



Information and Dates for your Diary

Please see below some diary dates for you:

Half Term 30th May to 3rd June 2022

Occasional Day 27th June 2022

End of Term Thursday 21st July 2022; pupils leave at 1.30pm



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



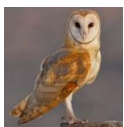
You are probably wondering how our chicks are doing. They have grown! Here an update from Amanda at the bird sanctuary, where all ten chickens live now: "They are all doing well and are very entertaining. We are preparing for them to go outside now. Thanks for rescuing them. We will free-range them as soon as it is safe to do so. They are enjoying organic chicken feed and will have lots of space in the run and coop."



And in other news, pupils have started enjoying the fine weather and spent a lot of their learning outdoors. Several groups went to the Forest-School site, the flower beds and playgrounds. Please don't forget to apply sun cream and send in sun hats. We hope you have a great weekend!



Primary News



Dolphin Class:

This week in Dolphin Class, we have been exploring nature. We read 'The Gruffalo' story, talked about the characters, made our own Gruffalo pictures (cutting and sticking) and acted out the story. The children enjoyed a visit to our woodland area, listening for sounds, looking and collecting natural materials. In Maths we have explored patterns. The children have used different materials to create houses for animals, explored the natural materials to paint and enjoyed the sensory and Lego room. In Phonics we have been developing our rhyming knowledge through different games.

Bumblebee Class:

This week in Bumblebee Class we started our new PBL topic 'Forces'. The Bumblebees enjoyed pushing and pulling objects in class, using ramps to explore how we can push balls and make shapes out of clay. In Outdoor Learning, the Bumblebees went on a spring scavenger hunt and found lots of signs of spring. The children enjoyed making jam tarts in Cooking, and in Number we played dice games and learnt how to find numbers on a keyboard.

Owl Class: This week Owl Class have made a brilliant start on their PBL topic 'Forces.' They have been exploring things that move and looking at wheeled toys. They have been looking at how they move, pushing their feet to move walkers, pushing wheels with hands to move wheelchairs. In Phonics there have been some excellent contributions from the children in lessons. In Cooking the children boiled eggs and made an egg salad. They identified this was healthy! The children enjoyed a spring walk to help with their writing. In PE they were all active walking, balancing and stretching!

Koala Class:

In Literacy we started to look at instructions. In Numeracy we and developed our understanding of temperature. In Topic we started exploring our new topic 'Do you hear that?' by making body sounds and discovering sounds around us. In Life Skills we learned what the different shape road signs mean and how to put someone in the recovery position. In Forest School we enjoyed making different nature sounds and singing songs. In Cooking we made chocolate brownies.



Secondary News



Wombat Class: In Forest Schools, we joined up with the Sea Turtles to start to plan to build insect houses. During any walks over the next couple of weeks, if you come across any natural materials that you think could be used to build these, please collect them and send them in with your child. Thank you. Wombats have enjoyed continuing with gardening and removing all the weeds ready for some more planting. In K&U they learnt about Spanish traditions and looked at the different climates in Spain. They focused on a ski resort and a beach holiday in Spain and compared the weather conditions. In PSHCE they worked on 'Diverse Britain' and looked at being a good neighbour. We have also been preparing for our forthcoming trip to Woburn, learning about the animals we might see!

Hippopotamus Class: On Wednesday, the class visited Wodson Park for the Panathlon Challenge. The whole class did an amazing job of representing the school and competing in different sporting changes. Best of all (not that we're being competitive!), we won!!



Sea Turtle Class: In Science this week, we started a new topic about plants. We dissected a lily in order to find out what all of the parts of the plant and flower are called and what their jobs are. We then learnt about the process of pollination. In K&U, we are studying history and are going to learn about the Great Fire of London. This week, we learnt about timelines and we looked at London as it is today and we will then be comparing it to London in the 1700s. In English, the class did some phonics work and they also started to plan a debate that they are going to be involved in. In Maths, we continued to do some work on money. In PE, we continued to develop our Tennis skills, and in Forest Schools we joined up with the Wombats to start to plan to build insect houses. During any walks over the next couple of weeks, if you come across any natural materials that you think could be used to build these, please collect them and send them in with your child. Thank you.

