



### 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 Friday 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.



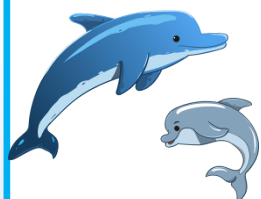
### Whole-School News



One highlight of this week was the visit of M&M Productions, who performed 'The Secret Garden' for us. You can see some photos below!

On Thursday afternoon, the Dining Room was used by 25 teachers from five schools to take part in a creative wellbeing workshop. You can see in the photos on the right how hairdryers and hot-air guns were used to move paint around big canvases. It was great fun!

We are now preparing for our 'Street Party' to celebrate the Queen's Jubilee on 27th May. An exciting day full of entertainment, good food and music is being planned. If you play an instrument or know of any musicians, who would like to contribute to our live-music programme, please email Mrs Thiele at [cthiele@lonsdale.herts.sch.uk](mailto:cthiele@lonsdale.herts.sch.uk). You can also support by sending in any fabric or material to help us make bunting to decorate the school. Thank you for your support!



### Primary



#### Dolphin Class:

This week the children have enjoyed the story 'The very busy spider'. They named/found the characters and recalled the story really well. They explored shape properties, made insects or constructions using shapes and worked on counting. They have enjoyed being nature detectives, using magnifying glass to look for minibeasts and also searching for natural materials to create minibeast hotels. They have created lovely spiders webs using messy play, chalk, glue, glitter and salt working hard on developing their fine motor skills.

#### Bumblebee Class:

In PBL this week the Bumblebees made their own matchbox cars to race down their ramps. The children enjoyed exploring which bottle tops made the best wheels, and racing their cars. We also explored if pushing the cars up or downhill made them go further. In Outdoor Learning, the children enjoyed painting their shoebox habitats and are looking forward to finishing their projects next week. In Cooking we made banana bread, and in Number, we continued to work on grouping and counting spots on dice. The children all enjoyed watching a production of 'The Secret Garden', too.

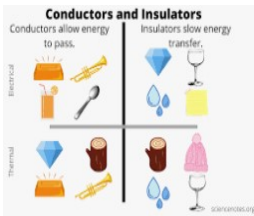
#### Owl Class:

In PBL the children have been learning about forces, push and pull and how a hard or soft push can affect how a toy car moves. The children played tug-of-war and investigated what happened when both sides pulled, when one side pulled and the other pushed and what happened if both sides pushed at the same time. The children had a lot of fun! Our style of music this week was Latin. The children improvised and composed. In Maths, the children looked at patterns in number and weight. In Literacy the children helped to write a thank-you letter to the Punch-and-Judy Man and a poem about pushes and pulls. They have designed their vehicles in DT and are excited about making these next week.

**Koala Class:** In Literacy we looked at imperative (bossy) verbs and chose our own commands. In Numeracy we developed our understanding of addition and shape. In Topic we developed our sound topic by learning how the ears work and we hear through vibrations. In Life Skills we went for a walk to find some wood and developed our knowledge of map symbols. In Forest School we enjoyed making a nature bunting for the Jubilee celebrations. In Cooking we made strawberry cheesecake and enjoyed making paper lanterns in RE for Buddha Day.



**Wombat Class:** We began the week reflecting on our trip to Woburn, looking at the photos and thinking of words and sentences to describe the animals. In Science we learnt about how the elephant had adapted over many years to be able to live in hot climates. We enjoyed playing in the Stevenage Sporting Futures Boccia tournament on Wednesday afternoon, and we all did some fabulous reading, phonics, and walking in the morning. We enjoyed Gardening in the lovely sunshine. We also had fun planting some wild flower seeds and are looking forward to watching them grow. During the PSHCE lesson, we had the opportunity of watching 'The Secret Garden' performance. This was very enjoyable. There were lots of smiles and laughter.



**Hippopotamus Class:**

This week, Hippo Class having been learning about angles in their Maths lessons. This has involved understanding what angles are as well as identifying acute, obtuse and right angles. In their Science lessons, the class have been learning about thermal conductors and insulators. They conducted an investigation to find out what would make the best lining for a lunch box using some containers, different materials, thermometers and lots of ice! In Computing this week, the class expanded on their spreadsheet skills by finding out how to use functions and create graphs.



