

Issue: 106

Date: 9 February 2018

Roundwood Park School, Roundwood Park,
Harpenden AL5 3AE Tel: 01582 765344
e-mail us at admin@roundwoodpark.co.uk



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

Headlines

Dear Parents and Carers

We have had a very busy week at Roundwood Park School. It was really good to talk to Year 9 parents at the options evening and great to hear our subject leaders talking with such passion about their subjects. I am sure the students are going to make good choices about what they want to do next year. I also enjoyed having the opportunity to talk to Year 9 parents about how wonderful a year group they are and how well they are doing as a group. We look forward to seeing you again at the parents' evening on the first Thursday after half term.

Thank you to all of our alumni and other representatives of different careers who gave so much of their time to our Year 10 students yesterday morning. This was much appreciated, as was their enthusiasm. It helped the students enormously in understanding where they are going with their career choices and what they may wish to do in the future.

Recently we have had one or two justified complaints from neighbours about inconsiderate parking outside school and, in one case, damage to a car's wing mirror. We do not know whether this was a parent from our school but we would ask that you are considerate to neighbours with your driving and parking at all times as we do not want to damage our positive relationship with them.

Congratulations to our trampoline squad who swept the board at the recent schools' zonal championships in Chesterfield. They now go on to the national finals in Belfast and we hope they will come back with more silverware. It is really important to me that the squad conducted themselves so positively as well as the fact that they competed so well.

Have a good half term break.

Alan Henshall

Headteacher



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



Year 9 Parent Consultation Evening

Year 9 Parent Consultation will take place on **Thursday 22 February from 4.30 pm until 7.30 pm.**

Trip Payments

Residential Trips

Y8 MFL Paris 2018:

Interim Payment: £125 OVERDUE

Interim Payment 2: £130 OVERDUE

Y8 MFL Rhineland 2018:

Interim Payment: £125 OVERDUE

Interim Payment 2: £120 OVERDUE

Netball Tour 2018:

Balance Payment: £85 18 February

Y12 Preston Montford Biology Trip 2018:

Deposit: £150 6 March

Y12 Liverpool Geography Trip 2018:

Deposit: £110 9 February

Y10 South Wales 2018:

Interim Payment: £130 26 February

Jeannine Blight, Residential Trip Coordinator

Year 12 Degree Apprenticeship Information Evening

Wednesday 21 February, 6.30pm
Roundwood Park School Hall

Parents and carers of Year 12 students are invited to attend a Degree Apprenticeship Information Evening which the Careers Department are hosting on 21 February.

The evening is an opportunity to learn more about degree apprenticeships and to hear from representatives from the following key organisations:

Inspiring the Future
University of Hertfordshire
Vauxhall
Ocado

Uptree (Career Networking organisation)

If you would like to attend, please email n.vallance@roundwoodpark.co.uk by **Monday 19 February**, stating the name of the Year 12 student and how many seats you require.

Susan Smith
Careers Co-ordinator

Absence Line

When you call in for absence, please use our dedicated 24 hour absence line:

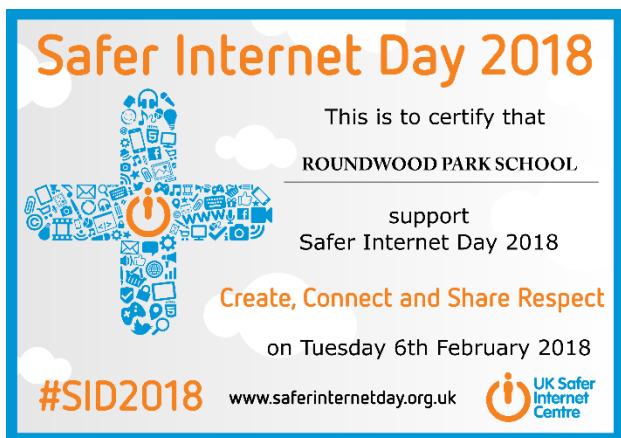
01582 714049 or e-mail us at
absence@roundwoodpark.co.uk

A reminder that further information can be found on our website:
[Daily Bulletin](#); [Latest News](#); [Copies of Letters Home](#); [PE News](#)

or by following our twitter page:
[Roundwood Park School Twitter](#)

Safer Internet Day 2018

Tuesday 6 February



Thank you to everyone for your support on Safer Internet Day 2018. We have also run a series of assemblies and presentations for students this week.

