



Learning@Lonsdale

NEWSLETTER

Monday 9th October 2023

Whole School News

What an exciting week all the pupils and staff had last week!

You can read the classes' news below and look at the photos. We also have a lot of flyers and other information included for you so that you can find out what is available and which events are going on in Stevenage and Hertfordshire.

We also want to say a big 'Thank You!' again for your support at the Macmillan Coffee Morning at Lonsdale. Together we raised £350 for Macmillan thanks to your generous cake and money donations. It was fabulous to see so many family members attend.

This week we are looking forward to the 'Preparing for Adulthood' Parent Conference on Friday 13th. We invited six ex-Lonsdale pupils to share their journeys and talk about employment, volunteering, their spare time, studies, relationships, independent living and community inclusion since they have left school. We hope that we will see many of you on Friday from 12.30pm.



Information & Dates for your Diary

13-10-2023—Parents invited to the Preparing for Adulthood Conference (letter sent)

23-27 October 2023—Half-Term Holidays

30th October 2023 – 3rd November 2023 – Parent Consultation Week

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.



LONSDALE



PRIMARY

News

LONSDALE

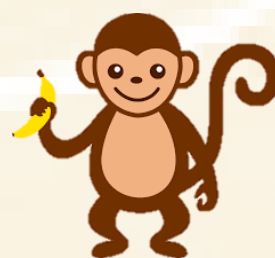


This week Robin Class have been learning about their sense of touch. They have been exploring different textures with their hands as well as their feet and faces. Gloop was a favourite, and the Robins enjoyed feeling the warm water afterwards to wash their hands. The children have also been exploring their feelings. We have shared the story 'The colour monster' and have made our very own Robin Class colour monster. In Maths we have been continuing our 1-1 correspondence of numbers 1-5 using our counters and number lines as well as lots of singing and rhyme.



ROBIN CLASS

This week Monkey Class started the week working really hard in PE, recalling balancing, movement and adding different shapes. They were able to use some of these skills then when carrying out yoga. The class had an extra student this week, 'Sid the Skeleton', and worked well learning different names of bones and building a skeleton. They also enjoyed the story 'Funnybones' and listening to 'Them bones' song. In Maths they have continued to work on addition and subtraction as well as coin recognition to buy items. In English, they listened well and described pictures to tell the story of 'The Three Billy Goats Gruff'.



MONKEY CLASS

This week the children have been learning about where their food comes from and they went outside to the Lonsdale garden to pick raspberries, tomatoes and carrots. They enjoyed a walk down the school drive looking for signs of autumn, where we found lots of conkers. The children participated in a sensory story of the 'Little Red Hen'. In Art the children looked at the art work of Japanese artist Yayoi Kusma. They created their own polka-dot pumpkins.



ALPACA CLASS

In Literacy we looked at Simon Mole's videos, which helped us to plan our own poems. In Numeracy we developed our understanding of even numbers to make our multiplication and writing directions to find objects. In Science we discussed what foods are in the different food groups and what makes a healthy diet. In Creative we finished making our Christmas cards ready for December. In PE we enjoyed moving our body in wheelchair dance moves and really enjoyed working with Wombats in Forest School on a shadow walk.



FALCON CLASS

The weather was kind last week, so most pupils enjoyed spending time outside. Film Club remains popular, and some pupils in secondary have started to play chess regularly. In the Primary Department, children played outside with the tuff trays, balls or building blocks. The new cohort of playground leaders are now trained and have started supporting primary children during lunchtime play.



LUNCHTIME NEWS





SECONDARY

News

Everyone is enjoying our English work on 'Kensuke's Kingdom'. This week, pupils listened carefully to the description of the island Michael has washed up on & used phrases from the text to annotate a picture of the island. The same information was then used in the Creative lesson to make an island for our wall display. In History, we learnt about Anglo Saxon village life, and pupils chose whether to try being a potter or a jeweller. In Science we continue to learn about light, and last week looked at reflecting light to make rainbows.



WOMBAT CLASS

In Science, the Hippos continued with the new unit of 'Nutrition and Digestion' where they looked at the reasons for needing to include each food group in our diets. In Geography, we have continued to learn about landscapes, this week we looked at pictures of different areas from the past and how they look today, and we looked at the similarities and differences between them. In Maths we were rounding numbers to the nearest 100, we even made up some questions for Miss Bradbery to do! In PSHCE we had some really good discussions about healthy lifestyles and what influences our lifestyle choices have. A great week in Hippo Class!



