



Learning@Lonsdale

# NEWSLETTER

Monday 22nd January 2024

## Whole School News

We all had a good second week of the new term. Different classes are now taking and leading the secondary assemblies, which is much enjoyed by the secondary students. A few changes to our lunchtime made the dinner queue much shorter; this is now working really well with less time in the queue and more time to enjoy with friends.

It was great to see several parents join Mrs Thiele and the Senior Team last week on Thursday to hear about moving the school forward. All parents are warmly invited to complete a survey about what they think school should keep, improve, start new or scrap. Your ideas will form part of developing the school's new strategic plan. Please use the link below to send your ideas:

<https://www.smartsurvey.co.uk/s/KISSFeedbackSurvey/>

And last but not least a reminder, 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.



## Information & Dates for your Diary

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.





# PRIMARY

## News

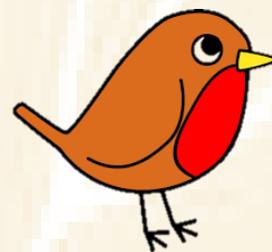
As the weather has turned colder, Robin Class have been exploring all things winter. We started the week with 'One snowy night', a sensory story. In Mathematics, we played a game with a dice and drew a snowman. During the K & U, we put water outside and left it overnight to explore the ice on the following day.

In Monkey Class, pupils have been developing their understanding of non-fiction books in English. They have chosen a topic, made a front page and then made a contents page. In Maths, they have continued working on number order and 1:1 correspondence as well as properties of shapes. In Science, they have role played being an astronaut travelling to different planets, looking at the colours. They made their own longboat in History. Thank you for continuing to send photos for news on Tapestry.

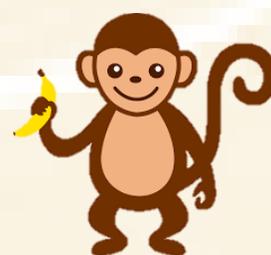
Alpaca Class have been working hard this week. In English the children have been developing their reading comprehension skills. In maths they consolidated their knowledge of 10 as a number made of many combinations. In science they had fun exploring sphere shapes and making playdoh planets. The children did well discussing different pictures of transport, identifying past and present. In PHSCE, the children explored things they should think and things OK to say.

Dragonfly Class had a lovely week continuing our space exploration! We focused on the sun and moon - using key vocabulary to compare them, learning about orbiting, and how moon craters are formed! In English, we are beginning to discuss formal and informal letters before pupils write their own, and in Maths pupils are exploring measure. Some great discussions about the water cycle were had in Geography, and pupils loved sharing their views on our school in PSHCE.

In Literacy, we enjoyed listening to the Rapunzel story and answering comprehension questions. In Numeracy, we looked at adding numbers and reading thermometers. In Science, we looked at how the Earth, Sun and Moon all move around each other and in Geography we discussed where water comes from using the water cycle. We enjoyed practicing the recovery position in LifeSkills and making board games with Sea Turtles and Wombats in TaskMaster!



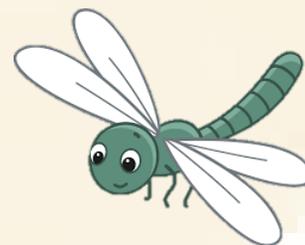
ROBIN CLASS



MONKEY CLASS



ALPACA CLASS



DRAGONFLY CLASS



FALCON CLASS



# SECONDARY

## News

Our new English topic is Poetry. Pupils have been writing 'Who Am I?' poems about themselves and have heard and written poems about wintery weather. They have had some great ideas! In the week beginning 29th Jan, they will be writing poems about animals, so if they have a pet at home & would like to bring a photo to base their work on, please send one in that day or email to Mrs H in advance. In D&T they have been at the early stages of making a hand warmer. Most pupils have been using a pattern for a penguin and some have chosen to attempt a robin. In Science, we continued to learn about sound, and we have identified the different sections of the ear. In Math, we have been practicing our number skills and revising our knowledge of shapes and their properties.

