learning@lonsdale

Whole School News

The new year 2024 started with a training day for all staff last Monday.

On Tuesday it was great to welcome all the pupils back to school, who were keen to see their friends and share their holiday news.

On Wednesday there was a special assembly, where all pupils found out about the roles of the new Senior Leadership Team and heard from the new Acting Headteacher, Mrs Thiele, about the exciting plans for the new year 2024.

All parents are warmly invited next week to also meet Mrs Thiele and the Senior Team to hear about moving forward. We hope you will able to join us on Teams and you should have received an invitation.

Just to let you know, we have removed the photo pages on our newsletter and replaced them with a link to our Gallery website, where you can view our 'best bits' every week. We hope you will enjoy viewing the weekly photo album.

Monday 15th January 2024

LONSDALE

Information & **Dates for your Diary** 5 9 10 11 12 13 12 15 16 17 18 19 20 2

22 23 24 25 26 27 2

29 30 31

Half Term 19th to 23rd February 2024 End of term Thursday 28th March 2024 – Pupils will go home at 1.30pm Staff Inset Day Monday 15th April 2024 Pupils return on Tuesday 16th April 2024 Bank Holiday Monday 6th May 2024 Half-Term Holiday 27th to 31st May 2024 End of Term Tuesday 23rd July 2024

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.

ONSDAL

PRIMARY-

News

Happy new year! Robin Class have had a fantastic first week back, the children have all settled back into their school routines well. They have enjoyed being back with their friends and have been practicing their sharing skills using the interactive whiteboard. They have got straight back into learning and have been learning about winter, starting with how the weather changes. They have been introduced to the class bear who they have named Robin, and they have dressed him in appropriate winter clothing. They enjoyed primary assembly led by Mrs Thiele to end the week.

Happy New Year to you all! It has been lovely to see all the children back and ready to learn. They have worked well using their communication to share their holiday news and ask/ answer questions. They have started the new terms topics, the History of Travel and Transport, Earth and Space in Science and used some of this to support their English, understanding non-fiction books. They enjoyed looking at different non-fiction books in the library and choosing their own topic. It has been really great to see/ hear how much they have remembered of the phonics.

Happy New Year! We have had a great start to the new term. The children enjoyed sharing their holiday news, especially seeing their friend's photos on Tapestry. They have begun their new topics History of Travel and Transport and Earth and Space. In DT, the children have been learning about and designing their own pizza and in Computing they were working on using 'Paint' to design. In English, pupils have been learning about letter writing using The Jolly Postman as their inspiration.

Dragonfly Class had a lovely first week back, celebrating the New Year, sharing our Christmas celebrations, and making resolutions. Pupils were very excited to see each other! They were introduced to lots of new topics for this half term, with our main focus being 'Earth and Space'. Students began the Geography topic on 'The Water Cycle' by looking at Earth from space and noticing how much water covers our planet. Children shared some very creative ideas how it moves around the planet! Next week, we will begin a unit on letter writing in English, and cultural patterns in Art.

In Literacy, we enjoyed listening to the Hanzel and Gretel story and answering comprehension questions. In Numeracy, we looked at odd and even numbers and used thermometers to record temperatures of places around the school. In Science, we started to look at our new topic- Earth and Space and in Geography, we discussed different weather and how clouds are formed. We enjoyed going on a litter pick in Life Skills, playing board games with Sea Turtles and Wombats ready to make a big version in TaskMaster!



LONSDALE



MONKEY CLASS



ALPACA CLASS



DRAGONFLY CLASS



FALCON CLASS

LONSDALE

SECONDARY News

Welcome back to the Spring Term! We hope you all had a lovely break, and would like to thank you for our fabulous gifts. This week we have thought about the New Year and how it is celebrated, especially with fireworks! We watched the London New Year's Eve display and then wrote some words which described what we could see. In Creative, we then made some amazing pictures of fireworks, to create a display for the corridor (see the picture below!) In Science, we started our new topic All About Sound. We went on an indoor sound walk and carried out an experiment to see the vibrations that sound makes.

During our Maths sessions, we shared New Year resolutions and discussed what area in Maths we would like to improve in. We also took part in New Year Maths Challenges Quiz and enjoyed competing against other class teams. That was great fun!

We joined in assembly on Wednesday to find out about the school's new leadership team and their roles.

