Learning @ Lonsdale

Weekly Newsletter — Friday 8th July 2022

Information and Dates for your Diary

Please see below some diary dates for you:

Herts Transition Day 14th July 2022

Parents Consultations w/c 11th July

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



This week focused on Safeguarding and Wellbeing throughout the school. Pupils worked on topics like consent, peer pressure, relationships, and secondary pupils explored LGBT+ in more detail. We had the Happy Little Yogi Company working with the primary pupils and a guest speaker working with the secondary pupils on gender identity and relationships. On Wednesday we welcomed two Shire Horses to school. You can read more news on page 3 about the Shire-Horse event.

We would also like to mention that four pupils went on their Silver Qualifying DofE Expedition this week. They did well preparing their equipment, navigating and walking to work towards their Silver accreditation. Eleven pupils represented the school at the Stevenage Dance Festival this week on Thursday. They had practised on Wednesdays after school and did the school proud in a long day of dancing at the Gordon Craig on 7th July. Well done, everyone! Next week, we are looking forward to the Transition Day on Thursday, where pupils will have the opportunity to spend time in their new class groups. Also watch out for the annual reports, which will be sent home very shortly!



Dolphin Class:

This week the children have worked hard in Safeguarding and Wellbeing week. We have covered several areas, and the children have listened and answered questions well. They have learnt about stranger danger and safe strangers, recapping on our 'People who help us' topic. They have discussed what makes a good friend and created a friend flower. We have talked about how 'My body, belongs to me' and consent. They painted self-portraits and talked about what makes them special. They have enjoyed relaxation and yoga, thinking about mindfulness. The children enjoyed looking at the Shire horses.



Bumblebee Class: The Bumblebees have had a super week this week. In PBL the children have been learning all about states of matter, and they have explored how we can make ice, boil water, and melt ice in warm water. In English, the Bumblebees explored 'The 3 Little Pigs' story, and used colourful semantics to re-tell the story. In Outdoor Learning, the Bumblebees 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.

Primary



Owl Class:

The children have been having some interesting discussions this week as they discussed lots of different topics including bullying, stranger danger and online safety amongst other things.

The children enjoyed looking at the Shire horses and this inspired some lovely talk about horses. In Cooking the children made shortbread, and on Friday the children enjoyed another session from Little Yogis.



Koala Class: We enjoyed a range of activities looking at Safety and Wellbeing this week. We enjoyed stretching out in PE and listening to our stories in Literacy. We learned how to keep ourselves safe, both on the internet and outside, and used different techniques to complete our self-portraits. On Wednesday we worked really hard with Chris from FitKidz and used lots of different muscles. We tested our resilience by making paper planes and launchers! We enjoyed looking at Shire horses and doing Yoga.



Wombat Class:

This week Wombat Class have thoroughly enjoyed Safeguarding & Wellbeing Week. They liked the mindfulness and relaxation session. The class particularly enjoyed the Shire horse experience. It was wonderful for them to see these beautiful animals. The pupils have learnt about positive peer relationships, online safety, stranger danger, anti-bullying, consent, mental health, racism, discrimination and equality, all about me, personal identity and LQBTQ+. It has been a busy week for the class.



Hippopotamus Class:

The Hippopotamus Class have had a fantastic week, learning about different aspects of wellbeing and safeguarding. They learned about positive relationships and online safety on Monday, before having a well-deserved mindfulness and relaxation session in the afternoon. On Tuesday, they learned about anti-bullying and consent, and then on Wednesday the class thoroughly enjoyed meeting and learning about the Shire horses that visited. On Thursday the class learned about discrimination, equality, and mental health in the morning, before some more mindfulness and relaxation in the afternoon. Pupils engaged in discussions about positive relationships and the effects of peer pressure. The issue of consent has also been discussed, and pupils understand the power of saying 'no' to things they don't agree with. On Friday we were visited by a guest speaker to discuss LGBTQ+ issues.



