



Learning@Lonsdale

NEWSLETTER

Wednesday 20th December 2023

Whole School News

Christmas has well and truly arrived! The last week and a half at Lonsdale were filled with exciting events, such as the primary Christmas plays, Christmas dinner and a Christmas disco, which were enjoyed by all! Even Santa came to visit the pupils.

We had a whole-school assembly on 20th December to say 'goodbye' to Annemari Ottridge and Anne Smart. They have given 34 years between them to Lonsdale, and they will both be missed. We wish them all the very best for their future ventures!



All the team at Lonsdale School would like to wish you a merry Christmas and a good 2024!

Information & Dates for your Diary



20th December 2023—End of Term, Pupils go home at 1.30pm

8th January Inset Day, Pupils return on 9th January 2024

w/c 19th February 2024 – Half Term 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

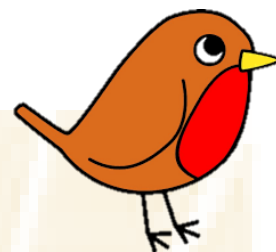


PRIMARY

News

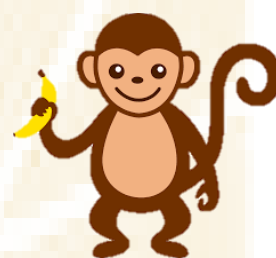


Robin Class have had a wonderful Christmas-filled week. They started the week with the Christmas story sensory style, they enjoyed exploring the knitted nativity. They have finished cards and gifts for home and made table place cards for their Christmas dinner. They worked so hard practicing their play and thoroughly enjoyed performing for their families. Robin Class would like to wish you all a merry Christmas!



ROBIN CLASS

Monkey Class have had a busy week making lots of decorations for Christmas. They have listened, joined in and ordered the Nativity story, made Christmas wreaths, placemats, calendar and decorated pine cones. They made a stained-glass nativity scene and learnt about and then made a Christingle. They all worked really hard in their Christmas play. Monkey Class wish you a merry Christmas!



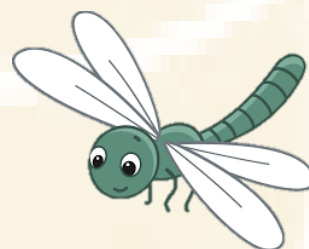
MONKEY CLASS

It has been a busy week for Alpaca Class. We have been rehearsing for the Christmas play and getting table decorations ready for our Christmas dinner, which we were all excited about. We loved performing our Christmas play and hope you enjoyed it. The team in Alpaca Class wish you all a wonderful Christmas and prosperous New Year!



ALPACA CLASS

Firstly, we would like to say a HUGE thank you to everyone who came to see our Christmas performance. We had so much fun creating and sharing it with you all. It has been a very busy term with lots of learning and laughter. Some highlights have been PE games, learning about habitats and learning about 'Pop Art'. Have a wonderful Christmas and New Year!



DRAGONFLY CLASS

In Literacy and Creative we really enjoyed practicing and performing our Christmas Talent Show. We worked extremely hard to plan, prepare and create the show with a range of talents, and we hope you liked it. In Numeracy we created a bar chart to show the best flavour of Christmas flavour crisps - the winner was Aldi Pigs in Blankets! We enjoyed our last FitKidz session, complete with rainbow-coloured hoops! We practiced some self-relaxation to help calm ourselves after all the fantastic Christmas festivities.



FALCON CLASS





SECONDARY

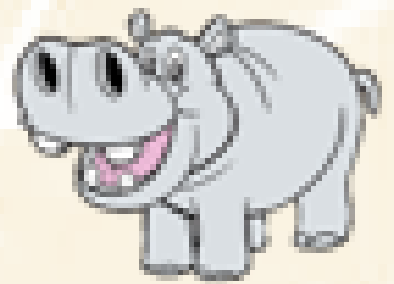
News

Everyone enjoyed watching the Primary Christmas performances last week. The class has also enjoyed plenty of Christmas fun. They each took a role in the Nativity in class – Rose was a great angel, managing to recall the different messages for Mary, the shepherds & Joseph. Our wise man, Orla, followed the star around the classroom & Tom, the shepherd, remembered to take a sheep to visit the stable. Rosie and Aalaeya played Mary and Joseph and looked delighted with their baby! We wish you and your families a very Happy Christmas and New Year period and look forward to seeing the class in January 2024!



WOMBAT CLASS

In Maths we looked at different ways of multiplying 2-digit and 3-digit numbers by one-digit number. We have also looked at applying the formal written multiplication in problem solving. We had lots of fun competing in a Christmas-themed quiz. We wish you all a happy Christmas and New Year!



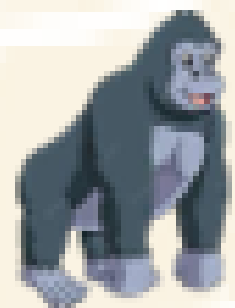
HIPPO CLASS

In English, we watched the film of 'Wonder' to finish off the topic. In Computing, students worked on their individual basic computing skills. In PSHE, we had some brilliant discussions about friendship and what makes a good friend. In Geography, we completed our topic learning about the world by plotting Santa's route across the world on Christmas Eve! We also enjoyed making some paperchains to decorate our classroom. We also watched the primary pantos, which were brilliant!



