LONSDALE

learning@lonsdale

MS

Whole School News

Miss Gregor was seconded to take up an Assistant Headteacher role from February to July 2024. Miss Gregor will work with the middle and senior leadership teams to further develop the curriculum and the school. We are sure you will join us in congratulating Miss Gregor to her secondment.

Voice in a Million rehearsals started on Friday, with those pupils attending thoroughly enjoying the songs in preparation for the show on the 20th March.

Our Post16 pupils are working with colleges to start their transition. Eleven pupils will be leaving school in July to start their journey after Lonsdale.

Monday 5th February 2024

Information & Dates for your Diary TUE (WED) THU, FRL | SAT | SUN 2 3 4 5 6 7 9 10 11 12 13 14 15 16 17 18 19 20 2

22 23 24 25 26 27 28

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.

LONSDALE

PRIMARY-

News

Robin Class have started learning their new topic 'Earth and Space' using the story 'Back to Earth with a Bump'. This has helped them to learn about 'night and day' and light and dark'. The children enjoyed using torches and star lights in a darkened tunnel. They have continued their winter theme and made bird feeders to help the birds during the cold weather. In Maths, they have been using coloured water in bottles to help them understand 'more'. They have also enjoyed using the Magic Mirror this week.

Monkey Class have continued to work hard on their nonfiction books, finding out information. In Maths, they have worked on subtraction and weighing. They have used their measuring language well of heavy and light. In Science, they explored the blow-up planets and the order from the sun, dressing up as astronauts. They also started learning about day and night with a story 'Back down to Earth with a Bump'. In History, they explored trains.

Alpaca Class have been creative this week. In Art, they sketched 'moon rocks' and in Computing used Paint to design spaceships. The children found out about the first moon landing and how astronauts prepare to go into space and what they need to survive. In K&U they named different transport and sorted which would be best for a long or short journey.

Dragonfly Class had a great time learning about how shadows move due to the Earth's rotation. We all loved dressing up in lab coats for the experiment! In Art, pupils started to learn about traditional African masks and design their own, which will be completed next week. We finished making our pizza designs on Friday and are very impressed with some unusual flavours!

In Literacy we enjoyed listening to the Little Red Riding Hood story and answering comprehension questions. In Numeracy, we looked at multiplying numbers and reading clocks. In Science, we looked at the planets and used toilet roll to measure the distance between each one. In Geography we looked at the UK Seas. We enjoyed acting out good and bad manners in Life Skills and making mobiles in Forest School with Sea Turtles and Wombats.

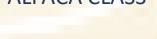


LONSDALE



MONKEY CLASS







DRAGONFLY CLASS



FALCON CLASS

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SECONDARY News

In English, we continued to learn about poems, and we wrote our own poem about the sea. We are also learning to recite the poem "Who has seen the wind?" In Geography, we identified features on maps that were the same / different in Stevenage and Whitby, whilst in RE we learnt that people who practice Sikhism worship in the Gurdwara. In Science, we continued our sound work, completing two experiments – one about 'How does sound change over distance', and the second making our own string telephone!

In Maths, we have been looking at adding and subtracting decimals using money. We learned that we could use subtraction or addition when giving change from £1, £5 and £10. In Science, we looked at the parts of a flower and pulled apart tulips to look at their female and male parts and we also learned about pitch in our sound topic. In creative we learnt about abstract art. In

English, some of us completed mock exams and some of us looked at giving advice or instructions. In PSHE we learnt about committed relationships and what a committed relationship look like.

In English, we finished looking at The Emperor's New Clothes by creating a storyboard and doing some comprehension work on it. In Computing, the Class created a picture of Mr Smiley using Paint. In Creative, students finished their caveman drawings and created an amazing display. In Science, they continued to learn about the ear, labelling the main parts. In History, we learnt about a day in the life of a prisoner during the Victorian period. In PSCHE, we had some great discussions about all the many diverse families that people live in. We also did some preparation for our assembly on the Chinese New Year by creating some collage lanterns or colouring in dragon heads. In PE, we did some Dance.

