



Information and Dates for your Diary

Please see below some diary dates for you:

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

1st and 2nd September—Return to school am, staff inset pm, pupils go home after lunch



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

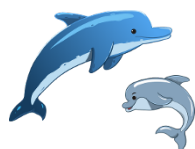


This week was a hot week! Temperatures stayed high, and ice cream, water, shade and pulled-down blinds helped everyone to stay cool.

On Thursday, we welcomed new pupils to the school, and all classes spent the Transition Day in their new groups and with their new staff team. Some pupils shared their views at lunchtime: "It is great to meet new people, I love it!" "I am in the leavers' group. We have made shortbread and smoothies and played some games." Some sixth formers told us: "We will be upstairs next year to work on our independence skills. We worked out how we want to use the new space."

Congratulations to Sea Turtle Class, who delighted pupils, staff and parents this week with the film premiere of "The School of Doom". This humorous film showed how pupils working as a team rid the school of bullying teachers. Use the link to watch it: <https://youtu.be/KGt1ilmP4cU> !

And last but not least a huge 'Thank You!' to Tasmanian Devil Class, who organised an ice cream sale last week to keep everyone cool. They raised over £100 for the Shire Horse Society.



Primary



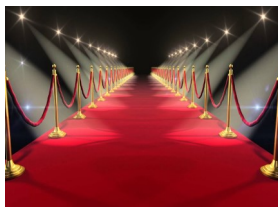
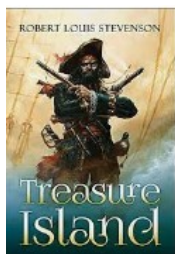
Dolphin Class:

This week the children have been learning about underwater animals. They have listened to 'Commotion in the Ocean', moved like the animals and played with them in the water. They have found, matched animals or matched sentences about the animal. In Maths they have enjoyed water and sand play, covering capacity, filling, emptying and saying what is half full etc. They also used the water to understand floating and sinking in Science, making predictions and observing results. They have created lovely underwater pictures using crayon and water paints. They continue to enjoy yoga sessions on Friday.

Bumblebee Class: The Bumblebees have had a super week. The children have enjoyed learning about states of matter in PBL, and exploring how they can melt ice in the summer sun. The children wrote their 'All About Me' profiles, and enjoyed sharing what they enjoy with their friends. The Bumblebees enjoyed attending the premier showing of the 'Sea Turtles' film in the Hall on Wednesday and a Yoga session on Friday. All of the Bumblebees enjoyed their Transition Day on Thursday. They all coped very well with the change! Well done, Bumblebees!

Owl Class: The children enjoyed a rainbow-themed story and have been learning about rainbows. Did you know a rainbow seen from above is a circle? We all learned something new this week—adults, too! The children talked about the colours in a rainbow and used paint to recreate their own. They listened to some well-known rainbow-themed songs. In Maths the children practised their adding skills. The children enjoyed attending the premier showing of 'Sea Turtles' film in the Hall on Wednesday. All the children enjoyed their Transition Day in their new classes on Thursday.

Koala Class: We have had quite a good week. On Monday we wrote about our 'All About Me's', and the PE group had a fantastic game at Hollywood Bowl! On Tuesday we were disappointed not to go on our trip as it was too hot, but we coped very well with the change and enjoyed a water fight, including soaking Miss Rose with buckets of water, a spa day and having a takeaway in Forest School. We worked hard with other classes on Wednesday morning to find people in 'Hide and Seek', loved Sea Turtle Class film and playing with bubbles with Wombats. We used the Yoga session on Friday to wind down from a busy week!



Secondary News



Wombat Class: A hot and busy week for the Wombats! Some students have enjoyed some social events that they were invited to by other classes. All of us enjoyed the film premier of the Sea Turtles' production "The School of Doom". An amazing production with some fabulous acting by all of the students. Transition Day saw us all moving to the other side of the school—a massive change for Mrs W, who has been in her room since the school opened! It was, however, lovely to meet our new classes and welcome some new students to the school. We also continued to listen to and watch our class reader 'Treasure Island'. We then created "Wanted" posters of ourselves as pirates! In K&U we had to match captions to different African animals and played a game 'Guess the animal', which was great fun.

