Learning @ Lonsdale

Weekly Newsletter — Friday 17th June 2022

Information and Dates for your Diary

Please see below some diary dates for you:

Sports Week w/c 20th 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.



This week we welcomed Interplay for a sensory theatre experience. A huge dome went up in our Hall, and two classes at the time were invited to join the play 'My Life with the Wave'. It was amazing, and everyone really enjoyed it.

Whole-School News



On Thursday, the children gathered in their House Teams to create banners for Sports Day. Please look out for these on Sports Day next Friday! It was lovely to see all the children helping each other and mixing across the ages. We are looking forward to seeing you next Friday!

We would also like to say 'Well done!' to our upper-school students this week, who have nearly completed all of their exams now. They have all worked very hard.

And last but not least a reminder that school remains closed on Monday 27th June, when all staff and pupils can enjoy an occasional day in aid of the Queen's Jubilee this year. Take a look at some photos from our celebrations just before half term.

Dolphin Class:

This week Dolphin Class have been learning about farm animals. They have listening to 'The three little pigs' and 'The pig in the pond'. They have then role-played these stories, building and exploring materials for houses and then enjoying lots of water play with the farm animals in a pretend pond. They have played with different farm animals, tractors and barns, sung lots of songs about different animals. In Maths they have worked on measuring and comparing length. They have enjoyed a special visit from Interplay with a sensory story in the Hall.



Bumblebee Class:

Bumblebee Class have had a very exciting week this week. The children have begun to learn about changes and have enjoyed exploring solids and liquids. In PBL, the children enjoyed investigating how they could melt chocolate and ice in their hands and change their states. In Number, the Bumblebees played dice games on the playground, and enjoyed playing 'Snakes and Ladders', too. The children all enjoyed visiting the hall for a sensory theatre show with Dolphin Class and joining their Houses to make posters for Sports Day.

Primary



Owl Class:

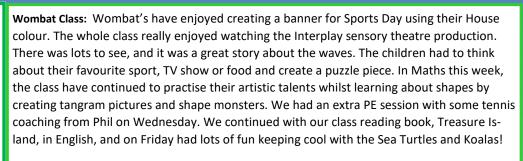
The children in Owl Class have been looking at changes in humans and the human life cycle. They have been practising their pairs of numbers that total 5 in Maths. In Cooking the children made jelly, observing how the chunks dissolved in the water. They enjoyed eating their jelly on Friday for snack to help keep them cool. The children enjoyed a visit to the hall for a sensory theatre show and joining their House Teams to make banners for Sports Day. In Music the children continued their music unit from Arts Week last week. They gave marks out of 10 to show what they thought of the different styles of music they heard.



Koala Class: In Literacy we described our setting to set our stories. In Numeracy we developed our understanding of number sequences. In Topic we started our new topic- Blitzed Britain, learning how WW2 started and the Blitz. In Life Skills we completed a litter pick, there was a lot of rubbish! We had a few different activities, which we really enjoyed- FitKidz with different PE equipment, making banners for Sports Day, an immersive theatre show and a water fight with Wombats and Sea Turtles!







Hippopotamus Class:

Well, it's been a very hot week, but Hippo Class have kept on going, although we think we're all ready for the weekend. In Maths this week, the class learned more about angles, this time they found missing angles on straight lines. Some of the class also had a go at finding missing angles in triangles, using what they already knew about the properties of different kinds of triangles. In Science, we had a look at some fossils before finding out about how fossils are formed. The class had a great time on Tuesday visiting the sensory theatre production and they all enjoyed making banners with their Houses, ready for Sports Day next week.



Secondary News







Sea Turtle Class:

We have had a very exciting week this week. We had a great trip to Woburn on Tuesday. We saw so many amazing animals including giraffes, elephants and seals. At one point, we did think that we were going to be bringing home a 9th member of the class as one of the monkeys took a liking to the students in the blue bus!! On Wednesday, we did some exercises during a Fit Kidz session. We then had an excellent Therapeutic Theatre experience in a huge blow-up dome in the Hall—it was amazing! This was followed by a Tennis session with Wombats run by Phil. Thursday afternoon, we got into our House teams and created some banners for Sports Day next Friday. On Friday, we had a brilliant water fight with K Class and W Class, which cooled us all down nicely! Next week is Sports Week, which we are all looking forward to, especially our trip to Stanborough Lakes on Monday.

Vaquita Class: Another very busy week has flown past with lots of preparations for Sports Week activities looming. The class attended a session with their respective House groups to create an array of banners, flags and other memorabilia to support their teams on Sports Day next Friday. On Tuesday afternoon we also had the opportunity to attend a performance from a Sensory Theatre group - right here in school, under an amazing inflatable dome, with projected lights, music and dance. Meanwhile, in Maths pupils have really stretched themselves with working out the value of missing angles on a line and have just started a Science unit about 'Earth and Space', learning about evidence for the Flat-Earth Theory vs Earth-as-a Sphere.

