

Issue: 104

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Date: 12 January 2018



RoundUp is published fortnightly on our website.
<http://www.roundwoodpark.co.uk>

Headlines

Dear parents and carers

Happy New Year. I hope you had a really restful break.

We welcome a number of new colleagues to our staff as we start the term. We are delighted to inform you that Gemma Harvey has joined us from Sandringham School to be Head of Philosophy, Religion and Ethics (PRE). Also in humanities we are delighted to announce the arrival of Sarah Eburn, an experienced geography teacher who has come to us with a fantastic reputation, also from Sandringham School. Claire Casey joins us in drama as a permanent replacement for Robinson Ellin who left us in July. We are delighted to have Claire who is an experienced and enthusiastic colleague. Lucy Gallagher, who has been with us for a number of years and was formerly Head of Year 8, has become the Deputy Head of Sixth Form and also takes over the leadership of psychology. In her place we have appointed Sarah Hilliard as Head of Year 8 and she has already introduced herself to parents via InTouch last week. Ian Stowe joins as our new HR Manager. He is an experienced colleague, having previously been the Business Manager of Manshead School in Dunstable.

Tony Smith has now started his role as Headteacher Designate of Katherine Warrington School. He has therefore stepped down from the SLT although he continues to be based here. We also welcome Lisa Vettese, an ex-student, who joins us as a Cover Supervisor and George Rouse, our new apprentice in IT Support.

We had mock results day this week for Year 11. The picture for the year group looks healthy, although clearly among them there are students who have done well, students who need to work hard, students who were anxious and need our support and students who will benefit from the study enrichment programme which we will be beginning next week. Our promise to students is: we are here to help; we are here to support. Although the hard work comes from them, we will be right by their sides.

Have a lovely weekend.

Alan Henshall
Headteacher



Roundwood Park Community Pitch
Supporters Paving Stones Available Now
"Fit For The Future"
www.rpcp.co.uk



Year 11 Parents - Reminder

The deadline for the Year 11 Prom deposit and Year 11 Yearbook one-off payment is next Wednesday 17 January.

Trip Payments

Residential Trips

Y9 Battlefields Visit

Balance Payment: £97 - OVERDUE

Y8 MFL Paris 2018:

Interim Payment: £125 - OVERDUE

Y8 MFL Rhineland 2018:

Interim Payment: £125 - OVERDUE

Netball Tour 2018:

Balance Payment: £85 - 18 February

Y12 Preston Montford Biology Trip 2018:

Deposit: £150 - 6 March

Y10 South Wales 2018:

Interim Payment: £130 - 26 February

Jeannine Blight, Residential Trip Coordinator

British Rowing Indoor Champion

Many congratulations to Astrid Peel, Year 7, who came third in her event at the British Rowing Indoor Championships which took place at the Lee Valley VeloPark on 9 December.

The event attracts the country's best rowers from all age groups and includes the GB national team.

Sir Bradley Wiggins was also there trying (but not succeeding) to lay claim to a place himself (swapping cycling for rowing).

Well done Astrid!



“Languagary”

MFL have renamed this month ‘**LANGUARY**’.

During **LANGUARY**, we would like to see who is the **best independent language learner** in the school!

What do YOU need to do?

- Collect a **SPICY LANGUAGE LEARNING MENU CARD** from the MFL office from Monday 8th January. It contains a wide variety of activities for you to complete to help you practice the languages you are already learning or to try out something new.
- Complete as many menu items as you can during **LANGUARY** and show your evidence to **Mrs Phillips in the MFL Office**.
- **The Peri-ometer suggests the level of challenge the menu item offers.** Each activity is worth points and your aim is to gain as many points as possible.
- **We will record all the points you score on your Languary activity card and give awards to those who complete lots of challenges.**
- **Score more than 10 points to be entered into a prize draw at the end of Languary.**

ALSO, KEEP A LOOK OUT FOR INFORMATION ABOUT LANGUAGES WEEK WHICH IS COMING SOON!!

Here’s a preview of the Languary menu:

LANGUARY 2018	Chilli Rating	Appetisers	Mains	Sides	Desserts	Specials	Drinks	
	Extra Hot 10 points	Create a comic strip in Spanish, French or German	Write a fan letter in Spanish/French/German to a celebrity	Create a story or activity book for a primary aged child in Spanish, French or German	Write or adapt a song in Spanish, French or German to help you learn verb endings or key vocab	Write a poem in Spanish, French or German	Make a board game in Spanish, French or German	
	Hot 8 points	Make a video or poster in Spanish, French or German about why languages are fun & important and why people should learn them	Write and act in a short film in Spanish, French or German	Film yourself cooking something at home and try to use as much Spanish, French or German as possible	Teach your parents or siblings at least 10 phrases in Spanish, French or German. Get them to sign here:	Plan a starter task for your class on a topic /grammar point you’ve learnt this year.	Write a letter to your teacher in Spanish, French or German which show off everything you know.	
	Medium 6 points	Create a VOKI or similar in Spanish, French or German on the topic of your choice	Teach your tutor or another teacher 5 new phrases in Spanish, French or German. Get them to sign here:	Use Tellagami or similar to create an avatar which says a short speech in Spanish, French or German	Attend French Club twice during #Languary2017 (Thursdays ML4 @ 1pm)	Read Spanish, French or German for pleasure. Write what you’ve read here:	Watch a Spanish, French or German film and write a summary in English or Spanish, French or German	
	Mild 3 points	Complete a whole languages lesson without speaking English.(You’re not allowed to sit in silence the whole lesson!)	Download Duolingo and complete a 5 day streak in Duolingo in Spanish, French or German. Show your evidence to your teacher.	Watch a favourite film in Spanish, French or German either on YouTube or DVD. It can be an English film with Spanish/ French/German subtitles! Write a few sentences about the film.	Set your twitter, FB, Siri or home email account to Spanish, French or German or the whole of #Languary2018.	Research the Spanish Civil War , the French Revolution or the fall of the Berlin wall and then create a fact file in your own words.	Create a puzzle page in Spanish, French or German on a topic you’ve done recently	Watch a football match with commentary in Spanish, French or German. Write a list of new words.
	Extra Mild 1 point	Find a Spanish, French or German speaking musician. Listen to them and make a list of your favourite 5 tracks and some of the words you have learnt			Create a PowerPoint on the topic you are doing in class at the moment	Bring a cultural object into school from a Spanish, French or German speaking country	Create an exciting poster about a famous Spanish, French or German speaking artist or architect	Go on linguascope at least 5 times during Languary. What new words have you learnt?