Hippopotamus Class:

On Tuesday, there was a wonderful party atmosphere at H Class's 'Friends, food and drink' party. Students enjoyed meeting up with their friends for chats and even some dancing. There was also plenty of food and drink that was enjoyed by all. Other highlights of the week included what may have been the biggest game of 'Hide and Seek' ever and, of course, Transition Day, where pupils met their new classmates, teachers and LSAs for September.



Sea Turtle Class:

Another exciting week for the Sea Turtles. It has been a bit of a party week! On Tuesday in English, the class ran the 'Show and Tell' party that they had organised. They had invited some friends, and they played with their toys and had some amazing party food, too! Some students had also been invited to attend other classes' parties—so lots of fun was had by all! In Cooking, they made an amazing full English breakfast, that they then enjoyed eating! However, the highlight of the week was by far the Premier of 'The School of Doom'!! Oh my goodness, wasn't it brilliant?! It was so funny, and the acting was fantastic. Mrs Read watched with the primary classes, who absolutely loved it, and we also had so many teachers, and secondary students, come up to tell us how great they thought it was. Hollywood, here we come!!

Vaquita Class:

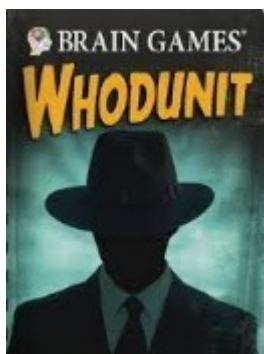
A very hectic week as we barrel our way towards the end of term. Some classes held social events that our pupils were invited to—a social with various games and activities, a party with dancing and candy floss (I missed out there!) amongst other goodies and also a film premier by Sea Turtle Class (see above) expertly directed, produced and acted by Miss Rose and the cast of ST Class, including our very own Elliot in a supporting role! Nominations for the Oscars in due course...

We have managed to squeeze in some learning...the story of 'Grandpa's Great Escape' is nearing its final chapters, and pupils are getting to grips with their understanding of angles in triangles in Maths. On Transition Day, we welcomed our new pupils, and they enjoyed a full day of learning (some down time allowed as well), so it was 'business as usual' in V Class—albeit in a different venue...

Gorilla Class: Another busy and exciting week for the Gorilla Class. We had the pleasure of watching a wonderful performance for Sea Turtle class, called 'The School of Doom'. It was a brilliant performance, and we really enjoyed it. We finished the story, 'Treasure Island' and enjoyed following a trail laid by Jacob. We found the chest of treasure! We tried to slow things down this week due to the extremely hot weather. We enjoyed mindfulness sessions, where we have been able to relax and listen to calming music. We enjoyed the Magic Carpet. We were able to see different scenes projected onto the floor, which moved when we stood on them, it was great fun! We had a great Music session, where we joined up with Elephant Class and played instruments to various songs. Everybody in Gorilla Class had an enjoyable Transition Day, meeting their new class and making new friends.

Tasmanian Devil Class:

This week in Maths we used the skills learnt during the year to solve a variety of clues and solve 'Whodunit' type mysteries; we also completed some Maths challenges. We all were excited to take part in Transition Day, where we were able to spend time in our classrooms for next year with our new classmates and class teams. We all went to watch the Sea Turtle Class's film premiere of 'The School of Doom', which was brilliant and very funny. We enjoyed a party in English, we had organised with Miss Mooney.



Upper School News



Elephant Class:

Elephants have had a lovely week, consolidating their Maths topics, talking about dreams for next year in English and spending lots of time on speaking and listening activities. In the afternoons, we've had a carousel of Art, Lego and relaxation. On Thursday, we enjoyed our Transition Day. Well done for a brilliant week, E Class!

Lynx Class:

This week in Maths we used the skills learnt during the year to solve a variety of clues and solve 'Whodunit' type mysteries, we also completed some Maths challenges. We have been busy preparing for the new academic year by sorting out our trays and taking displays down from the walls to take home. We all took part in Transition Day, either in the Leavers' Group, who enjoyed Cooking and games, or in our new groups with our new class teams.

Panda Class:

On Monday we played dodgeball with Mr Perrett, who was the only target in the room. On Tuesday we had a party with Hippo Class and had lots of fun as well as delicious cake! On Wednesday, we had Chemistry and had a kahoot competition, which Jake P won. On Thursday was Transition Day. Much will be changing for us next year, but we're looking forward to the new challenges we face as we become young adults. We're excited for next week - our last before the holidays!

