

Learning @ Lonsdale

Weekly Newsletter — Friday 11th March 2022



Information and Dates for your Diary

Please see below some diary dates for you:

Half Term 14th to 18th February 2022

End of Term Friday 1st April, pupils leave at 1.30pm

Staff Inset Day 19th April 2022, pupils return to school on 20th April 2022

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 we celebrated British Science Week, and a highlight was the delivery of 10 eggs and an incubator on Monday. A live stream was set up, and we were excited to see the first chick hatch on Wednesday morning. By the end of Wednesday, we had 10 chicks. They needed some time to recover after the hard task of breaking through the shell, and next week we are all looking forward to getting up close and handling the chicks. If you would like to watch them, the live stream will be switched on again on Monday: https://youtu.be/_QfVC0omFgo. You can see some photos on page 5.

On Thursday, everyone put down their pens and came off their computers in the afternoon to join a 90-Minute-Makeover in order to tidy and clean areas of our school inside and outdoors. Take a look at our efforts on page 6!

And last but not least, take a look at our 'Wellbeing Trees' on page 3, which have now been 'planted' in pots and are a great feature in various areas around school!



Primary



Dolphin Class: This week we have learnt about 'Vets' and changed our role-play area into a veterinary surgery. The children have enjoyed playing with animals, wrapping bandages around them, giving injections and listening to their hearts. They watched a video of Jackie's cat visit the vet and saw equipment being used. They have enjoyed the experience of watching our eggs hatch into chicks and got very excited to see them. They have handled guinea pigs and a tortoise, stroking, combing and feeding them. They have learnt what the different animals need to help look after them. Now the weather is getting warmer, the children have also enjoyed more outdoor play.

Bumblebee Class: This week in the Bumblebee Class, we have continued to learn all about sound in PBL. The Bumblebees explored how different sounds made them feel, what sounds we hear around school and how we hear sounds. In PSHCE the Bumblebees learnt all about International Women's Day, and in Cooking, they made sausage rolls. In Number the Bumblebees have been working on their counting and grouping of different items. On Thursday afternoon, the Bumblebees enjoyed tidying the outdoor area and classroom in our 90-minute makeover. We also enjoyed watching the chicks hatch and a visit from a tortoise!

Owl Class: The children enjoyed watching the eggs hatch into chicks, just outside our classroom! In PBL the children have been learning about the parts of their ear and listening to and identifying sounds. They listened carefully to sounds outside and discussed sounds near and far away. In Music they explored the character of the witch in the opera 'Hansel and Gretel'. In Maths the children have been counting and adding, and they have been learning about times of day. The children enjoyed helping to tidy up the classroom and choose which toys they wanted to keep.

Koala Class: In Literacy we researched some recycling facts for our argument. In Numeracy we developed our subtraction and length knowledge. In Topic we looked at why we use certain materials for certain objects. In Cooking we made Spaghetti Bolognese. In Life Skills we looked at ways we can solve arguments and learned coping strategies. We completed a litter pick of the driveway, and in Forest School we were joined by Wombats and Sea Turtles and completed another litter pick! We enjoyed seeing the chicks grow!



Secondary News



Wombat Class:

We finally made it to the woods for Forest Schools this week! It was a little muddy and full of litter, so we spent some time with the Koalas and Sea Turtles helping to tidy it up. In Science we took a walk around the school site identifying what different materials had been used and thinking about why they had been used. In K&U we learnt about the climate in Spain and that it is not always hot and sunny. With the help of symbols, we had to describe / annotate a picture of a beach and a picture of a ski resort. In PSHCE we discussed 'stranger danger' and identified who would be classed as a stranger. The whole school got involved in a 90-minute makeover for classrooms and outside spaces on Thursday afternoon.

Hippopotamus Class: In PSHCE, pupils have continued with their healthy lifestyles work, to create a meal plan for a week, using the 'Lots, Sometimes and Little Bit Plates' they created last week. In Geography, they have begun to plan settlement of their own, using a key to annotate the main features. In PE the students have taken part in the House Archery competition. In Maths this week, the class continued their work on statistics, this time focussing on line graphs and data that changes over time. In Science, the Hippos have been learning about the changes that occur as we get older, as well as debunking some myths about what happens to us in old age. In Hippos this week, we took a break from our K&U topic to learn about the life cycle of a hen and how chicks grow. Then we went to go and see the chicks!