Year 11 Silver Duke of Edinburgh's Award Training

On Monday 18th and Tuesday 19th December, 71 of our Year 11 Silver Duke of Edinburgh's Award students were up early and making the most of the good weather by undertaking essential expedition training.

On Monday, six groups went to Ashridge to practise their orienteering skills and run through emergency procedures with our expedition providers, ICY.



Five groups stayed at school to plan their practice expedition routes and then cooked their lunch on a Trangia stove. The groups then swapped activities for Tuesday.



We are all looking forward to the practice expedition in April.

Mrs Thomson, Mrs James and Mrs Godbee

Year 12 Visit to the Department of Engineering at Cambridge University



On Tuesday 5th December, 14 Year 12 Physics students visited the Department of Engineering at Cambridge University. We had a tour of the different rooms involved in the making, designing and learning about engineering, our favourite parts probably being the wind tunnels and meeting the Formula Student racing team. We even saw the wind tunnel that Frank Whittle used to invent the jet engine and it is still in use by undergraduates.

After a half hour walk through the historic centre of Cambridge and a quick stop for food, we arrived at the Cavendish Laboratory. There we had a lecture from the authors of 'Furry Logic' - a book about the physics behind animals' actions. Lots of us were fascinated and ended up buying a copy.

Overall, despite it being a late night on a school night, we had a great time and learned a lot.

Hayley Rodgers

Year 12

French Exchange Journal

Mercredi

Aujourd'hui nous avons voyagé en avion à Paris en France. Le voyage n'était pas trop long mais j'étais assez fatiguée. Ma partenaire est assez gentille et s'est très bien occupée de moi. Son petit frère et sa petite sœur sont extrêmement mignons. Maintenant, je suis curieuse de voir l'école Française demain.



Jeudi

Ce matin je me suis réveillée à six heures vingt pour me préparer pour l'école. J'ai mangé du pain avec du beurre et un verre de jus d'orange pour le petit déjeuner. A l'école, Après avoir fait deux cours, nous avons joué un tournoi de tennis de table. C'était amusant à jouer avec mes amies. Cet après-midi nous avons visité un château à Compiègne. Ensuite je suis allée en ville avec ma partenaire.



Vendredi

Aujourd'hui nous avons visité un autre château en Pierrefonds avec nos correspondants. Afin d'avoir plus de temps pour y voyager, on a mangé le déjeuner très tôt. Puis nous sommes allés à la chocolaterie de Lachelle et j'ai essayé un morceau de chocolat noir. C'était délicieux ! Ce soir j'ai mangé de la soupe et du poisson pour le dîner.



Samedi

Aujourd'hui j'ai rendu visite au grand-père de mon correspondant. Ensuite je suis allée à un marché de à Senlis. C'était super parce que j'y ai mangé une crêpe au citron. La ville était très ancienne mais assez belle. Il y avait une cathédrale et des magasins. Après être rentrée à la maison, j'ai joué à des jeux de société avec Valentine. Malheureusement je n'ai pas gagné de tout mais je me suis amusée de toute façon.

Dimanche

Ce matin je me suis réveillée à dix heures parce que j'ai fait la grasse matinée. Pour le petit déjeuner j'ai mangé un beignet et un croissant. Cet après-midi j'ai joué à des jeux de cartes comme 'UNO' avec Pénélope (la sœur), et j'ai aidé à décorer l'arbre de Noël.

Lundi

Ce matin nous avons visité l'école pour la dernière fois. C'était un peu étrange de dire 'au revoir' mais j'ai beaucoup aimé l'expérience. Puis nous avons voyagé à l'aéroport, où j'ai mangé une baguette et acheté des souvenirs pour ma famille. L'avion a été retardé d'une heure, cependant nous sommes revenus en éventuellement Angleterre. Je me suis bien amusée et j'ai réussi à pratiquer beaucoup de français.

K Miller Y10



Regional Success All Round for RPS Trampoline Squad

After last year's success at National Finals, RPS entered 7 teams into this year's regional competition to be held at the University of Hertfordshire on Sunday 10th December.

Unfortunately, due to heavy snowfall it meant that some gymnasts were unable to compete. As disappointing as it was, it was fantastic that the majority of the squad turned up and competed.

Even though the snow stopped some and muddled the timetable, it didn't stop Roundwood from achieving amazing success once again and the months of hard training paid off. Hardie was Regional Champion in 1st place and Ellis in 2nd place so both go through as individuals in Under 13 boys. After fantastic routines from the Under 13 girls the team of Olivia, Amy, Tia and Ellen came 1st, with Olivia becoming Regional Champion and Amy coming 2nd (therefore a team and 2 individuals through to Zonals).

A brilliant show from the boys Under 15 team resulted in a clean sweep: Noah 1st, Tom 2nd and Alex 3rd taking the top three individual places as well as 1st team securing them a place in Zonals. The Under 15 girls' team (Milly, Katie, Bronwen and Ellie) also gave good performances and came 2nd as a team so they are also through to Zonals.

The Under 19 girls' team of Claire, Scarlett and Naomi preformed two rounds of good routines gaining them 1st as a team with Claire placing 1st and Naomi 3rd meaning they were also through as individuals.

The Under 19 Intermediate girls team of Ellie, Lucy, Sarah and Izzy competed with amazing routines and were Regional Champions placing 1st as a team with Izzy coming 1st, Sarah 2nd and Ellie 3rd. This means they are also all through as individuals to Zonals. Unfortunately, none of the Under 19 boys' intermediate team could make it due to the weather but we know they would have done very well.

The day was a huge success and we hope to carry this through to the next round in Chesterfield this month. A huge thank you to Mrs Moxham who does an amazing job of coaching and never fails to make sure we have a successful day with great outcomes. Also thank you to parents and judges who came and supported the squad for the day!

