



### 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 Monday 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



Three pupils represented Lonsdale School at 'Voice in A Million' at Wembley Arena last Wednesday. We received this lovely comment from one of the organisers: 'My husband happened to be sitting very near your school, and he has remarked on the fact that your children were really involved and enthusiastic with all of the choir songs and actions!' A great time was had by all, and we look forward to taking more students next year.

Congratulations to the Monday Horse Riders on receiving their Level 1 test this week. Well done!.

Thank you and well done for raising just over £112 for Comic Relief on Red Nose Day last week!

On Friday, we welcomed a visitor from Pearson's assessment team to school, who met some pupils who had helped trial some of their newly developed online assessment papers. Thank you to the pupils who had helped with that!



#### Dolphin Class:

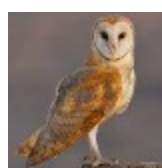
This week Dolphin Class have enjoyed learning about the dentist and the opticians. They have explored the role-play area, looking at teeth, brushing teeth, trying on glasses and carrying out eye tests. They have worked hard on 2D shapes, naming, matching, drawing around, cutting, making pictures and completing puzzles. They have worked well with reading books, explored the library and continued to develop their phonic knowledge. They have also enjoyed the lovely weather, playing outside in the sand, with water and using their imagination.



#### Bumblebee Class:

This week Bumblebee Class have had a great week. In PBL we have been continuing to learn all about sound and recorded clips for our final project music video. In Maths we have been learning about groups and developing our number recognition. In Outdoor Learning we have continued our habitat project and began to create habitats for bugs, beetles and minibeasts. In Art, PSHCE and Cooking, we learnt all about Mothers Day and have enjoyed being very creative.

### Primary News

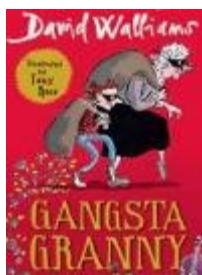


**Owl Class:** This week the children have been very creative. The children put together a performance based around the witch in 'Hansel and Gretel', which they performed to Mrs Ottridge. The children will perform to their primary peers next week. They made something for Mothers Day—no spoilers. In Maths the children have been looking at analogue clocks and number lines. They have been exploring how sound is made on percussion instruments in preparation for making their own next week from recycled materials.

**Koala Class:** In Literacy we recorded our 'Save the Bins' speech to perform next week. In Numeracy we created a bar chart and developed our weight knowledge. In Topic we looked at how to separate materials using magnets, sieves and water. In Cooking we made burgers. In Life Skills we looked at different jobs and what to wear for an interview. In Forest School we enjoyed relaxing in the woods. In Creative we started to make our recycled costumes ready for the catwalk. We enjoyed creating a dance to a ringtone and showcasing it in TaskMaster.



## Secondary News



### Wombat Class:

Wombat Class have made the most of the sunshine this week spending time outdoors reading, playing in the sand and going for a lovely walk around Fairlands looking for the signs of spring! They finished the inter-house archery competition in PE and completed their Science topic, materials, by looking at reversible changes. They had lots of fun melting ice cubes! Wombats made Mothers-Day cards with beautiful flowers, which they enjoyed creating. In Gardening they continued digging up the large beds, which were full of weeds. It was lovely being out in the sunshine. In K&U they learnt about the Easter story and had to sequence the events.

### Hippopotamus Class:

In Maths this week, Hippo Class have continued working on tricky word problems, sometimes involving more than one step as well as multiplication and division as well as addition and subtraction. In their Science lessons, the class have been working on food webs as well as ways of comparing data and looking for correlations. In their Computing lesson this week, the class continued their work on collaborating online respectfully by thinking about the types of comments we might make, either on social media or when looking at each other's work. In PE we enjoyed playing Polybat. Hippo Class had a discussion lesson in K&U this week, focusing on Jewish celebrations and even learning about Mrs Rosenberg's own Jewish wedding! They did very well at engaging in comparisons with their own celebrations.

