



### Information and Dates for your Diary

Please see below some diary dates for you:

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

Half Term 24th to 28th October 2022

End of Term Tuesday 20th December 2022



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.



Dear Parents and Carers,

One evening in mid-June, with twilight approaching and our school year moving into its final weeks, I watched a full summer moonrise in the night sky. A moon so clear and bright it cast a soft glow over everything.

Funny how one thought links to another but it reminded me of our school year. Like the cycles of the moon, we shine bright but also deserve to rest after a busy twelve months, need time to prepare ourselves to rise again in September. For me, the rising of the moon is the promise of new things, a chance to shine brighter than before. That is one of special things about Lonsdale life. For all of us, what we do ebbs and flows. We rise, we change, we achieve new things and sometimes we drop back to rest and reflect.



And what a year this has been - rising again from our experience of Covid's restrictions, adding experiences, learning new skills, going to places we've never visited before. The school trips and education visits started in earnest from January 2022. Most of the classes have ventured outside the school site for short trips in the local areas and some have taken day trips to Woburn Safari Park, Whipsnade Zoo and Stanborough Lakes.

### Letter from our Headteacher

Weekly offsite educational activities also included horse riding, Stevenage Museum workshops, shopping and visits to the forest school site.

We have also successfully completed the Duke of Edinburgh Silver Award Expedition with four pupils, who are delighted with their achievements! Our first residential trip took place this June when 11 students and 8 staff travelled to the Lake District to spend an exciting week in Bendrigg Activity Centre. The week of fun and outdoor pursuits gave students opportunities to build their confidence and resilience. Who wouldn't be a bit spooked to go caving first time ever?! Well done and thank you, team Bendrigg. We are going again next year so if you have received a letter from Mrs Thiele, please get in touch.



Creative Arts are an important part of our school curriculum and we are committed to offer our students a variety of cultural events throughout the year. We have had theatre company visits from M&M Productions and Interplay National Sensory Theatre, and some of our GCSE students have visited West End shows as part of their coursework. The Blood Brothers performance had us all, students and staff alike, in tears, even when we knew how the story would end.



Finally, what would be a year without Voice in A Million event in Wembley, where the Lonsdale choir joined once again some 7000 other young people to sing and perform in support for Adoption UK. Thank you, Mrs Thiele, Mrs North, Mrs Rosenberg and Mrs Sumner for organising these events.



Lonsdale School prides itself for being the sporting hub, offering a multitude of physical activities and sports for all students. Our teams have competed successfully against other schools in Pentathlon, Boccia, Table Top Cricket and Dance. A big thank you, Mrs Woolley, Mrs Read and Ellie Andrews for coordinating these fixtures.



## Letter from our Headteacher continued...



Lonsdale School has been awarded with the Silver School Games Mark Award. Well done, Lonsdale School and PE Lead Mrs Woolley, for achieving the Silver School Games Mark on its return after a COVID-hiatus!

The 6th Form Business Enterprise has ran the Whole School Tuck Shop for students and staff every Friday. Their products has been very popular and sales have hit a record high. Congratulations to the student Directors for running a successful business this year!

The magnificent four - Ollie, Kyra, Thomas and Aoife. Our Prefects have made sure that student voice is represented loud and clear. Thank you for your ideas, feedback and support during this year. Lonsdale students are very lucky to have such dedicated and approachable Prefects in post.

Charitable work has always been in the heart of being a Lonsdale student, together with the importance of understanding the role of active citizenship. This year, we have supported a number of charities, including Macmillan, Children in Need, Red Nose Day, Shire Horse Association and Race for Life - the top few to mention. Thank you everyone for your contributions for these important causes!

House competitions and events have taken place throughout the year. It has been a tight race this year, and I'm pleased to let you know that in 4th position with 169 points is the Blue Hawking House, 3rd place with 289 points is the Yellow Rose House, 2nd place with 293 points goes to the Green Cains House, and the winner of the 2022 House Cup is the Red Glennie House with 383 points! Well done to all students and staff!

We are saying farewell to the Year 13 leavers, who are ready to conquer the world and start their further education in local and national colleges. It has been a privilege to be part of your learning journey and we wish you all the best for the future.