Naomi Dumpleton



Under 19 Intermediate Girls Regional Champions



Under 15 Novice Girls

Regional Success All Round for RPS Trampolining Squad continued..



Under 13 Novice Girls Regional Champions



Under 15 Novice Boys Regional Champions



Under 13 Novice Boys – Hardie 1st, Ellis 2nd



Under 19 Novice Girls Regional Champions

Expressive Arts



SPOTLIGHT

In this edition, we talk to ex-RPS student Edward Frost about what has happened in his life since choosing PE at A level.



I had not mapped out exactly what I wanted to do, when I chose my A levels but I knew I would try to pursue a career in sport. As a 17 year-old, I assumed I would study sports science at university and go from there. One half term into Year 12, I realised that I had minimal interest in Biology (or maybe I was just bad at it!) so I had to rethink my plans after I dropped the subject. It became clear as I continued studying PE that I would be more suited to a sports management degree and I began to look into possible careers in sports development.

There was never any question as to whether I would take PE – it was the only subject I had ever been enthused by. I was confident that taking A Level PE would give me wider subject knowledge and support my plan to one day work in sport. The course provided a clear progression from GCSE PE and gave me a greater breadth and depth of knowledge from anatomy and physiology, to sports psychology and comparative studies. I strongly believe that not only did A Level PE educate me, but it allowed me to gain a better understanding of the career path I wanted to follow.

During ‘comparative studies’, I became interested in the values, impact and importance of PE and sport in the UK. When learning and reading up on the topic, I realised that one day I would like to work for an organisation that has a positive impact on physical activity, sport or PE.

A Level PE demands that you work well in a number of pressurised situations. Aside from written examinations, PE requires you to deliver a presentation to evaluate and analyse performance in front of members of staff. As well as this, you are required to do a one-off performance to showcase your skills in your chosen sports. The course demands you to speak to and work well with peers, staff and even external moderators. A Level PE helped to develop confidence and social skills, preparing me well for my course at university.

People, including prospective A Level students, often assume that PE or sport subjects are not as “academic” as others but it really is and, through working hard, the course gave me a good understanding of a wide variety of topics. After finishing my A Levels in 2013, I went straight off to the University of Kent to study Sport and Exercise Management.

After graduating from University in 2016, I began coaching part-time for Watford FC Sport and Education Trust while on the hunt for full-time employment. Soon after, I had an interview for a job as a School Games Coordinator for the Three Rivers and Watford School Sports Partnership. I am now into my second year at the Partnership, hosted at Rickmansworth School, which I am thoroughly enjoying.

I am so grateful that I ended up studying the course I did – It further developed my knowledge of sport and exercise, but the management aspect of the course and placement period provided me with vital skills and experience that are transferrable to any industry. Studying A Level PE certainly prepared me for my degree, not only with subject knowledge but also ways to manage the learning of each topic effectively. Studying A Levels are the most strenuous years of your education so study something you will enjoy. Sport is a multi-billion pound industry growing faster than the average rate and supplying hundreds of thousands of jobs. Jobs in this industry are hugely competitive so if you wish to pursue a career in sport, gain as much knowledge and experience in the field as possible.

If you have a story you'd like to share with us about how studying **Art, Music, Drama, PE, Textiles** or **Photography** at RPS has influenced your life since school, then please get in touch with m.garbutt@roundwoodpark.co.uk

PTA Social Events

The PTA is currently raising £30,000 for 570 new classroom tables.



Comedy Night

Saturday 3rd February 2018
(7pm School Hall)

We have some fantastic Comedians lined up for this fun filled evening.

Bring friends, enjoy a drink and have a laugh!

TICKETS NOW ON SALE
(SEE ATTACHED BOOKING FORM)

DON'T MISS!



Second Hand Uniform Sale

Sat 20th January

(1pm -2.30pm)

In the Meeting Room behind Reception

We have a great selection of good quality second hand uniform at low prices. Don't miss this popular event.

Next Sale - June 2018

Please donate any laundered, quality second hand uniform to Reception. We also welcome donations of trainers, football boots, rucksacks, coats and jackets.



1% Community Fund

Roundwood Park PTA has been chosen for the next round of **Co-op Local Community Fund.**

From **now** until the **27 Oct 2018**

1% of the sale of selected Co-op products goes into the Local Community Fund.

It only applies to Co-op members. If you are not already a Co-op member and use the Co-op, please sign up at www.coop.co.uk before your next shop and select 'Roundwood Park PTA' as your chosen Community Fund.

Please pass on to local family and friends as we have the potential of raising over **£5,000!**



PTA Donations

You can also support our PTA fundraising campaign by donating on **Parent Pay.**

The PTA is a registered charity and we can be contacted on pta@roundwoodpark.co.uk.

Details of all our activities and booking forms can be found on the school website under "Parents".

Roundwood Park PTA Comedy Night

Saturday 3 February 2018

Roundwood Park School Hall

Doors & Bar open at 7pm Show starts at 8pm Tickets: £15 per person 18+ only
Licensed Bar & Snacks available

Raising £30000 for Roundwood Park School



Simon Clayton* - Compere

Simon Clayton has been a stand-up comic since 1995. On stage he talks about what he is: male, fat, mixed race, married, balding and anything else that currently makes him laugh. Although not necessarily in that order. He has performed nationwide. He is also a very experienced compere.

with

Sundhu Vee* - Sundhu puts her accolade as a 2016 BBC New Comedy Award finalist ahead of the fact that she was already making comedy waves with us when she reached the Funny Women Awards final in 2013. She is way ahead of the curve when it comes to comedy of the intrinsically female kind and I love her for it. – Lynne Parker



Mark Maier* - Talented award-winning writer and stand-up, Mark Maier, is an established and highly sought after performer on both the national and international comedy circuits. Amongst his many credits, Mark has taught and performed improvisation with Catherine Tate in London and has had a string of successful radio series, in which he was both writer and performer.

The Raymond & Mr Timpkins Revue* 'The raymond and mr timpkins revue' are a prop/music driven double act, professionally dancing about and holding up words and pictures since 2004, though we've been enthusiastic amateurs for much longer. We have crisscrossed the planet in a bid to make money and amuse.



