



Information and Dates for your Diary

Please see below some diary dates for you:

Half Term 14th to 18th February 2022

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

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



Please note that all EHCP Annual Reviews will have the option to be conducted remotely via Teams or telephone or can be attended in person. A list of dates for the academic year can be found on the website.

Whole-School News



This week was an exciting and busy week at Lonsdale. Many classes joined in Easter-Egg Hunts and learnt about religious festivals taking place this time of the year.

A whole-school achievement assembly took part on Friday via Zoom. Mrs Ottridge visited all classes to celebrate their achievements from the term.

Special certificates were given out, too. All pupils were able to send a special message to the rest of the school. And last but not least, you might have seen the opportunity for our pupils to receive complimentary tickets to Stevenage FC matches (see page 12). A couple of our pupils and their families have taken up this opportunity and had a great time.

We wish you all a great Easter and a fantastic holiday at the end of this term!



Primary



Dolphin Class:

This week we have enjoyed learning about Easter. We have listened to a story 'Easter bunny's surprise' and then enjoyed an Easter egg hunt, matching by colour and pattern. We have worked on repeating patterns using bricks, coins, teddies and then to design an Easter egg. We have created several Easter crafts including a card, choosing individual what to write inside. In cooking we made Easter nests. The children have also continued to work hard on their reading, phonics and number skills. I hope you have a great Easter and return refreshed for the summer term. Next terms topics will be 'Nature' and 'Animals'.

Bumblebee Class:

This week the Bumblebee class have enjoyed finalising their PBL project. The children all sang, recorded and slotted together their music video and have enjoyed watching, and sharing the final video. The children have also enjoyed learning all about Easter, making Easter Bunny chocolate nests, making Easter cards for people at home and learning the 'Easter Bunny Rap'. In Number the Bumblebees went on a Number egg hunt and enjoyed ordering the number to find an Easter surprise.

Owl Class: This week, the children have finished off their PBL Sound Project. The children made their percussion instruments from recycled materials and performed their warm up, spell casting and dance from part of the opera Hansel and Gretel to Bumble Bee Class who were a fantastic audience. The children have listened to the Easter story, made chocolate Easter nests in cooking and been on an egg hunt that involved finding the matching letter of the alphabet to have both upper and lower case letters which the children then put into alphabet order once back in the classroom.

Koala Class: In Literacy we showed our 'Save the Bins' speech, and Miss Gregor agreed we should have more recycling bins. You can see the speech here: https://youtu.be/jLYHzbm_jhQ In Numeracy we answered bar chart questions and developed our weight knowledge. In Cooking we made pizza. In Forest School we enjoyed using the Kit Camp to make a den with Sea Turtles and Wombats and completing an Easter Egg hunt. In Creative we showcased our recycled costumes on the catwalk. We enjoyed our spa day to end a busy half term!



Wombat Class: Wombats enjoyed making Easter cards, using their finger prints to create the eggs in the basket. In PSHCE we discussed social situations regarding strangers and when we are out and about. We completed a sheet selecting the correct words relating to what we should do in various situations. In K&U we learnt about holy week and made a split-pin Easter chick. On Monday we had lots of fun with the remote-control cars out on the playground. We were amazed at their range! On Wednesday, we had a morning of Forest Schools in the hall and built a big den with S and K classes. The students worked in five groups to build part of the den. We then connected all five dens together, and the students had a go at going into the den if they wanted to.



Hippopotamus Class:

In Maths this week, the class have been working on an Easter-themed investigation, answering problems to solve the mystery of who smashed all the Easter eggs. They also enjoyed playing some exciting Maths games. In Science this week, the class finished off their work on animals including humans before completing a delicious investigation involving conduction and melting chocolate buttons. In their Computing lesson, they learned how to make an effective presentation before creating a collaborative presentation about cyberbullying, together as a whole class. In PSHCE pupils learned about the connection between Easter and Passover and the importance of respecting different cultures and beliefs.



Sea Turtle Class:

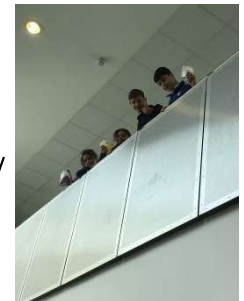
On Monday, Ros and her team came in with their bikes to give the class an opportunity to have a go at cycling. This was the first of two arranged sessions. This one was used mainly to set up and work out the best bikes for each student. Most of them also had a chance to do some cycling. We were so impressed with how good most were at cycling independently! In Cooking, the class made some delicious-looking cakes! On Wednesday, we brought Forest Schools into the Hall and built a big den with W and K Classes. The students worked in 5 groups to build part of the den. We then connected all 5 dens together and the students had a go at going into the den if they wanted to. In the afternoon, we read the Easter story and made some Easter cards. In Maths this week, we did some Easter related challenges and in Science, we had a go at making circuits as part of our lessons on energy and electricity. The whole class did brilliantly! We also did an Easter-Egg hunt this week. As well as all of this, the students did lots of walking, standing and socialising with their friends. Have a very happy Easter!