Sea Turtle Class:

In Cooking, the class made a lovely lentil shepherds pie. In Science this week, we continued to look at sources of energy, and we recapped on the renewable sources by deciding which words and pictures related to which source of energy and then pegging these onto one of the students! In Geography, we practised using the index in an atlas to find different settlements. In PE, we continued to play polybat and did some archery in preparation for the House competition next week. In Forest Schools, we went to the forest as it was such a mild afternoon. We looked at all of the first signs of Spring. We saw a bumblebee, buds forming on the shrubs and blossom on some of the trees. Tuesday was International Women's Day, so during the week, we had some great discussions about this and did some tasks. In Maths, we started to look at capacity, learning about ml and litres. In Creative, the class continued to work on their Drama play, which they are all very excited about!

Vaquita Class:

Pupils have begun to plan a settlement map, using their knowledge of map symbols and keys to annotate the main features in Geography. In English we learned that Grandpa has gone missing. Pupils have created their own 'Missing posters', using the correct features for this type of text. We had a hoot in Maths, completing a bucket challenge to test capacity. See the images! One pupil had to try and fill a bucket using a yogurt pot, while the other had a jug... They swapped over and then discussed why this was not a fair challenge.



Gorilla Class: Pupils learnt about the climate in Spain and that it is not always hot and sunny. They had to describe / annotate a picture of a beach and a picture of a ski resort. They were able to use symbols to help if needed. In PSHCE the children learnt about the importance of speaking up for yourself and having the confidence to do so. In Science this week, G Class enjoyed a sunny walk around the playground and footpath identifying items made from different materials. In English they have been continuing to read a non-fiction E-Book called 'Animals around Us'. They followed this with some board games with questions designed to test whether they had listened carefully to the facts, whilst having fun! We continue to enjoy 'Electric Umbrella' music activities on Wednesday afternoon—they have been promoting their Fri after-school & Sat Breakfast Club online music activities if anyone is interested.

Tasmanian Devil Class: In Maths this week, we consolidated our use of times tables to complete long multiplication and applied this to real-life situations. In Science, we have continued with working on Scientific Atoms, Elements and Properties by learning some of the periodic tables. In K&U we have been looking at David Attenborough's programme about Antarctica, where the Arctic Circle is and what the climate is there. In PSHCE, we have been learning about budgeting and how to look after our money as well as emotions. We have also had a go at sculpture-making in Art. Lonsdale's chicks caught our attention, and we were able to visit them. On Thursday we took part in the great Lonsdale clean-up, learning about how to look after our environment, we collected 3 bags of litter!



$$\begin{array}{r} 248 \\ \times 22 \\ \hline \end{array}$$

$$\begin{array}{r} 349 \\ \times 91 \\ \hline \end{array}$$

Upper School News



Elephant Class:

Elephants have started their new topic this week, 'Growth'. In Science we have planted beans, named our beans and looked at how beans grow! In Maths we have been measuring different items and looking at capacity. We went to visit the chicks a few times this week, it was very exciting to see them grow and change from eggs to hatching to walking!!

Lynx Class: In Maths this week, we consolidated our use of times tables to complete long multiplication and applied this to real-life situations. We also played a the game show 'Play your cards right' and learnt how to tally up probabilities of certain numbers or suits occurring. In ASDAN we discussed the symptoms, possible complications and treatment of a range of childhood illnesses and why in the UK we vaccinate against some and not others. As part of our Outdoor Learning and learning-environment make-over, we carried out a litter pick. In Business we counted up the monies from our 'Valentines and Friendship Sale' and went on to design our Mothers'-Day advert. We also had a quick peep at our new-born chicks, recapping the life cycle, and we asked Miss Gregor questions on how to look after baby chicks.

Panda Class:

On Monday in K&U, we listened to a live talk from Susie Barnett, a Holocaust survivor. The talk was captivating, learning about Jewish life during the early stages of Hitler's campaign and how this escalated into genocide. In Maths we were learning to describe 2D and 3D shape, we were learning about angles and how to best describe the differences between shape with similar properties. We have started making products to sell for Mother's Day as part of our Business project.

In ICT we were learning about internet security and online safety.

Lunchtime News from our MSAs

It was exciting to see so many clubs start this week during lunchtimes. There are three different clubs running every day, and many pupils enjoyed trying a variety of clubs from book club, sports club, film club and meditation to Lego club and a selection of outdoor clubs. As the weather was much milder and sunny this week, a lot of pupils enjoyed spending time outside during their lunchtimes.