Gorilla Class: Gorilla class have enjoyed creating a banner for sports day using their house colour. The whole class really enjoyed watching the Interplay sensory theatre production. There was lots to see and it was a great story about the waves. The children had to think about their favourite sport, TV show or food and create a puzzle piece. In maths the children continued to work on time and looked at o'clock and half past. We are getting deeper into the plot of Treasure Island with the crew of the Hispaniola landing on the mysterious island. An unusual activity linked to the text this week: the pupils had the chance to hide & 'overhear' a conversation and then to report back what they had heard!

Tasmanian Devil Class:

Tasmanian Devils Class have been working extremely hard despite the harsh climate weather we have had this week. In Art, we have been continuing to complete our 'Sewing Bee' Bookmarks. In Science, we have been looking at how to reproduce plants by taking cuttings and putting them into the water to see if they will grow roots to re-pot. In K&U, we have been looking at the importance of sources and key landscape areas when deciding where settlements should be located and why. In PSCHE, we have continued learning about how to keep ourselves safe online. In Maths, we have been measuring the perimeter and area of larger spaces such as the playground, football pitch etc.



Elephant Class:

On Monday, Elephants joined Gorillas and Wombats for a 'Splash'tacular sessions with watering cans, paintbrushes and wheelchair tires! Photos can be seen on the Brilliant Bits page below! In Maths we have been exploring number bonds to 10 and 20, and in English we learned about Rudyard Kipling - the author of our class book. A lovely week for Elephants!

Upper School News

In English this week, we have started learning writing skills for FS Entry Level 2. Some of us have sat out FS Maths. In Cooking we made Brownies in a mug, they were tasty! In Maths we continue to learn about fractions. In Creative we learned about electronic art, using 'NightCafe' to create our work.





Panda Class:

Lynx Class:

This week we have welcomed back our Bendrigg adventurers who certainly had lots of positive things to say about their trip! We had our Maths exam this week, so we're very tired from all our studying. We have also been watching some very interesting documentaries that we spend time debating in class. Finally, we hope that you all stay cool in this hot weather - stay in the shade, wear a hat and drink plenty of water! We look forward to seeing some of you on Sports Day next Friday.

Lunchtime News from the MSAs

As it was very hot this week, football matches were shortened and 'Hide 'n' Seek' happened in the shade. A lot of water pistols were involved in keeping everyone cool on Thursday and Friday. A special treat of ice lollies further helped on Friday!

Governors News



Our Governing Boards met this week to look at all sorts of developments. Subject Leaders presented about their subjects at the School Development Board, and the Resources Board looked at the school's finances and financial planning. The Safeguarding and Wellbeing Board shared news and developments, too.

All Governors said thank you for the great celebrations on Jubilee Day on 27th May. A lot of our Governors were able to attend on the day and join in the celebrations.



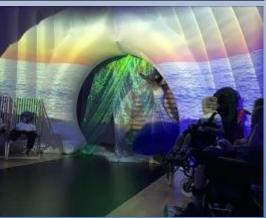


Photo Page — 'Zoom into Brilliant Bits'

























Photo Page — Zoom into Brilliant Bits'

































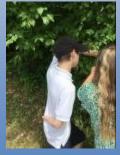


















Photo Page — Jubilee Celebrations 27th May





















































Photo Page — Bendrigg Trip June 2022'





































































Stevenage Day on Sunday 12th June 2022

Stevenage Day was a great event. Ten flags created by ten local groups together with Kinetika were flown at the parade. Lonsdale School joined some other Stevenage schools to create a flag for all young people at schools. Have a look at some photos below.





























ADULT TRAINING NETWORK

FREE* COURSES

FOR ADULT LEARNERS IN ENGLISH ESOL HEALTH & WELL BEING SKILLS FOR WORK DIGITAL SKILLS

*Eligibility subject to status

ENGLISH ESOL

- Our courses in ESOL will enable learners to apply the skills of reading, writing, speaking and listening in both their personal and working lives.
- Leading to a Qualification and/or a job as the next step.

Health Eating & Wellbeing

- Improve your lifestyle and reduce stress/anxiety during the current Covid 19 pandemic. Boost your self-esteem and wellbeing.
- Examples of positive lifestyle changes including healthy eating tips.

Skills for Work

- · Creation of a CV. Preparing for and performing well at interview.
- · Searching for a job online.
- Introduction to retail, customer service and business admin roles.

Digital Skills (IT)

 Digital Skills (IT) sessions for learners who have limited experience with computers. Learn a variety of Digital skills such as using Zoom, uploading CVs, using social media, safe internet browsing, downloading apps, emails.

For more information:

Email: tatiana@adult-training.org.uk

Tel: 07947330575, 0790811528 web: www.adult-training.org.uk

Venue: BTC, Bessemer Drive, Stevenage, SGI 2DX









SPACE SPACE

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/gracesspace1

Embracing the Difference!