Vaquita Class:

In English, pupils have continued their study and reading of 'Grandpa's Great Escape', and in Maths they are developing their statistical skills using graphs and charts. The main event this week was our trip to Westmill Fishery in Ware. They had an amazing day with their tutors and were awarded certificates and medals for their individual efforts.



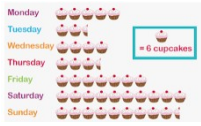
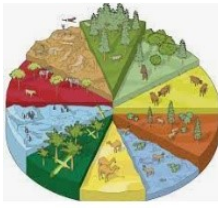
Gorilla Class:

Gorilla Class have enjoyed continuing with gardening and removing all the weeds ready for some more planting. We built a ship using a resources called Kit Camp. The ship was made big enough to fit G Class and W Class in it. The children loved this activity. In Maths we finished working on subtraction and completed some number sentences. Then we moved on to shapes and had to sort 2D shapes.

We all enjoyed a trip to the garden centre this week. Pupils enjoyed having a drink in the café, and then we looked at the gift shop and all the indoor and outdoor plants.

Tasmanian Devil Class:

In Maths this week, we started looking at tables, charts and graphs—we completed tally charts and frequency tables and started completing and interpreting pictograms and lines of symmetry in shapes. In English we have been learning about debating. We now know that it is a very different thing to argue in English and a formal way of discussing an idea, for and against. We are planning a debate for our 'Summer Term Non-fiction Project'. In Science we have been looking at the solar system and planets in more scientific detail and visited the historical railways in K&U.



Upper School News



Elephant Class:

Elephants have had a very busy week getting to grips with their habitat topic. They have been bowling over penguins in Maths, taking about animals that rhyme in English and exploring habitats in the Lego Room! A wonderful week for E class! By Friday afternoon, everyone was really tired and chose to share a film and relax just before home time.

Lynx Class:

In Maths this week, we started looking at tables, charts and graphs—we completed tally charts and frequency tables and started completing and interpreting pictograms; we also learnt how to draw a bar chart correctly. During ASDAN, we discussed common things in the home which are actually unsafe situations for a toddler and how parents can protect small children from these.

Panda Class: In PE this week, the class played warm-up games and then played some balloon tennis. On Monday we planned and produced our own stories that were of GCSE standard. We enjoyed using our imaginations and planning skills to create some spine-chilling tales. On Wednesday we made some delicious Japanese noodles. The recipe was complicated, but we really enjoyed eating our noodles! We also continued to study 'Blood Brothers'. We did some reading and enjoyed acting out the play. On Friday we celebrated Damla's 16th birthday with a form party.

Lunchtime News from our MSAs

Football was a clear favourite this week in the secondary, closely followed by hide 'n' seek. Primary pupils enjoyed watching cartoons and playing outside. The play leaders did a great job setting up and running games for pupils. Lunch clubs were well-attended.

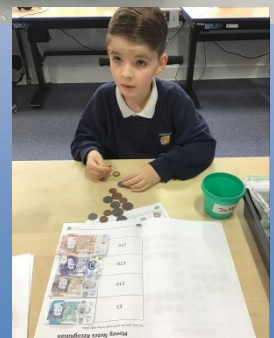


Photo Page – 'Zoom into Brilliant Bits'