This year we are also saying goodbye to Anne Harris, who is leaving Lonsdale School after 30 years of working with our students and staff. Mrs Harris's commitment to our school and the Local Authority has been recognised by Jo Fisher, Executive Director of Children Services, who wrote to Anne in person. I am sure you will join me to wish Anne a very happy retirement.

Mrs Sheena Harley has been studying her Master Degree in Environmental Studies, and Sheena is leaving us to embark on an exciting, next phase of her professional journey. We would like to thank Sheena for all her work in establishing the Duke of Edinburgh Award scheme, Forest School and outdoor learning curriculum for the school. We wish Sheena the very best for the future and thank her for the wealth of outdoor learning opportunities and events she has coordinated for our students.

We are saying goodbye to Jack Draper, our graduate LSA, who is starting his teacher qualification course in the University from September, and Odile Barclay, MSA, who will join a local school as a fulltime LSA. We thank you both for your commitment to the school and wish you good luck with your new ventures.

The lunar cycle begins with a new moon and ends with the full moon. Some traditions say that the first two weeks are best for creative work like planting and making; while the last two weeks are better for letting go and resting.

As July unfolds and the summer holiday comes closer, it is a time in school life to let go, rest, plan and make changes.

Looking at the calendar, I can see that in early September when our new school year begins, the moon's cycle is in its first phase, growing and shining more as each day passes. What an opportunity to look ahead with optimism and determination!

In Chinese tradition, the full moon is a symbol of peace, prosperity and family reunion – a perfect parallel for Lonsdale School.

Whatever your plans this summer, enjoy the break and come back to enjoy, in the words of the song "A Full Moon Rising."

Best wishes,  
Annemari Ottridge





## Messages from our Governors



Dear Everyone,

I really enjoyed this year as a governor. It has been fabulous be able to be back in person a bit, to see all the learning that has gone on, and the brilliant activities that pupils have engaged in. There are too many to mention here, but I am so pleased to see how community minded Lonsdale students are - working to improve the environment both inside and outside the school. Huge thank you to all the staff for everything they do. I hope all staff and pupils have a fabulous summer break, after all that hard work it is well deserved!

Sal Jarvis

Thank you to all staff and students for all your hard work and making me feel very welcome every time I visit!

Have a great summer, see you all in September!

Katie Byrne

### And the winners are....—Lonsdale Awards 2021-2022



**Green Beans Award—Koala Class**



**Primary LSA Award— Mary-Kate**



**Secondary LSA Award—Callum**

**Driver's Award—Blake**

**Communication Award—Dhruv**

**Citizenship Award—Ethan**



**Pride of Lonsdale Award—Aoife**

**Headteacher's Award—Joshua**



**House Winners 2021-22—Red House**

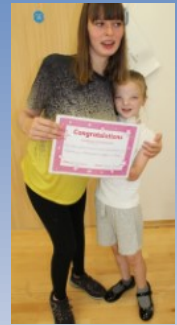


**Mandy Parker Award—Sally K**

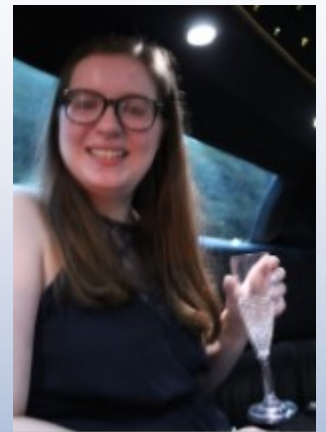
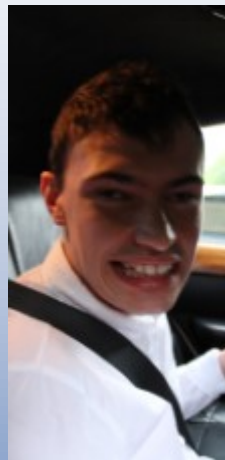
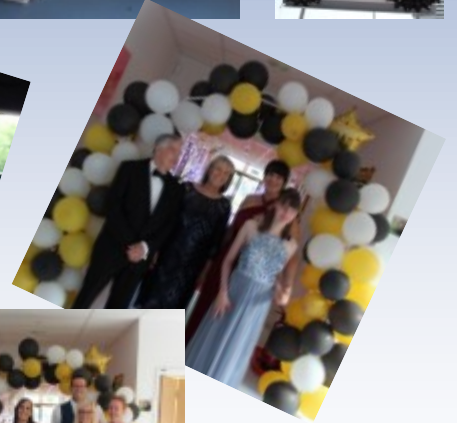
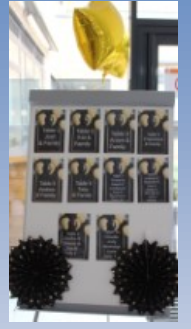
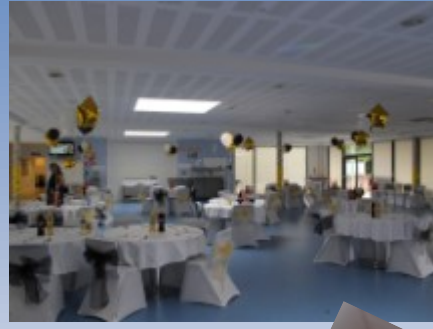


