

Lonsdale Newsletter

February 2026



Whole-School News

As we look back on a wonderfully busy and inspiring start to the Spring Term, I am filled with pride at the enthusiasm, talent and determination shown by our pupils.

We launched the term in style with our thrilling House competition, *"Who Wants to Be a Mathslete?"* where teams from each House battled it out through a series of mathematical puzzles and challenges, demonstrating impressive teamwork and problem-solving skills. The atmosphere was electric, and congratulations go to Blue House, who emerged victorious!

At the end of January, we were delighted to welcome Rocksteady into school for an unforgettable day of music-making. Our pupils truly embraced the experience, showing confidence, creativity and flair as they performed. The school was alive with the sound of music! This creative energy continued during our whole-school Design and Technology Day, when every class took on the challenge of designing and building their own 3D instruments before showcasing them in a recorded music video. The results were imaginative, innovative and thoroughly impressive.

Sporting excellence was also on display last week as we hosted five schools for the County Heat of the Lord Taverner's Table-Top Cricket competition. It was a pleasure to see such sportsmanship and skill on show. I am especially proud to share that Lonsdale School progressed to the Regional Finals — a fantastic achievement!

We were proud to take part in Children's Mental Health Week. During the week, we welcomed the MPs for Stevenage and Hitchin to our school to learn more about how we work in partnership with the NHS Mental Health Support Team to support the wellbeing of our pupils. It was a valuable opportunity to showcase the care and commitment that underpins all we do to ensure our children feel safe, supported and ready to learn.

Our pupils have enjoyed a range of enriching visits this half term, including bowling trips, shopping experiences and a visit to a local garden centre — all valuable opportunities to develop independence and life skills.

There is plenty more to look forward to in March. When we return, we will announce the winners of our Storytelling Challenge. With 2026 being designated "The Year of Reading", we are excited to encourage all families to take part in this special competition. We hope many of you will join in with your child — further details can be found on pages 3 and 4 below.

Science Week will take place just before the Easter holidays, culminating in our whole-school Science Fair on 20th March, where we will celebrate the creativity, curiosity and hard work of all our budding scientists.

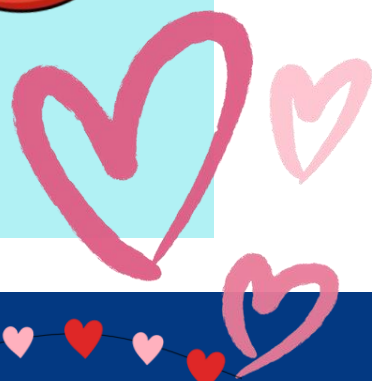
We also look forward to welcoming you to our upcoming parent consultations on 24th February and hope your child has signed up for one of our enriching after-school clubs.

Most importantly, I hope you and your family enjoy a restful and happy half-term break. Thank you, as always, for your continued support — it makes a real difference to our school community.

Claudia Thiele, Headteacher

After-School Clubs

If you haven't already, please check your messages from school and follow the sign-up link to register your child for our after-school clubs. We are excited to be offering Cooking, Playground Games, and Drama — a great chance for children to learn new skills, stay active, and have fun with friends. Places are limited, so please sign up as soon as you can!



Lonsdale

February Newsletter



Whole-School News

Upcoming Events

Reminder - Parent Consultations are the first week back after half term. Please book a slot with your child's form tutor.



23 – 27 Feb	History Week
24 Feb	Parent Consultations
5 March	World Book Day
9 – 13 March	Science Week
20 March	Science Fair
20 March	Comic Relief (Red Nose Day)
24 March	Autism Acceptance Day



Website Reminder

Please continue to check the school website regularly for curriculum information, photo galleries, term dates, homework and more!

Each class has their own page in the secure 'student area', which is where you will find homework and learning activities.

If you need any help with logging in, please contact your child's form tutor.

Thank you

<https://www.lonsdale.herts.sch.uk/>





Storytelling challenge

2026 is the National Year of Reading!

To begin our celebrations and prepare for World Book Day, we are challenging you to tell a story in your own way - a way that works for YOU!



Dress up
like a favourite character - and save the costume for World Book Day!