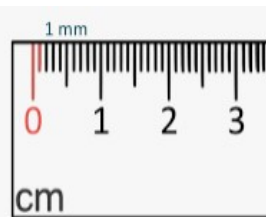
**Sea Turtle Class:** Last week ended with a couple of students doing some laps around school. They came across a box of dress-up clothes and decided to try some on! This week started with a great swim for some and some excellent reading and other intervention work for the rest of the class. In English, the class did some work on their phonics and continued to work on their debate. In Maths, they continued to work on data and graphs, this week enjoying eating some smarties to help us with our learning! In History, pupils continued to learn about London in the 17th century, focusing on the jobs that were done at the time. The one job they all hated the sound of was a 'Gong Farmer'—I will let them explain! In Science, pupils learnt about how plants have to adapt to the habitat they live in. In PE, we continued to develop our tennis skills. One classmate is a Prefect, and they made a speech in assembly this week, which was excellent. A great week all round!

## Secondary News



**Vaquita Class:**

In Science, pupils learned how our water is treated from reservoirs, rivers and the sewage system, before it comes to school and homes in the taps. We set up a filtration system to see if this would make the water clean enough to drink— we didn't have any tasters for basters!  
 In English, pupils completed sequencing the events so far in 'Grandpa's Great Escape' and then completed an exercise using a story mountain or arc to help identify the structure of some traditional tales. This will help them with their own creative writing.  
 In PSHCE, pupils engaged in some mindfulness colouring as part of our well-being program & mental health strategies. **Highlight of the week**— another stupendous performance from M&M Productions— The Secret Garden—enjoy the photos!

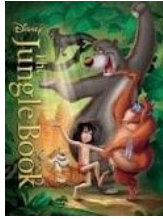


**Gorilla Class:**

Gorillas have enjoyed continuing with Gardening, digging up the garlic that was planted earlier in the year. In Maths we continued with measuring and used cubes and rulers to find out the measurements. In Music we enjoyed choosing our own choice of song to be played. In PSHCE we finished our stranger-danger topic and learnt about how to stay safe around strangers. In English we enjoyed a story, which gave us the opportunity to practise positional language, such as on, off, between, in front of etc. We also enjoyed a live performance of 'The Secret Garden' and enjoyed learning the tricks of the trade from the actors at a sensory workshop following the show.



**Tasmanian Devil Class:** This week in Maths, we learnt to draw bar charts, measuring and labelling accurately. We also looked at 2D and 3D shapes and how many vertices they have. We held our debate this week in English and voted to hold a quiz for our end-of-term event. We will be working on using and writing many nonfiction texts over the coming weeks, to help us plan and prepare for this exciting event. In Science we have been discovering the various moon phases and what causes day and night. In K&U we have been extracting information from historical railway paintings and how they differ from modern-day trains. In PSHCE we have been using our debating skills to argue the questions 'Should children get consequences for making mistakes?' and 'Should children wear uniform in schools?'. In Creative, we learnt to sew—take a look at the pictures on page 6!



## Upper School News



### Elephant Class:

E Class have been busy this week starting their work on 'The Jungle Book' creating leaf and cardboard prints to make a jungle scape and focusing on shape in Maths. They loved the production of 'The Secret Garden' on Thursday...So wonderful to have interactive performances back in school! Following the theatre performance, the class enjoyed a sensory workshop with the actors, which was a great addition to the play.

### Lynx Class:

This week in Maths, we learnt to draw bar charts accurately, making sure that our bars were the same width, labelling both axes and giving them labels. In English, we sat our exams and have been working extremely hard on completing them in the time given. In Business we have started to plan our presentation boards to put forward our ideas for the Jubilee Celebrations. In PE, we have been brushing up on our tennis skills in the outside sunshine, which was a nice change. In Food Tech, we made Greek Feta Salad and Chorizo Buns. In ASDAN, we have been looking closely and comparing the amount of sugar in drinks, such as fizzy drinks and non-fizzy drinks.