Sea Turtle Class:

We have had a very good Safeguarding and Wellbeing Week. On Monday, we discussed 'Stranger Danger' and the importance of safely interacting with people we don't know. We also talked about the fact that there are 'safer' strangers (i.e. the police) who we can go to if we need help. We also discussed some safe buildings we could go into if we needed any help (e.g. a hospital). We also looked at peer pressure (positive and negative) and did some excellent role play scenarios about this. The class also did some wheelchair yoga. Chris from Fitkidz came in again this week, and the class did some more exercises with him. We enjoyed the Shire-horse experience on Wednesday. The horses were magnificent! On Thursday, the class learnt about 'consent' and the importance of being in charge of what happens to their bodies. We also looked at anti-racism, tolerance and discrimination.



Vaquita Class:

This week has been focussed on safeguarding and wellbeing. Pupils have discussed lots of issues around positive relationships and the effects of peer pressure. The issue of consent has also been discussed, and pupils understand the power of saying 'no' to things they don't agree with. We revisited the issues of online safety and when to be cautious about sharing personal information. They were all able to identify examples of what information is safe to share on public or private spaces. On Wednesday, we were lucky to be visited by a Shire-horse charity, who took some of the pupils out on a carriage ride around the school playing fields. Pupils have also had lots of opportunities to practice some mindfulness and relaxation techniques, including cloud-sketching and focus-breathing.



Gorilla Class:

This week Gorilla Class have thoroughly enjoyed Safeguarding & Wellbeing Week. They have liked the mindfulness and relaxation sessions, particularly when they were stretched out on mats, with calming music in a darkened classroom. The class particularly enjoyed the shire-horse experience. It was wonderful for them to see these beautiful animals. The pupils have learnt about positive peer relationships, online safety, stranger danger, anti bullying, consent, mental health, racism, discrimination and equality, all about me, personal identity and LQBTQ+. It has been a busy week for the class.



Tasmanian Devil Class:

This week we have been working hard on keeping ourselves safe online, learning about mental health, and finding useful information regarding LGBQT+. A visit from the Shire horses was a lovely welcome and fact-finding day on Wednesday.

On Friday we have been raising money for the Shire horses through an icecream sale, which was a lovely welcome in the heat we have been experiencing.





Elephant Class:

It's been 'Safeguarding and Wellbeing Week' at school, so Elephants have been learning about all different topics to keep us safe. We have looked at bullying and who our ambassadors are in the school, consent, and we will be continuing the internet-safety lessons next week. On Wednesday we went to see the Shire horses, they were very big and strong! We have done some lovely mindfulness sessions in the afternoons, including gardening, a scavenger hunt and a disco!

Lynx Class:

This week, we have been engaged and reflective in our learning around safeguarding and wellbeing. We really enjoyed learning about online safety and social-media laws. Some of us took part in our Silver DofE Qualifier and loved it. Some of us participated in the Stevenage Dance Festival!





Panda Class: This week has been an interesting week learning about consent, discrimination, and LGBTQ+ amongst other things. On Tuesday we had an interesting debate on consent, which made us realise that it is not as clear-cut as we thought. On Wednesday, we had Shire horses in school and some of us took rides on a cart. The horses were magnificent and very well-behaved! Aoife took part in a dance festival on Thursday and said that it was great fun and that she really enjoyed the experience. We had been looking forward to Friday though; it was LGBTQ+ Day. We learnt more about this to help us understand ourselves and others. We hope you all had a lovely weekend!





Shire Horse Event 6th July 2022



On Wednesday the sun was shining and a gentle breeze blowing, as students gathered on the school field to take part in an experience day involving two magnificent but endangered animals who are sadly on the Rare Breed Survival Trusts watch list. As a lorry arrived and lowered its ramp, 8 clattering hooves (the size of dinner plates), 2 short black swishing tails, 2 gleaming silky brown coats and 2 velvety soft muzzles slowly emerged belonging to Cosmo and Boy, 2 magnificent Shire horses aged 7 and 18. The day was full of opportunity for students to gain up close experience with the horses being individually invited to meet and stroke them. Judging by the beaming smiles this was a hit for many. The day also saw some thoughtful questions and discussion on the role of the Shire horse throughout history from King Henry VIII and knights in armour, to ploughing fields and food production, to more recent uses of the breed in carriage driving and equine assisted therapy to help save the breed. Some students wondered how much quieter and unpolluted the world would have been when horses power was the only means of transport and several students said the horses made them feel calm and relaxed. After a day's work, a whiney, a neigh and a swish of their tails, Cosmo and Boy climbed up the ramp back in to their lorry and soon began tucking in to their sweet smelling hay nets.