It's been a lovely first week back for Sea Turtles Class! It was exciting to hear about all of the lovely things they did over the holidays on Tuesday, as well as looking at their aims and goals for 2024. In History, students started the new topic on Crime and Punishment over time, focusing on the Roman era. Pupils learnt, for example, that if you were a burglar, you would have some of your limbs cut off!! In English, children started the topic on Traditional Tales, looking at some of the key elements of these types of stories. In Science, they started their topic on Sound, learning about different types of sound. In PE, the class created 'shapes' during Gymnastics.

It's been a lovely first week back for Gorilla Class! We have enjoyed hearing about everyone's holidays and getting to grips with lots of new topics! In English, we wrote brilliant sentences using 5Ws words (What, Where, Who, When, Why). During the Maths sessions we have been exploring the weight of different objects!

Welcome back to school to all our pupils in V Class. It has been lovely to hear everybody's news about their holidays and the various activities they have been up to. We have started a new cross-curricular project centred around the Ancient Greeks. The challenge for the pupils is to be able to identify and relate the learning to its more common subject area. So far they have been learning about the Greek Gods and been able to relate this beliefs and practices in some religions. Food Tech got off to a delicious start with Harissa chickpea stew! Happy New Year!

WOMBAT CLASS



HIPPO CLASS





GORILLA CLASS



UPPER SCHOOL

News

Happy New Year to all! It was lovely to hear and share our Christmas news and lots of you had some very busy times with your families. In Science we looked into Sound, what sound is and how it is created. In Art, we looked at the first known art by humans, going back to the Stone Age with cave paintings. We recreated our own versions. During our Maths sessions, we shared New Year resolutions and discussed what area in Maths we would like to improve in. Also, we took part in New Year Maths Challenges Quiz and enjoyed competing against other class teams. That was great fun! Have a fantastic week ahead.

In English we were learning about Oppression by reading extracts from 1984. In Science we continued our work on hydro-carbons and the usefulness of oils. In P.E we were given weeks to do our own activities. In Maths we had a Quizzzzzz (3); we learnt about using fluency and problem-solving. In P.S.H.C.E we were learning about relationships, which was fun!

Elephants have settled back in really well. It was lovely to hear about everyone's holiday news. We began our poetry topic in English, writing acrostic poems about winter. In Maths, we have been learning about wholes and halves. In History, we learnt about who the Anglo-Saxons were. We have had a go at typing in Computing. For our Vocational unit, we have been learning about climate change.

It was so lovely to see everyone back after well-deserved Christmas break. During the week, we discussed New Year resolutions with the aim to complete them this year. We all agreed, that it will not be easy, but we will not give up and try our best. During our Maths sessions, we looked at New Year Maths challenges and enjoyed competing against other teams. That was great fun! In Science, the class began a new unit on Sound and had a go at changing the pitch in musical instruments. In IT, they finished the unit on Excel functions and will be beginning the next unit on Programming very soon.

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.



LONSDALE

TASMANIAN DEVIL CLASS



PANDA CLASS







GOVERNORS NEWS

Louise HUDELESTON



Responsibilities/Committees: School Governor, School Development Board Staff Governor



LONSDALE

Hi, my name is Louise Huddleston. I am a determined individual who is passionate about breaking down everyday barriers. I am Tasmanian Devils Class Teacher, Lead for the Deaf & Hard of Hearing and a Staff Governor at Lonsdale. When I'm not teaching, you will find me at the gym or relaxing at home and catching up on the latest TV and film releases.

Before children, I trained as a Graphic Designer and did that for ten years before my hearing took a nose-dive and children came along. In 2010, I decided to pursue a new career in teaching and supporting SEN children, utilising my British Sign language skills and understanding of inclusion and differentiation; I haven't looked back since. I teach adults British Sign Language qualifications in my spare time and am very excited to hear that British Sign Language is to become a recognised GCSE language; I aim to introduce this to Lonsdale for our children to learn and achieve it as a qualification.

As a deaf person, I face daily challenges. Therefore, I am committed to ensuring that all students with disabilities and special needs have access to education and can reach their full potential. My goal is to provide every child at Lonsdale with the tools and resources to provide them with the courage and ambition to succeed and to ensure that no one feels left out or behind. Being a SEN teacher gives me immense joy as I see the happiness that even the simplest things can bring to my students. I advocate for SEN students, committed to giving everyone a voice and incorporating their ideas and suggestions to make Lonsdale the best school it can be.

People often ask me how I manage to juggle everything while caring for my busy household, including enough teenage boys to form my own football team. I enjoy staying organized and taking advantage of new learning opportunities to be the best version of myself.