**All REP pupils received a certificate for their resilience and determination during recent REP challenges. Congratulations to Lisa B for receiving Sports Apprentice of the Year Award.**

# Photo Page – 'Zoom into Awards Assembly'



# Photo Page – 'Zoom into Leavers' Prom'



# Pupil and Staff Highlights from 2021-2022...

My highlight was seeing a pupil walk in the pool!

The Halloween Party was my highlight!

The Queen's Jubilee Celebration were great. I played instruments and watched a magician.

I loved the chicks hatch this year! They were sooo cute.

Joining Lonsdale in January 2022 was my highlight!

The 'Blood Brothers' trip was the best bit!

The Halloween Party was my highlight!

Sorting the dinosaurs!

Our English lessons were the best!

My favourite thing was Sports Day. I also liked going to Woburn Safari Park!

We loved the fishing trip this year!

Spending time with my friends and cooking are my best bits!

Sports Day was my highlight because everyone had fun and joined in!

We love Project-Based Learning!

I started at Lonsdale this year, which was great!

Teaching Bumblebee Class is a highlight for me every day!

The Sea Turtles making me laugh every day is my highlight!

No two days are ever the same at Lonsdale!

I love dressing up events!

I loved going to Bendrigg this year!

I loved going sailing and horse-riding this year!

I love playing with balloons!

Mrs Read doing terrible dancing was sooo funny!

I loved my Forest School lessons and going to the woods.

I love coming to school every day!

My highlight was that we had lots of fun in lessons!

# Photo Page – 'Zoom into Brilliant Bits'



Here some more photos from our Shire Horse Day, which our photographers from 'This Special Moment' sent to us for you to enjoy!

## 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/hoovesfest-tickets-353625241617>



www.therapeutichooves.com

Ticket prices :  
 £5 PP  
 £15 for a family of 4  
 £2 PP for the Quiet Hour



Hertfordshire's  
Holiday Activity Programme

**HAPPY**



# 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](http://www.servicesforyoungpeople.org)  
Tel: 01438 843340 Text: 07860 065178  
Email: [SFYP.Stevenage@hertfordshire.gov.uk](mailto:SFYP.Stevenage@hertfordshire.gov.uk)  
Follow us on Twitter @StevenageTeam



Services for  
Young People



Herts  
Inclusive  
Theatre

# HERTS INCLUSIVE THEATRE

**BOREHAMWOOD**

**FREE  
TASTERS  
AVAILABLE**

Our Borehamwood theatre group is for young people, aged 9 - 16, inclusive to all abilities and run every Tuesday during term time, 5:45 - 7:00pm. They are a great place for building confidence, improving well-being, learning new skills and making new friends.

[admin@hit-theatre.org.uk](mailto:admin@hit-theatre.org.uk) / 01923216951 / [www.hit-theatre.org.uk](http://www.hit-theatre.org.uk)



HIT is a registered charity 1180955



Happy Little Yogi UK

Children's yoga classes and events both recorded and live with Yoga Jane and fellow teachers daily.