### Sea Turtle Class:

In Cooking this week, we made some pasta salad and small cakes for Mothers Day. In Science, we continued to look at energy sources, this week focusing on non-renewable sources of energy—coal, oil and gas. We also used an interactive website to learn about safety and electricity. In Geography, we continued to learn about settlements, looking at some very old settlements deciding why they built the settlements where they were and also looking in atlases for different towns in England. In Maths, we did some more work on co-ordinates. And we also did some work on addition and subtraction. In PE, we completed our inter-house archery competition, played Polybat and some table-top cricket. For our Forest Schools lesson, we had a lovely walk around Fairlands Lakes with the Wombats, looking at the Spring changes that have started to happen in this lovely weather. In Drama, we continued to do some work on our class play. We are now learning our lines, and Miss Rose said that we did a brilliant job! A great week all round!

### Vaquita Class:

In PE, the class took part in their archery inter-house competition, and they all did really well. They also played some excellent Polybat. In English, the class continued their book study and practised English skills. In K&U, the class explored William, the Conqueror, and used their map skills in the same session. They studied the water cycle in Science. V Class also looked at endangered animals this week and explored the impact humans have on wildlife. On Friday, the class enjoyed their ICT/Computing lesson and the Art session with Mr Pritchard before heading home for their weekend.

### Gorilla Class:

In Gardening we continued digging up the large beds, which were full of weeds. Whilst outside, we visited the pond to look at the frog spawn and fish, and we even got to see two ducks swimming, too. It was lovely being out in the sunshine. In K&U we learnt about the Easter story and had to sequence the events. We enjoyed our cycling lesson. We all completed lots of laps. It was great fun. In Maths we continued to focus on addition and also used a number line to count on. Our non-fiction book in English was about the senses, and as it was sunny again, we used the opportunity to get outside and experience the sounds, sights & smells of spring along with feeling the gentle breeze. In Science we have been working on reversible changes.

### Tasmanian Devil Class:

This week we looked at a page from two different books by the same author, David Walliams's 'Grandpa's Great Escape' and 'Gangsta Granny'. We learned how to compare and contrast writing, looking at the setting and plot. In Science, we discovered where metals, non-metals and gases are on the Periodic Table. Which metals are found in ore, and which metals are magnetic? In K&U, we have been sorting countries into continents with lots of map-reading skills. In PSHE, we have continued our topic of budgeting and shopping for dinner for only £10. In Maths, we have been working on short division and probability. In Art, the students have been busy making some 3D sculptures from their imaginations.



## Upper School News



### Elephant Class:

Elephants have been enjoying their Maths topic on capacity this week! They used the kettle pourer to measure out amounts in mugs: nearly empty, half full, nearly full and full. They worked very hard to think about what the different amounts would look and feel like. For their growing topic, they measured their beans, which have shot up! And pupils went to investigate the pond life to see if the tadpoles have got any bigger.

### Lynx Class:

We spent some of the glorious weather outside this week helping to make plans for planting in the raised beds in a few weeks and did some weeding. We also worked hard to produce items for Friday's sale for Mothers Day, we were pleased with our designs for the cards. In Maths we continued to calculate the probability of events happening and practiced our short division.

### Panda Class:

In English this week, we have been practicing reading comprehension about Loch Ness. In Art we were learning to sketch faces in the style of Manga and Realism. In Maths we were revising the topics we had covered so far. In ICT we have been learning about different types of malware. In Drama we continue to rehearse for our performance of 'Blood Brothers', learning to follow stage directions and lighting / sound cues, as well as develop our characterisation skills / character intention.

## Lunchtime News from our MSAs

This week, pupils and staff enjoyed the glorious sunshine, and many lunchtimes were spent outdoors. Pupils enjoyed the clubs. The secondary pupils are working on creating some rules for the football matches at lunchtimes so that everyone can be included and matches can take place fairly and be enjoyed by everyone.

## REP News



Students were back to REP this week for some more extended days.

They enjoyed spending time with their friends and had the opportunity to choose from several activities, including music therapy, Magic Carpet, board games, sports games and Lego.

There was also a chance to chill!

The department is looking fresh with new furniture and resources.

Anne Smart and REP Team

## Governors News



Abby, one of our Parent Governors, joined the Voice-in-a-Million group in Wembley Arena in London last week. It was a great event, and everyone involved enjoyed it. Abby cheered everyone up and ensured that after all the rehearsing and singing nobody was thirsty and everyone had enough to drink. Thank you for getting into the long queue to buy teas and coffees, Abby!