Lonsdale Governors

in focus

LONSDALE

BRILLIANT BITS

To view our best photos from last week, please click the link below, where you will be taken to the website gallery to see a photo album for each week:

https://www.lonsdale.herts. sch.uk/gallery/?pid=187&gc atid=12

Enjoy!



BRILLIANT BITS

A HUGE THANK YOU to the Happy Days Charity who donated a lot of toys, knitted blankets and games to school just before the Christmas break!















LONSDALE







Open Orchestra Update

The children worked with Miss Sumner and Tim in their new groups. They worked on controlling their instruments to play louder and quieter on command following a conductor and some children chose to have a go at conducting themselves. Miss Sumner was very impressed with the progress the pupils had made since her last session with the children. The children are working on playing a short melody for a bubbling brook and next week will beginng working on a new musical phrase for the beginning of the river.



LONSDALE

ORCHESTRAS

Help to manage the cost of living

See all of the support, advice and services available to help you stay safe and well. Visit: www.hertfordshire.gov.uk/winterhelp, call 0300 123 4044 or scan the QR code

We're with you this winter



HertsHelp

Trained advisors offering free, confidential advice on local services and support

Call: 0300 123 4044 Email: info@hertshelp.net www.hertshelp.net

Money and benefits advice

Free guides on debt and benefits, disability, bereavement, housing, retirement and carer support

www.hertfordshire.gov.uk/ moneyadvice

We're with you this winter

Community spaces

Find a community space near you, locations all across Hertfordshire

www.hertfordshire.gov.uk/ communityspaces

Citizens Advice

Free, local and confidential advice on benefits, money and credit problems, employment, housing and family issues

Call: 0800 144 8848

Mental health

Hertfordshire

LONSDALE

Advice and support for your happiness, wellbeing and mental health

www.hertfordshire.gov.uk/ mentalhealth

Help for households

Central government is offering support with energy bills, transport, childcare and household costs

www.helpforhouseholds. campaign.gov.uk



Within my Reach

An online programme for parents of neurodiverse children who are living together or apart

This programme is designed specifically for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is a valuable opportunity to enhance relationships, strengthen parenting skills and create a more harmonious home environment.

Who should attend?

- Parents who are experiencing conflicts and challenges due to the neurodiversity of their child
- Parents who want to improve communication and build stronger partnership in parenting and co-parenting their neurodiverse child.
- Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child.

These 2 courses will be delivered by MS Teams, over 8 sessions, on the following dates/times:

LONSDALE

family

- Tuesdays & Thursdays from 27th February to 21 March 2024, 7.00pm to 9.00pm
- Wednesdays & Saturdays from 28th February to 23 March 2024, (Wednesday 7.00pm to 9.00pm & Saturday 10am -12pm)

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

We build better family lives together

www.familylives.org.uk



@FamilyLivesHertsandBeds



Family Lives is registered as a company limited by guarantee in England and Wales No. 387762. Registered charity No.3077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 Set2, VORE INFO

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Audience: Parents/ Carers of Stevenage Secondary school students/ year 6 students at Stevenage Primary schools Date: 25th January 2024 Time: 5:30-6:30pm Location: The Nobel School

Please register your attendance via the Eventbrite link:

https://www.eventbrite.com/e/themodern-parenting-experiencetickets-779972377377 The Stevenage Mental Health Support Team in collaboration with The Nobel School are conducting a **Workshop for Parents/ Carers** to have an open discussion around the current difficulties which impact children and young people's wellbeing.

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Topics:

- Understanding Mental Health in the 21st century
 - What mental wellbeing is/ isn't
- What are the current difficulties that young people are managing; social media & technology, friendship difficulties, academic pressures, body image, future financial pressures etc.
- How can we as parents/ carers be better equipped to support
- Understanding the 5 ways to wellbeing
- · Coming back to basics how to help.

There will also be signposting to different services available within Stevenage e.g. support with neurodiversity needs, youth groups & counselling services.

Hertfordshire Partnership

University NHS Foundation Trust





Information about Free School Meals in Herts can be found here: <u>https://www.hertfordshire.gov.uk/services/schools-and-</u> <u>education/at-school/free-school-meals/free-school-meals.aspx</u>

NORE INFO

Parenting SEN children when separated online programme

A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

Who should attend?

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.

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a family

 Parents wanting to create a positive and supportive environment for their child's development.