HOOVESFEST SATURDAY 30TH JULY MARDEN HILL, SG14 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 appearances and more!

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

<https://www.eventbrite.co.uk/e/hooovesfest-tickets-353625241617>



www.therapeutichooves.com

Ticket prices :

£5 PP

£15 for a family of 4

£2 PP for the Quiet Hour



Photo Page — 'Zoom into Brilliant Bits'

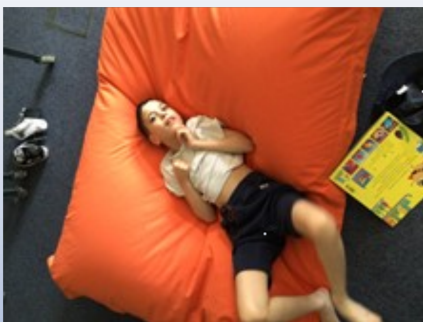
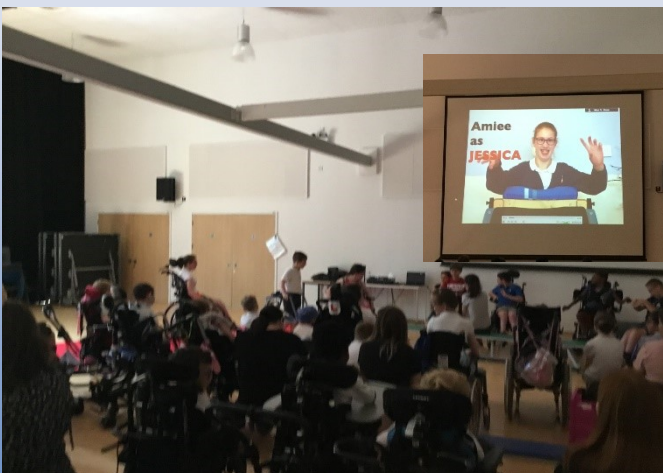


Photo Page — 'The School of Doom'





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: SYYP.Stevenage@hertfordshire.gov.uk
Follow us on Twitter @StevenageTeam



Services for
Young People



SUMMER HOLIDAYS! SPORTS CAMP



*Book
Here*

MultiSports, Gymnastics & Dance Camps!

Week 1: 25th-28th July
Week 2: 1st-4th August
Week 3: 8th-11th August
Week 4: 15th-18th August
Week 5: 30th-31st August

Walkern School - 9:30-15:00
Ages - Reception - Year 6

Multiple Days & Siblings
Discount Available!

www.sportzoneuk.com





















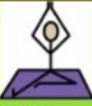

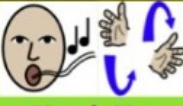






Phone: 07950 717925

Email: bookings@sportzoneuk.com



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

Click Timetable July/August Password 2020	 9.45 – 10.30am	 11.00am – 12.15pm	 2.00pm – 3.15pm	 4.00pm – 5pm
 Monday	 Fitness Challenge 824 9494 8131	 Spotlight on You 828 4273 7451	 Discover 829 7732 3780	 Wellbeing Hub 890 5706 1568
 Tuesday	 Move it, Shake it! 849 4952 7198	 Cookery Quest 895 2904 3398	 Click Choir 810 2052 4653	 Opinion Time 880 3241 4773
 Wednesday	 Stretch and Tone 893 3150 1667	 Feel the Music 844 2485 5084	 Click Create 847 4304 4750	 Animal Heroes 856 9111 6361
 Thursday	 Mindful Movement 852 3161 6843	 Out and About 822 3684 3049	 Sing & Sign 899 0970 4112	 Just Dance 897 6920 3755
 Friday	 Fitness Hub 810 8145 2874	 Challenge Master 814 7591 6481	 Spotlight on Film 852 2871 3074	 Theatre Skills 833 5038 7310

Parent & Carer Support TALKING ASD & ADHD Workshops Autumn Term 2022



For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

ANXIETY and STRESS

- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.
- Where to access further help and support, locally and nationally.