*Line up is correct at time of publishing although could be subject to last-minute change

Comedy Night Booking Form

Please return reply slip with cheque to Bursar's Box at RPS in an envelope marked "Roundwood Park PTA - Comedy Night".

Name:..... Tel No:.....

I enclose a cheque for £ payable to 'Roundwood Park PTA' for tickets

Email address:

Your email confirming your booking will serve as your ticket. Please bring it with you on the night.
Tickets will be sold on a first come first served basis - adults 18+ only

Thank you for supporting Roundwood Park School

Roundwood Park School
in partnership with
Harpenden Colts FC
present...



Roundwood Park Community Pitch

Construction of the Roundwood Park Community Pitch is now under way and we are grateful for your support.

£15,300 received to date - would you like to donate?



Mr Henshall & Jamie Redknapp with the pitch plans



The new pitch under construction

About the pitch

We are building a state-of-the-art, all-weather, full-size artificial pitch at Roundwood Park School. This will allow us to meet the physical educational needs of our students, all year round. The school is committed to using the pitch for multiple sports - football, rugby and softball, to name just a few. As well as benefitting our students, this fantastic new facility will also provide a creative space which can be enjoyed by a wider demographic, encouraging the community as a whole to participate in physical activity and engage in a healthy lifestyle.

Help us reach our fundraising target of £200,000

The Football Foundation are providing the bulk of the funding for the new pitch and we are very grateful for the donation of £10,000 from the Harpenden Society. Roundwood Park School and Harpenden Colts will provide the balance of the financing but we need your help to reach our fundraising target of £200,000.

Carve your name into Harpenden's History

To raise funds, the viewing area of the pitch will be lined with paving stones engraved with personal tributes, names and memorials. You can support the Roundwood Park Community Pitch by making a donation to pay for a paving stone for your own family, or business or you might consider a joint paving stone with friends. By donating, you can make a lasting and personal contribution to this much needed facility within the school and our wider community. Your donation will make a big difference.

Gift Aid

We will be seeking to claim gift aid on personal donations which qualify and invite you to complete a gift aid donation on checkout. By selecting gift aid we receive an extra 25% of your donation. You can also donate on behalf of a family member or a friend and download a gift certificate when you check out.

Click here to donate now!

Thank you for your support. Please share this on social media and help pave the pitch.

Website: www.rpcp.co.uk

Facebook: www.facebook.com/roundwoodparksch/ Twitter: [@Roundwood_Park](https://twitter.com/Roundwood_Park)



My Teen Brain

A free* 4 week course for parents and carers of children aged 12 to 18 about:

- Being the parent of a teenager – the role of the parent and how to respond to difficult feelings
- Understanding your teenager – development, parenting styles, praise and criticism
- Communicating with your teenager – talking and listening, handling difficult issues
- Managing conflict with your teenager – rules and boundaries, problem solving

Wednesdays

17th, 24th, 31st January and 7th February 2018

10.00am – 12.00noon

at Sauncey Wood School, Harpenden

You are able to register your interest on this course by emailing on ifosteredwards@saunceywood.herts.sch.uk

All information is correct at the time of going to press, but may be subject to change.

*£50 if your child does not attend a HarpendenPlus Partnership school

List of partnership schools: Beech Hyde, Crabtree schools, Grove schools, Harpenden Academy, High Beeches, Kimpton, Lea, Manland, Redbourn Schools, Roundwood Park, Roundwood Primary, Sauncey Wood, Sir John Lawes, St Dominic, St George's, St Helen's, St Nicholas, Wood End



ANGER in the Family

A workshop for parents and carers of children aged 5-19 looking at how angry behaviour effects family life.

We will cover :

- ⇒ **What anger looks like**
- ⇒ **Where might it be coming from**
- ⇒ **What can we do to manage the behaviour we see**

Monday 29th January 2018

10.00am-12.30pm

**Harpenden Plus Partnership
Jubilee Room, Sauncey Wood School,
Pickford Hill, Harpenden AL5 5HL**

Fully funded by Harpenden Plus Partnership *

Call : 01582 623676

or email : jfosteredwards@saunceywood.herts.sch.uk

You will be sent a booking form and your place will be secured upon receipt of your completed form and a small deposit.

*£20 fee if your child does not attend a HarpendenPlus Partnership school

List of partnership schools: Beech Hyde, Crabtree schools, Grove schools, Harpenden Academy, High Beeches, Kimpton, Lea, Manland, Redbourn Schools, Roundwood Park, Roundwood Primary, Sauncey Wood, Sir John Lawes, St Dominic, St George's, St Helen's, St Nicholas, Wood End

"Communication for Life" A workshop on meeting the communication challenges of teenage years and young adulthood.

*A Workshop for families and professionals supporting children and young people with
Down syndrome from age 9 to young adulthood*

Led by: **Leela Baksi**, specialist speech and language therapist, Symbol UK Ltd

This course looks at the communication issues in the context of adolescence. It will explore ideas and strategies that can support communication around key themes for teenagers and young adults, focusing on the strengths and challenges associated with Down syndrome.

Course outline

Adolescence, young people who have Down syndrome, and communication skills: challenges and opportunities - What does research tell us about the communication skills of young people who have DS?

Living and working with communication impairment: common issues and what we can do about them

Key areas to address and strategies : learning words and achieving clearer speech; vocabulary, language scripts, grammar and narrative skills; personal presentation skills;
Too much/not enough talking! Self talk, and selective mutism- why might it happen and what we can do about it?

Visual scaffolding to support thinking skills

Some examples of visuals that support communication as young people move towards adulthood

This course is designed for a mixed audience of parents and family members and school and college staff including teaching assistants, teachers, and other practitioners including speech and language therapists. There will be opportunities to discuss issues and plans for individuals during workshop-style sessions.

Date: Wednesday 31st January 2018, Time: 9.30 am to 4pm

Venue: St Albans Girls' School, Sandridgebury Lane, St Albans AL3 6DB

Cost: £25 for schools and other professionals. £10 for parents/carers.

Tea and coffee provided, please bring your own lunch.

Places are limited so please book, by completing the tear off slip and return with cheque to:
DSPL Administration, c/o STAGS, Sandridgebury Lane, St Albans AL3 6DB

On site parking available in **Visitors Car Park** only please.