A great week in Hippo Class! In RE, we learnt about Sikhism and how the Sikhism religion was founded. In Science, we started our new topic, Sound. We learnt that sound is created by vibrations, we used a tuning fork to make ripples in water and watched the rice vibrate on a drum when we hit it. In PSHE we talked about things we would like to keep, improve, start new and scrap for the school as requested by Mrs Thiele who is keen to hear our ideas! In Math, we have been doing division and learning the bus stop method. In English we took mock exams, Mrs North is very impressed by how much we have learnt. In History, we continued our Crime and Punishment topic; we learnt about the Anglo-Saxon justice system and compared this to the Criminal Justice System we have in England today.

Students started last week by planning their own 'Traditional Tale' - there were some very interesting ideas! In Science, they did a survey on sounds that they can hear around school. In Computing, we learnt about Algorithms and had a go at programming our Blue Bots. In Math, the Class have been learning about 3D shapes. They went around the school finding examples of different shapes. In History, we started to learn about Crime and Punishment in the Anglo-Saxon times. In their second English lesson, the Class listened to the story of 'The Emperor's New Clothes' and discussed the moral behind it. In Creative, they started to paint some cave paintings. In PE, we continued to do some Gymnastics.

Gorillas have been looking at their new topic 'Transport' this week. They have begun to explore what transport looked like in the past and how it had changed. In Maths, we have been estimating if objects are heavier or lighter and looking at different types of measurement. In English, we have begun to get to grips with our Poetry Unit on The Magic Box. We have been looking at different types of boxes and describing them.

This week, pupils have explored many cross curricular aspects about Ancient Greece. They completed fact files about the gods (RE), learned which cities and places remain as part of modern Greece by comparing maps (Geography), aspects of their culture and organisation (History). In addition (note the pun) they learned about how buildings were constructed and use of triangular pediments as decorative features. Their Literacy task was to read and retrieve information from a text using source materials from the week's lessons.



WOMBAT CLASS



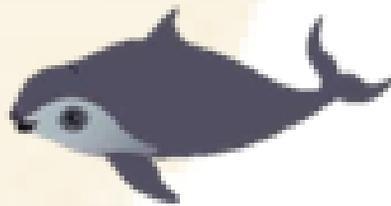
HIPPO CLASS



SEA TURTLE CLASS



GORILLA CLASS



VAQUITA CLASS





Tasmanian Devils have been hard at work this week with looking at how the Egyptians decorated their pyramids, reflecting the craftsmanship without modern day utensils and reproduced this in our Art lesson. In Science we have been exploring sound, how it is created and why some people can hear better than others. In Geography, we have been looking closer at Eastern European Capital Cities and Countries. In English we have been working hard at polishing our Functional Skills and looking deeper at how to achieve full markings.



TASMANIAN DEVIL  
CLASS

In Math this week, our GCSE pupils have been learning about factorising by nominals and our FS pupils have been learning how to solve division using the bus-stop method. In Science, we conducted an experiment to measure viscosity. In Computing we have been learning about the COUNTIF function in spreadsheets and revising our knowledge of other functions. We continue to learn about relationships within RSE, we have been learning about different cultures.



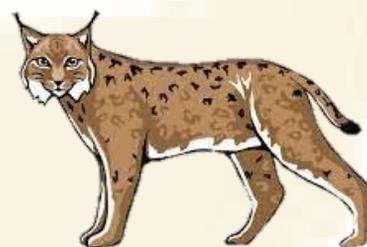
PANDA CLASS

We have enjoyed learning about fractions in Maths by halving shapes. In English, we continued learning about poetry and thought about adjectives to describe Arctic or Antarctic animals. In Science, we investigated different sounds. We learnt about Anglo-Saxon place names and their meanings in history. As part of our Vocational lesson, we sorted recycling into the correct bins.



ELEPHANT CLASS

Another busy week in Lynx Class. During the Math sessions we have been learning about dividing numbers with remainder using the bus stop method. Also, we challenged ourselves with completing Functional Skills Practice Tests. In Science we looked at Sound and how it travels through different materials. On our Vocational lesson we have been researching and gathering information about everyday life in Ancient Greece. In Creative, we looked at work of Pablo Picasso.



LYNX CLASS

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.