Create
a painting or collage of your favourite story setting


Write or speak
a story from your imagination



Write
a story about yourself, friends or family



Act out
a favourite scene or chapter with friends, family or pets



Paint, draw or sculpt
your favourite character

Make
your own song or soundtrack



Design your own comic strip

Use AAC to write a 10 word short story



PRIZE!
Winners will receive a family Cineworld voucher!



Details

Deadline - Friday 27th February 2026

Feel free to draw inspiration from the speech bubbles or craft something entirely original—the only requirement is to share a story that you love. You can submit your creations in various formats, including audio clips, videos, photos, Word documents, paper, or artwork.

Let your creativity shine!



Prizes kindly
donated by Happy
Days Childrens
Charity



The National Year of Reading is here!

The National Year of Reading 2026 is a nationwide initiative that encourages children and families to make reading a daily habit. Throughout the year, schools, libraries, and community organizations will host special events, challenges, and activities designed to build strong literacy skills and foster a lifelong love of books. It's a celebration of reading at home, in school, and across the community.



Please submit all digital entries to kgregor@lonsdale.herts.sch.uk, or bring physical submissions to school



Kenya Class



February Update

Our Learning

This term pupils in Kenya have been learning about our topic 'Out of this world/ space'. They have been exploring space through role play, songs such as 'Zoom, zoom, zoom' and a range of stories, such as 'Whatever next' and 'Aliens love underpants'. Pupils have explored shape, size and developed counting through play. We have also designed our own aliens, sorted planets by size and measured dinosaurs. In Art, we have created planets, mixed colours and explored a variety of messy play, including making alien slime!



Highlights

- Pupils really enjoyed our corn flour session where they explored dry and wet textures, then mixed colours to make planets.
- Our story 'The dinosaur who pooped a planet', which the pupils found very funny.



Coming Up

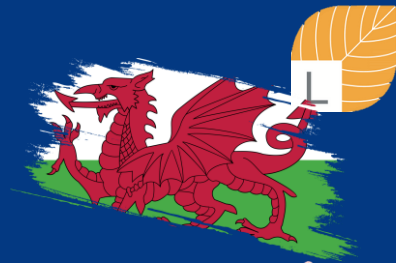
Kenya Class will be swimming after half term. Please remember to label clothes, send in 2 towels and swim pads for you child.



Reminders

Please remember we have our communication lesson (news) every Monday. Uploading a photo or video to Tapestry helps your child engage!

Wales Class



February Update

Our Learning

Wales Class have had a busy half term! In English, we have been exploring three sensory stories to support our understanding of book reviews by thinking about the question 'which books did we like and why?'. In Science, we have been looking at electricity by using light up and sound switch toys which has developed our understanding of cause and effect. We also played the 'Stop, Go' game which has supported our communication development. In Maths, we have been developing our understanding of 'same' and 'different' using song, rhyme and sensory resources. We have also been developing our knowledge of numbers 1 to 5 using songs and manipulatives. During History, we have explored old and new toys through playing and comparing, as well as learning the BSL signs 'old' and 'new'. In Computing, we have accessed a switch to play games on the interactive whiteboard and have played with the Beebots. In PSHE, we have used the story 'The Colour Monster' to help us understand our feelings.



- We really enjoyed our sessions on the bikes, both in the sun and the rain!
- Spending time with Brazil class in our outdoor area, even dancing in the rain!



Coming Up

We will begin our topic on animals ready for the Science Fair at the end of term.

Reminders

- Please remember coats for outside play.
- Please share news through Tapestry or your child's home-school diary ready for our communication lesson on a Monday.





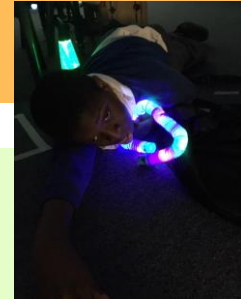
Brazil Class



February Update

Our Learning

Brazil class have loved learning all about the topic 'What's in the Toy Box'. In English, we have worked on our reading and enjoyed reading The Ugly Duckling as part of our book review. In Maths, we have been developing our counting skills, both forwards and backwards, and loved acting out '10 in a bed' to help us. In Science, we have been learning all about electricity with lights, sound and movement. In History, we have studied old and new, using toys, technology and vehicles! In Computing, we have used Bee-bots to help us understand instructions. In PSHE we have learned



Highlights

- We have loved developing our independent skills by practicing taking off and putting on coats, jumpers, hats and socks.
- We have very much enjoyed getting outside, even having a dance party in the



Coming Up

After the half term break, we will be looking at materials ready for our Science Fair.