Wednesday 23rd November

9.30-11.30am

Workshop 535 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parents-carers-in-herts-535-registration-368851594047>

Thursday 29th September

7.30-9.30pm

Workshop 536 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/asd-adhd-anxiety-and-stress-for-parents-carers-in-herts-536-registration-369897783227>

Thursday 20th October

9.30-11.30am

Workshop 537 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-for-parents-carers-in-herts-537-registration-369911333757>

Wednesday 7th December

7.30-9.30pm

Workshop 538 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-responding-to-anger-for-parents-carers-in-herts-538-registration-369918374817>



info@supportinglinks.co.uk
www.supportinglinks.co.uk

Follow on:



Workshops are open to parents and carers living in Hertfordshire

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ADD-vance

The ADD-vance ADHD and Autism Trust
Passionate about Understanding, Embracing and Celebrating Neurodiversity

FREE 6-Week Courses for Parents/Carers of Teens

Understanding Teens with ADHD and Autism

This interactive course is designed for parents/carers of children aged 12 to 15 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism. A basic knowledge of ADHD and/or Autism is assumed. Every course is bespoke to the needs of each group. Learning outcomes include:

- Understanding the challenges faced by teens living with ADHD and/or Autism
- Helping your teen to understand themselves better and develop their identity
- Exploring your parenting style and how this may impact your teen
- Considering the importance of communication and empathy
- Using positive behaviour strategies which work for teens
- Supporting your teen to develop healthy relationships with others
- Understanding why your teen is more likely to feel anxious or angry
- Developing strategies to help them manage and regulate emotions
- Spotting the signs of secondary mental health disorders
- Understanding how to manage growing levels of independence safely
- Building a positive, collaborative relationship with school
- Planning for the future
- Signposting to useful resources and local support networks.

Courses will be delivered online via Zoom and face to face with a maximum of 14 participants. They will run as a series of 2-hour sessions over six weeks.

The online sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology. The sessions are designed to be interactive and participants will be expected to attend every session with video/audio. Earphones are recommended if you have children in the same room with you.

The sessions will not be recorded so attendance at all 6 sessions is essential.

Two courses will be running on the following dates:

Mondays	12 th September to 17 th October	7 – 9 pm	Online
Thursdays	15 th September to 20 th October	10 am – 12 pm	Hemel Hempstead

These courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only



Registered Charity No: 115 8968
Heldesk: 01727 833963 Email: herts@add-vance.org Web: www.add-vance.org



ADD-vance

The ADD-vance ADHD and Autism Trust
Passionate about Understanding, Embracing and Celebrating Neurodiversity

FREE Introductory 6-Week Courses for Parent/Carers

Understanding ADHD and Autism

This interactive course is designed for parent/carers of children aged 5 to 14 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 and already in reception).

Every course is bespoke to the needs of each group. Learning outcomes include:

- Understanding ADHD, Autism and related conditions
- Building your child's self-esteem
- Understanding anxiety and anger triggers
- Reducing meltdowns and other behaviours which challenge
- Developing positive behaviour strategies
- Working collaboratively with school
- Knowing your rights and how to advocate for your child
- Reducing your own stress levels
- Managing the needs of siblings
- Improving communication as a family
- Connecting with other families and sharing experiences
- Signposting to useful resources and local support networks.

Courses will be delivered online via Zoom and in person with a maximum of 14 participants. They will run as a series of 2-hour sessions over six weeks.

The online sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology. The sessions are designed to be interactive and participants will be expected to attend every session with video/audio. Earphones are recommended if you have children in the same room with you. **The online sessions will not be recorded so attendance at all 6 sessions is essential.**

Wednesdays	14 th September to 19 th October	10 am to 12 pm	Parents/Carers of Girls Leavesden Green Community Hub, Watford
Wednesdays	14 th September to 19 th October	7 – 9 pm	Online
Fridays	16 th September to 21 st October	10 am – 12 pm	Quaker Meeting Room, Hitchin

For more information and to book your FREE place please visit our course page on [eventbrite](https://www.eventbrite.co.uk).

These courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only



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ADD-vance

The ADHD and Autism Trust

Website: www.add-vance.org
Email: herts@add-vance.org
Phone: 01727 833963



FREE ONLINE AUTUMN 2022 WORKSHOPS FOR PARENTS/CARERS

We are again delighted to offer our full programme of workshops, funded by Hertfordshire County Council. These interactive workshops will be delivered via Zoom and can be accessed via a PC, laptop, tablet or smartphone. For more details and to book your FREE ticket, please see <http://add-vance.eventbrite.com/> or visit our [website](http://www.add-vance.org).