GOVERNORS NEWS





# ELLEN BARROW



## Responsibilities/Committees:

School Development Board

Hi, I'm Ellen. I currently work in the Assessment Design team at Pearson UK. A key focus of my work to date has focused on the equity and fairness of assessment, the removal of barriers to access in products and emphasising student voice. Through my job, I was lucky enough to meet with teachers and students at Lonsdale to get their valuable insight for projects exploring accessibility and digital assessment for learners with SEND. In 2022, I came for a visit with my colleagues and was struck by how wonderful I thought the school was – so naturally jumped at the chance to join as a governor! I'm looking forward to contributing to and helping the school to provide the best education for the pupils at Lonsdale.

*Lonsdale Governors  
in focus*





# 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](https://www.lonsdale.herts.sch.uk/gallery/?pid=187&gc<br/>atid=12)

Enjoy!





## Open Orchestra Update

**OPEN**  
ORCHESTRAS

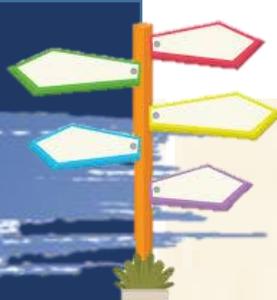
This week the children worked with Miss Sumner. They started their session practising controlling their instruments to play louder, quieter, stop and play on command following a conductor and visual prompt.

Group 1 then began working on a new musical phrase whilst Group 2 practised playing the bubbling brook melody with dynamics. Next week we are looking forward to welcoming Group 3, Gorilla Class as they begin their Open Orchestra journey.





# MORE INFO



## 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](http://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](mailto:info@hertshelp.net)  
[www.hertshelp.net](http://www.hertshelp.net)

### Community spaces

Find a community space near you, locations all across Hertfordshire

[www.hertfordshire.gov.uk/communityspaces](http://www.hertfordshire.gov.uk/communityspaces)

### Mental health

Advice and support for your happiness, wellbeing and mental health

[www.hertfordshire.gov.uk/mentalhealth](http://www.hertfordshire.gov.uk/mentalhealth)

### Money and benefits advice

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

[www.hertfordshire.gov.uk/moneyadvice](http://www.hertfordshire.gov.uk/moneyadvice)

### Citizens Advice

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

Call: 0800 144 8848

### Help for households

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

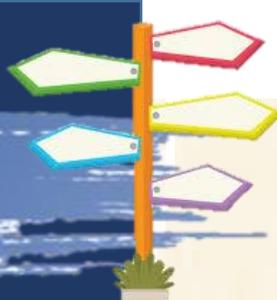
[www.helpforhouseholds.campaign.gov.uk](http://www.helpforhouseholds.campaign.gov.uk)

We're  
 with you  
 this winter





# MORE INFO



## 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:**

- 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](mailto:services@familylives.org.uk) or call 0204 522 8700 or 0204 522 8699

SCAN ME



**We build better family lives together**

[www.familylives.org.uk](http://www.familylives.org.uk)