Reminders

Please remember to upload some photos of the weekend to Tapestry to help share weekend news in our Communication lesson on a Monday.



Mexico Class



February Update

Our Learning

We have been very busy and having lots of fun during this half term! In English, we have been working on poetry and have done some amazing work making our own Haiku's. In Maths, we have been working hard on number and made great progress with our counting. In Science, we have been learning how to work with electricity and have made our own circuits and robots.

In our other subjects, we have learnt about the Earth, thought about stories that are special to us and learnt about our local communities.



Highlights

- We have loved having Ella back with us!
- We enjoyed the Music and DT day, especially the band.
- We have been doing some great forest school work, building a fairy garden.



Coming Up

After the half term break, we will be learning about the Romans, exploring materials and being safe when we spend time online.

We are looking forward to Spring weather so that we can do some more forest school.

Reminders

Your weekend news is really helpful; please keep adding your entries onto Tapestry.



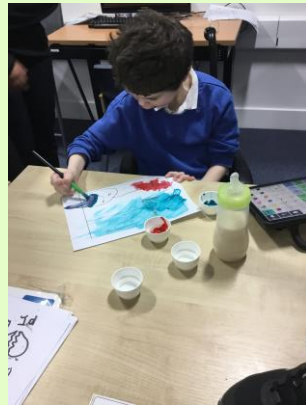
Australia Class



February Update

Our Learning

Australia Class have had a very busy half term! In Maths, we have focused on subtraction and finding groups of numbers. In English, we have been writing our own autobiographies and developing our language skills to create alien stories. For Science, our topic has been Electricity where we have looked at electrical items and found out if they are powered by mains or batteries. We then had a go at creating our own electrical circuits and seeing if they worked! We have also enjoyed time in the sensory room and on the magic carpet.



Highlights

- We loved going on our trip to bowling, everyone was fantastic and very supportive of their friends.
- We enjoyed the Music and DT day, making our own instruments and then creating a music video with them.

Coming Up

After the half term break, Australia class will start their swimming lessons. We will also be getting ready for our Science fair!

Reminders

Homework will be sent home on a Friday to be completed by the following Friday.

Egypt Class

February Update



Our Learning

In Science, the pupils have been learning about the digestive and circulatory systems. They have learnt the names of all the organs, including the esophagus, the gall bladder, the lungs and the blood vessels and their functions. In English, pupils have completed a speaking and listening unit. All pupils contributed brilliantly to this and completed a speech in front of the whole class about their likes and dislikes. Additionally, we had watched famous speeches from the past and began to understand what makes a great speaker. In Maths, pupils learned about fractions, finding fractions of amount, equivalent fractions, improper fractions and mixed numbers. In History, pupils have learned about many of the terrible punishments people suffered since the Roman occupation up to the Victorian era, while in Geography they have studied many aspects about water, including changing states of matter and the effects of flooding.



Highlights

- Mathlete of the Year – the whole class enjoyed taking part in this Maths competition.
- Music and DT day – students enjoyed making instruments out of junk and recycled materials. They also loved playing musical instruments with Rocksteady School and creating an accompaniment to the chosen song.

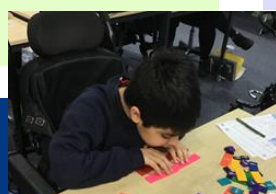


Coming Up

After half term, students will be looking at Statistics and Geometry in Maths and independent living in Life Skills. Egypt class will start their swimming as well.

Reminders

Please remember to send your child in with a pot for Cooking on Mondays.



