will be using wool. For the first week, we watched a short programme about how wool is produced and then selected coloured wool to add hair to a face. Everyone enjoyed the World-Book-Day-Orienteering activity outside.



Tasmanian Devil Class:

We have had an explosive week learning about 'Nucleation' and seeing how many Mentos it takes to create an incredible geyser. We have also learnt about probability with coins and dice to see how frequent the results are. Climates and atlas exploration is our K&U project, and we have been working hard at deciphering longitudes and latitudes. 'Atoms and Elements' are our next stage in Science, working out the periodic table, symbols, and properties. In PSHCE, we have been looking at the news of the world and taking a closer look into the Ukraine invasion by Russia, discussing what this means, and sharing our worries.



Upper School News



Elephant Class:

Elephants have been focusing on measurement in Maths, looking at measuring tapes, trundles and rulers. They have been enjoying using an ICT element, driving remote control cars down the corridor and seeing how far their journey was! In Science they have continued their topic on forces, and in Art they have been creating incredible colourful pieces using masking tape to create negative space.

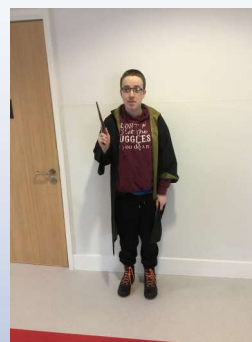
Lynx Class: What an exciting week: World Book Day, Pancake Day and the prospect of a whole range of lunchtime clubs starting up next week! In Cooking we thoroughly enjoyed making (and eating) pancakes with a variety of toppings as well as making our own toasted sandwiches. In Maths we have been using our times-tables skills to complete long multiplication, and we have also started looking at probabilities—hmmm... what's the probability of it raining tomorrow? In Art we finished off our Monet waterlilies pictures that we started last week and also made some fun pancake-face collages.

Panda Class:

In K&U this week, we researched the Holocaust survivor (Susie Barnett), we will be talking with her next week, via Zoom. We have thought of question we could ask to extend our knowledge and understanding of this time. In Maths, we practiced describing 2D shape without giving the name, whilst our peer was blindfolded. This is to support our understanding of exam questions. In Science we practiced Ionic Binding, making elements happy and stable. In ICT we have been learning about the evolution of the Internet. Some of us dressed up for World Book Day.

Lunchtime News from our MSAs

This week, we've been having great fun on the Primary Playground, opening up our pretend "drive-thru" cafe as well as some very constructive sand play. Also, Wednesday's craft club saw some colourful and creative new name place cards being created for the dining room, too.



Governors News



Our Governor Katie Byrne spent a day at school this week to visit her Buddy Class. She enjoyed taking part in an online World Book Day assembly and a Science lesson about the five senses. Katie said it was great to see the young people working so hard. The class also had a lot of questions for Katie. They asked her about her role as a school governor, and Katie answered all of the pupils' questions. In the afternoon, Katie visited some other classes around school. Katie would like to thank everyone for making her so welcome and she said it had been great to be back face-to-face after such a long time.

Photo Page – 'Zoom into Brilliant Bits'

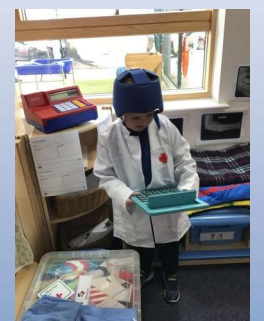


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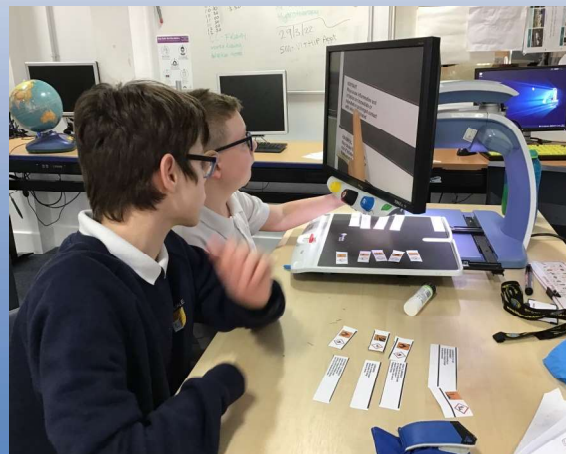
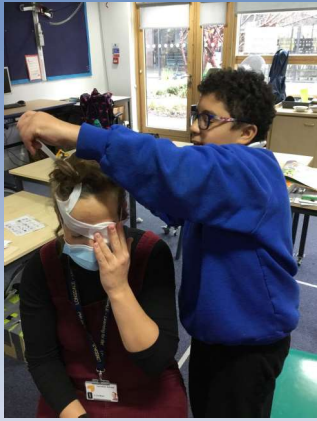