HIPPO CLASS

As always, we started last week with our 'Weekend News'. We then read some more of our class book, 'Wonder' learning what 'Precepts' are, and we started to make some paper fortune cookies. In History, we learnt about Anglo-Saxon jobs, started to learn about their villages and also their artefacts and culture. In PSHCE, we started to learn about Mental Health and how our emotions and feelings can affect how we cope with things and behave. In Science, the class learnt about colour and prisms and did an investigation about this theory. In PE, we did some ball-skill activities and some individual exercises.



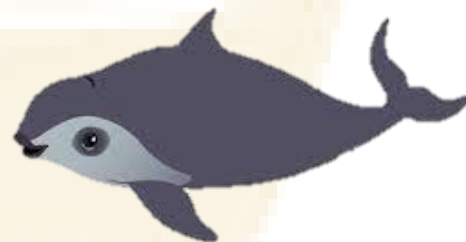
SEA TURTLE CLASS

Gorilla Class have had a busy week this week. In English they enjoyed learning about the characters in the new class book by Michael Morpurgo called 'Kensuke's Kingdom'. The pupils had to think about what they would take on a trip around the world, like in the story. In Maths the pupils have been improving with sequencing. In K&U we learnt about the seven continents and oceans and located them on a map. We had fun designing Christmas cards for Cauliflower cards. We hope you will like our designs.



GORILLA CLASS

Vaquitas: Another whirlwind week in V class! In English, pupils have been researching aspects of the 2nd World War in Germany to help their understanding of the context for The Boy in The Striped Pyjamas. They worked in pairs and then presented their findings to the class. In maths, we have continued to work on number knowledge and place value/comparing etc. In science, pupils have started to learn about the human skeleton and types of bones, while in History, they explored how the Anglo-Saxons lived in villages and organised themselves.



VAQUITA CLASS

UPPER SCHOOL

News

LONSDALE



In PSHE we explored strategies for dealing with change, loss, bereavement and grief. In Science we have been looking at Spectacular Spectrums and the colour of light. We had some interesting experiments which showed us the true colour of light and even made rainbows in the process. In K&U, we have been archaeologists and historians looking at artefacts and finding out how that shows a picture of what happened years ago. In English we have started to create our own sinister story with some strange characters, themes and events.

In English we have been reading and writing CVC words and have done really well! We have looked at a few short stories to help us. In Maths, we've been comparing groups of objects and thinking about what equal and unequal mean. In Science, we have been investigating shadows and seeing what shapes we can make. We have explored different kinds of maps in our vocational geography unit and learnt about the equator and poles in K&U. In Computing we have thought about things that we need to ask permission for and those that we don't, when we're using the Internet.

In PSHE this week, we continued learning about the signs for common mental health problems. Our discussion also moved on to the differences between healthy and unhealthy habits.

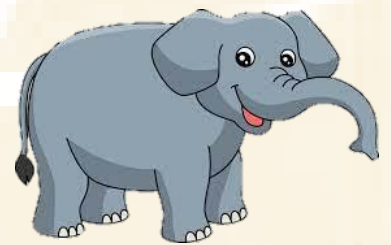
In Science we continued the new unit of 'Nutrition and Digestion', looking at why certain food groups are needed. In Maths, the students continued work on rounding.

In our English lessons we applied what we have learnt over the last few weeks by producing a piece of creative writing based on a short story called 'Nightmare in Yellow.' In our Maths lessons we have been learning how to solve negative power indices. In Chemistry we have been learning about endothermic and exothermic reactions. We are continuing to develop our creative ICT skills by learning how to create and edit photos and the layout of the school calendar, using iphoto and Publisher.

Our Governors had their first Full Governing Board meeting last week and welcomed several new governors to the Board. We will hopefully introduce our new Governors to you here in the newsletter over the coming weeks. So watch that space!