Ireland Class

February Update

Our Learning

In Science, the pupils have been learning about the digestive and circulatory systems. They have learnt the names of all the organs, including the oesophagus, the gall bladder, the lungs and the blood vessels and their functions. In English, the Class have been learning how to speak in public, including making their own speeches about themselves and reading a famous speech by Winston Churchill. They have also been learning about debating and the skills and rules that are involved in this. They have all made so much progress and have all spoken in front of the whole class on a number of occasions. In PSHE, the class have been learning about employment and in Life Skills, they have been learning about what they will need to pay for with the money they will earn in the future and how to pay for these things. In PE, they have been doing gymnastics. This term in KU, pupils have learned about the science behind the Water Cycle and the effects of flooding (Geography), while in History they have had a fun time learning about the gruesome punishments for crimes, metered out since the Romans, up to the Victorian era.



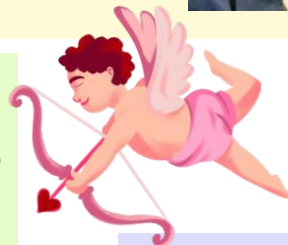
Highlights

Music and DT day – students enjoyed making instruments out of junk and recycled materials. They also loved playing musical instruments with Rocksteady School and creating an accompaniment to the chosen song.



Coming Up

After the holiday, in English, the Class will be looking at spelling and grammar. In Life-Skills, they will continue to learning about finances. In Maths, they will be learning about 'Money' and 'Property of Shape'. In Science, the class will be working on the Science Week theme which is 'Curiosity – What's your question?'.



Reminders

Please continue to remember to use the diary for communication with school. Also, please remember to send your child in with a pot for Cooking on a Tuesday. Thank you.



New Zealand Class

February Update

Our Learning

Another busy half-term in New Zealand Class, where we have worked hard understanding settlements in Geography. We now know why early settlers chose to live where they did and the kinds of things we need in our towns today. In Science, we have really enjoyed learning about electricity. We even wired a circuit to light up a bulb! In English, we have all made good progress listening to each other and asking questions. We've found out lots more about our classmates! In Maths, we have used number lines to help with adding and subtracting and have learnt about coins too. Life skills has been all about getting ready – for school, bed, holidays, a day trip...

In PSHE, we have thought hard about how to recognise healthy relationships, both online and Offline. Finally, in Art, we have produced some amazing Cubist-style artwork, such as Picasso portraits, landscapes and Braque birds.



Highlights:

We had a fantastic time on our DT and Music Day, where we all made brilliant instruments out of old packaging. We loved listening to the band from Rocksteady Music School and having a go at playing their instruments.



Coming Up

After half-term, we will be learning about Ancient Greece in History, 2D shapes in Maths and we've got Science Week coming up too, where we'll be focusing on curiosity and all the fascinating questions we can ask about the world ...

Reminders

Please try and read with your child every day. If you are able to send in a snack for break times, that would be great.



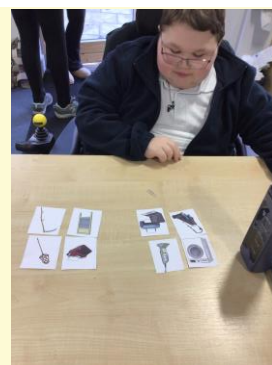
Peru Class

February Update

Our Learning

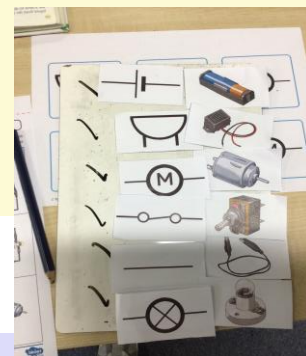
In Maths this term, we looked at fractions and decimals. We explored equivalent fractions and fractions of amounts. We learned about decimals, and we used them while talking about money.

In English, we have been exploring poetry. We enjoyed listening to 'The Highwayman' by Alfred Noyes and looking at rhyming poems. Science has been electrifying this term! We have made our own circuits and investigated how voltage affects a bulb using a data logger. In K&U, we have been learning about Rainforests. We learned about the different layers in the rainforests, what animals live in each layer and researched different rainforest animals. We also made our own rainforest in a jar, and we are looking forward to seeing the results after half-term!