### Panda Class:

On Monday we enjoyed our lesson on statistics, using rollercoasters as examples -we think a trip to an amusement park would help reinforce this lesson. On Tuesday, we had exams – 'nuff said. We made chicken salad on Wednesday– the results were hit and miss; some of us loved it, some of us not so much, some didn't want to try it! On Thursday we enjoyed our Science lesson looking at ionic bonding. We continued to work on our library revamp project. We're very excited (and nervous!) to welcome some of our governors in to school next week for our project presentation.

## Lunchtime News from our MSAs

A clear favourite this week was 'Hide 'n' Seek' again. Mrs Ottridge, however, received an email from Koala Class afterwards asking for more hiding places, especially outside! The primary pupils enjoyed an outdoor disco.

## Governor News



The Lonsdale School Governors looked at and discussed the school budget for the coming year this week. As every other business or service, Lonsdale School also have to start looking at how to make savings amidst rising energy, petrol and other costs. Turning off equipment and heating, as well as cutting down on unnecessary printing and increasing recycling will all help with costs as well as benefit the environment!

## Other News



### STEVENAGE GREEN NETWORK LOGO COMPETITION

You may remember from our last issue that to support the relaunch of the network, we held a competition to design our new network logo. Thank you to the pupils from Lonsdale School and Woolenwick Infants and Nursery School who submitted some excellent entries. The Mayor, Sandra Barr and Councillor Gardner reviewed the entries and selected a winner, and two runners up. Congratulations to the winners below and their designs. These are being combined to create our new logo!

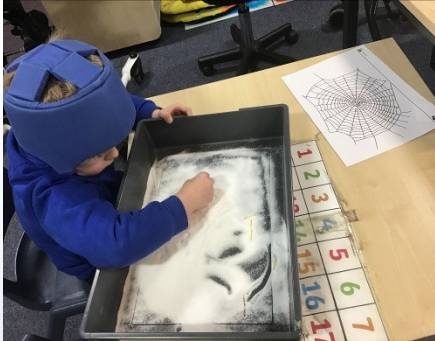


The winning design is the Lonsdale entry by Tallulah and Emily on the left! Congratulations!

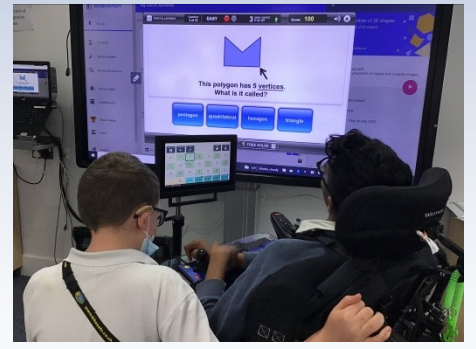
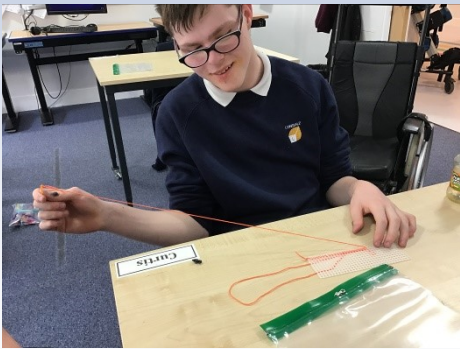
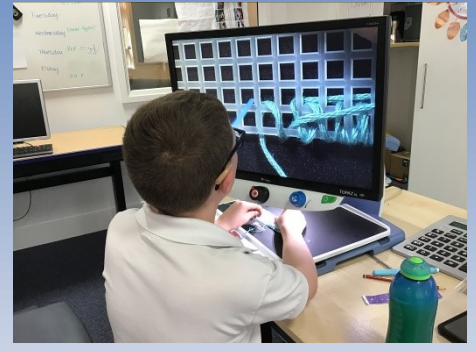
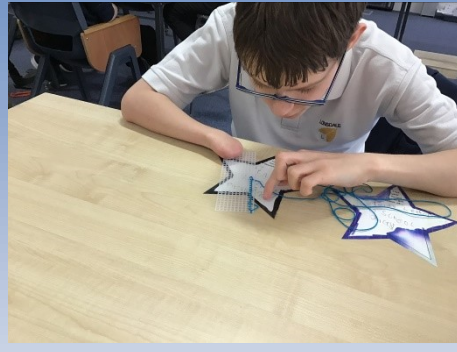
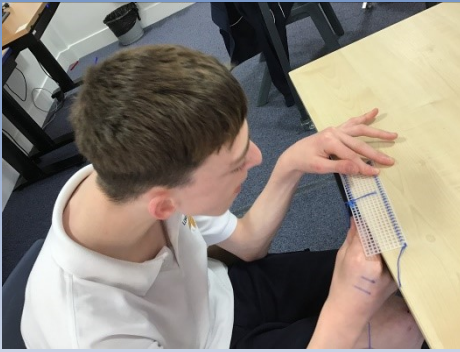
# Photo Page – 'Zoom into Brilliant Bits'



