## Learning @ Lonsdale

#### Weekly Newsletter — Friday 1st July 2022

### Information and Dates for your Diary

Please see below some diary dates for you:

Safeguarding Focus Week w/c 4th July 2022

Shire Horse Event 6th July 2022

Herts Transition Day 14th July 2022

Parents Consultations w/c 11th July

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

A list of dates for the next academic year can be found on the website.





Whole-School News



Following the Occasional Day on Monday, pupils and staff returned to school to start preparing for our Safeguarding Focus Week. They will engage next week in activities around online safety, peer relationships, discrimination, anti-bullying and LGBT+. On Wednesday 6th July, we might be visited by two Shire Horses, and all pupils will hopefully have the opportunity to go and see these amazing animals.

Some pupils have been working hard over the last few weeks to practise a dance routine, which they will take to the Gordon Craig Theatre next Thursday to perform at the Stevenage Dance Festival. And four of our upper-school students will embark on their Silver Qualifying DofE Expedition from Monday. We wish all of them well!

All pupils and staff have worked hard to complete the annual reports and add their comments, and the reports will be with you in a week's time. We are looking forward to seeing you all virtually or in person during our Parents' Consultation Week w/c 11th July.



#### **Dolphin Class:**

Dolphin Class have been learning about zoo animals this week. They have enjoyed listening to several stories about zoos and named and sorted different animals. We have talked about maps, made our own maps and played with Blue-Bots (robots), directing them to different animals. They have used small world play, building their own zoo and playing with the animals. They have counted animals and coloured different animal pictures. They have enjoyed singing the song about visiting the zoo.



#### **Bumblebee Class:**

The Bumblebees have had a super week this week. In PBL the children have been learning all about states of matter, and have explored how we can make ice, boil water, and melt ice in warm water. In English, they explored 'The 3 Little Pigs' story, and used colourful semantics to re-tell the story. In Outdoor Learning, they used their hands to squash tomatoes and find their seeds, and then planted the seeds to grow new tomatoes! In Cooking the children explored how they could cook with eggs, and all the children enjoyed a Yoga session on Friday morning.









Owl Class: In Literacy, the children reviewed Sports Week and wrote thank you letters and cards to the leaders of the activities they enjoyed. In Maths, the children completed a variety of activities to practise their number bonds of 5 and number recognition. In PBL, the children investigated where ice would melt the fastest or slowest around the classroom. There were great ideas about where to put the ice and what would happen. In Music the children had a go at following a bean bag score and creating their own, and in Art they explored colour mixing. In Cooking, the children explored melting chocolate before dipping in fruit and making fruit kebabs.

Koala Class: Koala Class: In Literacy we described our character and wrote some fantastic stories. In Topic we learned more about WW2, going to the Warden to be told we need to build a shelter and get our gas masks, and learning what children put in their suitcase when they were evacuated from the city. We enjoyed role-playing shopkeepers and telling people they can't buy food because it was not in their ration books! We developed our independence skills by making Rocky Road in Cooking and enjoyed our last session of FitKidz with Sea Turtles.







### Secondary News







Wombat Class: This week we have enjoyed our final tennis session with Phil. We practised working with a partner and hitting over the net. In Science we started our new topic, Space, and learnt about gravity. In Cooking we made our own Jaffa cakes—we hope they tasted as good as they looked! In Gardening the class enjoyed planting in the raised bed and watering the other plants and vegetables that had already been planted. In PSHCE we finished off our topic on 'Diverse Britain', where we worked on celebrating differences and recognising how we are all different. In K&U we learnt about African Savannahs and African animals. We then had to label the animals, identifying what they use different body parts for.

#### **Hippopotamus Class:**

We've all just about recovered from Sports Week in the Hippo Class, having had far too much fun for just one week. In Maths, the class have been investigating pentominoes—shapes made with five blocks that are joined together (a bit like Tetris, for anyone that remembers it!) The class first had to find the 12 different pentominoes and then find different ways of joining them together. In Science this week, the class learned about the work of famous fossil collector, Mary Anning, and in Computing, they continued to refine their animation skills.