Highlights

- Peru class have enjoyed learning British Sign Language - hopefully they can teach you some signs!
- The pupils enjoyed a 'healthy body and mind' workshop, which included fruit tasting.
- Music and DT Day was exciting; the pupils made their own Boomwhackers and played along to a song with them.



Coming Up

After the holidays, we will be engaging in British Science Week, the theme this year is Curiosity and we already have lots of curious questions to explore and investigate.

Reminders

- Swimming is now finished for this year for Peru class.
- Please continue to send in cooking pots on Tuesday.
- There will be a slight change to the timetable after half term. New timetables will be sent after half term.



Venezuela Class

February Update

Our Learning

In Maths, we have been collecting and displaying data, as well as practicing our money skills. We enjoyed a visit to the Garden Centre to buy our morning snack, where we put our skills to the test! In Science, we have been learning about electricity and have enjoyed building our own electrical circuits to make light bulbs work.

In English, the pupils have been working on non-fiction talks on a topic of their own choice. These ranged from pets, to cars, to food and hobbies. All were successfully delivered to the rest of the class and invited guests.

In Geography, we have been learning about the history of settlements and why towns and cities are in specific locations.



Highlights

- We all loved the Rocksteady School music workshop and making our own instruments during the day.
- Our trip to Hitchin Garden Centre was lots of fun. We enjoyed buying our snacks.

Coming Up

After the holidays, our English topic will be drama, Maths will be Number & Statistics and History will be Ancient Greece.

Reminders

Several of the class share their news on a Monday, supplemented with photos on Tapestry. This is a great visual prompt for those recalling their news and for their peers asking questions.



Japan Class

February Update

Our Learning

In Maths this term, we looked at fractions and decimals. We explored equivalent fractions and fractions of amounts. We learned about decimals, tenths and hundredths, and we used decimals while talking about money. Also, we applied our fraction and decimals knowledge in solving Functional Skills Maths problems.

In KU, students have completed some AQA/UAS tasks based on the Titanic events of 1912 – including the journey, structure of the ship, the different facilities available to each class of passenger and possible causes of the disaster.

In Science, we have been studying various body systems, we learned what happens to our food when we swallow it, the changes that happen during puberty and we got to dissect some pig's hearts.

In English, Japan class were working towards their Entry Level qualifications and focusing on reading and writing. They have been making excellent progress and are keen to sit their exams in the summer!



Highlights:

We enjoyed creating musical instruments as part of the Music and DT day, and performed our own version of Queen's "We will rock you"! We also took part in the Rocksteady Music Workshop which was really interesting.



Coming Up

After the holidays:

In Science we will be working towards Science week – which at Lonsdale is longer than a week! The theme is 'Curiosity – What's your question?'

Parents consultations are on Tuesday 24th Feb - don't forget to book a slot!



Reminders

Don't forget to bring a water bottle and snack every day!

Over half term it would be great if you took photos of the lovely activities you get up to and email them to Sarah or Sue! We can share them as a class once we're all back.



Canada Class

February Update

Our Learning

In Maths this term, we looked at fractions and decimals. We explored equivalent fractions and fractions of amounts. We learned about decimals, tenths and hundredths, and we used decimals while talking about money. Also, we applied our fraction and decimal knowledge in solving Functional Skills Maths problems.

In Science, we have been studying genetic and environmental variation and have looked at Darwin's theory of evolution. We are just preparing to take our first examination for our Entry Level Science certificate.

In K&U, we have been undertaking some AQA accredited short courses of various interesting subjects of pupils' own choices and related to works they have been learning about. They range from The Periodic Table, How to play Chess, How to Play Uno, The Titanic, All about a country, World War 1 and most recently, All about the Winter Olympics.



Coming Up

- Guardian/Parent Consultations 24.02.2026
- Boccia Tournament 24.02.2026
- Stevenage Bowling Trip 06.03.2026 TBC
- Table Top Semi Finals 18.03.2026 TBC

Table-Top Regional Winners



Greece Class

February Update

Our Learning

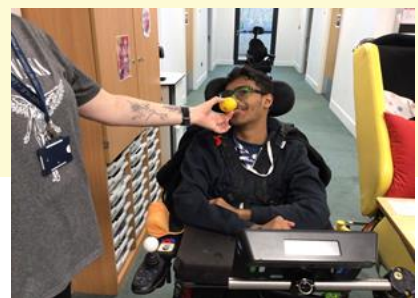
In Maths this term, we looked at fractions and decimals. We explored equivalent fractions and fractions of amounts. We learned about decimals, tenths and hundredths, and we used decimals while talking about money. Also, we applied our fraction and decimals knowledge in solving Functional Skills Maths problems.