Date	Time	Topic
Wednesday 14 th September	10 – 11.30 am	Diagnosing ADHD and/or Autism
Monday 19 th September	10 – 11.30 am	Understanding Autism
Wednesday 21 st September	10 – 11.30 am	Caring for Your Child (and Yourself)
Thursday 22 nd September	10 – 11.30 am	Tips & Tools for Sleep
Thursday 22 nd September	7 – 8.30 pm	Tips & Tools to Build Self-Esteem
Monday 26 th September	10 – 11.30 am	Working in Partnership with School
Wednesday 28 th September	10 – 11.30 am	Tips & Tools to Support Communication
Thursday 29 th September	7 – 8.30 pm	Understanding ADHD
Monday 3 rd October	10 – 11.30 am	Applying for an EHCP
Tuesday 4 th October	10 – 11.30 am	Understanding PDA
Wednesday 5 th October	10 – 11.30 am	Tips & Tools for Toileting
Thursday 6 th October	7 – 8.30 pm	Tips & Tools to Support Emotional Literacy
Monday 10 th October	10 – 11.30 am	Preparing for an EHCP Annual Review
Wednesday 12 th October	10 – 11.30 am	Understanding ADHD in Girls
Thursday 13 th October	7 – 8.30 pm	Tips & Tools to Support Learning
Monday 17 th October	7 – 8.30 pm	Support for Dads
Wednesday 19 th October	10 – 11.30 am	Understanding Autism in Girls
Thursday 20 th October	10 – 11.30 am	Tips & Tools to Manage Everyday Change
		TEHM
Monday 31 st October	10 – 11.30 am	Understanding Self Harm
Wednesday 2 nd November	10 – 11.30 am	Supporting Siblings
Thursday 3 rd November	7 – 8.30 pm	Understanding Challenging Behaviour
Friday 4 th November	10 – 11.30 am	Tips & Tools to Manage Anger
Monday 7 th November	10 – 11.30 am	Supporting Transition into Primary School
Wednesday 9 th November	7 – 8.30 pm	Understanding Sensory Differences
Friday 11 th November	10 – 11.30 am	Tips & Tools to Manage Sensory Differences
Monday 14 th November	10 – 11.30 am	Supporting Transition into Secondary School
Wednesday 16 th November	10 – 11.30 am	Tips & Tools to Support Puberty
Thursday 17 th November	7 – 8.30 pm	Understanding Anxiety
Friday 18 th November	10 – 11.30 am	Tips & Tools to Manage Anxiety
Monday 21 st November	10 – 11.30 am	Tips & Tools for Positive Behaviour
Wednesday 23 rd November	10 – 11.30 am	Preparing for Adulthood 14+
Wednesday 23 rd November	7 – 8.30 pm	Understanding Neurodiverse Teens
Monday 28 th November	10 – 11.30 am	Tips & Tools to Teach Social Skills
Wednesday 30 th November	10 – 11.30 am	Thinking About College
Thursday 1 st December	10 – 11.30 am	Thinking About University

'I feel so much better prepared for the future'

'I finally understand my child!'

'I have some great new ideas to try at home'

ADD-vance will only use your data for the administration of the workshops and anonymised reporting to funders. We will not pass your personal information on to any third parties. Please note you may be contacted by our funders, Hertfordshire County Council, for feedback following the workshops.



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger in your primary aged child with ASD or ADHD

Funded by HCC and FREE, this six session CANparent Quality Award evidence-based course is for parents living in Hertfordshire and parenting children from 2 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too, with 20+ years personal and professional experience.



This course will enable you and your family to:

- ✓ Gain understanding of Autism and ADHD and how behaviours can be affected
- ✓ Attain awareness of a child's sensory world and the affect on behaviour
- ✓ Understand how anger and other emotions live in your family
- ✓ Increase your understanding of triggers that cause angry outbursts
- ✓ Learn healthy anger management strategies for children and parents to reduce angry outbursts
- ✓ Discover creative ways to support children to 'let go' of anger safely
- ✓ Gain effective empathic communication techniques to reduce angry outbursts
- ✓ Meet and share experiences with other parents

"I feel empowered by the tools we were shown on this course and was at a real loss as to how to help my families anger and didn't know what to do. Others judged our family but not judged at all here. Emotional intelligence makes so much more sense now and I love the gentle but firm ideas we learnt each week."