Governors News

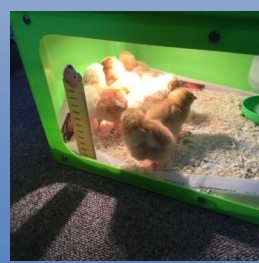
Our Governors met this week for their termly Full Governing Board Meeting, where they looked at the school's development plan and shared news from the different boards. Some classes welcomed their Buddy Governor for a visit, where the pupils shared their learning and work with their linked governor.



Photo Page — 'Zoom into Brilliant Bits'



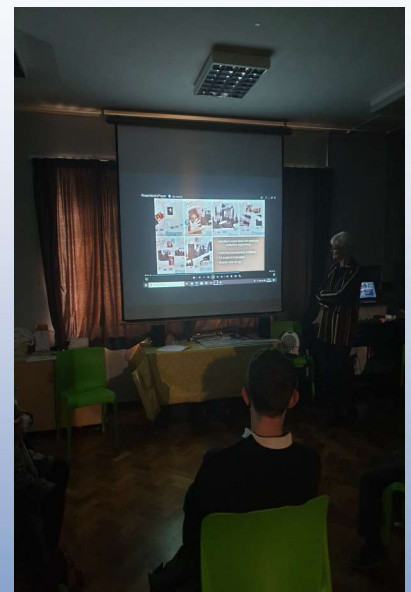
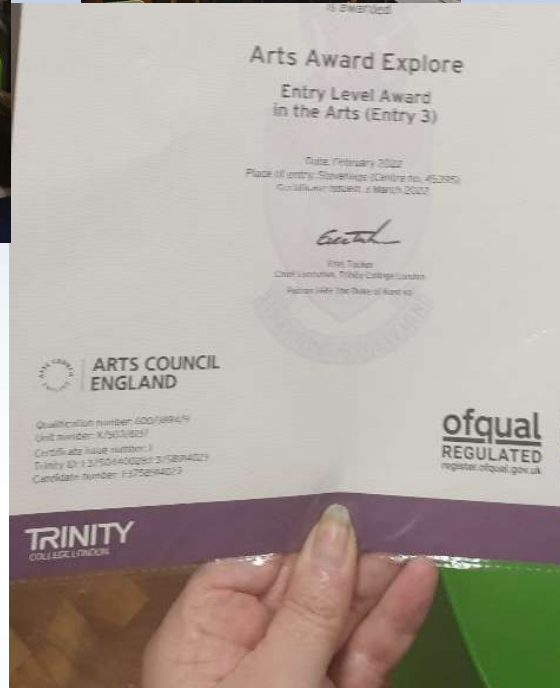
Lonsdale's Chicken Hatching



90-Minute Makeover



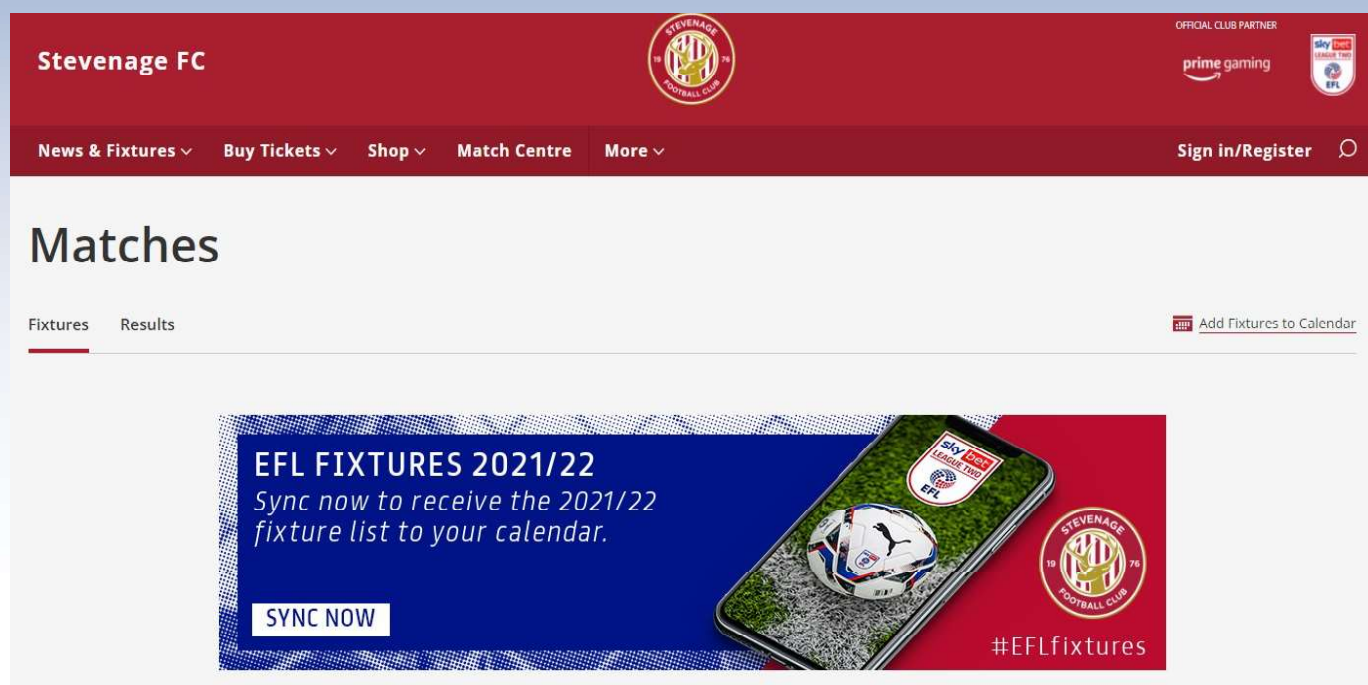
Congratulations for achieving an Arts Award!