Name(s) of Attendee(s):

Communication - 31st Jan 2018

For Schools - Name & Address:

OR

for Parent(s) - Address:

Contact Email: _____



NB: Please make cheques payable to St Albans Girls' School

Eating Disorders in Children and Teens— a Parent's Guide - Talk

6-12_{yrs}

teens

Summary



Eating Disorders often appear in the media and have touched many personally. At one extreme they are trivialised as vanity or a lifestyle choice, and at the other cause alarm due to high profile deaths. Effective psychological treatments are available and the majority of young people recover if they get high quality care early enough. Dr. Nicholls will describe the characteristics of eating disorders, as well as outlining disturbances of eating behaviour that would not be classified as

eating disorders. Once established, eating disorders can have a profound effect on young people and on their families. This talk will focus on the early signs of eating disorders, risks for developing eating disorders, and how parents can help if they recognise these difficulties in their child. Dr Nicholls will touch on the latest research about what makes one child vulnerable to developing an eating disorder when another child from the same family and in the same environment may not. The sorts of treatment that a young person should expect will also be outlined, along with pointers to useful sources of support.

Who is this event for?

This talk is primarily for parents of children age eight and above who are interested in increasing their awareness of this issue. It will also be of interest to all those who work with children and adolescents. The talk will not cover other types of eating difficulties such as fussy or picky eating.

What parents will gain from the event

- Identify the types of eating disorder and know how they differ from 'normal' concern about eating, weight and shape
- Recognise the early signs of disordered eating behaviour and how to respond
- Understand some of the factors that may keep an eating disorder going once it has developed
- Know about the types of effective psychological treatment that are available
- Know who to contact and where to turn if you need more help

This talk is sponsored by



Neves
SOLICITORS

Event Details

Date: Thu, 1st Feb 2018

Time: 19.30-21.15

Location: The Maltings Theatre

St Albans, AL1 3HL

Cost: £18pp

About our speaker



Dr Dasha Nicholls is Consultant Child and Adolescent Psychiatrist and Joint Head of the Feeding and Eating Disorders service (FEDS) at Great Ormond Street Hospital and Honorary Senior Lecturer at the Institute of Child Health. Her clinical work is concerned with feeding and eating disorders in children and adolescents, including early onset eating disorders, avoidant restrictive food intake disorders, and child and adolescent obesity. She has published over 60 research articles and book chapters and is actively engaged in lecturing and teaching. She is Past President of the Academy of Eating Disorders, was Chair of the Junior MARSIPAN group, is a member of the NICE Guideline Committee and Expert Reference Group, and is chair of the Eating Disorders Faculty of the Royal College of Psychiatrists.

[Click to Book Now](#)



HAPPY TEENS

Wellbeing Weekender

“Do you and your teen need advice, guidance and support?”

RELATIONSHIPS
FRUSTRATION
SOCIAL MEDIA
FEAR
WORRY
BULLYING
FRIENDSHIPS
SELF ESTEEM
ANXIETY
EXAM STRESS
CYBER BULLYING
BODY IMAGE

Professionals in youth wellbeing and resilience coming together for one weekend to help you and your teenager navigate those tricky teen years.

HAPPY TEENS – THE WELLBEING WEEKENDER

Saturday 17th March 2018 10-5pm

Nicholas Breakspear School, St Albans

BOOK YOUR PLACE HERE

<https://www.eventbrite.com/e/happy-teen-wellbeing-weekender-tickets-40029482259>

Kat@brilliantlyimperfect.com

Hosted By Kat Shaw of Brilliantly Imperfect in support of Rephael House & Ollie Foundation



charity number: 1109437

Brilliantly Imperfect



**"We're all in this together"
Speech, language and communication for children with
Down syndrome in the Primary Phase**

*For staff working in all schools, including Teaching Assistants, Classroom Teachers,
SENCO's, Support Teachers, Speech and Language Therapists and parents.*

Led by: Leela Baksi, specialist speech and language therapist, Symbol UK Ltd

A one day workshop for families and professionals supporting children with Down syndrome up to the age of 11, on understanding our children's communication profile and supporting them to develop their speech, language and communication skills. This day shares details of the profile of communication strengths and needs associated with DS, and recommended strategies to overcome difficulties and develop skills. We discuss setting up an individually tailored, supportive communication environment, and addressing specific aspects of speech, language and communication skills in everyday life and curriculum activities. It also provides an overview of approaches for speech and language therapy staff who are not familiar with recommendations regarding speech and language therapy for children who have Down syndrome.

This workshop considers establishing early language skills and using alternative means of communication as well as extending spoken language and addressing speech clarity.

Presentations include:

- ◆ Realising the communication potential of children who have Down syndrome: expert recommendations
- ◆ The profile of communication strengths and issues associated with Down syndrome.
- ◆ Supporting communication
- ◆ Social communication skills
- ◆ Language skills
- ◆ Eating and drinking skills: getting mouths ready for talking
- ◆ Learning and saying words

This course is best suited to those concerned with Down syndrome and if people are only looking for support with other diagnoses, this is not the right course.

Date: Thursday 22nd March, 2018, **Time:** 9.30 am to 4pm

Venue: St Albans Girls' School, Sandridgebury Lane, St Albans AL3 6DB

Cost: £25 for school and other professionals, £10 for parents and carers.

Places are limited so please book, by completing the tear off slip below and return with cheque to:

DSPL Administration, c/o STAGS, Sandridgebury Lane, St Albans AL3 6DB

Tea and coffee will be provided. Please bring your own lunch.

Please bring along any examples of pupils' work or resources that you would like to discuss.

Previous participants have found it helpful if class teachers and Teaching Assistants attend this course together to ensure all are knowledgeable about issues and recommended strategies, and to facilitate planning together.

On site parking available in **Visitors Car Park** only please.



Name(s) of Attendee(s):

We're All In This Together 22 March 2018

For Schools - Name & Address:

OR

for Parent(s) - Address:

Contact Email: _____



NB: Please make cheques payable to St Albans Girls' School



Living with an Anxious Child

A workshop for parents and carers of children aged 5-19 who worry, and show signs or symptoms of anxiety.