Some more Buddy visits took place in school this week, and we are looking forward to hearing from our Governors about their visits in due course.



# Photo Page — 'Zoom into Brilliant Bits'





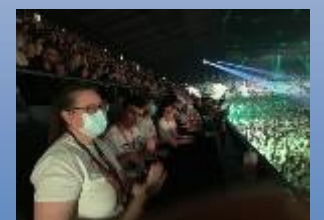
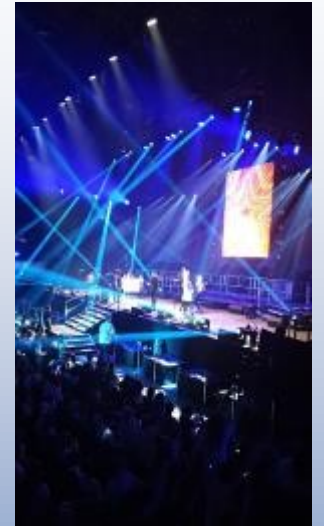
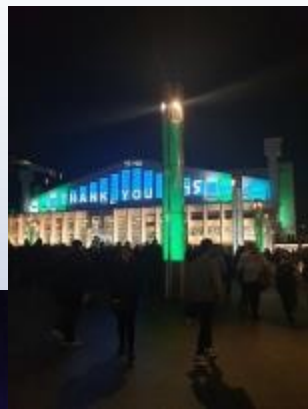
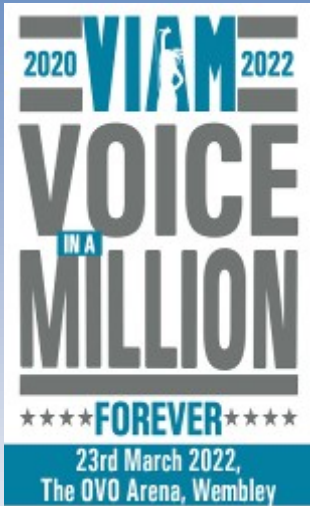
# Photo Page — 'Zoom into Brilliant Bits'













## **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](http://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

**STEP SKILLS**  
PREPARE FOR SUCCESS IN HERTS





# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

**FIND OUT WHAT YOUR CHILD KNOWS**

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before exposing your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.



## RIGHT TIME, RIGHT PLACE

**Starting a conversation about upsetting content** probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



## KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teens, but try to keep them from feeling that you're interrogating them. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.



## EMPHASISE HOPE

Upsetting content can make us feel angry, scared. Upsetting content can make anyone feel angry, scared, sad or embarrassed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



### MONITOR REACTIONS

All children react differently, of course, and racing people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay relaxed or how they might be feeling.



## CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regarding your emotion on the outside is important for supporting your child through worry in times.



### SET UNITS

Managing screen time and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep kids away from every item of content, so it's completely not fun or important to try, and at least a little exposure by using parental controls, talking about the dangers of harmful content and enforcing appropriate screen time limits.



## TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



## ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, it's important to encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their enemy.



## FIND A BALANCE

There's when a treacherous companion to stay right up to date with the latest and greatest. We're using us to find the latest articles and view the most recent videos on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of "doomscrolling" and fixating on negativity exacerbated by bad news.



## BUILD RESILIENCE

Never has there been more necessity. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage the content when they are exposed to it. Talk about upsetting content more generally with your child and emphasize that they can always tell you or a trusted adult if something they see makes them feel uneasy.



## IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



## Meet Our Expert

**Cayley Jorgensen** is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and not let the bully have their way.



**National  
Online  
Safety\***

#WakeUpWednesday



# **HAPpy Holidays – Bookings are now open for a families whose children are entitled to free school meals!**

What will your kids be doing this Easter holiday?

Are they in need of action-packed days with the added benefit of a free meal? If so, HAPpy Holiday Camps are taking place across Hertfordshire this Easter and might be just the answer!

It's all thanks to Hertfordshire County Council who have joined forces with the Herts Sports Partnership to organise a huge programme of activity for the school holidays.

Activities will be running in different venues across the county for children and young people eligible for benefits-related free school meals, and all include a nutritious meal each day.