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

# Summer Holiday Remote Dance



## Activities from Para Dance UK

Para Dance UK, in conjunction with the Eveson Charitable Trust, have produced a series of recorded inclusive dance sessions created specifically for children between the ages of 3 – 16 with physical and learning disabilities.

Each video is up to 45 minutes in duration and includes a warm-up, routine and cool down aimed to keep your children moving and grooving throughout the summer months. The sessions have been filmed as a mixture of seated and standing, but can all be danced vice versa so everyone can join in.

The music included in the videos caters for all ages and include classics from pre-school, musical theatre and upbeat pop songs, aimed to help improve children's general fitness and mental wellbeing

The Para Dance UK instructors delivering the sessions have experience in this area but are not specifically trained sensory and/or disability practitioners and so each participant/parent or carer must assess the suitability of participation.

Video 1	Easy	Salsa-inspired, seated	<a href="https://vimeo.com/727440422/43d05aaa4d">https://vimeo.com/727440422/43d05aaa4d</a>
Video 2	Easy	Jive-inspired, standing	<a href="https://vimeo.com/728376263/ed8ab9fce6">https://vimeo.com/728376263/ed8ab9fce6</a>
Video 3	Super easy	Trip to London, seated	<a href="https://vimeo.com/730411961/2c43cab452">https://vimeo.com/730411961/2c43cab452</a>
Video 4	Super easy	Pyjama Party, seated	<a href="https://vimeo.com/730417880/120c5cd20f">https://vimeo.com/730417880/120c5cd20f</a>
Video 5	Descriptive	Pirates, seated	<a href="https://vimeo.com/730422144/3b079b2f39">https://vimeo.com/730422144/3b079b2f39</a>
Video 6	Descriptive	Picnic Day, standing	<a href="https://vimeo.com/730428145/5b34849cc4">https://vimeo.com/730428145/5b34849cc4</a>
Video 7	Easy	Lyrical, seated	<a href="https://vimeo.com/724210137/c69be8caa7">https://vimeo.com/724210137/c69be8caa7</a>
Video 8	Easy	Street Dance, standing	<a href="https://vimeo.com/727862911/1142d67f2e">https://vimeo.com/727862911/1142d67f2e</a>
Video 9	Super easy	Freestyle, seated	<a href="https://vimeo.com/727877736/4183066a04">https://vimeo.com/727877736/4183066a04</a>
Video 10	Super easy	Musical theatre, seated	<a href="https://vimeo.com/724253094/d1d7686947">https://vimeo.com/724253094/d1d7686947</a>
Video 11	Easy	Non-genre, seated	<a href="https://vimeo.com/730917861/6afb2481b7">https://vimeo.com/730917861/6afb2481b7</a>
Video 12	Easy	Musical theatre, standing	<a href="https://vimeo.com/730922452/97d9ca9dc4">https://vimeo.com/730922452/97d9ca9dc4</a>

You may have been sent these videos directly from your child's school, so we won't know you're taking part or have your contact details to ask how you're getting on. Or you may have signed up to receive them. Either way, we'd love for you to let us know you're joining in and how you're enjoying the videos! Have lots of fun learning something new and staying active!

Please email [services@paradance.org.uk](mailto:services@paradance.org.uk) with your feedback and any photos or videos you'd like to share with us. All feedback helps us to fundraise to continue to bring inclusive dance to everyone, free of charge.

If you have any technical issues accessing these videos, please email [info@paradance.org.uk](mailto:info@paradance.org.uk) and someone will get back to you as soon as possible.

Para Dance UK is registered in England and Wales: Company No: 5875014

Address: Para Dance UK, 1<sup>st</sup> Floor, Building 2, Croxley Business Park, Watford, Herts, WD18 8YA

Charity No: 1116988 Tel No: 0300 111 30 45 Email: [info@paradance.org.uk](mailto:info@paradance.org.uk)