In Vocational Studies, Students have role played the key events and characters from the Gun Powder Plot and have now moved on to the events and causes of the Titanic disaster. So far, they have learned about the structure of the ship and types of facilities available to each class of passenger, as well as the journey from Belfast, where Titanic was built.

In Science, we dissected a pig's heart and made our own indicators using red cabbage and tested various substances to find out if they were acids or alkalis.

Highlights

- Dissecting a pig's heart
- Rock steady workshop
- DT and Music day – the class enjoyed making instruments and playing them to 'We will rock you'.
- Valentine's disco



Coming Up

After the holidays:

In Science we will be working towards Science week – which at Lonsdale is longer than a week! The theme is 'Curiosity – What's your question?'

Reminders

Homework – set by individual teachers
Trip – Bowling 20th March



Fiji Class

February Update

Our Learning

In AQA/UAS, students have continued with their semi-guided, self-directed studies. Most are working on money related topics such as bank accounts and how these are managed and types of credit. Others have chosen specific mathematical skills, such as Pythagoras Theorem or using percentages.

As part of our PSHE lessons, we have been preparing for the next stages in our lives by exploring the world of work. We have analysed our individual skills and qualities, explored different career options and looked at the qualifications we need to step into these careers. We are now working on creating a CV.



Highlights

- Several members of Fiji were on the 'Mathlete of the Year' Teams for the recent competition – They all did well and were very enthusiastic participants.
- They also took part in the Rocksteady Music Workshop.
- In PE we have enjoyed some inclusive rugby sessions led by Kieron from Saracens.



Coming Up

After the holidays: The plans for the trip to Duxford are underway. Once the venue have been able to confirm a date, more information will follow. The intention is to visit near the end of the Spring term.

Parents consultations are on Tuesday 24th Feb- don't forget to book a slot!

Reminders

Homework: Set by individual subject teachers

Class events: Leavers Prom is underway – ideas for raising funds to facilitate this as a 'free event' would be appreciated.



Scotland Class

February Update

Our Learning

In Preparing for Adulthood (Life Skills) we have been learning about healthy life-styles and nutrition. We have been learning about food groups and how to make a healthy snack. Additionally, we learned about our organs and what happens to them if we make healthy and unhealthy life – style choices. We have also been learning how to carry out domestic chores.

In Science, we have been exploring the 'electricity' topic. We have enjoyed making series circuits and learning about insulators and conductors. We have also focused on the importance of electrical safety.

In English, we have been developing our Speaking and Listening skills, participating in group and paired discussions on a variety of every-day topics.

In Maths, we have been developing our learning about measure, including capacity. We have enjoyed exploring our learning practically by measuring items and filling containers.



Highlights

We really enjoyed the 'RockSteady' Workshop as part of the Music and Design Technology Day.



Coming Up

We are planning a trip to a local supermarket to buy ingredients to make a nutritious soup, whilst developing our money and communication skills.

Reminders

Please send in juice and snacks for the next – half-term.

Our Swimming lessons have now finished.





Mathlete of the Year

We recently held our 'Mathlete of the Year' Maths competition between Houses, and what a fantastic morning it was! Representatives from Houses came together to enjoy a variety of engaging Maths activities that sparked their curiosity and enthusiasm. The atmosphere was buzzing with excitement, as friends cheered each other on and shared in the joy of problem-solving.

To ensure everyone could join in on the fun, we streamed the event live, allowing students in classrooms to participate remotely. This inclusive approach meant that no one missed out on the excitement, whether they were competing in person or trying out the activities from their desks. It was a wonderful celebration of teamwork and mathematical skills.

This year's winner is the **Blue House!**

We can't wait to see who will take the title next year!