Funded by Hertfordshire County Council

Where: Online via Zoom

When: Monday evenings 6.30-8.30pm
September 12th, 19th, 26th
October 3rd, 10th, 17th

Only 12 free places available. Bookings open on June 1st by emailing bookings@familiesinfo.co.uk with name and date of course

www.familiesinfo.co.uk

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info@familiesinfo.co.uk

Families Feeling Safe

Supporting families with Protective Behaviours

STEVENAGE
starting
SEPTEMBER 2022

A FREE course for Mums,
Dads, Step-Parents and
Carers



Wednesday mornings
9.30am-11.30am

21, 28 Sept, 5, 12, 19 Oct, 2, 9, 16 & 23
Nov 2022

At

The Oak Suite, Peartree Spring Primary
School, Hydeau Way, Stevenage, SG2 9GG

Stevenage - DSPL Area 7

DSPL Delivering Special
Provision Locally
Achieving quality outcomes



Please like us on Facebook for further
updates @familiesfeelsafe

Are you looking for some strategies and new ideas
to help improve family life? This course can help
you to

- ♦ Understand the links between Feelings, Thoughts and Behaviour
- ♦ Understand what may be influencing your child's behaviour
- ♦ Respond to a range of feelings e.g. stress, anger, anxiety and worries
- ♦ Improve communication to build better relationships
- ♦ Build on your own and your child's strengths
- ♦ Learn strategies to help you and your family feel safe and have problem-solving skills for life

"I wish I had done the course sooner"

Places are for families living in Hertfordshire and
there are eligibility criteria

For eligibility and to book your FREE place please
email:
enquiries@familiesfeelsafe.co.uk

Tel: 07748 332606

Course No: L5D7



Parent and Carer Support Online Courses Autumn Term 2022



Promoting Strong Family Relationships

TALKING FAMILIES

Our FREE 6 week course for parents and carers
of children aged 0-12 will cover

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.



Tuesdays 9.45-11.15am
13th Sep-18th Oct
Course 528

Tuesdays 8.00-9.30pm
13th Sep-18th Oct
Course 530

We are also running
face to face in:
Stevenage

TALKING TEENS

Our FREE 6 week course for parents and carers
of children aged 12-19 will cover

- The Teen Brain: the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



Wednesdays 7.45-9.15pm
14th Sep-19th Oct
Course 531

Thursdays 7.45-9.15pm
3rd Nov-8th Dec
Course 532

Pre-booking essential

To check eligibility and book a place, please contact
Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

Quoting the Course ID

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TALKING DADS

Dads play an important role in a child's life. This
FREE course will help you be the Dad you want
to be. Over 6 weekly sessions, fathers and male
carers of children aged 0-19 will be supported to:



Dads,
Step-Dads,
Stay at
home Dads,
Working
Dads...

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.

Mondays 7.45-9.15pm
12th Sept-17th Oct
Course 533

Mondays 7.45-9.15pm
31st Oct-5th Dec
Course 534

TALKING ADDITIONAL NEEDS

A free 6 week course for parents and carers of
children aged 2-19 years with a recognised
additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.



Diagnosis
not
essential

Tuesdays 9.45-11.15am
1st Nov-6th Dec
Course 529

We are also running
face to face in:
St Albans



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a webcam and microphone. We will help you get set up if you haven't used Zoom before. No special skills are needed.

Courses are open to parents and carers living in Hertfordshire
Pre-booking essential

To check eligibility and book a place, please contact
Supporting Links on:

07512 709556 or bookings@supportinglinks.co.uk

Quoting the Course ID

www.supportinglinks.co.uk

These courses are provided free to parents by

Hertfordshire County Council

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Parent / Carer Sensory Information Sessions

Places are now available to book on our Autumn Term information sessions for parents and carers

Understanding your child's sensory preferences

How do our sensory likes and dislikes affect the choices we make in everyday life? How do children develop their sensory awareness?

"Very useful to understand sensory needs and some ideas of how to support them"

Comment from a parent who attended a session

Our Understanding Sensory preferences information session is for parents and carers who would like to know more about their child's sensory development. They focus on sensory development for younger children, thinking about how this can influence an older child's sensory likes and dislikes. It offers practical advice and strategies that you can try at home with your child.

