



Learning@Lonsdale

NEWSLETTER

Monday 29th January 2024

Whole School News

Last week, our Governors had their Strategic Day at Lonsdale. They were working together to set up the school's new Strategic Plan. They looked at all the wonderful things that staff and pupils would like to keep, improve or introduce at Lonsdale. We would also like your input as parents. If you have not yet had the opportunity to have your say, please use the link below to send us your thoughts and ideas about what you would like to see at the school:

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

In other news, the Open Orchestra sessions are much enjoyed by the participating pupils. A new group is now starting to grow the Lonsdale Orchestra. We have purchased a new sound desk for the school, which will make recording, playing and mixing music not only much easier but also fun.



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

LONSDALE



This week Robin Class have continued their theme of Winter in ways that interest them. They have been sharing winter rhymes including 'On a cold and frosty morning'. We have made ice in the freezer and our very own snow. In Math we have been focusing on 'more' and have played Math's Musical Statues to support our counting.



ROBIN CLASS

Monkey Class have continued their good work on Planets in Science, looking at describing colour and craters. They got rather messy making craters in flour and creating the dust on different planets. They have continued to work on their non-fiction book, choosing pictures and writing a sentence. In Maths, they have worked on adding one more and using this to measure. In PE, they looked at moving in different directions and using props (scarves). In History, they looked at the difference between old and new cars then some pupils used this knowledge in play to build their own car.



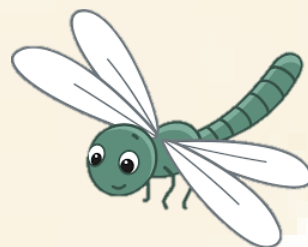
MONKEY CLASS

Alpaca class have been busy. The children enjoyed participating in a sensory story 'The Rainy Day'. In Science, they explored the different phases of the moon. In Creative, they used different tone pencils to create a moon picture. In English, they wrote a letter to an alien and described the planet they created for a display. In Math, they were identifying 10s and 1s in teen numbers. In PE, they had fun travelling in different ways. During the K&U session they looked at travelling in the past. They made delicious pizzas in DT.



ALPACA CLASS

Dragonfly Class had a fantastic week continuing their space exploration! We focused on night and day, and how they caused due to the Earth's rotation. Pupils enjoyed using torches and balls to become the Earth, Sun and Moon to demonstrate their understanding. In English, we continued looking at letter writing and structuring sentences. Pupils really enjoyed making their pizzas in DT, with more to come on Friday, and evaluations to follow. In Geography, we are getting to grips with the water cycle, and are looking forward to some upcoming experiments to test evaporation.



DRAGONFLY CLASS

Falcon Class: In Literacy, we enjoyed listening to the Rumpelstiltskin story and answering comprehension questions. In Numeracy, we looked at subtracting numbers and reading clocks. In Science, we looked at what stars are and the constellation names and in Geography, we discussed the different stages of the water cycle. We enjoyed writing instructions to wash clothes in Life Skills and completing healthy eating workshop with Sea Turtles and Wombats.



FALCON CLASS





SECONDARY

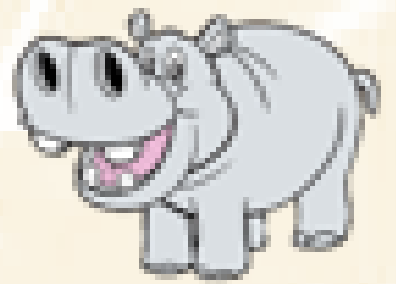
News

In English, we looked at rhyming words in poetry. On Thursday, we took part in a really exciting workshop about healthy eating, we looked at the Eat Well plate and we got to try some different types of fruit such as bananas and strawberries. In Geography, we continued our Topic about Whitby, and we looked at map symbols. In DT, we continued to make our handwarmers and we used a sewing machine. In PE, we pretended to be Superheroes and danced to the Superman song! In PSHE, we talked about kind and unkind behaviours and talked about bullying and how this might make someone feel, we also discussed who to talk to if we feel we are being bullied.