We will cover :

- ⇒ **What anxiety looks and feels like**
- ⇒ **When anxiety becomes a problem**
- ⇒ **How to respond to an anxious child**

Monday 26th March 2018

10.00am-12.30pm

Harpenden Plus Partnership

Jubilee Room, Sauncey Wood School,

Pickford Hill, Harpenden AL5 5HL

Fully funded by Harpenden Plus Partnership *

Call : 01582 623676

or email : jfosteredwards@saunceywood.herts.sch.uk

You will be sent a booking form and your place will be secured upon receipt of your completed form and a small deposit.

*£20 fee if your child does not attend a HarpendenPlus Partnership school

List of partnership schools: Beech Hyde, Crabtree schools, Grove schools, Harpenden Academy, High Beeches, Kimpton, Lea, Manland, Redbourn Schools, Roundwood Park, Roundwood Primary, Sauncey Wood, Sir John Lawes, St Dominic, St George's, St Helen's, St Nicholas, Wood End

JOIN OUR POLICE CADETS

Are you:

- interested in police work?
- aged between 14 and 18?
- interested in a varied role where you can develop a range of skills, help your local community and have fun?



Then why not join the St Albans and Harpenden Volunteer Police Cadets.

For further information and an application pack, please email steven.alison@herts.pnn.police.uk or call **01707 354192** and ask for PC Steve Alison.

www.herts.police.uk/cadets



**HERTFORDSHIRE
CONSTABULARY**





Spot the Signs Campaign is run in partnership with:

Hertfordshire County Council
Tel: 0300 123 4040

Hertfordshire Partnership University NHS Foundation Trust (HPFT)
Tel: 01707 253 900

Hertfordshire Mind Network
Tel: 02037 273 600

Mind in Mid Herts
Tel: 01727 865 070

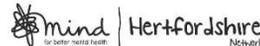
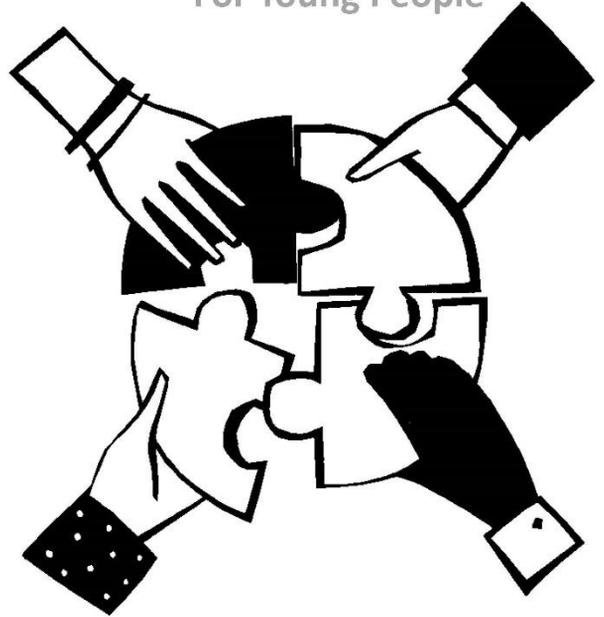


Hertfordshire Partnership NHS
University NHS Foundation Trust



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Wellbeing Signposting Guide For Young People



Spot the Signs is a suicide prevention campaign helping to remove the stigma of talking openly about suicide. We provide training courses and signpost individuals to mental health support in Hertfordshire. Spot the Signs Young People's project aims to:

- Increase public awareness of suicide in young people
- Reduce the stigma associated with seeking mental health support
- Provide suicide awareness training to professionals working with young people in Hertfordshire
- Encourage peer support
- Signpost children and young people to support services
- Promote support for families where a family member is at risk

Our vision is to make Hertfordshire a county where no one gets to a point they feel suicide is their only option.

www.hpft.nhs.uk/spot-the-signs

Notes

Please use this page to add your own notes or comments.

Apps

There are a variety of apps for ISO and android devices that can support your mental health.

If you are concern about online safety or bullying visit CEOP to learn about internet safety and report online abuse at www.ceop.police.uk



Calm Harm is a free app with password protection that provides a range of techniques to relive emotional distress. It's particularly helpful if you often use self harm to cope.



Focus on the go free family based games to support 4 years and older in managing and understanding emotions.



For Me is a free app from Childline. It offers counselling, group message boards, and advice.



MindShift a free app with advice managing anxiety and relaxation methods.



Recharge—Move Well, Sleep Well, Be Well uses a free, personalised 6 week program to help you improve your mood and energy levels.



Smiling Mind provides free mindfulness meditations aimed at reducing stress, anxiety and concentration levels.

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General

Bullying UK offer advice if you or someone you know is being bullied. They also have a free, confidential helpline for parents, open Mon - Fri 9am - 9pm, Weekends 10am - 3pm.
Tel: 0808 800 2222; **Web:** www.bullying.co.uk

Chat Health a texting service for 11 - 19 year olds in Hertfordshire, where you can text your school nurse for guidance and support. Open Mon - Fri 9am - 5pm.
Text: 07480 635 050

Health for Kids provides information for children on staying healthy and understanding feelings.
Web: www.healthforkids.co.uk

Health for Teens provide an advice website on all aspects of health for teenagers, provided by the NHS.
Web: www.healthforteens.co.uk

NHS 111 If you need urgent medical advice but it is not an emergency then you can call **111** (in case of an emergency or life threatening situation call **999**)

NHS Stop Smoking Service if you would like advice and support in stopping smoking you can visit the website to find your closest service. **Web:** www.nhs.uk/smokefree

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Money

Gamblers Anonymous provides support for gamblers and their friends and/or family. **Web:** www.gamblersanonymous.org.uk

Hertfordshire Citizens Advice offer guidance on debt and money, benefits, housing and legal matters. Find your closest centre on the website. **Web:** www.hcas.org.uk

Hertfordshire County Council provide guidance for young people about benefits, entitlements and budgeting. Visit their website and search for 'Money Advice Factsheets'.
Web: www.hertfordshire.gov.uk/childrens-social-care

Hertfordshire Young Homeless offer advice and practical support such as; family mediation, and host families, for 16 - 24 year olds who are homeless or worried they might become homeless.
Tel: 0800 0355 775; **Web:** www.hyh.org.uk