 @FamilyLivesHertsandBeds





# BSL

**Challenge yourself to some fingerspelling.**

**Words range from 3 letters to 9.**

**Keep practicing, and you will be a pro in no time!**

3 letters; Car, Bus, Day, Ear, Wet, Dog, New

4 letters; Fish, Boat, Kick, Jump, Move

5 letters; Shape, Crisp, Catch, Field, House

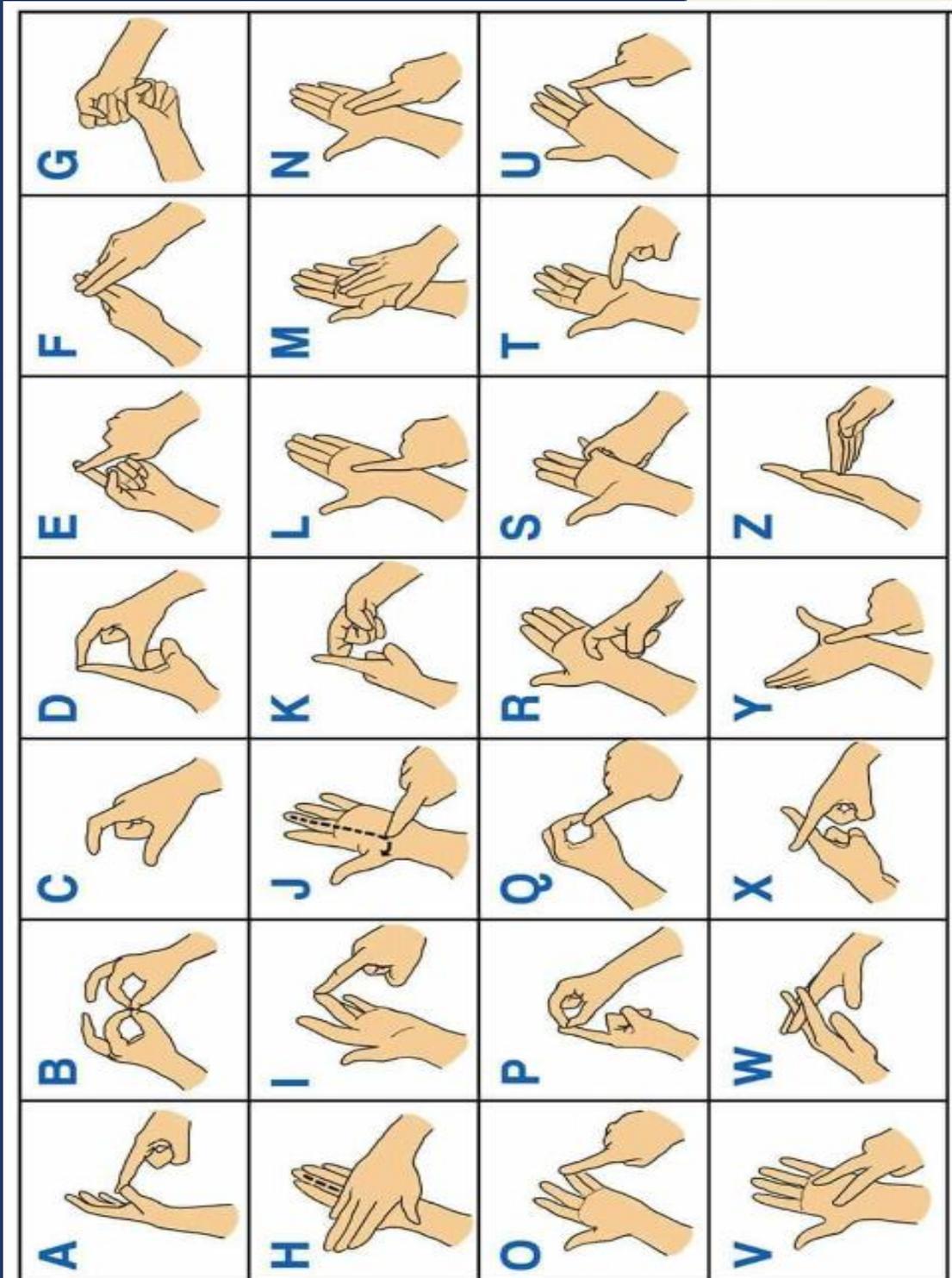
6 letters; Anyway, Beyond, Device, Castle

7 letters; Puzzled, Quizzed, Jukebox

8 letters; Electric, Division, Creative

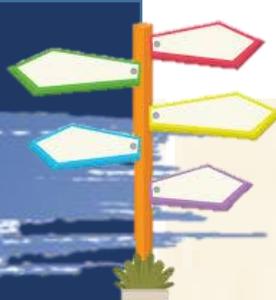
9 letters; Adulthood, Textbook, Frequency.

**For a challenge, have a go at signing all your friends' and family's names**





# MORE INFO



## Herts Haven Café



For 10 - 18 year olds



- ◆ No referrals, no judgements – just an open door and a safe welcoming space to talk
- ◆ Professional workers to support you with your wellbeing
- ◆ Practical help at your fingertips - coping strategies, stress management techniques and more!
- ◆ Emotional support tailored to your needs

For more information scan the QR code



### Opening times and locations

The cafés are open in Watford, Hemel Hempstead and Stevenage across the week.