# SUMMER HOLIDAYS! SPORTS CAMP



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

**Phone: 07950 717925**

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




















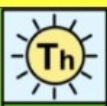








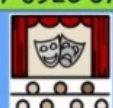


*Book  
Here*



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](http://www.clicktogether.co.uk) or they can contact us by email [info@clicktogether.co.uk](mailto: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
 <b>Monday</b>	 Fitness Challenge 824 9494 8131	 Spotlight on You 828 4273 7451	 Discover 829 7732 3780	 Wellbeing Hub 890 5706 1568
 <b>Tuesday</b>	 Move it, Shake it! 849 4952 7198	 Cookery Quest 895 2904 3398	 Click Choir 810 2052 4653	 Opinion Time 880 3241 4773
 <b>Wednesday</b>	 Stretch and Tone 893 3150 1667	 Feel the Music 844 2485 5084	 Click Create 847 4304 4750	 Animal Heroes 856 9111 6361
 <b>Thursday</b>	 Mindful Movement 852 3161 6843	 Out and About 822 3684 3049	 Sing & Sign 899 0970 4112	 Just Dance 897 6920 3755
 <b>Friday</b>	 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 23<sup>rd</sup> 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 29<sup>th</sup> 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 20<sup>th</sup> 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 7<sup>th</sup> December  
7.30-9.30pm**

**Workshop 538 Pre-booking essential via Eventbrite Link:**  
<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-for-parents-carers-in-herts-538-registration-369918374817>

## RESPONDING TO ANGER

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.
- Where to access further help and support, both locally and nationally.



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



Follow on:

**Workshops are open to parents and carers living in Hertfordshire**

Page 1 of 2



# 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 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 <sup>th</sup> September to 17 <sup>th</sup> October	7 – 9 pm	Online
Thursdays	15 <sup>th</sup> September to 20 <sup>th</sup> 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 <sup>th</sup> September to 19 <sup>th</sup> October	10 am to 12 pm	Parents/Carers of Girls Leavesden Green Community Hub, Watford
Wednesdays	14 <sup>th</sup> September to 19 <sup>th</sup> October	7 – 9 pm	Online
Fridays	16 <sup>th</sup> September to 21 <sup>st</sup> 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).

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Heldesk: 01727 833963 Email: herts@add-vance.org Web: www.add-vance.org



# ADD-vance

The ADHD and Autism Trust

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

## 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@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) with name and date of course

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

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[info@familiesinfocus.co.uk](mailto:info@familiesinfocus.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, Hydean Way, Stevenage, SG2 9GG

Stevenage - DSPL Area 7

**DSPL** Delivering Special  
Provision Locally  
Achieving quality outcomes



Please like us on Facebook for further updates @familiesfeeling-safe

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@familiesfeeling-safe.co.uk](mailto:enquiries@familiesfeeling-safe.co.uk)

Tel: 07748 332606

Course No: 15D7



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. [www.familiesfeeling-safe.co.uk](http://www.familiesfeeling-safe.co.uk) E-mail: [enquiries@familiesfeeling-safe.co.uk](mailto:enquiries@familiesfeeling-safe.co.uk)

## Parent and Carer Support Online Courses Autumn Term 2022



### 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](mailto:bookings@supportinglinks.co.uk)

Quoting the Course ID

## 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



Diagnosis  
not  
essential

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.

**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](mailto:bookings@supportinglinks.co.uk)

Quoting the Course ID

[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

These courses are provided free to parents by Hertfordshire County Council



**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<sup>th</sup> August 14:00-15:00 <https://www.eventbrite.co.uk/e/274824887637>
- Thursday 8<sup>th</sup> Sept 10:00-11:00 <https://www.eventbrite.co.uk/e/373169258297>
- Monday 3<sup>rd</sup> Oct 10:00-11:00 <https://www.eventbrite.co.uk/e/37318258077>
- Thursday 10<sup>th</sup> Nov 10:00 - 11:00 <https://www.eventbrite.co.uk/e/37320433387>
- Thursday 8<sup>th</sup> Dec 10:00-11:00 <https://www.eventbrite.co.uk/e/373206670147>

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](http://www.hct.nhs.uk)

- Innovative
- Caring
- Agile

Children & Young People's Therapies Service

Contact us  
Telephone: 01923 470680 Opt. 3  
Email: [hct.cyptherapies1@nhs.net](mailto:hct.cyptherapies1@nhs.net)  
Twitter: @CypHCT