National Debtline provide advice for managing any debts you might have through a free helpline open Mon - Fri 9am - 8pm, Sat 9:30am - 1pm. **Tel:** 0808 808 4000; **Web:** www.nationaldebtline.org

Open Door are an 18+ only homeless shelter.
Tel: 01727 859113; **Web:** www.hpcha.org.uk/open-door

YC Hertfordshire give guidance and support to young people.
Tel: 0300 123 4043; **Email:** yc@hertfordshire.gov.uk
Web: www.youthconnexions-hertfordshire.org

Crisis Support

If you are worried about your own or someone else's suicidal thoughts or feelings you can contact the below services for support:

- In a life threatening situation call **999**
- **Samaritans:** free confidential support 24/7 call **116 123**
- **Childline:** free 24hr counselling service call **0800 1111**
- **HPFT Single Point of Access (SPA)** take referrals for NHS mental health services. Call **0300 777 0707** (8am - 7pm)
- Contact your **GP** to make an **urgent appointment** to discuss your mental health needs
- **Nightlight Crisis Service** if you are 18+ years you can seek support Fri - Mon, 6pm - midnight. Call **01923 256 391**

www.hpft.nhs.uk/spot-the-signs

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Addiction

AF-DASH (Adolescent & Family Drug and Alcohol Service for Hertfordshire) support for young people struggling to manage their use of drugs and/or alcohol. **Tel:** 01992 531 917; **Text:** 07770 537 227; **Email:** AFDASH@hpft.nhs.uk

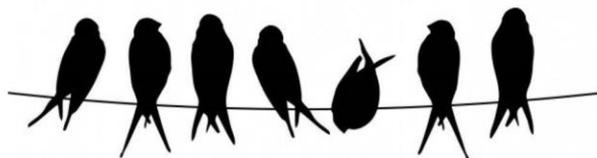
DrugFAM provide support to families, friends and carers who are struggling to cope with a loved one's addiction to drugs or alcohol. **Tel:** 0300 888 3853; **Web:** www.drugfam.co.uk

FRANK offer a 24 hour confidential helpline for young people with questions or concerns about alcohol or drugs, or you can chat online with advisors daily from 2pm - 6pm.
Tel: 0300 123 6600; **Web:** www.talktofrank.com

Future Living Hertford offers the 'Kick it' project for young people struggling with addiction, bullying, abuse and/or neglect.
Tel: 01992 537 344; **Email:** info@futurelivinghertford.co.uk;
Web: www.futurelivinghertford.co.uk

Gamblers Anonymous provides support for gamblers and their friends and/or family. **Web:** www.gamblersanonymous.org.uk

Health for Teens offer advice for 11 - 19 years on topics from emotional wellbeing, addiction and healthy relationships.
Web: www.healthforteens.co.uk



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Mental Health

General Mental Health Support

Big White Wall are an online support network for 16+ years.
Web: www.bigwhitewall.com

Healthy Young Minds in Herts provides information for children and young people on keeping mentally well and where to seek support
Web: www.healthyyoungmindsinherts.org.uk

Health for Kids provides information for children on staying healthy and understanding feelings. **Web:** www.healthforkids.co.uk

Health for Teens provide an advice website on all aspects of health for teenagers, provided by the NHS. **Web:** www.healthforteens.co.uk

Mind have information to better understand diagnoses and managing mental health on their website. **Web** www.mind.org.uk

Single Point of Access (SPA) HPFT's SPA can put you in touch with the relevant NHS mental health service. **Tel:** 0300 777 0707 (8am - 7pm).

Step 2 CAMHS is HCT's early intervention mental health service for children up to 19 years. To self refer call SPA (see above).

The Mix information and support for the under 25's covering a range of topics including mental health. Their helpline and webchat are open 11am - 11pm daily. **Tel:** 0808 808 4994; **Web:** www.themix.org.uk

Wellbeing Service offer CBT (Cognitive Behavioural Therapy) and group therapy to anyone over 16 years struggling with their mental health, visit the website to refer in. **Web:** www.talkwellbeing.co.uk

Young Minds Provide information about all things mental health, from medication to coping strategies. **Web:** www.youngminds.org.uk

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Education & Employment

In School?

If you feel you are struggling with school life you can contact your Head of Year or Head of Key Stage for some guidance and support.

Seeking Employment/Further Education?

Herts Youth Futures offers support for 15 - 19 year olds that are not currently in education, employment or volunteering to get back into education or employment through a variety of youth projects, sports and 1:1 support. **Tel:** 01992 556 183;
Email: bbo@hertfordshire.gov.uk;
Web: www.hertfordshire.gov.uk

Job Centre Plus offer support with finding employment for 18 years and over. www.gov.uk/contact-jobcentre-plus

YC Hertfordshire give guidance and support to young people seeking employment. **Tel:** 0300 123 4043;
Email: yc@hertfordshire.gov.uk;
Web: www.youthconnexions-hertfordshire.org

YMCA deliver sessions across Hertfordshire to support young people to gain apprentices and employment. Visit their website to find your closest service. **Web:** www.oneymca.org

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Bereavement

Bereavement Matters—St Albans and District Bereavement Network offer bereavement counselling to families and young people in the St Albans District. Their telephone helpline is open 9am - 1pm Mon - Fri. **Tel:** 01727 841 841;
Email: admin@sabn.org.uk; **Web:** www.sabn.org.uk

Child Bereavement UK have advice on managing grief and local services. **Web:** www.childbereavementuk.org

Cruse Bereavement Care Hertfordshire support the wellbeing of anyone aged 5 - 18 years who's experienced the death of a loved one. Leave a message on their 24hr helpline and they will contact you back. **Tel:** 01707 264 293;
Web: www.cruse-hertfordshire.org.uk

Hope Again is the youth website for Cruse Bereavement Care—Nationwide. You can call their free helpline Mon - Fri from 9:30am - 5pm. **Tel:** 0808 808 1677;
Email: hopeagain@cruse.org.uk; **Web:** www.hopeagain.org.uk

Stand By Me offer children and young people in North Herts and Stevenage group work bereavement support, including children bereaved by suicide. Also offer advice to parents/carers and professionals working with young people.
Tel: 07469 255163; **Email:** info@stand-by-me.org.uk;
Web: www.stand-by-me.org.uk

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Eating

BEAT (Beating Eating Disorders) offer advice and guidance on eating disorders, with a youth helpline. **Tel:** 0808 801 0711;
Web: www.b-eat.co.uk

CAMHS Community Eating Disorder Team to self refer call SPA
Tel: 0300 777 0707 (8am - 7pm).