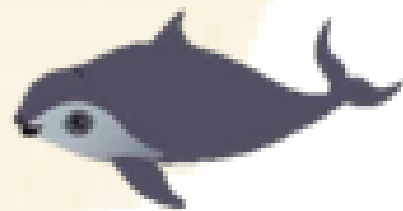
SEA TURTLE CLASS

In Gorilla Class we have been doing lots of 'Get to know you' activities, so that Mrs Rosenberg could get to know her new form class better! We have learned each other's favourite colours and animals and spent a very funny 20 minutes talking about all the foods we love! In English we wrote sentences about what we are excited for, for the holidays, and in Maths we are finishing our multiplication topic!



GORILLA CLASS

This week has witnessed a flurry of Christmas-themed activities in readiness for the last two days and Xmas lunch. Pupils have been trying to solve the clues to the mystery of the Christmas party (Maths) and designed a cable car for cheeky elves to ride a zip wire (Science). We are very close to the conclusion of the story – Bruno is planning one last adventure before going back to Berlin.



VAQUITA CLASS



UPPER SCHOOL

News

LONSDALE



In Math we looked at different ways of multiplying 2-digit and 3-digit numbers by one-digit number. We have also looked at applying the formal written multiplication in problem solving. On Tuesday we had a great time at the Christmas dinner, and we enjoyed the Christmas disco in the afternoon. A very merry Christmas and a happy new year from all of us! Have a great holiday!

In English we continued developing our understanding of how to use persuasive techniques and wrote our own Room 101 pieces about something we would like to see banished forever. In PSHCE we took part in a quiz, which included lots of the topics we had previously learnt about. All Pandas wish you a merry Christmas!

We started the week doing a skeleton-parts hunt in Science. In English, we wrote our own version of Funnybones and also sequenced the Christmas story. We had a go at dividing in Maths, where we thought about sharing equally. In History we learnt about Ancient Egyptian Gods and Goddesses and made a clay sarcophagus, too. We had fun making Christmas decorations and had a lovely Christmas dinner.

Another busy week in Lynx Class. In Math, we were focusing on multiplying 2- and 3-digit numbers by 1-digit numbers. During the vocational sessions we looked at different Greek artists, and we created a fact file about the painter we like the most. Also, we had lots of fun making Christmas decorations and decorating our classroom.

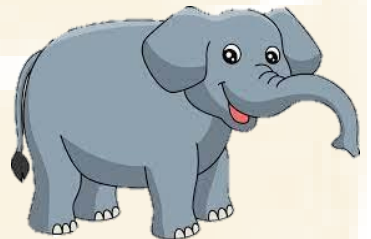
We will use the following page over the next weeks to introduce our Governors to you. Please read on to find out a bit more about a member of our Governing Body this week.



TASMANIAN DEVIL
CLASS



PANDA CLASS



ELEPHANT CLASS



LYNX CLASS



GOVERNORS NEWS

SAL JARVIS



Responsibilities/Committees: Chair School Development Board

This is my second term as a governor at Lonsdale and I love it!

I started my career as a primary school teacher and was Special Educational Needs and Inclusion Co-ordinator at a mainstream primary school in Herts, for eight years before moving to Higher Education in 2006.

I am now Deputy Vice Chancellor Education at the University of Westminster. In my spare time I go horse-riding, and I keep a pony called Socks at Chesfield Stables. Socks takes part in RDA and has been ridden by Lonsdale children!

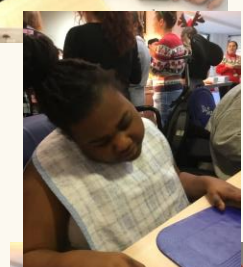
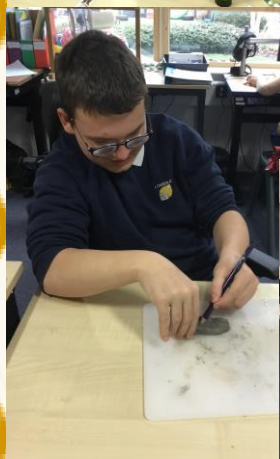
*Lonsdale Governors
in focus*





BRILLIANT

BITS





BRILLIANT

BITS



ZOOM

*in for brilliant bits
from this week at
Lonsdale*



BRILLIANT

BITS



zoom

*in for brilliant bits
from this week at
Lonsdale*



MORE INFO



Support for our families over Christmas

Christmas can be a challenging time for some of us and we do not want anyone to feel alone or unable to access support. Here are a few services who can be contacted to support a wide range of issues and are just at the end of a phone or weblink. Please use them if you feel worried or overwhelmed or just need someone to lend an ear.