Three of our pupils joined a celebration at Stevenage Museum for a special event to screen the film they made and to receive their Arts-Award certificates as part of the 'Co-Create' project. The Stevenage Mayor and parents joined the celebrations on 10th March. If you would like to view the 3D film, visit the Stevenage Museum and view the movie in the 'Pepper's Ghost' machine in the reception area of the museum. The entry to the museum is free.

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

I have copied a link to their fixture list: <https://www.stevenagefc.com/news/fixtures/> so if you are interested in any of those, please contact



The screenshot shows the Stevenage FC website. The header is red with the club name, logo, and navigation links: News & Fixtures, Buy Tickets, Shop, Match Centre, and More. It also features logos for Prime Gaming and the EFL. The main section is titled 'Matches' with tabs for 'Fixtures' and 'Results'. A promotional banner for 'EFL FIXTURES 2021/22' is displayed, encouraging users to sync their calendar with the fixture list. The banner includes a 'SYNC NOW' button and the hashtag #EFLfixtures.





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 FAMILYS 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 Sels 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 - 18:30 | ONLINE Age 9 - 12 16:30 - 17:30 |



beezeebodies.com

[BeeZee Families](#)

01707 248648



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!

HERTS INCLUSIVE THEATRE

**COME
ALONG FOR
A FREE
TASTER!**

JOIN OUR CHILDREN & YOUTH THEATRE GROUPS IN STEVENAGE!

Our Stevenage based theatre groups are for children and young people of all abilities and run every Thursday evening during term time. They are a great place for building confidence, improving well-being, learning new skills and making new friends.

admin@hit-theatre.org.uk / 01923216951 / www.hit-theatre.org.uk

HIT is a registered charity 1180955





Herts
Inclusive
Theatre

FREE
TASTERS
AVAILABLE!

HERTS INCLUSIVE THEATRE

A STAGE FOR EVERYONE

Our Hertfordshire based theatre groups are for children, young people and adults of all abilities and run every week during term time. They are a great place for building confidence, improving well-being and making new friends.

admin@hit-theatre.org.uk / 01923216951 / www.hit-theatre.org.uk

HIT is a registered charity 1180955



Step2Skills – April Courses for Hertfordshire Adults & Families

Step2Skills is pleased to announce the latest community learning courses planned for April. Hertfordshire residents can take advantage of these learning opportunities. There are two free Easter holiday family workshops which may appeal to parents of Key stage 1 and 2 children. In addition to the below courses, there are also lots of **maths and English** qualification courses starting in March and April. To learn more and apply, please [visit our website](http://www.step2skills.org.uk).

To book any of the below courses, please visit www.step2skills.org.uk.

Follow us on Facebook or Instagram to find out the latest course releases and news.