It's been a brilliant week in Gorilla Class. We have continued our poetry work in English and designing our own boxes to help us with our writing. In Maths, we have focused on measurement and comparing different weights.

Our Science topic has been very engaging. We have been exploring sounds which are near or far away from us.

In K&U we designed our own cars, inputting different features to make them amazing.

This week, pupils have investigated types of angles and used them to complete ancient Greek shields. In English, they compared the characteristics of Theseus and The Minotaur. In Science, The Sound topic has continued. They investigated how sound travelled after making string telephones, while in Geography, they compared the Athenians to the Spartans.

WOMBAT CLASS



HIPPO CLASS



SEA TURTLE CLASS



GORILLA CLASS



UPPER SCHOOL

News

In English this week, we have been writing film reviews with interesting facts about their favourite characters. In Art, we moved on to creating Bronze Age jewellery and the Class had a messy time recreating the wonderful artefacts. In History, we have been looking at The River Nile and the importance of its source to Egyptians past and present. In Geography, we have been looking at how climates differ around the world and why.

In English, we look at "Crime and Punishment". In Maths, we worked on solving equations finding the value of "X". In PE, we played "Handball". In UAS, we worked on our own individual tasks. In Cooking, we cooked cheese and onion pastries. In PSHE, we discussed sexualisation in Media. In Science, we refreshed ourselves on Alkanes and Alkenes. In IT, we did our Assessment on functions and Conditional Formatting.

In English, we wrote poems about our senses, thinking about our journey to school and when we're at school. In Maths, we sorted halves and quarters. In Science, we matched pictures with their sounds. We listened to animal noises, musical instruments and vehicle sounds. In History, we explored Anglo-Saxon artefacts with a virtual museum tour. For our Vocational lessons, we have made posters encouraging people to recycle.

In Maths, we have been looking at adding and subtracting decimals using money. We learned that we could use subtraction or addition when giving change from £1, £5 and £10. We have also looked at Functional Skills tasks involving money. In Creative, we looked at Picasso's paintings and chose the ones we would like to make. During our Vocational sessions we continued studying Greek gods and goddesses. In PSHE, we explored rights and responsibilities.

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.



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TASMANIAN DEVIL CLASS



PANDA CLASS



ELEPHANT CLASS



LYNX CLASS



GOVERNORS NEWS

PETER TAYLOR



Responsibilities/Committees: Resources Board

UR GOVERNORS

With over 20 years of corporate HR experience, I have held senior roles at a number of global multinational corporations, in addition to HR consultant work supporting early start up biotech, gene therapy and small pharma companies. I hold a bachelor's degree from the University of Westminster and am a Fellow of the Chartered Institute of Personnel and Development. I am the co-founder of HR Circle. I have over 25 years' experience as an HR leader in the corporate world, most recently in the biotech and life science sectors. My idea in setting up HR Circle in 2007 was to use my extensive experience to bring a blue-chip quality approach to smaller employers, who don't always have access to large teams or budgets. My HR superpower is being able to take complex commercial decisions and follow through with an empathy and professionalism that makes them look simple. I am a great networker and enjoy connecting with businesses from all over the world. Away from work, I enjoy sailing and being by the water.

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!



Open Orchestra Update

Gorillas have been really enjoying exploring the instruments this week! Many of students have now

ORCHESTRAS

LONSDALE

taken an interest in specific instruments which is amazing to see. We are excited to continue exploring next week, so we can begin creating melodies and patterns.

Group 1 and 2 had visitors from Herts Music Service come to see them in action. They were very impressed. These groups continued to work on their new melody.



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

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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







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)





Provide a state of the state of

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:

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- 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. 3877762. Registered charity No.3077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 SHZ.