Secondary News



Vaquita Class:

In PSHCE pupils learned about the connection between Easter and Passover and the importance of respecting different cultures and beliefs. We had an 'eggciting' time solving the mystery of the Easter Bunny costume wrecker and creating a safety 'cage' for the 'eggstraordinary' egg drop from the balcony (Maths & Science) with some 'eggstra eggcitement' on the pond on Wednesday as well.



Gorilla Class:

Gorilla class enjoyed making Easter cards, using their finger prints to create the eggs in the basket. In K&U we learnt about holy week and made a split-pin Easter chick. We started working on subtraction in Maths and did lots of practical work. We thoroughly enjoyed our last week of cycling. It's great being outside on the bikes. In Music we continued to explore different sounds using a range of different instruments. We all love our Music lessons. The Class has been following activities to learn about Holy Week, the Virtual Easter Journey—some enjoyed having their feet washed when hearing about the Last Supper. Our final wooley wellbeing activity was French knitting!



Tasmanian Devil Class:

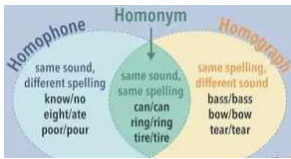
In Maths this week we completed our learning about division and all felt that we'd made progress, we then completed a Maths 'Dingbats' quiz in teams, which was really good fun. In PSHCE we considered the difference between needs and wants, which provoked some interesting discussions. In K&U we recapped where different countries and continents are, then looked at time zones and discovered that if we had access to a Star Trek transporter we could actually travel back in time.





Elephant Class:

Elephant Class have participated in the 'Virtual Easter Journey', using materials provided by our local church to learn about the events of Holy Week. They made some fantastic greeting cards and really enjoyed participating in the whole-school assembly on Friday. They all enjoyed Cooking making some sweet Easter treats!



Upper School News



Lynx Class:

On Monday in English, we talked about homophones. In PSHCE we started to prepare for work experience. On Tuesday we watched movie with deaf characters in it. Some of the characters are actually deaf in real life. On Wednesday we completed a Maths quiz with Mrs North. In Cooking we made chocolate cakes as well as chocolate mousse. We also prepared for our the Bendrigg trip in June. Our Easter Hunt went well on Thursday. We found all the eggs. In PE we chose between dancing, table-top tennis or polybat. On Friday we had a special achievement assembly and got ready for the Easter holidays.

Panda Class: This week, we continue with developing our writing skills in English. We also watched the film 'CODA' to learn about and discuss the power of language in another form. In Science we have been editing our learning video about personal learning growth. In ICT we participated in a mock trial about cyber criminals. We had to decide which law had been broken and the appropriate sentence, this was fun. We continue to film scenes from 'Blood Brothers', learning to interpret playwright intention through use of performance skills. Thank you to those who bought our Mother's Day, gifts; we sold everything. Mrs North is very proud of our achievements this term. Happy Easter!

Lunchtime News from our MSAs

After Mediterranean temperatures over the last two weeks, the cold wind and snow showers came a shock to the system. But not to everyone's ! The secondary footballers continued



Photo Page — 'Zoom into Brilliant Bits'



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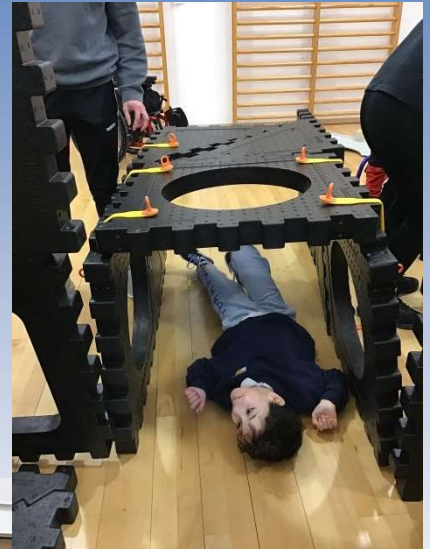


Photo Page – 'Zoom into Brilliant Bits'



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 upsetting 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.

1 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 assuming 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.

2 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.

3 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 teenagers but keep monitoring their emotional responses. With older teens, you can be more open about the realities and consequences of what is happening – but again, be stay aware of their emotional state.

4 EMPHASISE HOPE

Upsetting content can make us feel angry, scared, or overwhelmed. 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.

5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or overwhelmed. 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 mindful of how they might be feeling.

6 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 regulating your emotion on the outside is important for supporting your child through worrying times.

7 SET LIMITS

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 children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen time limits.

8 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.

9 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, 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 device.

10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video 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 risking becoming overwhelmed by bad news.