WOMBAT CLASS

In Science, Hippo Class learnt about pollination as part of the Reproduction Unit. In Creative, they continued with a different style of Art each week and looked at abstract art inspired by Wassily Kandinsky. During the Math session, students focused on converting between pound and pence. In PSHE we continued our topic on healthy and unhealthy relationships, we discussed the factors of an unhealthy relationship and how this might affect people. In RE we continued our topic on Sikhism, we looked in more detail at beliefs, equality and charity.



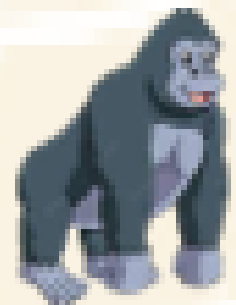
HIPPO CLASS

We started the week by acting out the tale of The Emperor's New Clothes in English. In Math, the Class continued to work on Shapes – looking at examples of 2D shapes in school environment. In Computing, we continued to learn about Algorithms by giving our partners instructions about how to create a Mr Potato Head! In History, we started to learn about The Terrible Tudors and the horrific punishments their criminals were subjected to! In PSHE, we started to have some great discussions about all of the different types of loving relationships you can have (family, friends etc) and the elements that they should all include (eg love, kindness and care). We also took part in the great Healthy Eating workshop, creating our own healthy kebabs.



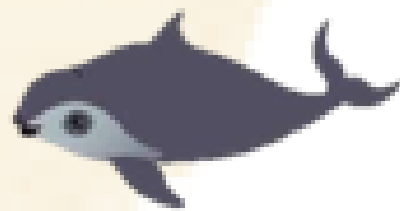
SEA TURTLE CLASS

This week has been full of music and fun! We started our Open Orchestra project and it was incredible seeing the students explore and enjoy a range of different instruments. We have also been having Musical Science lessons with our topic...Sound! We have enjoyed exploring vibrations using drums and even our own vocal cords! It has been lovely getting to grips with weight: light, heavy and balance in Math. The students have been doing some brilliant work!



GORILLA CLASS

This week, pupils have continued with their Topic work about Ancient Greece. They have learned about types of triangles and how these related to architecture and they located historic landmarks around the Greek and Turkish territories. In Science, we investigated how to change pitch by making models of pan pipes with straws.



VAQUITA CLASS



UPPER SCHOOL

News

LONSDALE



This week we have had a blast, we started off with Science and we delivered our presentations about how we hear and how/where does sound travel.

In Art, we stopped at the Ancient Egyptians Hieroglyphs which lead to interesting questions about the Egyptians. In History, we continued this discussion about Egyptian Artefacts and whether students could work out what they were, eg Canopic Jars, Coffins, Jewellery etc.

In Geography, we had a European Counties and Cities Quiz, and it was amazing to see how much we could remember.

In Science this week, we were learning about viscosity. In Computing, we have been learning how to use conditional formatting when learning how to use spreadsheets. In GSCE Maths, we have been learning how to factorise complex quadratic expressions. In Functions Skills Maths, we have been developing our understanding money. In PHSE/RSE, we have been learning about consent within relationships.

We have continued to learn about fractions in Maths, working out quarters of shapes. In English, we have written rhyming poems. We investigated loud and quiet sounds in Science. In History, we discovered what Anglo-Saxon villages were like and created our own village scene. We also read a story about a runaway iceberg in our vocational lesson on Climate Change.

This week, during our Math sessions we focused on recognising coins and converting between pound and pence. In Creative, we looked at different periods in Picasso's painting and discussed which media is our favourite. In Vocational, we looked at Gods in Ancient Greece.

In Science, we made an instrument out of junk that could produce sounds or music. During PSHE, we discussed the LGBTQ community and how we can be allies of them.

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

JULIE REDDISH



LONSDALE



Responsibilities/Committees:

Safeguarding and Pupil Welfare Board

Hello, I am Julie, and I am a mother of a grown-up son, who is away at university in Nottingham. This is my first term as a Governor, and I am really looking forward to this challenge.