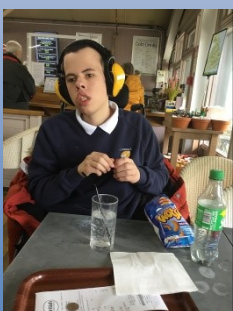
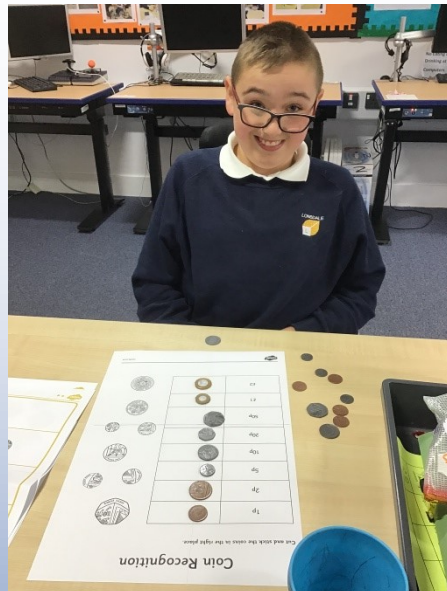
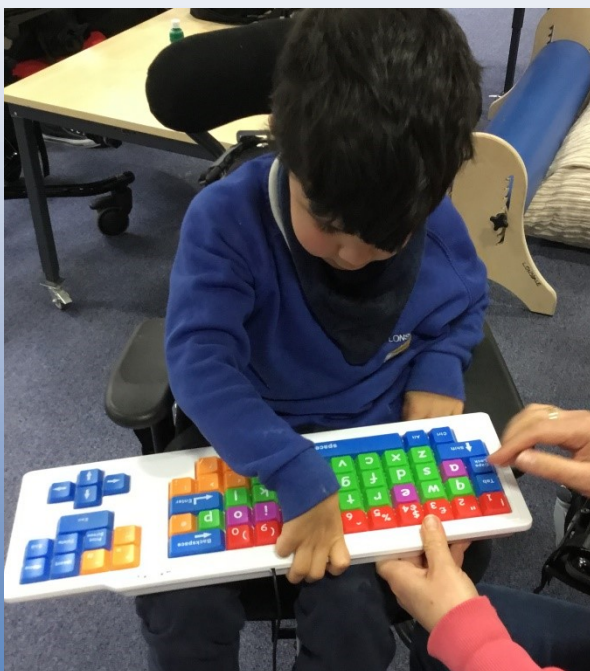


Photo Page — 'Zoom into Brilliant Bits'



Photo Page — 'Zoom into Brilliant Bits'



Stevenage Day on Sunday 12th June 2022

Put Stevenage Day into your diaries. There are lots of parades and exciting activities going on all around the town. Maybe you would like to visit?

At lunchtime, there will be a flag parade. Lonsdale pupils are involved in creating one of the 10 flags with the Stevenage Creative Network.

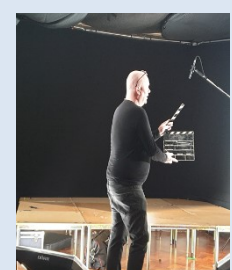


Co-Create Film Project

Three Lonsdale pupils took part in a film project together with three other schools to create a film celebrating Stevenage's heritage and history. The film, which was produced in 3D, can be viewed at the Stevenage Museum on a specially-designed machine called 'Peppa's Ghost'. Drop in and take a look; entry to the museum is free, and there is a lot to explore!

If you are unable to visit, you can watch the film in 2D using the link below:

[HTTPS://PLAYER.VIMEO.COM/VIDEO/688868719](https://player.vimeo.com/video/688868719)



What Parents & Carers Need to Know about GROUP CHATS

56

64

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often inciting others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Serious discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be "pinged" with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

74

Advice for Parents & Carers

117

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat. Instead of responding to the person who's upset them, validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutcliffe is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and online behaviour of young people in the UK, USA and Australia.



Enjoy the outdoors but 'be tick aware' this Spring

1. WHAT IS A TICK?

Ticks are small, spider-like creatures that feed on the blood of animals, including people.

The size of a tick can vary, with a larva being as small as a tiny freckle, and fully fed females similar in size to a baked bean.