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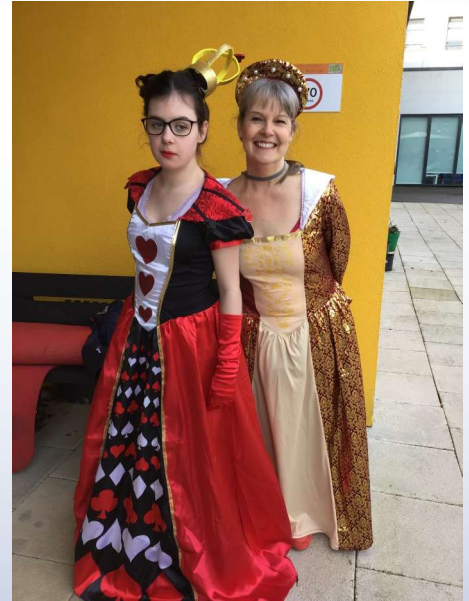
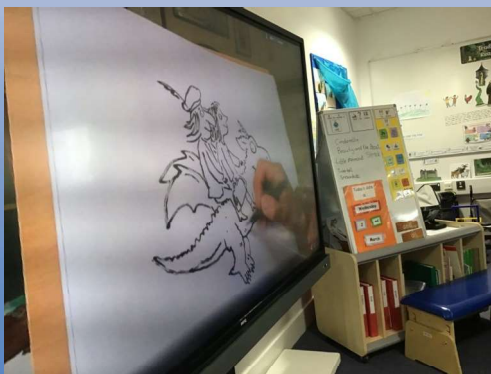
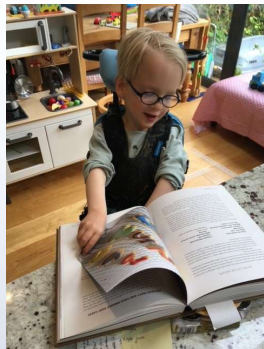
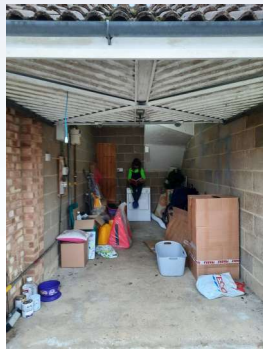


Photo Page — 'Zoom into Brilliant Bits'



Reading in Unusual Places





Hertfordshire County Council

Parental Survey 2021 – Hertfordshire Childcare Sufficiency

Are you a parent/carer with children aged between 0-14 years old? Hertfordshire County Council would like your feedback on childcare to help us understand the current market position and to help us plan for sufficient childcare places across Hertfordshire. To give your feedback complete the survey:

<https://surveys.hertfordshire.gov.uk/s/JZNF3W/>

Please find below some resources to support parents to talk with their children about what is happening in the Ukraine. You might find these helpful.

Supporting your child if they see upsetting content online about what is happening in Ukraine (Childnet)

<https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/>

We should not hide from children what is happening in Ukraine (Schools Week/Children's Commissioner)

<https://schoolsweek.co.uk/we-should-not-hide-from-children-what-is-happening-in-ukraine/>

How to talk to children about what's happening in Ukraine and World War Three anxiety (Metro)

<https://metro.co.uk/2022/02/24/how-to-talk-to-children-about-whats-happening-in-ukraine-16163133/>

Help for teachers and families to talk to pupils about Russia's invasion of Ukraine and how to help them avoid misinformation (Department for Education)

<https://educationhub.blog.gov.uk/2022/02/25/help-for-teachers-and-families-to-talk-to-pupils-about-russias-invasion-of-ukraine-and-how-to-help-them-avoid-misinformation/>



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 Warrington 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 18:30 - 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 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?



3 x prizes
to be won!!

 If you
were the
Prime Minister!

pdnet
A network for those supporting
learners with physical disability

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 certificate to recognise their achievement.

We would like to
hear from you!



Closing Date:
Friday 29th April 2022

Age Categories:
Primary, age 4-11
Secondary, age 11-16
Post 16, age 16-25



A survey has been created by Hertfordshire School Games Organisers (SGOs) to gain information from all parents in Hertfordshire. The information gathered from this survey will give the SGOs valuable data which will be used to shape provision and programmes for all young people.

The information gathered in this survey is anonymous and will be kept private within the Herts SGO network. Please access the survey here:



<https://forms.gle/LmurPfk8an1vYwqx7>

The survey will take less than 2 minutes to complete. We really hope you can help us by clicking on the link and answering the questions by Friday 25th March 2022.



Adagietto

Stevenage Music Centre

Carnival of the Animals

Music group for ages 5-7 (approx.)
Small groups of 3 - 6

An introduction to general musicianship for beginners.

A typical session will include playing, lots of singing and musical games, all with a strong emphasis on enjoyment!

This group offers:

- Parents the opportunity to participate and join in the fun.
- Exposure to wide range of music styles and genres.
- Exposure to wide range of instruments and singing.
- Building of children's confidence in expressing themselves musically.

Develop readiness for, or compliment instrument learning, through:

- Musical games
- Instrumental work
- Singing skills
- Rhythmic skills
- Aural skills (listening)
- Composing experience
- Musical notation



For more up-to-date information and to find out about more events follow us on Twitter and Facebook @HMSStevenage



Sarah Davis

Saturdays, 12.10 pm - 12.40pm
5th, 12th, 19th and 26th March
Cost: £30.00

Teacher: Sarah Davis

Contact us: StevenageMusicEnquiries@hertfordshire.gov.uk

Follow @HertsMusic



Hertfordshire Music Service
hertsmusicservice.org.uk



What Parents & Carers Need to Know about WHATSAPP



WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.

WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dip them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise who all their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers



CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.



EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays unattached. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.



REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.



LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.



THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.



DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.



CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.



Meet Our Expert

Pavon Hour is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Click, a web resource that helps parents and children thrive in a digital world.



National Online Safety

#WakeUpWednesday

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





When is it: Friday 25th March

All items £1.50

Where is it: In the dining room
at Break time



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 special schools can pick up home testing kits from local pharmacies or request home test kits from school or 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.10mathsfactor.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!