Day	Time	Location
Mon	3:30 – 8pm	Watford Palace Theatre
Tue	3:30 – 8pm	Bowes Lyon, Stevenage
Wed	3:30 – 8pm	Bowes Lyon, Stevenage
Thu	3:30 – 8pm	Quaker Meeting House, Hemel Hempstead
Sat	12pm - 5pm	Bowes Lyon, Stevenage
Sat	12pm - 5pm	Quaker Meeting House, Hemel Hempstead



# MORE 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.
- 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](mailto:services@familylives.org.uk) or call 0204 522 8700 or 0204 522 8699

SCAN ME



**We build better family lives together**

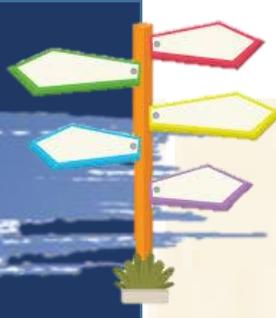
[www.familylives.org.uk](http://www.familylives.org.uk)

 @FamilyLivesHertsandBeds





# MORE INFO



## Spring 2024 groups and workshops



All our programmes provide support, information and resources to parents/carers and adult family members so they can help their children reach their full potential. For more information, please contact Louise on 0204 522 8700/8701 or email [services@familylives.org.uk](mailto:services@familylives.org.uk)

### **Bringing Up Confident ADHD/ASD Children (6 weeks) Online group**

**Thursday 25 January to 7 March 9.30am - 11.30am via MS Team**

*If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.*

### **Less Shouting, More Cooperation (6 weeks) Online group**

**Tuesday 30 January 12 March 7pm - 9pm**

*Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.*

### **Sorting Out Family Arguments (6 weeks) Online group**

**Wednesday 7 Feb – 20 March 9.30am - 11.30am**

*Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family.*

### **Getting on with your Pre Teen / Teen (6 weeks) Online group**

**Tuesday 6 February 19 March 9.30am - 11.30am**

*Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Join our free online 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.*

### **Dads Together (6 weeks) Online group**

**Tuesday 6 February 19 March 7pm - 9pm**

*Are you a dad who feels you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.*

### **Anxiety around ADHD Workshop - Online**

**Wednesday 17 January 7pm - 9pm**

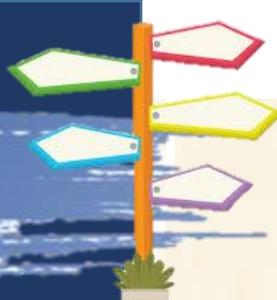
*This workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.*

### **Reducing Conflict Workshops - Online**

**Thursday 14 March 9.30 - 11.30 AND Wednesday 20 March 7pm - 9pm**

*This workshop explores different types of conflict between couples and families. Provides support in understanding the causes and impact of parental and family conflict on children and gives practical steps and strategies.*

# MORE INFO



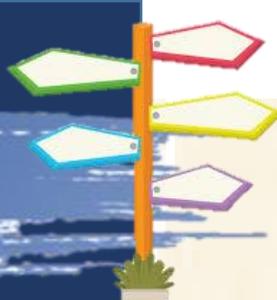
## Second Hand Uniform

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!

The poster features the WheelPower logo at the top, which includes a stylized figure in a wheelchair and the text 'WheelPower British Wheelchair Sport'. Below this is a large blue circular logo with a white stylized figure in a wheelchair and the text 'WheelPower National Junior Games'. To the left of this logo is a yellow circle with 'AGES 11-18' and three stars. To the right is a red circle with 'TRY 20 SPORTS' and three stars. The main text reads '25 - 28 June 2024' and 'Stoke Mandeville Stadium, Buckinghamshire'. At the bottom, there are three photos of children in wheelchairs: one in a yellow shirt riding a bicycle, one in a purple shirt holding a basketball, and one in a green shirt holding a tennis racket. Below the photos is the website 'wheelpower.org.uk/sport-events', the email 'e: sport@wheelpower.org.uk', the phone number 't: 01296 395995', and a QR code. Small text at the bottom left indicates 'charity number 265498' and 'WheelPower - British Wheelchair Sport, Stoke Mandeville Stadium, Buckinghamshire, HP21 9PP'.