I work for Children's Service in Hertfordshire County Council, and I am responsible for overseeing the Commissioning of SEND services within Hertfordshire and working together with key stakeholders and partners to improve these services. I work in partnership with professionals and families to plan, co-produce and commission quality, sustainable services with a focus on child-centred outcomes and reducing inequalities for children, young people and their families.

I am hoping my experience will put me in good stead to work with the governors and management team in providing the best education and outcomes for the children and young people 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
atid=12)

Enjoy!





Open Orchestra Update



This week we welcomed a new Group to Open Orchestra. They used the session to explore lots of different instruments.

Group 1 practised their new musical phrase from last week and developed a short performance.

Group 2 focused on developing their skills to control dynamics and learn a new rhythm.

We are really excited to share that we have new equipment to link our Clarion ipads to room speakers allowing the pupils to hear their performance more clearly.



MORE INFO

LONSDALE



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

Community spaces

Find a community space near you, locations all across Hertfordshire

www.hertfordshire.gov.uk/communityspaces

Mental health

Advice and support for your happiness, wellbeing and mental health

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

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

We're
with you
this winter



MORE INFO



Autism Empowerment Webinar

This one-hour lunchtime webinar is a brief exploration of how Autism can present, the history of Autism, diagnosis as well as differences in communication and social interaction. We will also be looking at how the environment can impact on someone with sensory processing challenges.

The main aim of this webinar is to focus on the many strengths autistic individuals have and how we can increase understanding and Neuro-inclusivity through education and raising awareness.

Webinars are held on Zoom on the following dates:

Thursday 29th February 12:30 to 13:30

Friday 29th March 12:30 to 13:30

Friday 26th April 12:30 to 13:30

At the end of the webinar, you will receive a certificate of attendance that will be emailed to your given email address.

The cost of this one-hour webinar is only £5.50!

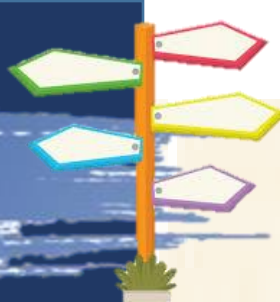
To book you place on the webinar please either scan the QR code below or go to: www.theautismtrainingnetwork.com/training

"For every person who understands Autism better, another Autistic person will be happier." -
Libby Scott, Autistic Author (at age 11)





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 or call 0204 522 8700 or 0204 522 8699