Music and DT Day

On Music and DT Day, our students truly shone as they immersed themselves in a world of creativity and collaboration. The excitement was palpable as they played various instruments. The highlight of the day was undoubtedly the Rocksteady Workshop, which left everyone buzzing with enthusiasm and inspiration.

In addition to making music, students rolled up their sleeves to plan, create, and evaluate their own musical instruments using recycled materials. It was wonderful to see them transform junk into unique instruments, all while testing them out to their chosen songs.

The atmosphere was filled with laughter and teamwork, and the end results were impressive! Everyone did a fantastic job, and it was heartwarming to witness the pride on their faces as they shared their creations.



Deaf Awareness Tips

By following these 8 tips, you can make a difference when communicating with someone with hearing difficulties

- 1. Make sure you have their attention first before talking.**
 - 2. Make sure the room is well lit to help lipreading.**
 - 3. Learn some basic British Sign Language or fingerspelling as a great way to initiate conversations.**
 - 4. Face the person and give eye contact - this supports visual cues to your conversation.**
 - 5. Check they have understood. If not, rephrase it.**
 - 6. Don't SHOUT - it changes your natural lip patterns**
 - 7. Use plain language - complicated words can be tiring to lipread.**
 - 8. Taking turns talking enables the deaf person to understand and answer your questions.**
- 



School Houses

684

Glennie House

485

Cains House

713

Hawking House

506

Rose House



More Information

Children's Clothes Bank

The Children's Clothes Bank (for children aged 3 - 18) runs each month at Grace Community Church, Hydean Way, SG2 9XJ between 11am and 12.30pm.

They stock a good selection of secondhand clothes, including school uniform, and some toiletries.

If you haven't previously been referred to the Clothes Bank and are in need of children's clothing, please email ssmall@lonsdale.herts.sch.uk giving your name, number of children and their ages and gender, and we can make a referral for you.



Second-Hand Uniform

Lonsdale School are eager to promote sustainability. If you have any good quality, preloved uniform that 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:
<https://www.hertfordshire.gov.uk/services/schools-and-education/at-school/free-school-meals/free-school-meals.aspx>

More Information



Hertfordshire
Music Service

Start your
musical journey
today →

Making Music Improving Lives

Registration now open for music lessons

Instrumental and vocal lessons

- ▶ Music lessons are available during the school day at hundreds of schools in Hertfordshire.
- ▶ We also provide lessons in the afternoon, evening and on the weekends at our 12 music centres across the county.
- ▶ We offer various lesson types and durations. Please visit our website for more information.
- ▶ Financial support is available to pupils receiving certain benefits, to help with the cost of lessons.
- ▶ As your child progresses on their musical journey, they will be invited to join ensembles or music groups that perform regularly.



Scan me

01438 844851

hertsmusicservice.org.uk

Follow @hertsmusic



Hertfordshire
Music Service

More Information

Scan the QR code
To talk to us



withYouth
YOUNG PEOPLE'S Digital Wellbeing Services

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

 Hertfordshire Network

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. 113487 and a company limited by guarantee No. 5532971

ADHD and Autism Live Chat

The Toolbox's Live Chat supports children and young people with autism and ADHD (diagnosed or not), providing a safe space to discuss their feelings and concerns.



Use The Chat To Talk About:

- your feelings and emotions,
- understanding your autism/ADHD,
- building and maintaining relationships,
- available services and resources in Hertfordshire



Find Us On:
thetoolbox.mindler.co.uk

The Toolbox  Hertfordshire



More Information



Understanding my Autism/ADHD

- Open to Hertfordshire children aged 7-16
- **Post or Pre-diagnosis**
- Online or face-to-face
- Visit: thetoolbox.mindler.co.uk



Cogs APP

- Young People aged 14+
- Providing support and information on Autism and ADHD
- No diagnosis required.
- **Free access**
- To sign up, visit thetoolbox.mindler.co.uk



Digital Webinars

- On demand webinars
- Topics relating to Autism, ADHD and the SEND world
- Available on the Hertfordshire Local offer.

Hertfordshire Neurodiversity Support Offer



Toolbox Live Chat

- Receive real-time support and guidance for children and young people (CYP) with Autism or ADHD.
- Access expert advice tailored to their feelings and concerns.
- **No diagnosis** required.