Monday 4th April:

10am - 12pm: *Family Spring Crafts 1 week (2 x 2hrs) – Face to face in Waltham Cross
1pm - 3pm: *Family Maths - Saving Together 1 week (2 x 2hrs) – Face to face in Waltham Cross *£0 - FREE taster workshops

Tuesday 19th April:

10am - 12pm: Family English (Key stage 1) 5 weeks | Online
10am - 12pm: Social Media for Business 5 weeks | Online
1pm - 3pm: Family Fortunes 5 weeks | Online
1pm - 3pm: Get Blogging 5 weeks | Online

Wednesday 20th April:

10am - 12pm: Setting Up Your Own Business 5 weeks | Online
10am - 12pm: Digital Skills for Work 5 weeks | Online
1pm - 3pm: Boost Your Confidence 5 weeks | Online

Thursday 21st April:

10am - 12pm: Crochet - Intermediate Level 5 weeks | Face to face in Stevenage
10am - 12pm: Succeed & Get That Job 5 weeks | Face to face in Borehamwood
1pm - 3pm: Intro to Health & Social Care (ESOL) 5 weeks | Online
1pm - 3pm: Creative Papercrafts 5 weeks | Face to face in Stevenage
1pm - 3pm: Intro to TV, Film and Media 5 weeks | Face to face in Borehamwood

Friday 22nd April:

10am - 12pm: Getting Back into Work 5 weeks | Online
10am - 12pm: Eco-Friendly Fabric Flowers 5 weeks | Face to face in Stevenage

Monday 25th April:

12.45 - 2.45pm: Eco-Friendly Fabric Flowers 5 weeks | Face to face in Waltham Cross
1.30 - 3.30pm: Crochet - Beginners Level 4 weeks | Face to face in Bishops Stortford



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>





When is it: Friday 25th March

All items £1.50

**Where is it: In the dining room
at Break time**





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://schoolsworld.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/>

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





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 dupes 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 admin' 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 which of 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

[CLICK HERE](#)

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 undelivered. 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 messages that look 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

Pavani Kaur 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

About Carers in Hertfordshire

We are a leading charity that supports unpaid carers throughout Hertfordshire.

We are partly funded by Hertfordshire County Council and the NHS in Hertfordshire. In partnership with them and other local organisations we provide services to carers to help them with their caring role, improve their health and wellbeing, give them a break from caring and have a voice in shaping services for them.

We support carers of all ages, including children, and our services are free of charge.

Carers in Hertfordshire

The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX

Tel: 01992 58 69 69

Email: contact@carersinherts.org.uk

www.carersinherts.org.uk

Our support for parents and carers.

We have Involvement and Development Workers supporting carers of someone with a mental health condition or who misuses drugs or alcohol, who can provide information relevant to your caring role and can help you to speak up to those providing or planning local services.

We also:

- Give you a chance to meet and talk to other parents, carers and staff who understand;
- Give you the opportunity to represent your views to the authorities that commission and manage CAMHS (Child and Adolescent Mental Health Services) in Hertfordshire;
- Provide training and learning opportunities;
- Offer a Carers' Passport Discount Card that gives savings in shops, restaurants and other venues (contact us to apply for one today!)



SEND families



SEND DROP IN

3rd Monday in every month – 10.00 – 11.30am

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

FREE bookable session

SESSION DETAILS

Are you a Parent of a Child with Special Needs?

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

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

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

HOW TO BOOK

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

MORE INFORMATION

hertsfamilycentres.org Call us
on: 0300 123 7572



**Hertfordshire
Family Centre
Service**

On behalf of



Delivered by



Contactline

 **01992 588574**
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**A 'quick queries' service for parents, carers, and young people
(16-25) in Hertfordshire**

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



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

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



ISL Integrated Services for Learning
working together locally

SEND Advice for Parents/Carers

Helpful SEND advice lines for Parents and Carers

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

* also available to schools, settings and professionals

Lateral Flow Testing at Lonsdale

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

Households, childcare and/or support bubbles who have children/adults that attend/work at 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 home-work plans uploaded there.



HOME » STUDENT AREA

Welcome

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

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

Username:

Password:

[Forgotten your password?](#)

Log on to find out more!

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

Maybe send your feedback?

HOME » STUDENT AREA » IDEAS SHARED BY AND FOR PARENTS

Ideas Shared by and for Parents


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

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


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

Have you seen those?


Free Daily Resources For Children




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




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




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




Dance with Oti Mabuse On Facebook
Every day at 11:30am but children can view the class at any time.



Maths With Carol Vorderman
Free access to the her maths website: www.themathslector.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!