TASMANIAN DEVIL
CLASS



ELEPHANT CLASS



LYNX CLASS



PANDA CLASS

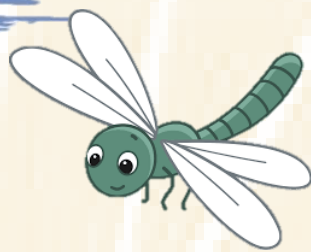


GOVERNORS NEWS

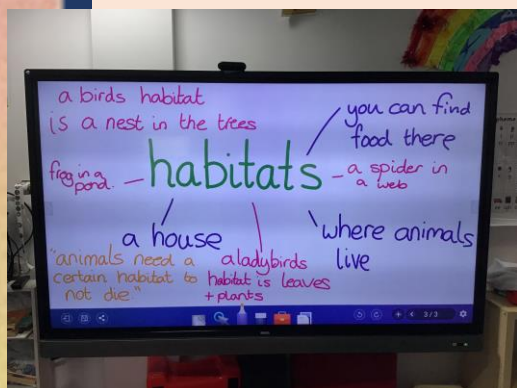


FORM FOCUS

DRAGONFLY CLASS



Dragonfly Class are having a fantastic time learning about habitats and animals this half term. Pupils have been particularly interested in discussions around climate change affecting habitats – we may have some future activists! This week we have been dancing, measuring, working on place value, stretching in yoga, and as always, reading lots! Please enjoy some of our 'best bits' from the first few weeks of the year.



*Dragonfly Class
in Focus*



BRILLIANT

BITS



ZOOM

*in for brilliant bits
from this week at
Lonsdale*



BRILLIANT BITS





BRILLIANT BITS



OPEN ORCHESTRAS



Meet the New Speech and Language Therapy Team



Julie is a Highly Specialist Speech and Language Therapist Working on Tue / Wed / Thurs

Lois is a Specialist Speech and Language Therapist Working on Wed / Thurs

Nicky is a Speech and Language Therapist Assistant Working on Mon / Tue / Thurs



Julie Thornley Lois Davey Nicky Ward

We work as part of the Integrated Therapy Team at Lonsdale School. Together with school staff, we are working towards your child / young persons individual goals being included and supported in all aspects of their curriculum and school day. We look forward to working with yourselves over the coming year.

How to contact us
01438 726 999
(Lonsdale)

01923 470680
Option 3
(NHS Children and Young Peoples Therapy Service)

You can also use your child / young person's Home School Diary to contact us.



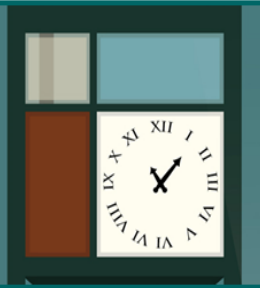
BRILLIANT

Zoom

BITS

DSPL2

Delivering Special
Provision Locally



We would like to redirect you to our **NEW DSPL2 WEBSITE** . We hope you will enjoy navigating your way around this and find some useful information. Can you please share this with your families too.

<https://www.stevenagedspl.org.uk/>

Herts Haven Café

**Tuesday 17th
October**
**Bowes Lyon
Stevenage
SG11XY**

Launch Day!

- Pop in and say hi!
- Meet Herts Haven staff
- See what is on offer in your local community
- Refreshments available

What's on for Families Stevenage– Autumn 2023 (4th Sep-29th Dec)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Baby Group St Nicholas & Martin's Wood FC 10.45am – 12.15pm (Not 25 th December)	Self-Weigh Station Friends Meeting House Bedwell 11.00am-2.00pm (Not 24 th October and 26 th December) Broadwater FC 4.00-5.30pm weekly Booking via Eventbrite (Not 24 th October and 26 th December)	Self-Weigh Station Broadwater FC 9am – 12pm weekly Booking via Eventbrite	Self-Weigh Station Bridge Road FC 9am – 12pm weekly Booking via Eventbrite		
	Baby Group Friends Meeting House 1pm – 2.30pm Free drop in weekly (Not 24 th October and 26 th December)	Active Rhyme Time Broadwater FC 9.30am – 10.15am Free drop in weekly (Not 20 th 27 th December)	Physical Fun St Nicholas & Martin's Wood FC 1.30pm – 2.30pm Free drop in weekly (Not 21 st 28 th December)		
	Infant Feeding Social Support Group St Nicholas FC 9.30am – 11.30am Free drop in weekly (Not 24 th October and 26 th December)	Welly Walk Fairlands Valley Park 10.30am – 11.30am Until 18 th October Booking via Eventbrite	Baby Group Broadwater FC 1pm – 2.30pm Free drop in weekly (Not 21 st & 28 th December)		

Tune ToGether

An Autism Awareness Chill and Chat Session
Facilitated by Jessica Kuffour and Dami Rock

A time to chat about Autism and related conditions.
A time to listen, ask questions and share experiences from various perspectives.