As an eligible family you can book for free using your unique HAPpy Booking Code. When prompted, please make sure you enter the whole code, which includes the % symbol which is found in the middle of the code.

Your unique code is: C5W%C5

You will be able to search for activities using your postcode or child's age – places are limited and strictly on a first come basis so be quick and book online now <https://www.sportinherts.org.uk/happy/booking>

If you are having trouble booking, you'll find a step-by-step guide on the booking page explaining what to do. Still need help? Hertfordshire Libraries have computers you can use, and friendly staff who will be able to help.

Additionally, there are a range of fun online Enrichment Activities to look through, with ideas for learning more about arts and crafts, history, music, and theatre, plus ways to keep your family active for 60 minutes each day! View these at <https://www.sportinherts.org.uk/hafhappy>

Lastly, our information page has links to a variety of organisations and advice you and your family may find useful. Visit this at <https://sportinherts.org.uk/happy/useful-local-services>



# Join us and litter pick our town

**6th April**

**Hampson Park**  
from 10am to 12pm

**#LITTER HERO**

**7th April**

**Shephalbury Park**  
from 10am to 12pm

**7th April**

**ABC Park,  
Wellfield Court**  
from 2pm to 4pm

## Join the Great British Spring Clean 2022

Come along and join in the fun!  
All equipment will be provided





# HIT EASTER WORKSHOPS:

## ROCK & ROLL RIVALS & DISCO DIVAS

Herts  
Inclusive  
Theatre



**COME AND JOIN US!**  
**THREE DAYS OF DRAMA, GAMES & CRAFTS**

**£63.00 PP / £32.00 PER SIBLING**

Plus optional £6.00 hot  
lunchtime meal pp per day  
(advanced payment only)

**5TH APRIL - 7TH APRIL**

St Mary's Church Hall, Hemel Hempstead HP1 3AE  
from 10:00am - 3:00pm  
For ages 7 - 13 years

**12TH - 14TH APRIL**

Elstree Screen Arts Academy, Borehamwood WD6 5NN  
from 10:00am - 3:00pm  
For ages 9 - 16

**LIMITED  
SPACES!**

Partnered with

Hertfordshire's  
Holiday Activity Programme  
**HAPPY**

Contact to book: [admin@hit-theatre.org.uk](mailto:admin@hit-theatre.org.uk) / 01923216951  
[www.hit-theatre.org.uk](http://www.hit-theatre.org.uk)



**Rapunzel**

APRIL  
14<sup>TH</sup> 7.30PM  
15<sup>TH</sup> 7.30PM  
16<sup>TH</sup> 1.30PM & 7.30PM

THE PAUL KEARNEY THEATRE  
TIMEBRIDGE COMMUNITY CENTRE

TICKETS ON SALE NOW FROM THE OFFICE  
AND ONLINE @ SEARCH RAPUNZEL TIMEBRIDGE  
OR SCAN THE QR CODE

ADULTS £10 CHILDREN £6  
FAMILY TICKET 2 ADULTS + 2 CHILDREN £26

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](mailto:admin@hit-theatre.org.uk) / 01923216951 / [www.hit-theatre.org.uk](http://www.hit-theatre.org.uk)

HIT is a registered charity 1180955



## Who? What? Why? When?

We are a Hertfordshire-wide partnership.

We are here to help Parents, Carers, Early Years settings, Schools, Further Education, the Local Authority as well as Charities and organisations to work together. Our aim is to offer a wide range of provision within the local Community, that can offer advice and support, when you most need it.

The main focus is:

- \* To meet the needs of children and young people with special educational needs and/or disabilities (SEND), aged 0-25.
- \* Improve outcomes for wellbeing and attainment.
- \* Offer more choice for children and parents/carers.
- \* Removing barriers for learning and to ensure resources are used effectively.

If you would like further details about the service, please visit [www.stevenagedspl.org.uk](http://www.stevenagedspl.org.uk) alternatively visit us on Facebook.

you SAID  
we DID

We would like to say a massive thank you to everyone that completed our recent parent/carer survey. We had a brilliant response! We will be using this information to provide upcoming workshops and courses within the areas you requested.