Tick attached to skin



Tick in the environment



2. WHERE DO YOU FIND TICKS?

Ticks live in many habitats but prefer moist areas with leaf litter or longer grass, like in woodland, grassland, moorland, heathland and some urban parks and gardens.

Ticks don't fly or jump. They wait on vegetation for a host to pass by, and then climb on.

They bite and attach to the skin and feed on blood for several days, before dropping off.

Ticks are found throughout the year, but are most active between spring and autumn

3. HOW TO AVOID TICKS

Walk on clearly defined paths to avoid brushing against vegetation

Wear light-coloured clothes so ticks can be spotted and brushed off

Use repellents such as DEET

Carry out a tick check

4. HOW TO DO A TICK CHECK

Check clothes and body regularly for ticks when outdoors and when you get home

Check children and pets as well

Areas that ticks may frequently be found include skin folds, armpits, groin, waistband area, back of the neck and hairline.

Adults are commonly bitten on the legs

Children are commonly bitten on the head or neck area

Bites can occur anywhere on the body and more than one tick can be attached at one time

5. IF YOU HAVE BEEN BITTEN

Remove ticks as soon as possible

Use a pair of fine-tipped tweezers or a tick removal tool.

Grasp the tick as close to the skin as possible and pull upwards slowly and firmly, as mouthparts left in the skin can cause a local infection

Clean the bite area and monitor it for several weeks for any changes.

Ticks can transmit bacteria that cause diseases such as Lyme disease.

Contact your GP promptly if you feel unwell with flu-like symptoms or Develop a spreading circular red rash - tell them you were bitten by a tick or have recently spent time outdoors

Tick removal with tweezers



Lyme disease bullseye rash



Keeping you and your children safe from infection visiting farms & petting zoo

1. VISITING A FARM OR PETTING ZOO

Visiting a farm, animal attraction or petting zoo is lots of fun, but it's important to remember that animals can carry infections that can be harmful to people. Common types of illness include infection with cryptosporidium parvum, e.coli O157 and salmonella.

All these bacteria live in the gut of the animals and infections are caused either by touching animals in the petting and feeding areas or coming into contact with animal droppings on contaminated surfaces.

These harmful bacteria can get accidentally passed to your mouth by putting hands on faces or fingers in mouths before washing them thoroughly. It only takes a small number of the bacteria to cause infection.



2. PREVENTING INFECTION

The best way to stay safe is to practice good hygiene during and after your visit.

Wash your hands thoroughly with soap and water and avoid touching your mouth

3. FOLLOW THESE DO'S AND DON'TS TO KEEP SAFE

Do <input checked="" type="checkbox"/>	DON'T <input type="checkbox"/>
DO Wash your hands thoroughly with soap and water after you have touched animals, fences, or other surfaces in animal areas	Do not put hands on faces or fingers in mouths while petting animals or walking round the farm
DO Wash your hands thoroughly with soap and water before eating or drinking	Do not kiss farm animals or allow children to put their faces close to animals
DO remove and clean boots or shoes that might have become soiled and clean pushchair wheels. Then wash your hands thoroughly with soap and water	Do not eat or drink while touching animals or walking round the farm. This includes not eating sweets, crisps or chewing gum
DO supervise children closely to ensure that they wash their hands thoroughly	Do not eat anything that has fallen on the floor
DO eat and drink in picnic areas or cafes only	Do not use gels or wipes instead of washing hands with soap and water. Gels and wipes do not remove bugs in dirt

4. IF YOU ARE PREGNANT

Pregnant women need to take particular care handling pregnant sheep or lambs as infections acquired from these animals can be harmful to them and the unborn baby

5. What to do if you are unwell after a visit

If you feel unwell or having symptoms such as being sick or diarrhoea within 2 weeks of visiting a farm - contact your GP or call NHS 111

If you have bloody diarrhoea - seek immediate emergency medical attention

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 cthiele@lonsdale.herts.sch.uk