These sessions provide an introduction to the topic of sensory processing for parents and carers. They provide initial information and advice for families who are worried about their child's sensory development.

BOOK YOUR PLACE FOR 2022:

Monday 8 th August 14:00-15:00	https://www.eventbrite.co.uk/e/274824887637
Thursday 8 th Sept 10:00-11:00	https://www.eventbrite.co.uk/e/373169258297
Monday 3 rd Oct 10:00-11:00	https://www.eventbrite.co.uk/e/373182558077
Thursday 10 th Nov 10:00 - 11:00	https://www.eventbrite.co.uk/e/373204333387
Thursday 8 th Dec 10:00-11:00	https://www.eventbrite.co.uk/e/373206670197

We are also offering parent information sessions on supporting your child's self-regulation. To find out dates of these and other training opportunities please visit our CYP Therapies – Occupational Therapy Service webpage



www.hct.nhs.uk

Children & Young
People's Therapies
Service

Contact us

Telephone:
01923 470680 Opt. 3

Email:
hct.cyptherapies1@nhs.net

Twitter: @CypHCT

THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs

- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

COPING with CHANGE

- How children feel and behave when experiencing change.
- How to prepare children for changes such as starting a new school.
- How to support children during and after change by helping them to manage their emotions using effective stress reducing strategies.
- How children learn from new experiences and what to expect.

TECH USE

- How your child's diagnosis increases vulnerability online.
- What you can do to support any difficulties with online behaviour.
- Recognising when something is wrong.
- Managing difficult conversations with confidence.
- Setting and maintaining boundaries for online use.
- Teaching your child to develop their own methods of regulating internet use and staying safe.

SCHOOL AVOIDANCE

- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.

Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a speaker or headphones. We will help you get set up if you haven't used Zoom before. No special skills are needed.

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Parent / Carer Motor Development Information Sessions

Places are now available to book on our Summer Term 2022 information sessions for parents and carers

Supporting your child's motor skills development

When do children develop particular motor skills, such as riding a bicycle or using a pen? How can you help your child to develop these skills? What can you do if your child is struggling with a skill?

This session is for parents or carers of children aged between 4-8 years old who would like to understand more about their child's motor development and how to support this. The session will share information about the typical ages when children develop different motor skills. It will explain how to breakdown an activity such as pulling on a jumper into simple steps to help your child complete this independently. You will also get advice on activities and simple things you can do at home to support your child's motor development.

BOOK YOUR PLACE:

- Wednesday 20th April 10:00 – 11:00
<https://www.eventbrite.co.uk/e/302926209447>
- Thursday 19th May 10:00 – 11:00
<https://www.eventbrite.co.uk/e/302939218357>
- Tuesday 14th June 10:00 – 11:00
<https://www.eventbrite.co.uk/e/302953180117>
- Tuesday 5th July 10:00 – 11:00
<https://www.eventbrite.co.uk/e/306472085257>
- Thursday 18th August 10:00 – 11:00
<https://www.eventbrite.co.uk/e/306476408187>

We are also offering parent information sessions on understanding sensory preferences and supporting self-regulation. To find out dates of these and other training opportunities please visit our CYP Therapies – Occupational Therapy Service webpage
<https://www.hct.nhs.uk/our-services/childrens-occupational-therapy/>



www.hct.nhs.uk

**Educational
Psychology
Service**

ISL Integrated
Services for
Learning
working together locally

Contactline

01992 588574

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.

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

www.carersinherts.org.uk

Our support for parents and carers.

We have Involvement and Development Workers supporting carers of someone with a mental health condition or who misuses drugs or alcohol, who can provide information relevant to your caring role and can help you to speak up to those providing or planning local services.

We also:

- Give you a chance to meet and talk to other parents, carers and staff who understand;
- Give you the opportunity to represent your views to the authorities that commission and manage CAMHS (Child and Adolescent Mental Health Services) in Hertfordshire;
- Provide training and learning opportunities;
- Offer a Carers' Passport Discount Card that gives savings in shops, restaurants and other venues (contact us to apply for one today!)



SEND families



SEND DROP IN

3rd Monday in every month – 10.00 – 11.30am

Bedwell Family Centre, Unit 2-3 Bedwell Park, Stevenage, SG1 1NB

FREE bookable session

SESSION DETAILS

Are you a Parent of a Child with Special Needs?