SCAN ME



We build better family lives together

www.familylives.org.uk



@FamilyLivesHertsandBeds



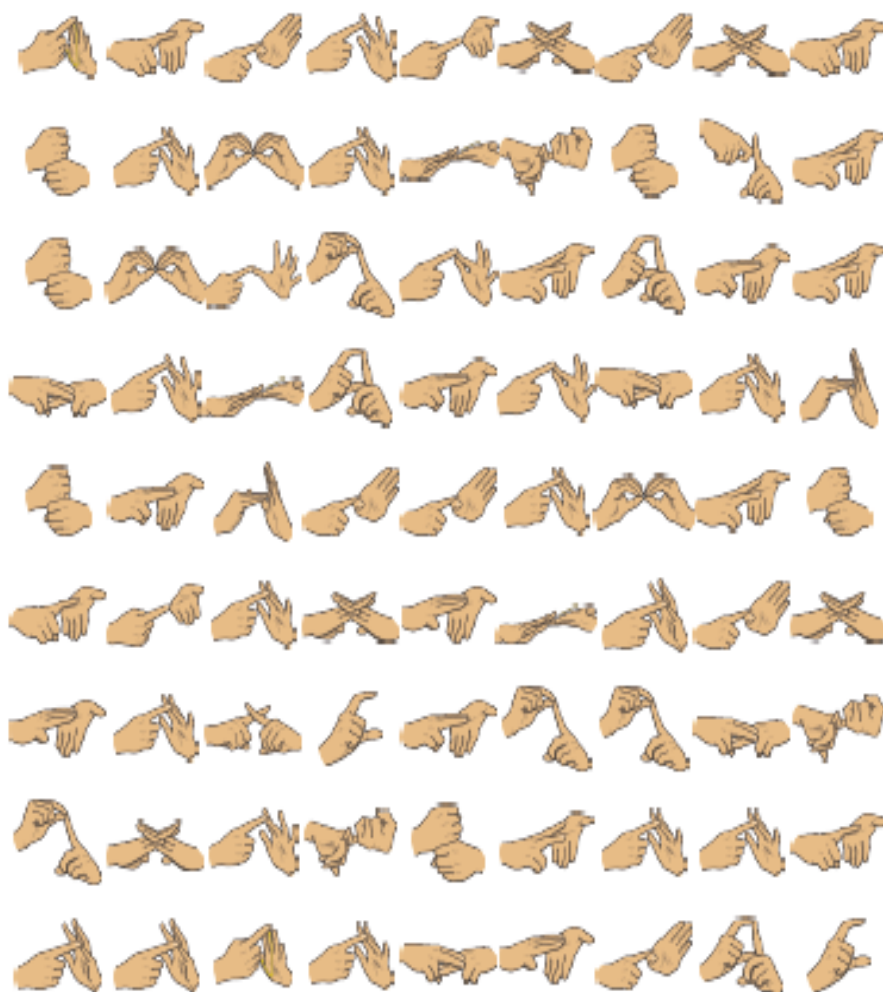
Family Lives is registered as a company limited by guarantee in England and Wales No. 387762. Registered charity No. 3077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5H2.



BSL

Challenge yourself to a fingerspelling wordsearch.

Fingerspelling Phase 2 Tricky Words



I
no
the

to
go
into

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 |

T: 0208 189 8400 E: cyp@hertsmindnetwork.org W: www.withyouth.org

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 or call 0204 522 8700 or 0204 522 8699

SCAN ME



We build better family lives together

www.familylives.org.uk



@FamilyLivesHertsandBeds



MORE INFO

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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

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

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!

The poster features the WheelPower logo at the top, with the text 'British Wheelchair Sport' underneath. Below this is a large blue circular logo with the text 'WheelPower National Junior Games' and a stylized figure in a wheelchair. To the left of the circle is a yellow badge that says 'AGES 11-18' with three stars. To the right is a red badge that says 'TRY 20 SPORTS' with three stars. The dates '25 - 28 June 2024' are prominently displayed in large blue letters, with 'Stoke Mandeville Stadium, Buckinghamshire' written below them. 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. At the very bottom, the website 'wheelpower.org.uk/sport-events' is listed, along with the email 'e: sport@wheelpower.org.uk', the phone number 't: 01296 395995', and a QR code. Small text at the bottom left indicates the charity number 265498.

WheelPower
British Wheelchair Sport

WheelPower
National Junior Games

AGES 11-18

TRY 20 SPORTS

25 - 28 June 2024
Stoke Mandeville Stadium, Buckinghamshire

wheelpower.org.uk/sport-events
e: sport@wheelpower.org.uk t: 01296 395995
charity number 265498

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.

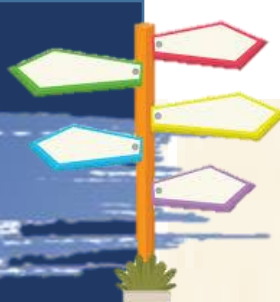
Support is also expanding for primary-school aged children, from September 2024, parents are expected to see an expansion in the availability of childcare in their local area before and after school, between 8am and 6pm, also known as 'wraparound care'. Don't miss out on getting the support you are entitled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



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





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



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!



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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?](#)

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



Maybe send your feedback?



HOME - STUDENT AREA - IDEAS SHARED BY AND FOR PARENTS

Ideas Shared by and for Parents

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

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

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

Have you seen 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 quest ons.



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.co.uk



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

HIPPUS

KOALAS

LYNX

OWLS

PANDAS

SEA TURTLES

TASMANIAN DEVILS

VAQUITAS

WOMBATS

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