To support mental health:

Dial NHS 111 and select option 2 for the mental health crisis team. You will be connected to a contact centre where trained staff will provide appropriate support and advice 24 hours a day. You can call their Single Point of Access (SPA) freephone number: 0800 6444 101 which is open 24/7. SPA also offers live webchat. Please visit the following website for more information: www.hpft.nhs.uk/get-help/

Shout: a free 24/7 text service, for anyone in crisis anytime, anywhere. Text "SHOUT" to 85258. - Sane: out of hours helpline. Please call 0300 304 7000 from 4.30pm - 10.30pm every day.

[Sandbox Homepage \(mindler.co.uk\)](http://mindler.co.uk) a fantastic website aimed at children and young people aged 10-25 years old who are struggling with their mental health

<https://www.withyouth.org/how-we-help/lumi-nova/> another fantastic and engaging website aimed at children and young people aged 7-12 years old who are struggling with their mental health

Crisis Support | Hertfordshire Mind Network

hertsmindnetwork.org They offer emotional support, advice and information if you are feeling distressed and are in crisis.

Their Nightlight Crisis Helpline team is there for you from 7pm to 1am, every day of the year. Their Nightlight Crisis Cafes at Watford and Stevenage are open from 7pm to 1am every evening, seven days a week, 365 days a year.

Additional contacts

Samaritans: whatever you're going through, you can call Samaritans any time (24/7), from any phone for free. Call 116 123 or email jo@samaritans.org (response time: 24 hours).

SADA: For anyone suffering from domestic abuse, contact Sada 01438 242666 email: SADA@stevenage.gov.uk

Food shed: 01438 361616

For anyone suffering from substance misuse, contact Hidden Harm 0800 6523169 email: herts@cgl.org.uk

Childline 0800 1111

MORE INFO

LONSDALE



Hertfordshire's
Holiday Activity Programme



FREE kids' fun, food & physical activity through the festive break!



Does your child get benefits-related free school meals?

If so, you can book them into HAPpy camps for free, during school holidays.

Get your child's booking code from their school and either scan the QR code below or book online at bit.ly/3FV6DOD

Winter bookings are live from 12 noon on 22 November 2023.

With limited places at each venue, book your child's place soon to make sure they have a HAPpy school holiday!



Department
for Education



Hertfordshire
Community
Foundation



Relationship support for parents

We recognise that the Christmas period for some can bring additional stress and pressure to your relationship. Whether you are together or separated, you can find a wealth of information advice and guidance on the Relationship support for parents [by clicking here.](#)

This includes FREE relationship courses for Hertfordshire parents including:

Parenting When Separated – A 6-week group based course delivered online or face to face aimed at parents that are going through or are separated.

OnePlusOne's Digital Offer – Parents can access a free online platform that consists of 3 courses and bonus debt material

Parenting SEND Children Through Separation – A 6-week online course for parents if children with SEND that are separated.

Within My Reach – An 8-week online course for parents of children with SEND that are together.

Stronger Relationships – A 6-week online course for parents, carers and extended family.

Online safety over Christmas



MORE INFO

Get help to buy food and milk

(the Healthy Start scheme)

What is Healthy Start?

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

Visit: <https://www.healthystart.nhs.uk/>

Could you stop brothers and sisters from being separated in care?

We urgently need people to consider fostering sibling groups and would love to speak to you about becoming a foster carer with us. More than half of brothers and sisters in care in Hertfordshire have to be separated, and these siblings face feelings of loneliness and fear. We would particularly welcome applications from teaching staff as we know your experience suits sibling groups.

Watch a clip of our new short film – All Alone – to demonstrate how siblings can give each other comfort and support at a time of uncertainty: <https://youtu.be/MsBR2JR9TAo>

Our foster carers receive generous pay and allowances plus comprehensive training and local support. To find out more about fostering, visit www.hertfordshire.gov.uk/fostersiblings, call us on 0800 917 0925 or email fostering.recruitment@hertfordshire.gov.uk

MORE INFO

LONSDALE



JOIN THE **Super 1s**



**All disabilities welcome
Ages 12-25**

CHALLENGE YOURSELF
BE MORE ACTIVE
IMPROVE YOUR SKILLS
MAKE NEW FRIENDS

Free inclusive cricket sessions!

MONDAYS:

Harpenden Hub | 6pm - 7pm*
Harpenden Leisure Centre,
Leyton Rd, Harpenden AL5 2HU

WEDNESDAYS:

Watford Hub | 5pm - 6pm*
Merchant Taylor's School,
Northwood HA26 2HT

*Running weekly from w/c 8 January
2024 until the Easter holidays

CONTACT:

Luke Heskett
luke.heskett@hertscricket.org

www.lordstaverners.org/super1s



LORD'S TAVERNERS
Empowering young people through cricket

Registered Charity No. 306054 | OSCR No. SCO46238



**Hertfordshire
Cricket**

BRINGING CRICKET TO LIFE

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 Oli 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.worldofdavidwilliams.com

ALL SORTS OF THINGS...

BUMBLEBEES

DOLPHINS

ELEPHANTS

GORILLAS

HIPPOS

KOALAS

LYNX

OWLS

PANDAS

SEA TURTLES

TASMANIAN DEVILS

VAQUITAS

WOMBATS

JOIN THE SPRING WATCH!