#### Sea Turtle Class:

In Cooking, the class made Greek halloumi gyros, which looked and smelt lovely! In English, the class worked hard on their grammar. In Geography, we talked about seaside resorts in the UK and shared stories about the resorts we have been to. We compared them to where we live. In PE, we did some relaxation in the Hall. In Maths, we worked on a mixture of subtraction and division, and everyone did brilliantly. Phil came in again on Wednesday afternoon, and we had another excellent session of tennis with the Wombats. In Creative, the class filmed their production, and Miss Rose said that they were all amazing! We can't wait to see the premiere on the 13th July. On Friday morning, Ros and her team brought their bikes, and we had our second biking session, which was really good fun. The class also did some reading, walking and standing, so another busy week!

#### Vaquita Class:

This week in Maths, pupils have worked really hard on learning the rules of angles on a straight line and around the point. They had to complete several steps to find the missing angles. They also practices using a protractor to check angles. In Science, pupils have been able to name several planets on the solar system, state that the Earth and Moon are spheres and that the Moon is a rock. In Geography, pupils found out that the climate zones of the world form a pattern from the Equator and where the rainforests are located. In pairs they have started to create fact files about a particular country/the rainforest. In History, pupils have begun to learn about The British Empire and Queen Victoria and the Victorian ideals of a happy family and childhood.

Gorilla Class: Gorilla Class enjoyed planting in the raised bed and watering the other plants and veg that had already been planted. In Maths the children started working on money. They had to identify the different coins and notes and add up different amounts using money. The children enjoyed playing various instruments in Music and selecting different songs to be played. In Science, we have been revisiting the solar system and again, we have been pleased to see what some of the class could recall about the planets. Some have been looking at the cycle of the moon, learning terms such as the waxing and waning of the moon. We have reached the part of 'Treasure Island' where the pirates are on the island, and we have used eye patches, hats, parrots etc. to try the 'pirate-look' on photos of ourselves!

#### **Tasmanian Devil Class:**

This week in TD Class we have been making mocktails in Maths to learn how to take measurements of volume with liquids and make some non—alcoholic drinks. In Science we have been looking into reproduction of animals and whether they are placentals, monotremes or marsupials. In K&U we have been learning how to identify how old towns are by the suffixes in their names. In PSHCE we are focusing on cyberbullying, recognising it, reporting it and how to keep ourselves safe online.



#### **Elephant Class:**

Elephants have had a brilliant week this week, looking at patterns in Maths, friendship in PSHCE and getting on the bus in Life Skills. They enjoyed Cooking and PE this week and had a lovely time gardening with Gorilla Class! Well done for a brilliant week, Elephant Class!

### Upper School News

#### Lynx Class:

Lynx Class enjoyed table tennis. In Art we had to create a story board using the computer, which was great fun. In ASDAN we discussed different food groups and the benefits of each one. In Maths we had to answer Maths calculations, use a code breaker to find out different clues. In Cooking we enjoyed making a halloumi flatbread.



#### Panda Class:

Hi everyone! It's been a very quiet week for Pandas after all the fun last week for Sports Week. Kyra got  $1^{st}$  place in the Maths quiz we had and, in our English lesson, we had warmed spices, hot air and sumptuous fabrics as part of a sensory lesson to replicate a Moroccan bazaar.





# Governors News



Katie Byrne, one of our School Governors, visited her Buddy Class last week for a day and enjoyed spending time on sporting and mindfulness activities with them during Sports Week. She enjoyed seeing how enthusiastically all pupils took part in activities and how well they worked together. Katie would like to send a 'Thank You' to all the pupils and staff for making her so welcome and her day such an enjoyable visit.

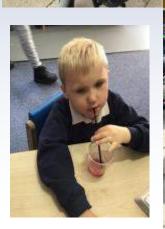
In other news, the School's Full Governing Body will meet on 6th July for their last meeting this school year to look at all school developments and forward-planning for the next school year.