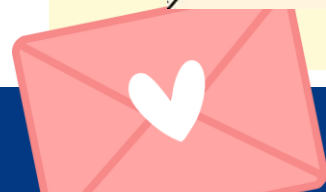


The Toolbox

- Dedicated website for young people to gain support on ADHD and Autism.
- Signposting to services and interventions in Hertfordshire.
- Self-help tools and interactive livestreams available.
- Visit: thetoolbox.mindler.co.uk

Support Hub

- **No diagnosis** required to access this support.
- Available to **parents, carers, and professionals**.
- Evening appts available to book.
- **Call or WhatsApp** the team on 01727 833963



More Information



The poster features a teal background with a white circular logo on the left containing the text 'DSPL2'. To the right of the logo, the words 'FAMILY NETWORK EVENTS' are written in large, bold, blue, sans-serif capital letters. In the top right corner, there is a logo for 'Families First' with the tagline 'Early help, brighter futures'. Below the main title, there is a dark blue section containing three rows of event details, each with a date and time on the left and a school name on the right. At the bottom of this section, it says 'No booking required'. Below this is a green section with three columns of text: 'Find out about local services', 'Meet other families', and 'Advice and support' on the left; a list of partner organizations in the middle; and the 'Herts Parent Carer Involvement' logo on the right. The bottom of the poster is a grey section with a phone number and an email address, each preceded by a speech bubble icon.

DSPL2 **FAMILY NETWORK EVENTS**

Families First
Early help, brighter futures

10–12pm Tuesday 25th November 2025 Peartree Spring Primary School

10–12pm Tuesday 17th March 2026 Moss Bury Primary School

10–12pm Tuesday 16th June 2026 Peartree Spring primary School

No booking required

Find out about local services

Meet other families

Advice and support

Herts Mind
Supporting Links
Step 2 Skills
Phoenix
Angels
ADDvance
Family Centre
Messy Minds
Tracks
Lending Space
Home Start
SET Family Support Workers
Well Being Junction
Herts Parent Carer Involvement

Herts Parent Carer Involvement

01438 233900 dspl2@peartreespring.herts.sch.uk



More Information

Ella Support Loop
SEND Parent Support Session



Transitioning from
DLA to PIP using Ella

Struggling with
PIP paperwork?
You don't have
to do it alone.

A Supported
PIP Drafting
Session
using Ella

Join us for a calm session on February
24, 2026, from 7.30 -9 PM (Online)

For details and to register:

Visit: 

ellasupportloop.org/workshops



You deserve to feel supported.

Ella our specialised SEND AI
helps you draft at your own
pace.



90 min + Support = Progress

1. Understand PIP clearly
2. Draft your own PIP answers live using Ella
3. Get direct support during session
4. Leave the session with your first draft actually started
5. Includes ongoing access to Ella so you can continue your draft anytime.

Practical guidance only. Not legal advice.



More Information

Visit the Student Area on our website

www.lonsdale.herts.sch.uk

You can find lots of activities in the 'All Sorts of Things' section.

Daily Home Learning Plan can be found in your class area for pupils who are not attending school.

Student Area is here!



[HOME](#) [ABOUT US](#) [COVID-19 RETURN TO SCHOOL](#) [NEWS AND EVENTS](#) [OUR LEARNING](#) [PARENTS](#) [GOVERNORS](#) [COMMUNITY](#) [STUDENT AREA](#) [CONTACT US](#)



IN THIS SECTION

[ALL SORTS OF THINGS...](#)

[ZOOM INTO BRILLIANT BITS...](#)

[AUSTRALIA](#)

[BRAZIL](#)

[CANADA](#)

STUDENT AREA

What's new in the STUDENT AREA?

School Year 2025-2026

Welcome to the new school year! We will continue to use this area to provide support for pupils who cannot be at school or are learning from home. Scroll down to find out how the 'Student Area' works!

Homework Area for your Class

You will find a 'Homework Area' tab to the right in your class area. Click on the tab to view and download your homework tasks and any resources you need to complete them. You have a whole week to complete your homework.

If your child has been set online learning for Friday afternoons, you will also find this under the homework tab.