The screenshot shows the Stevenage FC website header with the club name and logo. Navigation links include 'News & Fixtures', 'Buy Tickets', 'Shop', 'Match Centre', and 'More'. There are also logos for 'Official Club Partner' (Sky Sports), 'prime gaming', and 'EFL'. A 'Sign in/Register' link is present. The main content area is titled 'Matches' with sub-links for 'Fixtures' and 'Results'. A 'Add Fixtures to Calendar' button is visible. A promotional banner for 'EFL FIXTURES 2021/22' is displayed, featuring a smartphone with a calendar app showing a match, a football, and the club logo. The text on the banner reads: 'EFL FIXTURES 2021/22 Sync now to receive the 2021/22 fixture list to your calendar.' and includes a 'SYNC NOW' button 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!

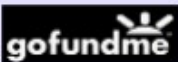


 Website: inclusiveacademydanceschool.com

 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*





Skills for Carers

COMMISSIONED BY HERTFORDSHIRE COUNTY COUNCIL FOR PARENTS AND CARERS AND OLDER SIBLINGS.

Caring for a loved one who is struggling with body image and/or their relationship with food can be exhausting, distressing, and disorientating. Many carers feel they have tried everything and don't know where to turn next which is why **First Steps ED** developed our 'Skills for Carers' workshop, designed to offer new skills and information to parents and carers.



SCAN ME

Four-Week Workshop Series

The 'Skills for Carers' workshops are full of practical tips, scenarios and case studies. This series is designed to help carers develop self-reflective, care-giving skills to role model confidence, compassion and courage. The aim is to offer attendees the knowledge and ability to be an important part of supporting a loved one.

The sessions will be delivered online (via Zoom) Tuesday evenings throughout May from 7.30pm until 9pm (3rd, 10th, 17th and 24th.) Following the first session, the team will close the group to ensure that the parents and carers in attendance can develop a positive peer group through the entire four-week programme.

Our 'Skills for Carers' workshops will be available monthly through to March 2023. To register for a future workshop please use the QR code to sign up.



What is an Eating Disorder?



Caring Styles



Conflict & Communication



Enabling & Accommodating

Supporting families for a brighter future



Grace's Space is a monthly Saturday club for Children aged 3-14 who have a diagnosis of Autism and their families. We meet on the first Saturday of the month from the Autumn term in October until July.

Providing Family sessions for children under 9 and sessions for children aged 9-14.

Family session 1 for under 9s 10-11.30am
Family session 2 for under 9s 12.30pm-2pm
Young people's session for 9-14s 2.30pm-4pm

Attendance is by registration only!

For more information or to register for a trial session please contact us:

Email: graces_space@live.co.uk
www.facebook.com/gracespace1

Embracing the Difference!

Grace Community Church Hall · Hydean Way · Stevenage · SG2 9XJ

Physical and neurological impairment advice line

014 42 453 920

Mondays 1.30pm - 4pm
(term time only)

STEP 2 SKILLS
PREPARE FOR SUCCESS IN HERTS



Supported Employment Job Fair Stevenage & North Herts

Thursday 12th May 2022

North Hertfordshire College

Monkswood Way, Stevenage, Herts. SG1 1LA

10am - 12pm and 1pm - 3pm

(Two sessions available - pick what suits you)

We look forward to seeing you there

Parking available on site

Employers attending include:

- Crossroads
- McMullen's Brewery
- HCL
- Ringway

... plus many more



Event aimed towards individuals with learning disabilities, autism, physical disability, mental health conditions and sensory needs

Come along and:

- Chat with employers about potential employment opportunities
- Find out what jobs are available
- Ask questions
- Meet the Supported Employment Team and find out how they can help

Need support?