# Photo Page — 'Zoom into Brilliant Bits'



# Photo Page – 'Zoom into Brilliant Bits'





## 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](mailto: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

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](mailto:graces_space@live.co.uk)  
[www.facebook.com/gracespace1](http://www.facebook.com/gracespace1)

Embracing the Difference!

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

Physical and neurological impairment advice line

01442 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](mailto:sian.heaphy@hertfordshire.gov.uk)

Email: [Katie.Leithboro@hertfordshire.gov.uk](mailto:Katie.Leithboro@hertfordshire.gov.uk)

Website: [www.step2skills.org.uk](http://www.step2skills.org.uk)

## Contact Us:

FIVE MILE FILMS

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



Are you struggling with your dog's behaviour?

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



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](mailto:dogacademy@fivemilefilms.co.uk)



&



# SPORTS CAMP MAY HALF TERM

Multiple Days Discount!

Sibling Discount!

## Football Camp

Monday 30th May

Tuesday 31st May

Wednesday 1st June

Walkern School - 9:30-15:00

Ages - Reception - Year 6



## Gymnastics & Dance Camp

*Book  
Here*



Tuesday 31st May

Wednesday 1st June

Walkern School - 9:30-15:00

Ages - Reception - Year 6



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

Phone: 07950 717925

Email: [bookings@sportzoneuk.com](mailto:bookings@sportzoneuk.com)

## 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)



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, the club name 'Stevenage FC' is on the left, the club crest is in the center, and 'OFFICIAL CLUB PARTNER' with logos for 'prime gaming' and 'sky Bet' is on the right. A navigation bar below contains 'News & Fixtures', 'Buy Tickets', 'Shop', 'Match Centre', and 'More'. On the right of the navigation bar are 'Sign in/Register' and a search icon. The main heading is 'Matches', with 'Fixtures' and 'Results' as sub-sections. A 'Add Fixtures to Calendar' button is visible. A large promotional banner for 'EFL FIXTURES 2021/22' features a smartphone displaying the fixture list, a soccer ball, and the club crest. The text on the banner reads: 'Sync now to receive the 2021/22 fixture list to your calendar.' and includes a 'SYNC NOW' button and the hashtag '#EFLfixtures'.





### 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](mailto:services@familylives.org.uk)

#### We build better family lives together

 Find us on Facebook @FamilyLivesHertsandBeds

[www.familylives.org.uk](http://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](mailto:services@familylives.org.uk)

#### We build better family lives together

 Find us on Facebook @FamilyLivesHertsandBeds

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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](mailto:services@familylives.org.uk)

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**SPACE**  
Autism | ADHD  
Neurodiverse Conditions

## Starting SPACE

Friday 20th & 27th May 2022  
10m - 12pm, Stevenage

**Do you have a child aged 0-6 with additional needs?**

Join us for an opportunity to meet other families in a similar situation to you and see a brief overview of how SPACE can offer guidance & support to you and your family

*Open to parent/carer's pre and post diagnosis*

### 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



# 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!

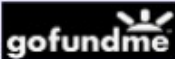


 Website: [inclusiveacademydanceschool.com](http://inclusiveacademydanceschool.com)

 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*



# 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



## 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







# SEND Advice for Parents/Carers

*Helpful SEND advice lines  
for Parents and Carers*

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

**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 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](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
- HIPPUS
- KOALAS
- LYNX
- OWLS
- PANDAS
- SEA TURTLES
- TASMANIAN DEVILS
- VAQUITAS
- WOMBATS
- JOIN THE SPRING WATCH!