(see DSPL2 website or our Facebook page) If you are not receiving the flyers regarding these courses from your Child's school setting please let me know.

We currently have a vacancy for a parent/ carer representative on the DSPL2 board. This is a voluntary role that would not take up lots of your time but could make a huge difference. Please contact me if you would like further details at: [dspl2@peartreespring.herts.sch.uk](mailto:dspl2@peartreespring.herts.sch.uk)

We are looking forward to meeting with families face to face again and will be holding our first drop in Coffee morning at The Oak Suite, Peartree Spring Primary School on Wednesday 27th April between 9:00-10:30

## Some of the forthcoming events

### Have your say!

Can you share any information that may be useful for others? Contact [d.hansen@peartreespring.herts.sch.uk](mailto:d.hansen@peartreespring.herts.sch.uk)

### Wellbeing Quote

Sometimes we are tested not to find a weakness but to discover a strength.

SPACE Autism LAD ID Non-verbal Communication

Sleep workshop  
for parents/ carers  
29/3/22  
9:30-11:30  
More details to follow

### Parent/ Carer course on

Supporting your child with anxiety

Starting on

Tuesday 26/4/22 Between  
Tuesday 03/5/22 9:30- 11:00  
Tuesday 10/5/22

More details to follow

## Advice and support for children/ young people.

<https://www.childline.org.uk/>  
Online support for any child

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

Online support for young people who may be struggling with every day issues.

<https://www.cruse.org.uk/>

Offer support around bereavement.

<https://www.kooth.com/>

Service for young people to get advice and support online.

<https://www.hertsunflower.org/herts-sunflower.aspx>

Advice and support for anyone concerned around Domestic Abuse.

<https://annakaharris.com/mindfulness-for-children/>

Online activities for breathing and relaxation, including visualisation recordings.

[https://www.youtube.com/watch?v=Bk\\_gU7I-fcU](https://www.youtube.com/watch?v=Bk_gU7I-fcU)

Stories for children to relax and meditate to.

<https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>

Podcasts to listen to when experiencing feelings of stress & anxiety.

## Someone is there for you !



If you know any useful websites or Apps please let me know on;

[d.hansen@peartreespring.herts.sch.uk](mailto:d.hansen@peartreespring.herts.sch.uk)

## Advice and support for Adults or over 18.

<https://www.livingwithadhd.co.uk/>  
Information and online support on ADHD.

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

Online support for parents of young people, who may be struggling with every day issues.

<https://www.cruse.org.uk/>

Offer support around bereavement.

<http://www.add-vance.org/>

Information and support around ADHD and Autism.

<https://www.hertsparentcarers.org.uk/>

Guidance and support For any one that is a carer within Hertfordshire.

<https://www.hertsunflower.org/herts-sunflower.aspx>

Advice and support for anyone concerned around Domestic Abuse.

[https://www.youtube.com/watch?v=Bk\\_gU7I-fcU](https://www.youtube.com/watch?v=Bk_gU7I-fcU)

Stories for children to relax and meditate to.

<http://www.familiesinfocus.co.uk/>

This charity offers free workshops/ courses for parents/ Carers. They cover a wide range of issues. They offer regular meetings at the Phoenix centre, The Hyde, SG2

# Collection List

Below are the items are classed as priority. Please only donate these. We also have an Amazon Wishlist you can donate to, see our page, for details.

## Medicine and first aid

Anti-diarrhoea tablets  
Ibuprofen & Paracetamol  
Bandages & Gauze  
Safon gel  
Antihistamines  
Electrolyte tablets  
First aid bags

## Infant/ children

Baby food (formula milk)  
Nappies (all sizes)  
Children's medication  
Purse pouches only - no glass jars  
Baby and toddler bottles (new only)  
Sterilising tablets

## Food/ Hydration

Tinned food only - no glass  
Pot noodle  
Granola bars/ Oat bars  
Energy bars  
Dried fruit  
Nuts  
Bottled water  
Sweets

## General

Torches  
Batteries  
Power banks  
Foil blankets  
Sleeping bags - new only  
Pop up tents new or used in good condition  
Inflatable pillows - new only  
Camping mats/ Yoga mats - new or used in good condition

## Stevenage Stands with Ukraine

### Drop Off Point

**SATURDAY  
12TH MARCH  
10AM - 2PM ONLY**

The Nobel School  
Mobbsbury Way  
Stevenage  
SG2 6HS

Donations can only be taken  
on this day. Do not drop  
them before. They will not  
be taken.