# Photo Page — Zoom into Brilliant Bits'





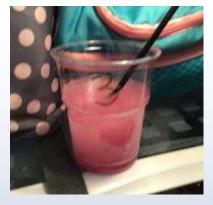






















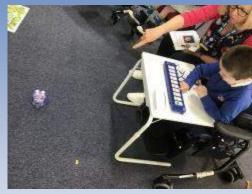






# Photo Page — Zoom into Brilliant Bits'



































# Photo Page — Zoom into Sports Week'





























# Photo Page — Zoom into Sports Week'













































## Free holiday activities

Summer 2022

For young people aged 13-16 in Stevenage

Bowes Lyon Young People's Centre St Georges Way, Stevenage, SG1 1XY

Join us weekdays (2pm-6pm) from 25 July – 12 August 2022

- Fun and informal activities to help with a healthy lifestyle
- Free healthy food every day
- Physical activities such as sports, dance, arts and games
- Meet and socialise with other young people

Priority booking for young people eligible for benefits-related free school meals

Contact the Services for Young People Stevenage Team to book a place

www.servicesforyoungpeople.org
Tel: 01438 843340 Text: 07860 065178
Email: SfYP.Stevenage@hertfordshire.gov.uk
Follow us on Twitter @StevenageTeam









#### Week 1 Terrific Tudors

Join us for a week of Tudor inspired arts and crafts... We promise you won't lose your head.

#### Wednesday 3 August - Hornbooks

A hornbook was used by Tudor children to help them learn to read and write. Have a go at making your own and learn about the lives of children over 500 years ago.

Thursday 4 August - Ruffs

No self-respecting Tudor would leave the house without wearing a frilly collar known as a ruff. The stiff material meant the wearer had to keep their head up at all times, making them look confident and proud. Join us for some fashionable fun!

#### Friday 5 August - Tudor Houses

Created for our younger visitors. Simple Tudor themed arts and crafts.

#### Week 2 Sports

To celebrate Stevenage sporting talent, join us for a week of sporty themed arts and crafts.

#### Wednesday 10 August – Blow Football Stadiums

Back of the net! Make your own mini football stadium and enjoy the beautiful game whatever the weather.

#### Thursday 11 August - Aerial Acrobatics

Make an acrobat that can do flips and tricks – flipping good fun!

#### Friday 12 August - Zoom! Zoom! Zoom!

Created for our younger visitors. Wheel themed arts and crafts.





#### Week 3 Romans

Just what did the Romans do for us? Apart. from the roads, sewers, numbers and food? Join as we explore their fascinating lives.

#### Wednesday 17 August - Tabula

Learn how the Romans spent their spare time and make your very own Tabula board game to take home and play.

#### Thursday 18 August - Charlots

Chariot racing is one of the most exciting, dangerous and possibly the oldest spectator sport in the whole of ancient Rome, Learn, about this extreme sport and have a go at making a model chariot.

#### Friday 19 August - Roman Mosaics

Created for our younger visitors. Roman themed arts and crafts.

#### Week 4 All things arty



Get creative in the last week of summer activities, with plenty of messy and arty fun!

#### Wednesday 24 August - Fairy and Elf Doors

Make a magical fairy door - an entryway into the most mystical world you can imagine. How enchanting!

#### Thursday 25 August - Clay Day

Come and get messy creating sculptures and pots inspired by nature.

#### Friday 26 August - All the Senses

Created for our younger visitors - arts and crafts inspired by the five senses.

#### £4 (£2 concessions)

Please call or email us to 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 also can use the space.

A large print version of this leaflet is available, just ask!

Visiting us: Stavenage Museum, St George's Way, SG1 1XX

Contact us and information: Tel: 01438 218881 Email: museum@stevenage.gov.uk Visit www.stevenage.gov.uk/museum Opening hours: Wednesday to Friday 19am to 4.30pm, Saturday 19am to 5pm.









Join Us For a Day Filled With Family Friendly Activities

## Sunday 10th July 2022

11am - 4pm

FREE







11am - 11.45am

Family yoga with Happy Little Yogi

11.45qm - 12.15pm

Mindfulness art with The Wise Lotus Centre

12.15pm - 1pm

Interactive Musical Storytelling show with Imajica Theatre



1-2pm

Family Fun
Bring a blanket
& lunch.
Chill, play & unwind

2pm - 2.45pm

Family yoga with Happy Little Yogi

2.45pm - 3.15pm

Mindfulness art with The Wise Lotus Centre

3.15pm - 4pm

Interactive Musical Storytelling show with Imajica Theatre



Howard Gardens
Letchworth Garden City

@earthchildfestival



## 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

**Y** 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

#### 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

#### 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





#### 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.





Log onto our Eventbrite page to book your place https://barnardosstevenage.eventbrite.co.uk

HOW TO BOOK

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







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*  \$ 01992 555261	Mon - Fri 09:30 am - 4pm

<sup>\*</sup> 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/



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?