BSL

Fingerspelling <u>Phase 3 Tricky</u> Words

he	be	was
she	you	all
we	are	they
me	her	my





LONSDALE

 \sim

For 10 - 18 year olds

Herts

Haven

Café

 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



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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





Nightlight Crisis Helpline



In a crisis and need someone to talk to?

Our Crisis Helpline is open from 7pm - 1am 7 days a week, 365 days a year Call us on:

01923 256391

nightlight@hertfordshiremind.org

www.nightlightcrisis.org

Herts Mind Network is a registered charity No. 112487 and a company limited by guarantee No. 5532977





If you are between the ages of 5-18 or a parent/caregiver of a 5-18 year old, message us or call us to get help with issues that are affecting your wellbeing.

We can talk about what you are experiencing and offer you support, information and advice through one-to-one and group sessions.

> You can get help straight away, no referral needed. To find out more, or to talk to one of our team:

Instant message us at www.withyouth.org

Or call us on 0208 189 8400

We are here for you Every day from 2pm - 10pm (excluding Bank Holidays)

Instant message us at www.withyouth.org

Or call us on 0208 189 8400

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



Spring 2024 groups and prives 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 feeing 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.



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.



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!



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>



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

Chertfordshirefostering 🕝 CHCCFosterAdopt





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

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

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

Believe in ohildren Barnardo's

Delivered by

Hertfordshire Music Service Inclusive Choir (Soundabout associate member choir)

An inclusive contemporary style choir in association with the music charity Soundabout.

NORE IN

- For anyone Year 5, 6 and secondary age, with a focus on giving a voice to those with SEN and complex needs.
- Sessions are twice a month, online, with an end of term, inperson, get-together at Mid Herts Centre for Music & Arts.
- Starting April 2024 with a free taster session on Friday 15 March 2024 (5.00pm - 6.00pm).

soundabout

Scan the QR code to see Soundabout's music videos.



LONSDALE





Starts Friday 19 April 2024 (March taster session)

5.00pm - 6.00pm

Online with an end of term get-together at Mid Herts Centre for Music and Arts



£35 per term

Scan me for more







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
	Specific Learning Difficulties: Mon & Thurs 09:30am - 12pm
SEND Specialist Advice and	Speech Language, Communication & Autism needs: Tues & Weds 1:30pm – 4pm
Support Service*	<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 * \$ 01442 454778	Mon - Fri 09:30 am - 4pm
<i>East team Attendance Duty</i> *	Mon - Fri 09:30 am - 4pm

* also available to schools, settings and professionals





Essex Fire Museum Open Days Tuesday 20th February 2024 Sunday 25th February 2024 (10.30am to 4.00pm)





Visits must be pre-booked via: <u>museum@essex-fire.gov.uk</u>

Address: Essex Fire Museum, Grays Fire station, Hogg Lane, Grays, RM17 5QS



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>



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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

Visit the Student Area on our website

WEBS

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.

ABOUT US COVID-19 RETURN TO SCHOOL NEWS AND EVENTS OUR LEARNING

Student Area is here!

LONSDALE



CONTACT US

STUDENT AREA

erts.sch.u onse

Login to find out more!

LONSDALE SCHOOL Learning for life

1 11



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



Maybe send your feedback?



OME STUDENT ADEA Welcome

PARENTS

GOVERNORS

COMMUNITY

o access this area we need you to login using the username a lease enter this information below and click login to proceed. ord provided to you by the sch

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

Password:

LOGIN

Forgotten vour passwo

Ideas Shared by and for Parents

his page is full of ideas which have been sent to us by parents. Thank you, all as and thoughts coming; we will update this page regularly. o get in touch, please email your child's form tutor or use the 'Home Learning Ques

Free Daily Resources For Children

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

with Oti Mabuse On Facel L11.30am but children can class at any time.

aths With Carol Vode with Myleene Klass on YouTul eek. Next one Friday 27 March I but can view any time. orytime With David Wall ory everyday at Ilam on h wwwerklofdavidwallams



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