If so you will be very welcome to attend our SEND Drop In. You will have an opportunity to discuss any concerns you may have, find out information about local support groups, meet other families. Your child does not need to have had a formal diagnosis

We can provide a friendly ear and a safe space to talk.

Children are welcome to attend with you or you can attend on your own. Children are welcome, no diagnosis needed.

HOW TO BOOK

Log onto our Eventbrite page
to book your place
<https://barnardos-stevenage.eventbrite.co.uk>

MORE INFORMATION

hertsfamilycentres.org Call us
on: 0300 123 7572



Hertfordshire
Family Centre
Service

On behalf of



Delivered by





SEND Advice for Parents/Carers

*Helpful SEND advice lines
for Parents and Carers*

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

* also available to schools, settings and professionals

Cyberbullying

What is Cyberbullying and online Harassment?

- Cyberbullying is any form of bullying which takes place online.
- This can be done over smartphones, tablets, online gaming, chat rooms, social media and more.
- Online harassment is the act of sending offensive, rude and insulting messages and being abusive.
- If someone purposefully keeps sending you offensive messages that make you feel scared, it could be illegal.



Cyberbullying is NOT ACCEPTABLE

- Bullying someone whether online or offline is wrong.
- It can badly affect their mental health.
- Harassing someone and/or sending malicious or threatening messages to someone repeatedly is **ILLEGAL**.
- If you are found to be cyberbullying someone, there could be criminal consequences.

What to do if you are being cyberbullied

If someone is bullying you, here is what you can do to put a stop to it....get **SMART**.

Screenshot any nasty messages.

My privacy settings.

Avoid talking to them any further.

Report the incident on whatever site you are using.

Talk to someone (parent, carer, teacher, friend or the police if necessary).

How to cope with the effects of Cyberbullying

- You must not blame yourself. No one deserves to be treated cruelly by anyone.
- It can make you feel very upset, alone and like no one will understand or help you.
- **REMEMBER** you are not alone and there are lots of people who can help you. Make sure you tell someone and do not try to deal with this on your own.
- For confidential help and advice: NSPCC nspcc.org.uk or Bullying UK bullying.co.uk

When to tell the Police

- If you are ever threatened with physical harm, being repeatedly harassed, being sent malicious messages.
- If it's not an immediate emergency, phone **101** or use our online webchat service.
- If it is an immediate emergency phone **999**.

www.safe4me.co.uk/portfolio/cyber-bullying/

safe4me

Visit the Student Area on our website www.lonsdale.herts.sch.uk! You can find lots of activities in the “All Sorts of Things...” tab. Daily Home Learning Plan can be found in your class area for pupils who are not attending school.



HOME > STUDENT AREA

Welcome

To access this area we need you to login using the username and password provided to you by the school. Please enter this information below and click login to proceed.

If you have forgotten your username and/or password please contact the school.

Username:

Password:

[Forgotten your password?](#)

Log on to find out more!

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

Maybe send your feedback?

HOME > STUDENT AREA > IDEAS SHARED BY AND FOR PARENTS

Ideas Shared by and for Parents

This page is full of ideas which have been sent to us by parents. Thank you, all!

Keep your ideas and thoughts coming; we will update this page regularly...

To get in touch, please email your child's form tutor or use the 'Home Learning Questions' tab.

Have you seen those?

Free Daily Resources For Children



PE with Joe Wicks On YouTube

Week days at 9am but you can visit any time on youtube to view the workout.



Wildlife With with Steve Backshall On Facebook

Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Science with Maddie Moate on YouTube

Weekdays 11am. Maddie & Greg chat about science and nature!



Dance with Oti Mabuse On Facebook

Every day at 11:30am but children can view the class at any time.



Maths With Carol Vorderman

Free access to the her maths website: www.themathsfactor.com



Music with Myleene Klass on YouTube

Twice a week. Next one Friday 27 March 10am, but can view any time.



Storytime With David Walliams

Free story everyday at 11am on his website: www.worldofdavidwalliams.com

ALL SORTS OF THINGS...

BUMBLEBEES

DOLPHINS

ELEPHANTS

GORILLAS

HIPPOS

KOALAS

LYNX

OWLS

PANDAS

SEA TURTLES

TASMANIAN DEVILS

VAQUITAS

WOMBATS

JOIN THE SPRING WATCH!