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

# MORE INFO



## **Get the help that fits your family, so you can 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.

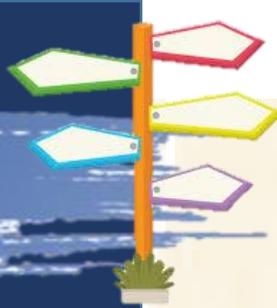
Support is also expanding for primary-school aged children, from September 2024, parents are expected to see an expansion in the availability of childcare in their local area before and after school, between 8am and 6pm, also known as 'wraparound care'. Don't miss out on getting the support you are entitled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

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](http://www.lordstaverners.org/super1s)



**LORD'S TAVERNERS**  
Empowering young people through cricket

Registered Charity No. 306054 | OSCR No. 5CO46238

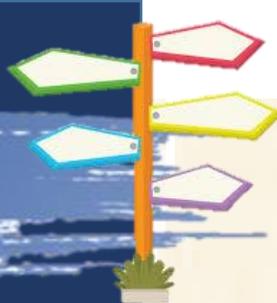


**Hertfordshire  
Cricket**

BRINGING CRICKET TO LIFE



# MORE INFO



## 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](http://www.hertfordshire.gov.uk/fostering)

[@hertfordshirefostering](https://www.facebook.com/hertfordshirefostering) [@HCCFosterAdopt](https://www.instagram.com/HCCFosterAdopt)

In partnership with



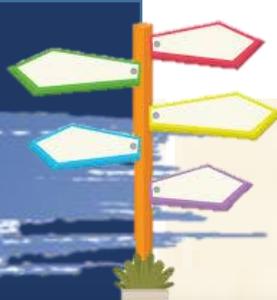
**Physical and  
neurological impairment  
advice line**

**01442 453 920**

Mondays 1.30pm - 4pm  
(term time only)



# MORE INFO



and families



## SEND DROP IN

3<sup>rd</sup> 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](http://hertsfamilycentres.org) Call us on: 0300 123 7572



Hertfordshire  
Family Centre  
Service

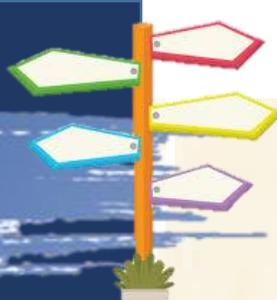
On behalf of



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

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

## Our support for parents and carers.

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

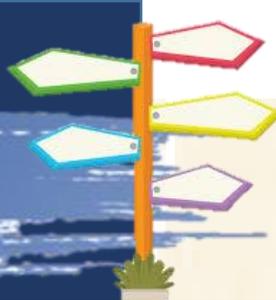
We also:

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





# MORE INFO



**ISL** Integrated  
Services for  
Learning

*working together locally*

## SEND Advice for Parents/Carers

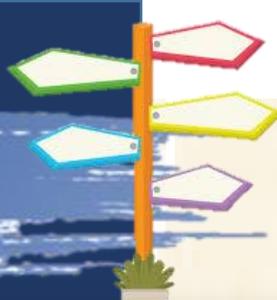
*Helpful SEND advice lines  
for Parents and Carers*

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

**S**creenshot any nasty messages.

**M**y privacy settings.

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

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

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

### How to cope with the effects of Cyberbullying

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

### When to tell the Police

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

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

**safe4me**



# WEBSITE

## INFORMATION

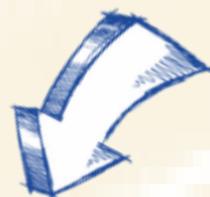
Visit the Student Area on our website

[www.lonsdale.herts.sch.uk](http://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](http://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:

[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 these?

#### Free Daily Resources For Children

- PE with Joe Wicks On YouTube**  
Week days at 9am but you can visit any time on youtube to view the workout.
- Wildlife With with Steve Backshall On Facebook**  
Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.
- Science with Maddie Moate on YouTube**  
Weekdays 11am. Maddie & Greg chat about science and nature!
- Dance with Oti Mabuse On Facebook**  
Every day at 11:30am but children can view the class at any time.
- Maths With Carol Vorderman**  
Free access to the her maths website: [www.hermaths.com](http://www.hermaths.com)
- Music with Myleene Klass on YouTube**  
Twice a week. Next one Friday 27 March 10am, but can view any time.
- Storytime With David Walliams**  
Free story everyday at 11am on his website: [www.worldofdavidwilliams.com](http://www.worldofdavidwilliams.com)

ALL SORTS OF THING...

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