Episode 19
Monday 9th October 2023
7.30pm-8.30pm BST via Zoom

Everyone is welcome.
These sessions may be of particular interest to Parents, Educators and Neurodivergent Adults.
There's no fixed agenda so we will just flow with you and whatever comes our way. We will make sure the tribe has what we need.
Come find your tribe here with us.

Come let's talk.
Bring your own drinks, come zoom with us with your camera on or off.
Let's tune in together.

To register for this free event please visit: www.tuneinfoasd.com
or email: letstalk@tuneinfoasd.com

Tune to ASD



Jessica Kuffour
Lead Consultant
Tune into ASD



Dami Rock
Creative Strategist
Filmmakers Therapy Couch

@tuneinfoasd



BRILLIANT

ZOOM

BITS

Welcome to the Hertfordshire Family Support Service

Hertfordshire's Family Centre Service is made up of the Public Health Nursing Service (Health Visitors and School Nurses) and the Family Support Service. Our purpose is to support children and families to have the best start in life, develop well and thrive. This leaflet provides you with details of what the Family Support Service offers and how to access it.

What does the Hertfordshire Family Support Service offer?

We provide families with children aged up to 11 years with a wide range of services, information and support on key areas relating to family life.

Pregnancy, birth and the first 24 months can be tough for many mothers and fathers. Developing friendships with other new parents has lots of benefits; we provide a number of opportunities for new parents to meet before and after having a baby. We offer several free, fun drop in sessions for you and your child to attend including Parent Cafés, Baby Group, Active Rhyme Time, Physical Fun and other activities during holiday time. Please see our What's On Guide for up to date information www.hertsfamilycentres.org. We are also supporting local Parent and Toddler Groups, you can find listings of these on our website.

We're always here for you, our HUBs are open weekdays from 8 am – 6pm. If you need any extra support we can offer the following:

- **Worries about your child's learning and development.**
We can help with fun activities for your family to enjoy at home or more structured workshops.
- **Your child's additional needs.**
Did you know that we can help families with Children with Special Educational Needs and Disabilities (SEND) by providing information, advice and guidance?
- **Feelings of isolation.**
Are you feeling lonely or isolated from your local community? We are here to help.
- **Your own wellbeing and confidence.**
We can support you via one-to-one sessions or through parenting groups.
- **If you are experiencing domestic abuse.**
Support around developing healthy relationships is available.
- **Challenges with your child's behaviour.**
We can support you via one-to-one sessions or parenting groups. To find out about groups please look at the Hertfordshire Parenting Directory <https://directory.hertfordshire.gov.uk> or our Facebook pages.



Accessing childcare.

Your 2 year old child could be entitled to 15 hours free early education, depending on your circumstances; we can support you to apply and find a space.

Volunteering opportunities.

Are you interested in volunteering? Our volunteers can gain new skills and experience that can lead to further training or employment opportunities.

Adult learning.

We work with lots of local organisations to provide workshops and courses for self-development, well-being and confidence as well as qualifications and training.

In addition we provide a wealth of information on our district social media channels, search for 'Hertfordshire Family Centre Service'. Our website also lists what's on in your area www.hertsfamilycentres.org.

Who provides the support?

The team is made up of highly skilled and trained staff, many of whom have worked directly with children and families.

We are passionate about all children being supported to reach their full potential, as well as supporting parents to do the most important job there is!

What do I need to do next?

If you have a child or children under 11 years old please sign up with us. It's free and quick and easy to do! Thousands of families across Hertfordshire are already signed up and accessing our services. Please see 'How to sign up' for further details. Once you've signed up with us, we will contact you.

How do I ask for support?

You can ask for support by contacting us by telephone on 0300 123 7572 or via our Facebook or Instagram accounts.



How to sign up

You need to sign up to access the Family Centre Service. It's FREE to sign up and quick and easy to do.



To sign up, please scan the QR code or visit www.hertsfamilycentres.org our friendly team will then contact you.

What's on:

To see a timetable of our sessions and courses please visit our website, www.hertsfamilycentres.org

Get in touch...

we're here to help support you
Call: 0300 123 7572

Follow us on social media by searching for 'Hertfordshire Family Centre Service'



Sign up to receive our newsletter packed with useful information via www.hertsfamilycentres.org



On behalf of



April 2022

Parenting When Separated Programme



A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

Parenting when separated can be challenging and confusing. Drawing on international long-term evidence, the Parents Plus 'Parenting when Separated' Programme is a six-week course that highlights practical steps parents can take to help their children cope and thrive, as well as coping successfully themselves.