Our team will be on hand to help introduce you to the people you would like to speak with

Sponsored by North Hertfordshire College:

Tel: Sian Heaphy on: 07580 743517

Email: sian.heaphy@hertfordshire.gov.uk

Email: Katie.Leithboro@hertfordshire.gov.uk

Website: www.step2skills.org.uk

Contact Us:

FIVE MILE FILMS

Are you struggling with your dog's behaviour?

Would you like help to overcome your dog's issues?



From the makers of Channel 4's *The Dog House*

A brand new prime time Channel 4 series is looking for misbehaving dogs and their owners.

From small quirks to life impacting behaviour, we've assembled a team of the very best trainers in Britain to help you transform your dog once and for all.

To apply, please email: dogacademy@fivemilefilms.co.uk



Bringing up confident children for parents of children with SEN (online group)

Worried about your child? Join our online group and get support to help your child feel more confident and happier. This is an online group and will be delivered via MS Teams.

When: Monday, 6th June to 11th July 2022

Time: 7.00pm - 9.00pm

For more information, contact Louise on 0204 522 8700 or 8701 or email services@familylives.org.uk

We build better family lives together

Find us on Facebook @FamilyLivesHertsandBeds

www.familylives.org.uk



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.



Bringing up confident children for parents of children with ADHD/ASD (online group)

Worried about your child? Join our online group and get support to help your child feel more confident and happier. This is an online group and will be delivered via MS Teams.

When: Wednesday, 8th June to 13th July 2022

Time: 9.30am - 11.30am

For more information, contact Louise on 0204 522 8700 or 8701 or email services@familylives.org.uk

We build better family lives together

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www.familylives.org.uk



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Bringing up confident children for parents of children with ADHD/ASD (online group)

Worried about your child? Join our online group and get support to help your child feel more confident and happier. This is an online group and will be delivered via MS Teams.

When: Tuesday, 7th June to 12th July 2022

Time: 7.00pm to 9.00pm

For more information, contact Louise on 0204 522 8700 or 8701 or email services@familylives.org.uk

We build better family lives together

Find us on Facebook @FamilyLivesHertsandBeds

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May parent and carer workshops



Supporting Children with ASD/ADHD: Bereavement and Loss

Tuesday 3rd May 2022, 1:00pm to 2:30pm

Supporting Children with ASD/ADHD: Girls and Women

Wednesday 18th May 2022, 1:00pm to 2:30pm

Our popular free online workshops are returning in May. We'd like to invite any parents, carers and anyone looking to support children and young people with additional needs.

book your place now via our website





Learn about Language for your Deaf Child with Dr Kate Rowley

Michelle Prestidge, a family support worker from Heathlands School and Tracey Baillie, a Sign language Specialist from the Deaf and Hearing Support Service is inviting you to come and join the "Learn about Language for your Deaf Child' with Dr Kate Rowley.

Who is it for? It's aimed at families with deaf child/ren based in Hertfordshire and families of Heathlands pupils.

When: Saturday, 21st May 2022

What time: 09.30 – 11.30am

Location? Heathlands School, Heathlands Drive, St Albans, AL3 5AY and we will offer simultaneous access through Zoom.

There will be a sign language interpreter present.

Tea and Coffee provided.

This event is only for parents and carers; however, we can offer childcare places for children over 8. Please book a place.

The numbers are limited so book now to avoid disappointment!

To reserve a place - please email michelle.prestidge@heathlands.herts.sch.uk before 29th April. Please confirm if you will be attending in person at Heathlands or on Zoom – a link will be provided.



More information about Dr Kate Rowley –

Website - <https://www.kate-rowley.co.uk/>

Facebook  – Language Wise

Instagram  - @language.wise

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.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

- ALL SORTS OF THINGS...
- BUMBLEBEES
- DOLPHINS
- ELEPHANTS
- GORILLAS
- HIPPUS
- KOALAS
- LYNX
- OWLS
- PANDAS
- SEA TURTLES
- TASMANIAN DEVILS
- VAQUITAS
- WOMBATS
- JOIN THE SPRING WATCH!