Three courses will be delivered by MS Teams, from 7pm to 9pm, over 6 sessions, on the following dates:

- Thursdays: 11, 18 & 25 January and 1, 8 & 15 February 2024
- Mondays: 29 January, 5, 12 & 26 February and 4 & 11 March 2024
 - Mondays & Wednesday: 29, 31 January & 5, 7, 12, 14 February 2024

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

We build better family lives together

www.familylives.org.uk



@FamilyLivesHertsandBeds



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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!



NORE INFO

<u>Get the help that fits your family, so you can</u> juggle work and life

Thousands of families could be saving money on their childcare costs. But some simply don't know what support they might be eligible for. The Childcare Choices website brings together all the existing childcare offers in one place, so parents can get the help that fits their family. This could be through Tax-Free Childcare, 30 Hours Childcare, or Universal Credit Childcare. Some families might be eligible to use more than one childcare scheme together and get the most out of it. And from next year even more help is on the way:

• From April 2024, eligible working parents in England with children aged 2 will have access to 15 hours childcare.

• From September 2024, the 15 hours childcare offer will be expanded to eligible working parents in England with children between 9 and 23 months old.

• From September 2025, eligible working parents in England with children between 9 months up to school age will have access to 30 hours childcare.

Support is also expanding for primary-school aged children, from September 2024, parents are expected to see an expansion in the availability of childcare in their local area before and after school, between 8am and 6pm, also known as 'wraparound care'. Don't miss out on getting the support you are entitled to.

Visit the Childcare Choices website to check what offer you might be eligible for and sign up to the newsletter to get the latest updates about the childcare support expansion.

Visit: https://www.childcarechoices.gov.uk/

JOIN THE SUDEI IS



All disabilities welcome Ages 12-25

LONSDALE

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

Registered Charity No. 306054 | OSCR No. SCO46238



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





LONSDALE

Physical and neurological impairment advice line

01442 453 920

Mondays 1.30pm - 4pm (term time only)

Ju 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.



Hertfordshire Family Centre Service



HOW TO BOOK

LONSDALE

Log onto our Eventbrite page to book your place https://barnardosstevenage.eventbrite.co.uk

MORE INFORMATION hertsfamilycentres.org Call us on: 0300 123 7572

Delivered by Bellove in ohlidren Barnardo's

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!)



LONSDALE





working together locally

SEND Advice for Parents/Carers

Helpful SEND advice lines for Parents and Carers

Advice line	Times available (from Sept 2020)
Educational Psychology Contact line	Weds 2pm – 4:30pm
SEND Specialist Advice and Support Service* \$ 01442 453920 - term time only	<i>Specific Learning Difficulties:</i> Mon & Thurs 09:30am – 12pm
	Speech Language, Communication & Autism needs: 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
West team Attendance Duty*	Mon - Fri 09:30 am - 4pm
East team Attendance Duty*	Mon - Fri 09:30 am - 4pm

* also available to schools, settings and professionals

Cyberbullying

What is Cyberbullying and online Harassment?

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

Cyberbullying is NOT ACCEPTABLE

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

How to cope with the effects of Cyberbullying

- You must not blame yourself. Noone deserves to treated cruely by anyone.
- It can make you feel very upset, alone and like noone will understand or help you.
- REMEMBER you are not alone and there are lots of people who can help you. Make sure you tell someone and do not try to deal with this on your own.
- For confidential help and advice: NSPCC <u>nspcc.org.uk</u> or Bullying UK <u>bullying.co.uk</u>



LONSDALE

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).

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/



INFORMATION

NEWS AND EVENTS OUR LEARNING

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Visit the Student Area on our website

WEBSI

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.

COVID-19 RETURN TO SCHOOL

ABOUT US

Student Area is here!

LONSDALE



STUDENT AREA

LONSDALE SCHOOL Learning for life 1 10 nerts.sch.u onsela

Login to find out more!



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



Maybe send your feedback?



ME» STUDENT AREA Welcome



PARENTS

GOVERNORS

COMMUNITY

ccess this area we need you to login using the username a se enter this information below and click login to proceed. and password provided to you by the s

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

Password: LOGIN

Forgotten your password?

Ideas Shared by and for Parents

This page is full of ideas which have been sent to us by parents. Thank you, all r ideas and thoughts coming: we will update this page regular To get in touch, please email your child's form tutor or use the 'Home Learning Quest

Free Daily Resources For Children

fe With with Steve Backshall On Facel at 9:30am for answering all your wildlife vation, geography and exploration ques

ith Maddie Moate Tlam. Maddie & Cre science and natur ith Oti Mabuse On Face

th Myleene Klass on You' k. Next one Friday 27 Marc but can view any time.

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