11 BUILD RESILIENCE

News has never been more accessible. While our instincts may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this 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.

12 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's essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert

Coyler 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 get the help they not only want but need.



NOS 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://>

Stevenage
BOROUGH COUNCIL

**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**





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!



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

Contact to book: admin@hit-theatre.org.uk / 01923216951
www.hit-theatre.org.uk

LIMITED SPACES!

Partnered with
Hertfordshire's
Holiday Activity Programme
HAPPY



SPARKS

Rapunzel

APRIL
14TH 7.30PM
15TH 7.30PM
16TH 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

FREE TASTERS AVAILABLE!

HERTS INCLUSIVE THEATRE

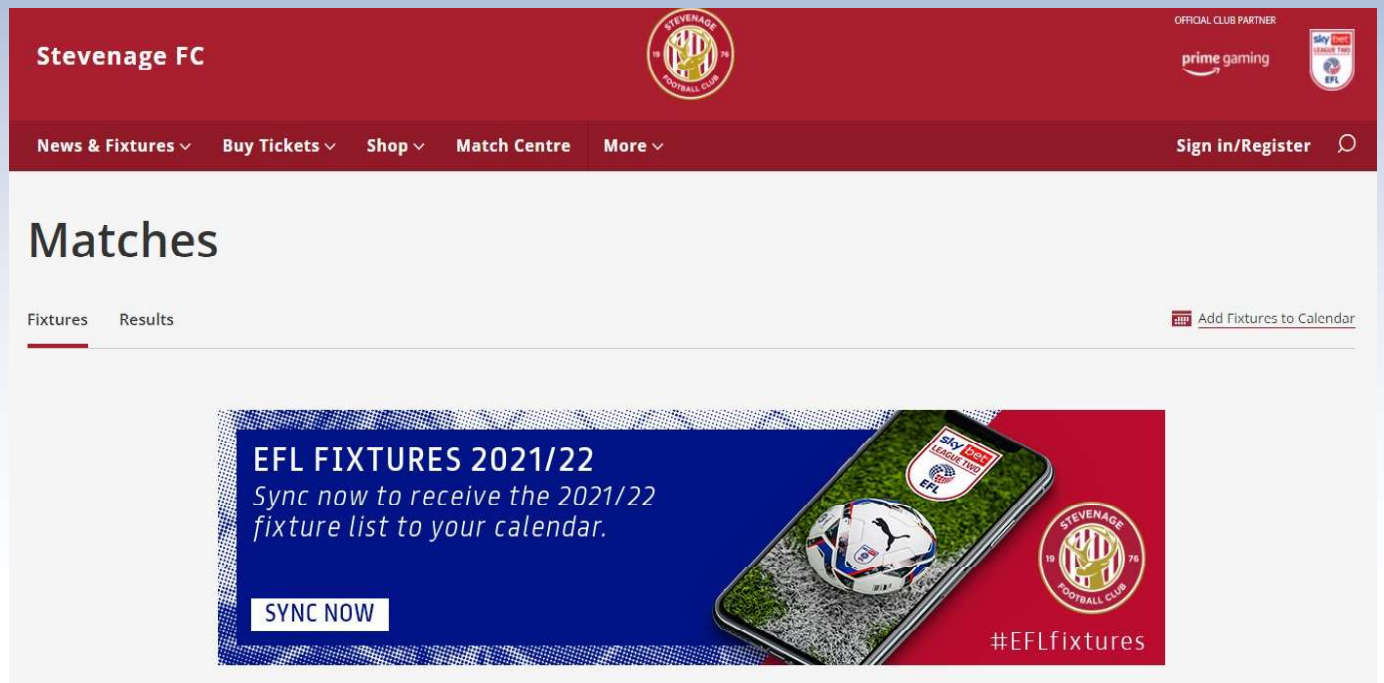
A STAGE FOR EVERYONE

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

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

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



The screenshot shows the Stevenage FC website. At the top, there is a red navigation bar with the club name 'Stevenage FC', the club crest, and logos for 'prime gaming' and 'sky bet EFL'. Below the navigation bar, there are links for 'News & Fixtures', 'Buy Tickets', 'Shop', 'Match Centre', and 'More'. On the right side of the navigation bar, there are links for 'Sign in/Register' and a search icon. The main content area features a 'Matches' section with sub-links for 'Fixtures' and 'Results'. A prominent banner for 'EFL FIXTURES 2021/22' is displayed, with the text 'Sync now to receive the 2021/22 fixture list to your calendar.' and a 'SYNC NOW' button. The banner also includes an image of a smartphone showing the fixture list, the club crest, and the hashtag '#EFLfixtures'.



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!

ACCESSIBLE



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





SEND Advice for Parents/Carers

Helpful SEND advice lines for Parents and Carers

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

* also available to schools, settings and professionals

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!