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

Physical and neurological impairment advice line

01442 453 920

Mondays 1.30pm - 4pm (term time only)

What's On at Stevenage Museum

Visiting us Stevenage Museum, St Georga's Way, SG1 1XX

Contact us and information

Tek 01438 218881 Email: museumästevenage govuk Welt vww.stevenage govuk/stevenage-museum

Feel good Fridays

Memory Makers

Meet new people, join in with light-hearted quizzes to test your knowledge of the past, or play games.

10.30am -12noon

Friday 27 May Friday 24 June Friday 29 July

Free



Lunch and listen

Enjoy a lunchtime talk. Subjects are varied but we hope you will always learn something new and interesting! Numbers are limited so please book in advance. Tea and coffee provided just bring your own sandwiches.

1-2pm

13 May Royal visits to Stevenage 10 June A Japanese journey 8 July Anglo-Saxon saints

£4 (£3.50 concessions)



Make it!

Come along, get creative and meet others who enjoy the fun and benefits of sewing, knitting and crochet. Just bring sandwiches and whatever you are working on or materials to start from scratch. Tea and Coffee provided.

12noon-2pm

May 6 & 20 June 17 & 24 July 1 & 15

Free

Saturday film & afternoon tea

Suitable for over 12s. Booking essential

12.30-2pm.

28 May

25 June

30 July

27 August

£7.50



Events for All

Town's Got Talent exhibition opening

Saturday 2 July 11am-4pm

A jam-packed event to celebrate the opening of our 'Towns Got Talent' exhibition, all about Stevenage's sports stars. Meet Paul Fry, the author of the book which inspired the exhibition, as well as some of the inspirational sportspeople who feature in the exhibition. Try your hand at cup stacking and other activities to get you moving, as well as arts and crafts for all ages. Cost: Free

For families

Family Saturdays

11am-12noon and 2-3pm 14 May **Elmer** Colourful elephant crafts

11 June **Music making**Use junk materials to make

shakers and more.

9 July **Bugs**Find out some fun bug
related facts, make

related facts, make ladybirds, butterflies and snails to take home alongside some bug-friendly things you can do in your garden to help protect these important little creatures.

August Sundials
See how sundials help tell
the time, make your own
and then add a twist.

Free

Dance

Get moving together and explore the museum in this fun session led by Hannah from BEEE Creative.

10-11.30am

Wednesday 4 May Wednesday 8 June Wednesday 6 July

Cost: free, but donations welcome.





Under 5s

Stories, games and art and craft fun. For children under 5 and their parents and carers.

1.30-2.30pm

Thursday 12 May Hairy Maclary from Donaldson's Dairy

Thursday 9 June All things fishy

Thursday 14 July You can't take an elephant on the bus

£2.50 (£1 concessions)

Holiday activities

Summer half term Wednesday 1 June

10am-12noon and 2-4pm Drop in arts and crafts.

Free, a small charge for some activities and donations welcome.





Summer Holidays

3 August – 26 August 11am-12noon and 2-3pm

Week 1 Tudors Week 2 Sports

Week 3 Romans

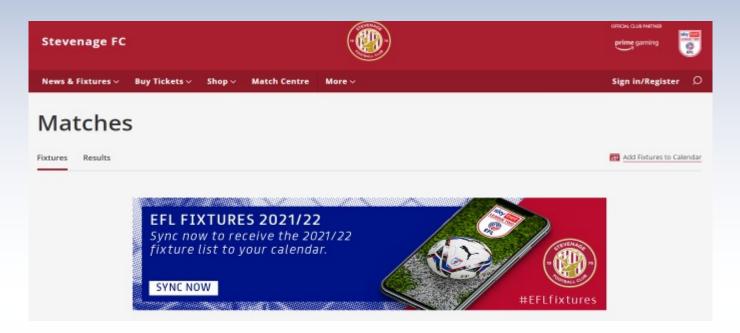
Week 4 All things arty

£4 (£2 concessions) Please book to avoid

Please book to avoid disappointment

Please book in advance as places go very quickly, and if you can't make it, it would be great if you could let the museum know so that someone else can use the space. 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





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

Instagram: @inclusive_academy

▼ Twitter: @InclusiveAcade1

gofundme 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

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

Lyme disease bullseye rash



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

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

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 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://barnardosstevenage.eventbrite.co.uk

MORE INFORMATION hertsfamilycentres.org Call us on: 0300 123 7572



Believe in children
Barnardo's





Contactline



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

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







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

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





working together locally

SEND Advice for Parents/Carers

Helpful SEND advice lines for Parents and Carers

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



- 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.

How to cope with the effects of Cyberbullying

- You must not blame yourself. Noone deserves to treated cruely by anyone.
- It can make you feel very upset, alone and like noone 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 <u>nspcc.org.uk</u> or Bullying UK bullying.co.uk



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**.

5 creenshot 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).

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/ cvber-bullving/

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.





Log on to find out more!

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

Maybe send your feedback?