Topics include:

- Solving co-parenting problems in a positive way that focus on the needs of children
- Cope with the emotional impact of separation and learn stress management techniques
- Help your children cope with the impact of the separation both emotionally and practically
- Enhance communication with their children and with their children's other parent.



The 'Parenting When Separated' course does not propose to find magic answers but hopes to help parents to gain the support of other parents who may have similar experiences and to find down-to-earth solutions for difficult situations. The focus of the course is positive and aims to build on your strengths as a parent and what you are already doing right.

Who should attend

The course is free to attend and is open to separated parents from all backgrounds. Both mothers and fathers, resident and non-resident parents are welcome to attend this course. Both parents of the same children are welcome to attend though we recommend you attend separate groups.

Course details

The course consists of six group sessions for up to 12 parents, each session will last 2 hours 30 minutes with a 15 minute break. We will meet all parents for an individual introductory meeting prior to the group starting to discuss your goals for the course.

How to register

Referrals will be used to create a mixed group of up to 12 parents, you will be contacted to offer a course date for your area.

Spaces still available:

In Person at The Shephall Centre, Stevenage
On a Thursday, starting 2nd November until the 7th December
From 10 – 12.30

If a parent would like to attend one of the scheduled dates, please add this in the any further information section at the end of the referral form.

You can be referred by a professional or you can self refer [here](http://www.hertsfamilycentres.org) or scan the QR code





BRILLIANT

ZOOM

BITS



Parenting courses

We also offer parenting courses for targeted and vulnerable families delivered either face to face or virtually. These include:

Welcome to the World 5 week course

Parents expecting a baby who are 22+ weeks into pregnancy

Various topics are discussed, including: what does it mean to be a parent, preparing for a new life with a baby, keeping baby healthy by being attuned to their needs, the importance of early communication with baby.

Parenting Puzzle 10 week course

Parents/Carers (children aged between 3-11 years)

This course will enable parents/carers to understand how emotions can influence actions, including how their own wellbeing has an impact on their children's wellbeing and behaviour. Families will learn about the different elements of parenting as well as the strategies that will enable them to positively respond to their child's needs. They will gain practical solutions to guide their children so that they learn to manage their own feelings and control their own behaviour.

Family Toolkit 4 week course

Parents/Carers (children aged between 2-5 years)

This course will enable parents/carers to understand the connection between feelings and behaviour choices as well as the different elements of parenting. They will learn strategies that will enable them to positively respond to their child's needs.

Families Feeling Safe 9 week course

Parents/Carers

This course that will enable parents and carers to recognise and build on their own strengths in communicating with others, understanding and managing their children's behaviour, expressing feelings and making safe choices.

We also run lots of additional sessions and courses available to all such as Employment Support, and Wellbeing. Details of these can be found on our Facebook pages or via our website: www.hertsfamilycentres.org

Referrals to our service

Any family referred to our service must be aware of the referral and provide consent for contact to be made. We will always provide you with feedback on the support provided to a family.

www.hertsfamilycentres.org/refertofc

If you would like to speak to a member of our friendly team please call us.

District	Telephone
Hertsmere	0208 016 1968
Watford & Three Rivers	01923 932 860
Dacorum	01442 953 170
St Albans	01727 227 746
North Herts	0300 123 7572
Stevenage	0300 123 7572
Broxbourne	01992 475262
Welwyn/Hatfield	01707 629355
East Herts	01920 481670

These numbers are for professional use only.

Signing up families

All families need to be signed up with us to access our services. It's free and quick and easy to do! Families can sign up themselves on our website www.hertsfamilycentres.org. If required our staff can help families to complete the sign up process.

Keep updated!

Subscribe to our Partnership Newsletter for more information about our service and Partnership Network Meetings. Go to http://eepurl.com/dAM_Kj or scan the QR code.



Family Support Service

FOR PROFESSIONALS



Welcome to the Hertfordshire Family Support Service

Hertfordshire's Family Support Service is part of the Family Centre Service. We help families from pregnancy through to when a child reaches the end of Primary School (aged 11 years). Our purpose is to support children to have the best start in life, develop well and thrive.