Self Harm

CALM (Campaign Against Living Miserably) offer support to young males struggling with low mood, self-harm and suicidal thoughts. Their helpline runs daily 5pm - midnight, or you can use their webchat. **Tel:** 0800 585858; **Web:** www.thecalmzone.net

Self Harm UK offer support to individuals dealing with and recovering from self-harm. **Web:** www.selfharm.co.uk

Self-Injury Support provide TESS, a support and information text service for females under 24 years who are struggling with self harm. **Tel:** 0808 800 8088; **Text:** 0780 047 2908;
Web: www.selfinjurysupport.org.uk

Suicidal Thoughts

Hector's House was set up by the family of Hector who died by suicide. Their website offers on where you can seek further support. **Web:** www.hectorshouse.org.uk

Papyrus Prevention of Young Suicide offer support through their helpline (HOPEline UK) to those under 35 years that are having thoughts of suicide Mon - Fri, 10am - 10pm, Weekends 2pm - 10pm. **Tel:** 0800 068 4141; **Text:** 07786 209 697; **Web:** www.papyrus-uk.org

Saneline provide information and have a helpline open 4:30pm - 10:30pm daily. **Tel:** 0845 7678000; **Web:** www.sane.org.uk

The OLLIE Foundation have a website with information on where you can seek further support if you're having suicidal thoughts. **Web:** www.theolliefoundation.org.uk

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Mental Health

Counselling

Childline offer free, confidential counselling to under 19's through their helpline and webchat. **Tel:** 0800 1111; **Web:** www.childline.org.uk

Kooth provides free, anonymous online counselling for 10 - 25 year olds. You can IM counsellors Mon - Fri, midday-10pm, and Sat - Sun, 6pm - 10pm. **Web:** www.kooth.com

Relate offer counselling to young people, and specialise in relationship troubles. **Tel:** 0300 100 1234; **Web:** www.relate.org.uk

School Counsellor if you are in school, college or University they might have an on-site counsellor. To find out more ask your Head of Year or Pastoral Lead

Rephael House offer free, confidential counselling for 13 - 19 year olds based in Welwyn Garden City and Hatfield. **Tel:** 020 8440 9144; **Email:** ceo@rephaelhouse.org.uk; **Web:** www.rephaelhouse.org.uk

Signpost offer free, confidential counselling for 10 - 25 year olds in West Herts. **Tel:** 01923 239 495; **Web:** www.signpostcounselling.co.uk

Tilehouse Counselling offer free, confidential counselling to 13 - 19 year olds in Hitchin. **Tel:** 01462 440 674; **Email:** info@tilehouse.org **Web:** www.tilehouse.org

Youth Talk provide free, confidential counselling for 13 - 25 year olds who live, work, or study in St Albans. **Tel:** 01727 868684; **Web:** www.youthtalk.org.uk

YCT offer free, confidential counselling to young people in East Hertfordshire. **Tel:** 01279 414090; **Web:** www.yctsupport.com

Safe Space offer counselling, art therapies, mentoring and brief therapy for 5 - 19 year olds with schools and SPA. **Tel:** 01992 588 796 (Mon - Fri, 9am - 5pm); **Email:** safespacemailbox@hertfordshire.gov.uk

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Family Support

Childline if you are concerned about yourself or a child in your family you can call for confidential, free support. **Tel:** 0800 111

DrugFAM provide support to families, friends and carers who are struggling to cope with a loved one's addiction to drugs or alcohol. **Tel:** 0300 888 3853 **Web:** www.drugfam.co.uk

Families First offer support to the whole family through a variety of organisations.

Web: www.hertfordshire.gov.uk/familiesfirst

Hertfordshire Domestic Abuse Helpline confidential, free helpline for anyone affected by domestic abuse, Mon - Fri 9am - 9pm, Weekends 9am - 4pm. **Tel:** 08 088 088 088

Home Start Herts A children's charity and family support service offering emotional and practical support to parents of children under 12.

Tel: 01438 367788; **Web:** www.home-startherts.org.uk

The Hideout is a website with advice and information about domestic abuse. **Web:** www.thehideout.org.uk

Young Carers in Hertfordshire offer practical and emotional support to young people with caring responsibilities.

Web: www.ycih.org

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Sex, Sexuality & Gender

Brook Advisory Service offer a confidential, free helpline to under 25 years relating to pregnancy and contraception (Mon - Fri 9am - 7pm, closed 2pm - 3:30pm on Thursdays). **Tel:** 0808 802 1234; **Web:** www.brook.org.uk

Herts Aid offers guidance and support about sexual health. **Tel:** (Watford) 01920 484 784, (Ware) 01923 803 440; **Web:** www.hertsaid.co.uk

Hertfordshire Domestic Abuse Helpline confidential, free helpline for anyone affected by domestic abuse, Mon - Fri 9am - 9pm, Weekends 9am-4pm. **Tel:** 08 088 088 088

Mermaids provide support to young people who feel at odds with their birth gender, through their helpline (Mon - Fri, 9am - 9pm) and website.

Tel: 0344 334 0550; **Email:** info@mermaidsuk.org.uk; **Web:** www.mermaidsuk.org.uk

YC Hertfordshire have LGBTQ+ support groups across the county. **Tel:** 0300 123 4043; **Email:** yc@hertfordshire.gov.uk; **Web:** www.youthconnexions-hertfordshire.org

Young Pride in Herts run youth groups for LGBT 13 - 25 years. **Tel:** 07800 654518; **Web:** www.youngprideinherts.org.uk **Twitter:** @HertsYoungPride

Young Stonewall provide information and support for young LGBTQ+ individuals across the UK. **Web:** www.youngstonewall.org.uk

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