**We cannot accept any donations of clothing, bedding, pillows,  
blankets, hats, gloves, scarfs and thermals new or used.**

**Please only donate items from the list - thank you**

**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://schoolswk.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/>





# Easter Trail

9 - 16 April

Collect & drop off your activity sheets inside Junction 7. Find 10 eggs around the town, finding clues to complete your activity sheet.

10 winners will get an Easter Egg each, and a special draw to win Peter Rabbit Teddy!



# AN EASTER EGGS-PERIENCE

FRIDAY 8 APRIL 2022 11AM - 3:30PM

TOWN SQUARE, STEVENAGE



**MEET  
PETER RABBIT™**

**11AM AND 3PM**

**& STORY TIME**

**12PM, 1PM, AND 2PM**

**PLUS FREE FACE  
PAINTING, ARTS &  
CRAFTS AND MEET  
REAL LIVE BUNNIES!**

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**Follow us for more info and to keep up to date:**

 @lovestevenagetc

 lovestevenagetc

 lovestevenagetc

[www.stevenagetowncentre.com](http://www.stevenagetowncentre.com)





# INCLUSIVE ACADEMY

## DANCE SCHOOL



Offering inclusive dance sessions to those who rarely get offered the opportunity to dance!

Inclusive academy aims to give people who do not always get the opportunities to enjoy music, movement, and most of all, *dance*, the time to benefit from all three in an accepting environment.


Location: Community Arts Centre, Roaring Meg, Stevenage, Hertfordshire.


When: Term time Saturdays (timetable and term dates are on our website).



For more information or to show your support, check out our website and social media!

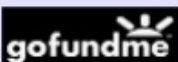


 Website: [inclusiveacademydanceschool.com](http://inclusiveacademydanceschool.com)

 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](mailto:contact@carersinherts.org.uk)**

**[www.carersinherts.org.uk](http://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

3<sup>rd</sup> 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](http://hertsfamilycentres.org) Call us  
on: 0300 123 7572



Hertfordshire  
Family Centre  
Service

On behalf of



Delivered by





# Contactline

 **01992 588574**  
oooooooooooooooooooooooooooo

**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)
<b>Educational Psychology Contact line</b> ☎ 01992 588574	Weds 2pm – 4:30pm
<b>SEND Specialist Advice and Support Service*</b> ☎ 01442 453920 - term time only	<b>Specific Learning Difficulties:</b> Mon & Thurs 09:30am – 12pm
	<b>Speech Language, Communication &amp; Autism needs:</b> Tues & Weds 1:30pm – 4pm
	<b>Early Years:</b> Weds 9am – 12pm Thurs 1:30pm – 4pm
	<b>Physical and Neurological Impairment:</b> Mon 1:30pm – 4pm
<b>West team Attendance Duty*</b> ☎ 01442 454778	Mon - Fri 09:30 am – 4pm
<b>East team Attendance Duty*</b> ☎ 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](mailto: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**.

**S**creenshot any nasty messages.

**M**y privacy settings.

**A**void talking to them any further.

**R**eport the incident on whatever site you are using.

**T**alk 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](http://nspcc.org.uk) or Bullying UK [bullying.co.uk](http://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/](http://www.safe4me.co.uk/portfolio/cyber-bullying/)

**safe4me**

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



HOME - STUDENT AREA

## Welcome

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

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

Username:

Password:

[Forgotten your password?](#)

Log on to find out more!

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

Maybe send your feedback?

HOME > STUDENT AREA > IDEAS SHARED BY AND FOR PARENTS

## Ideas Shared by and for Parents


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

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


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

Have you seen those?


### Free Daily Resources For Children




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




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




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




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



**Maths With Carol Vorderman**  
Free access to the her maths website:  
[www.themathsfactor.com](http://www.themathsfactor.com)



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



**Storytime With David Walliams**  
Free story everyday at 11am on his website:  
[www.worldofdavidwalliams.com](http://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!