Shire Horse | Rare Breeds Survival Trust (rbst.org.uk) and The Shire Horse Society (shire-horse.org.uk)

Governors News



The Full Governing Body met this week on Wednesday to look at all school developments and to plan for the new school year ahead. They would like to express their thanks to all pupils and staff for making them so welcome throughout the school year on their visits and whilst attending whole-school events.

The Governing Body are currently looking for a new parent governor for the next school year. If you would like to express your interest or find out more about the role, please contact Chandra Green (Vice Chair of the Lonsdale Governors) by the end of this week, 15th July 2022.

Photo Page — Zoom into Brilliant Bits'































Photo Page — Zoom into Brilliant Bits'

















































SATURDAY 30TH JULY MARDEN HILL, SCI4 2NE

Live music with main stage / craft fair / food stalls / bar / sports village with rugby and football interactive sessions / fete games / fun zone / inflatables / guest speakers / information village / quiet start festival / picnic area / horse meet and greet / Interactive drawing workshop / American Wrestling with the UBW/ bikeability / free parking / special guest apperances and more!

Doors open at 10:00 am - 11:00 am for the quiet hour and then 11:30am till close at 4pm

be the self of the

https://www.eventbrite.co.uk/e/hoovesfest-tickets-353625241617



























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







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, daree, 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

Inclusive Academy: Making

Dance Accessible For All

Inclusive Academy



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 - Chariots

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 else can use the space.

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

Wisiting us: Stevenage Museum, St George's Way, SG1 1XX

Contact us and information: Tet: 01438 218881 Email: museum@stevenage.gov.uk Visit www.stevenage.gov.uk/museum Opening hours: Wednesday to Friday 10am to 4.30pm, Saturday 10am to 5pm









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

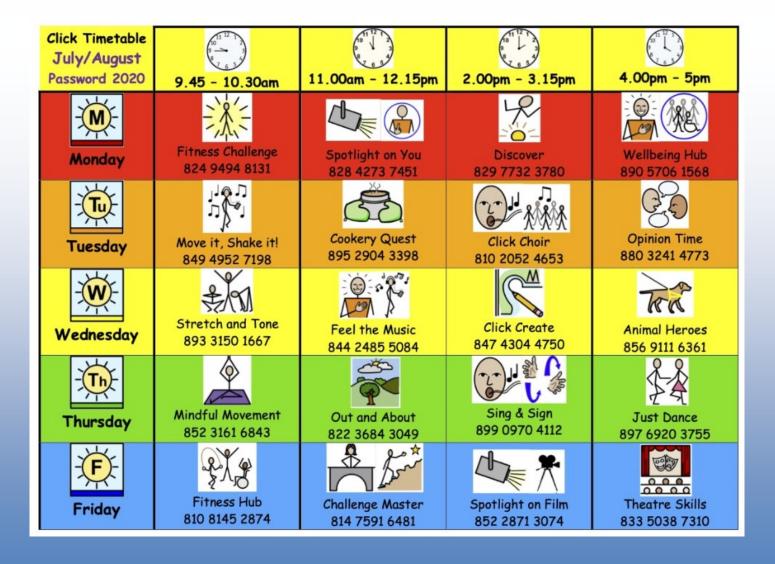
01442 453 920

Mondays 1.30pm - 4pm (term time only)



Click is an online activity based community programme for anyone over the age of 16. All of our activities continue over the summer and welcome anyone to join us. We run 20 sessions each week during the week and evening sessions on 4 days of the week. Our programme includes a 2 week FREE TRIAL of ALL sessions, so the summer is a great opportunity to take this up.

If anyone would like further information all of the details are on our website www.clicktogether.co.uk or they can contact us by email info@clicktogether.co.uk



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?