Our Universal offer provides all Hertfordshire families with the following support and guidance.

- Free antenatal course.
- Parent Cafés including small drop in events and larger partnership events. Please make contact with us if you wish to have a stall at a café.
- Free, fun drop in sessions including Baby Group, Active Rhyme Time and Physical Fun.
- Support to access local Parent and Toddler Groups.
- Facebook and Instagram accounts full of useful parenting support and advice for parents and carers.
- Breastfeeding support and information on introducing solid food.
- Opportunity for a family to weigh their baby at our Self Weigh Stations.
- Vitamin collections.
- Family First Aid courses (there may be a small fee).

For what's on in each district please visit: www.hertsfamilycentres.org



We are also here to support families when they face key challenges and are able to adapt our services to suit the family's needs. This is the range of support we have on offer:

Emerging Needs

Isolation - A tailored, short term intervention to support families who may feel they have a barrier to accessing universal services e.g. multiple births, first time parents with a lack of community links, English as an additional language, low confidence, social anxiety linked to mental ill-health.

Speech and Language - To support parents to enhance their child's speech, language and communication development through play. This could include signposting into age appropriate services e.g. Early Talk. This is not for a child with social communication difficulties.

Ready to learn (0 - 2 years and 3 years+) - The aim of this support is to increase parents' knowledge and understanding of how they can best support their child's emotional and physical development, as well as supporting them to be curious and ready to learn in the future. Strategies will include building confidence, independence, communication skills and supporting transitions. The family will either be offered support individually or within an invitation only group.

Family Cookery Session (Little Chefs) - To support parents who need advice and guidance on managing a healthy lifestyle for their family. We can offer one to one support, in a small group or signpost to other appropriate agencies.

North and East Quadrants - Aimed at families with children aged between 15 months and 2 years - A 5 week course to support parents to get their children off to a healthy start. Topics covered will include portion control, sugar / salt / fat contents, Oral health, weight, physical activity and the importance of eating together.

South and West Quadrants - Signposting to the HENRY programme delivered by BeeZee Bodies - A structured 8 week programme (including a family time session), the group programme applies a solution-focused and strengths-based approach to build parents' skills and confidence in maintaining a healthy lifestyle.



Targeted Family Support

Each family is different and has different needs. We can provide support to ensure improved life chances for children. Our support aims to increase family resilience, develop confidence and enhance skills through 1-1 support or parenting groups. Examples of what we can offer are:

My Baby's Brain

Understanding the many ways to support the development of a baby's brain early in their life.

Parental Emotional Wellbeing - Understanding the importance of their own wellbeing and how it has a direct effect on their children.

Domestic Abuse

Understanding and recognising abusive behaviours and the impact of these behaviours on themselves and their children. Developing an understanding of healthy relationships and keeping safe strategies.

This support is not offered to perpetrators of domestic abuse.

Supervision and Safety

Understanding how to keep as safe as possible within the home and in the community.

Physical Health

Understanding all elements to support healthy development.

Perinatal Support

Can be delivered from approximately 28 weeks pregnant to 1 year old; the support is designed around the family needs.

Routines, Guidance and Boundaries - Understanding and implementing positive behaviour strategies.

Protective Behaviours

• To support parents to manage their own feelings and behaviours; developing parents' frameworks for personal safety, self-esteem, resilience and confidence building. These sessions will include exploring their own feelings, thoughts and behaviour; the two PBs themes and the Seven Strategies.

• To assist parents to understand their children's behaviour and work through relational struggles. Developing parents' awareness of the link between emotional wellbeing and behaviour is central to this intervention.

Are you aware that we can support families who have an open Families First Assessment?

If you are supporting a family as the Lead Professional we will be making contact with you to see if there is anything we can offer to support families from our continuum of support options listed in this leaflet.



MORE INFO

LONSDALE



Second Hand Uniform

Lonsdale School are keen to promote sustainability. If you have any good quality, preloved uniform you no longer need, you can drop it off at the school office in a bag clearly marked 'Second-Hand Uniform Donation'.
Thank you!