**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 20<sup>th</sup> April 10:00 – 11:00 <https://www.eventbrite.co.uk/e/302926209447>
- Thursday 19<sup>th</sup> May 10:00 – 11:00 <https://www.eventbrite.co.uk/e/302939218357>
- Tuesday 14<sup>th</sup> June 10:00 – 11:00 <https://www.eventbrite.co.uk/e/302953180117>
- Tuesday 5<sup>th</sup> July 10:00 – 11:00 <https://www.eventbrite.co.uk/e/306472085257>
- Thursday 18<sup>th</sup> 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](http://www.hct.nhs.uk)

- Innovative
- Caring
- Agile

Children & Young People's Therapies Service

Contact us  
Telephone: 01923 470680 Option 2  
Email: [hct.cyptherapies1@nhs.net](mailto: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.



**Wednesday 2<sup>nd</sup> November**

**7.30-9.30pm**  
**Workshop 540 Pre-booking essential via Eventbrite Link:**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarerers-in-herts-540-registration-374140453167>



**Monday 3<sup>rd</sup> October**

**12.30-2.30pm**  
**Workshop 539 Pre-booking essential via Eventbrite Link:**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-transition-change-for-parentscarerers-in-herts-538-registration-373592714867>



**Tuesday 11<sup>th</sup> October**

**7.30-9.30pm**  
**Workshop 541 Pre-booking essential via Eventbrite Link:**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-541-for-parentscarerers-in-herts-registration-374147955607>



**Thursday 10<sup>th</sup> November**

**12.30-2.30pm**  
**Workshop 542 Pre-booking essential via Eventbrite Link:**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarerers-in-herts-542-registration-374164133997>

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.



**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](mailto:contact@carersinherts.org.uk)**

**[www.carersinherts.org.uk](http://www.carersinherts.org.uk)**

## Our support for parents and carers.

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

We also:

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





# SEND Advice for Parents/Carers

*Helpful SEND advice lines  
for Parents and Carers*

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

\* also available to schools, settings and professionals

# Cyberbullying

## What is Cyberbullying and online Harassment?

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



## Cyberbullying is NOT ACCEPTABLE

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

## What to do if you are being cyberbullied

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

**S**creenshot any nasty messages.

**M**y privacy settings.

**A**void talking to them any further.

**R**eport the incident on whatever site you are using.

**T**alk to someone (parent, carer, teacher, friend or the police if necessary).

## How to cope with the effects of Cyberbullying

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

## When to tell the Police

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

[www.safe4me.co.uk/portfolio/cyber-bullying/](http://www.safe4me.co.uk/portfolio/cyber-bullying/)

**safe4me**

Please visit our 'Student Area' this summer if you are looking for some exciting things to do during the holidays. You can find a 'Summer Holidays 2022' tab with recipes, challenges and summer projects for all the family to enjoy!



HOME - STUDENT AREA

## Welcome

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

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

Username:

Password:

[Forgotten your password?](#)

Log on to find out more!

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

Maybe send your feedback?

HOME > STUDENT AREA > IDEAS SHARED BY AND FOR PARENTS

## Ideas Shared by and for Parents

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

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

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

Have you seen those?

### Free Daily Resources For Children

**PE with Joe Wicks On YouTube**  
Week days at 9am but you can visit any time on youtube to view the workout.

**Wildlife With with Steve Backshall On Facebook**  
Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.

**Science with Maddie Moate on YouTube**  
Weekdays 11am. Maddie & Greg chat about science and nature!

**Dance with Oti Mabuse On Facebook**  
Every day at 11.30am but children can view the class at any time.

**Maths With Carol Vorderman**  
Free access to the her maths website: [www.themathsfactor.com](http://www.themathsfactor.com)

**Music with Myleene Klass on YouTube**  
Twice a week. Next one Friday 27 March 10am, but can view any time.

**Storytime With David Walliams**  
Free story everyday at 11am on his website: [www.worldofdavidwalliams.com](http://www.worldofdavidwalliams.com)

- ALL SORTS OF THINGS...
- BUMBLEBEES
- DOLPHINS
- ELEPHANTS
- GORILLAS
- HIPPUS
- KOALAS
- LYNX
- OWLS
- PANDAS
- SEA TURTLES
- TASMANIAN DEVILS
- VAQUITAS
- WOMBATS
- JOIN THE SPRING WATCH!