Young People's Healthy hub
Stevenage

4:30-5:30PM EVERY TUESDAY

SHEPALL CENTRE
SG2 9XR

Creative Arts CLUB

- ✓ Messy activities
- ✓ Dream catcher making
- ✓ Stone painting
- ✓ Clay modelling

Sept 19th - Dec 12th
FREE for all →
11year olds and under

North Hertfordshire College and Stevenage Borough Council joint project

Saturday 7th October 11am - 3:30pm • Town Square, Stevenage

STEVENAGE INTERNATIONAL DAY

CELEBRATING MUSIC, FOOD, DANCE & FASHION FROM DIFFERENT CULTURES

Returning by popular demand:
Miss Jones
Warriorz & Asian Drummers

Guest Stars:
VINCEZO AND DL

Live performances,
The Jerk Chicken Man,
Bread Company,
Nigel's Hotscotch
Pepper sauce,
Filipino Community,
Stevenage World Forum,
Free Face Painting,
Cultural story time
at Stevenage Library,
Music Workshop at
Junction 7 Creatives,
And more

STEVENAGE EQUALITIES COMMISSION

Follow us for more info and to keep up to date:
@lovestevenagetc
lovestevenagetc

www.stevenagetowncentre.com

Hertfordshire
STEVENAGE TOWN CENTRE

STEVENAGE INTERNATIONAL DAY

CELEBRATING MUSIC, DANCE, FOOD & ART FROM DIFFERENT CULTURES

SAT 7TH OCT
11AM-4PM

PARADE
12-12.15PM

MORE INFO

LONSDALE



Under 5s@Stevenage Museum

Stories, games, and arts and crafts fun!

1:30pm – 2:30pm on Thursdays, and 11am – 12noon on Saturdays

September
Thursday 7th and Saturday 9th

October
Thursday 5th and Saturday 7th

November
Thursday 9th and Saturday 11th

December
Saturday 2nd and Thursday 7th

For children under 5 and
their parents and carers.
£2.50 (£1 concessions) –
Adults go free!

Book online at:
<https://stevenage-museum.arttickets.org.uk/>



Family Saturdays @ Stevenage Museum 2-3pm

Come along to our free sessions to create and learn!
No need to book, just turn up

FREE



September 9th
Exploring Space



October 7th
Skeletons and Bones



11th November
Terrible Tudors



2nd December
Birds and Birdfeeders

REPAIR

BIN IT? NO WAY!

CAFE

WHAT DO YOU DO WITH
a cd player that no longer opens?
a toaster that no longer works?
a sweater with moth holes?

REPAIR CAFE IS
repairing broken items together, professional advice,
encounters and inspiration

COSTS?
A voluntary contribution

WHERE?
Location: Stevenage Repair Cafe
Address: Bedwell Crescent, Stevenage, SG1 1NA
Place: Bedwell Community Centre

WHEN?
Date: First Saturday of each month
From: 2pm to 5pm hrs

CLOTHES • FURNITURE • ELECTRICAL APPLIANCES • TOYS • BICYCLES • ETCETERA
repaircafe.org/en

Sponsored by
Young Peoples
Healthy
hub
Stevenage

everyone
ACTIVE

Event Island
Stevenage

Stevenage
BOROUGH COUNCIL

STEVENAGE YOUTH FESTIVAL

SATURDAY 23 SEPTEMBER
11AM-3PM

SPORTS ACTIVITIES | HEALTH &
WELLBEING | LIVE MUSIC

STEVENAGE TOWN
CENTRE, EVENT ISLAND

Scan QR code to register
your interest



MORE INFO

LONSDALE



STEVENAGE CHRISTMAS LIGHT SWITCH ON

MEET MRS
CLAUSE
AND RECEIVE
A FREE GIFT*

Saturday 25 November 2023
12pm - 5:30pm

**FREE
PARKING**
ALL DAY AT
ST GEORGE'S
MULTI-STOREY

LIGHTS

LIVE MUSIC

STALLS

SENSORY
STATION

FREE FACE
PAINTING

SNOW GLOBE

FAIR RIDES

MOBILE BAR

CHRISTMAS
MARKET

**GUEST APPEARANCE:
JUNIOR ANDRE**

Meet & Greet Junior Andre
4pm - 4:30pm

Performance: 5:10pm - 5:25pm



Managing Celebrations at School – Information from HCC

Dear Parents,

With Halloween, Diwali, Christmas just around the corner we wanted to write out to schools and parents about managing the long-standing custom in many schools of children bringing in sweets and chocolate to celebrate birthdays and cultural events, because we are aware that this is becoming increasingly challenging for schools to manage. Whilst it is for headteachers and governing bodies to decide how best to manage this tradition within their school community, for example some choose to ban the custom others choose to manage it within the school often to avoid sweets being given out on the playground or on the way home, we wanted to remind schools and parents of some best practice if children do bring in sweets, chocolate or treats:

- Check ingredients very carefully to avoid children with allergies being inadvertently exposed to something which may cause them harm, or a child being given something which contravenes their family's cultural or religious beliefs. Food should not be given to primary school age food allergic children without engagement and permission from parents/carers.
- Do not accept any foods where ingredients cannot be verified.
- Be aware of those children who do have allergies and make sure that all members of staff, including any temporary or part-time staff are also aware.
- Be aware of children's cultural or religious beliefs, gelatine, often found in sweets or cakes, is an animal derived product and therefore is not suitable for children who are vegetarians for cultural or religious reasons.
- Healthy eating is an important message which schools deliver diligently, giving out sweets contradicts those important messages,
- Schools should also be aware of the cost-of-living pressures on families who may find keeping up with this tradition more than usually challenging.

Further help and advice can be found at Allergy guidance for schools - GOV.UK (www.gov.uk)

MORE INFO



MHST - Mental Health Support Team in SEN Schools



The MHST: Our values

The MHST is an **early intervention service**, using proactive strategies to support mild to moderate mental health difficulties and behaviours that challenge. This is part of a national programme to support emotional wellbeing and offer early interventions in school settings.

Whole School Approach to Wellbeing:

'In a whole school approach, wellbeing and mental health are everyone's business, with genuine engagement across the entire community: staff, pupils, governors, parents and external services.'

Contacting The MHST

Tele: 01727 732031

Email: hct.mhst@nhs.net

Making a referral

Your child's school can refer your child to the MHST for 1:1 or Group support. Please speak to the Mental Health Lead, SENCo, Family Support Officer, or Class Teacher to discuss a referral being made.



Support The MHST provides:

1:1 support

- 6 – 8 sessions
- Support with mild - moderate anxiety, low mood, or behaviours that challenge
- Sessions may be with young people, parents / carers or school staff depending on the nature of the difficulty.
- A referral is needed for 1:1 support

Group Support

- Parent groups
- Student groups
- A group will consist of 5 sessions.
- A group will support with a specific mild - moderate mental health difficulty (e.g support for behaviours that challenge, emotion regulation, transition)
- A referral is needed for group support

Workshops

- Single session providing information and support on a specific mental health and wellbeing topic



MORE INFO

LONSDALE



Could you welcome a foster child into your family?



We need foster carers for children
and young people in Hertfordshire.

Can you offer a nurturing, safe and stable home?
Hertfordshire County Council provide an allowance,
training and unrivalled 24/7 support, every step of the way.

For further information on
Fostering call us on **0800 917 0925**

FOSTERWITHUS

www.hertfordshire.gov.uk/fostering

 @hertfordshirefostering  @HCCFosterAdopt

In partnership with



Stonewall



Hertfordshire

**Physical and
neurological impairment
advice line**

01442 453 920

**Mondays 1.30pm - 4pm
(term time only)**

MORE INFO

LONSDALE



and 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



MORE INFO

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!)



MORE INFO

ISL Integrated
Services for
Learning

working together locally

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

MORE INFO



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



WEBSITE

INFORMATION

Visit the Student Area on our website

www.lonsdale.herts.sch.uk

You can find lots of activities in the 'All Sorts of Things' section.

Daily Home Learning Plan can be found in your class area for pupils who are not attending school.

Student Area is here!



HOME ABOUT US COVID-19 RETURN TO SCHOOL NEWS AND EVENTS OUR LEARNING PARENTS GOVERNORS COMMUNITY STUDENT AREA CONTACT US



**LONSDALE
SCHOOL**
Learning for life!

www.lonsdale.herts.sch.uk

Login 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

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:

LOGIN

[Forgotten your password?](#)

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 quest-ions.



Science with Maddy Moate on YouTube
Weekdays 11am. Maddy & 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 for maths website: www.themathsdoctor.com



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



Storytime With David Williams
Free story everyday at 11am on his website: www.worldofwilliams.com

ALL SORTS OF THINGS...

BUMBLEBEES

DOLPHINS

ELEPHANTS

GORILLAS

HIPPOS

KOALAS

LYNX

OWLS

PANDAS

SEA TURTLES

TASMANIAN DEVILS

VAQUITAS

WOMBATS

JOIN THE SPRING WATCH!