Dean Inns
Network Manager

2018 Herts Secondary Schools' Inter-District Swimming Championships



The entry form (attached to this newsletter) is now available for the up and coming **Herts Secondary School Inter-District Swimming Championships** to be held on **Friday 9 March**.

All entries need to be submitted by **Monday 12 February** to ensure consideration for the team.

Miss Way
PE Department

MFL News: 'Languary'

Well done to all the students who took part in Languary. During the month of January (or 'Languary' as we re-named it), lots of students completed language and cultural tasks independently. There was some really enthusiastic participation and fantastic effort. We were particularly impressed by the brilliant range of contributions such as: French poems, Spanish cartoon strips, German posters, letters and videos, including an amazing video in German by Andreas. Students were also challenged to teach their parents some key phrases, find cultural artefacts and watch films in a foreign language, as well as many other activities.

All students who handed in their 'Languary Menu cards' will receive a distinction in recognition of their excellent effort, and we are pleased to award Clara G and Andreas top prizes of Amazon vouchers.

There are lots of activities coming up in MFL, including:

- **German exchange** – our students will be visiting their partners in Alzey next month
- **French exchange** – we will welcome our **French visitors** for the second leg of the exchange on 19 March
- **KS4/5 French Film club** on the last Thursday of each month
- **French club** – most Thursdays at lunchtime in ML1
- **Year 8 Rhineland Trip** and **Paris Trip** in the summer
- An extensive programme of **learning enhancement opportunities** for GCSE French, German and Spanish and A Level French and German.

PLUS... keep an eye out for **Languages Week** later in the year, as well as activities organised by our brilliant language leaders.

Mrs Phillips
MFL Department



Zonal Champions!

5 teams to go to National Finals in Belfast following successful competition at Zonals



On 20th January the RPS trampoline squad took 5 teams and individuals to Chesterfield to represent the East Region in the Schools Zonal competition. Due to the early start we arrived the night before which gave us time to eat together and then settle into rooms preparing ourselves for the big day ahead.

We arrived at the competition bright and early for an 8:30am start. The competition spread across the day and lasted until 5pm; within that time we had many successes.

In the Under 13 boys we had 2 gymnasts. Due to snow at regionals they were unable to make a team, however it was a massive achievement for Ellis and Hardy to get through to zonals. Ellis had an amazing outcome, placing 2nd, meaning he is going to National Finals in March. Hardy had a great performance, however did not make it through.

The Under 13 girls team, Amy, Olivia, Ellen and Tia all gave great performances and were crowned Zonal Champions coming 1st as a team and they too will compete at the National Finals - well done girls! The under 15 girls team of Ellie, Bronwen, Katie and Milly also came 1st as a team and were Zonal Champions with Ellie getting the highest score in the whole squad. All the girls really deserved the excellent results.

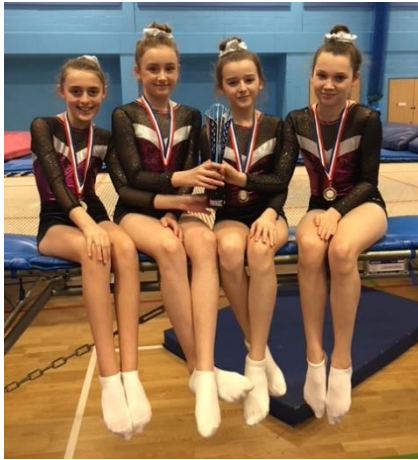
After a fantastic performance from the Under 15 boys team, Tom, Noah and Alex also took the top spot in the team competition. Alongside this, Tom came 1st and Noah 3rd individually meaning that they are not only going through to Nationals as a team but with two individuals within that team. This is a huge achievement for the boys.

In the afternoon after a long wait it was time for the under 19 Novice and Intermediate girls teams to compete. The novice team - Naomi, Claire and Scarlett - performed two rounds of good routines securing them as Zonal Champions and a place in the National finals. As well, Naomi came 1st and Claire 2nd so they are also going to Nationals as individuals. The Under 19 girls intermediate team - Izzy, Sarah, Ellie and Lucy - performed amazing routines and won by a massive 20 points to become Zonal Champions with Izzy coming 1st and Sarah 2nd individually. This is a fantastic achievement as it means they have all made it to Nationals in March in Belfast.

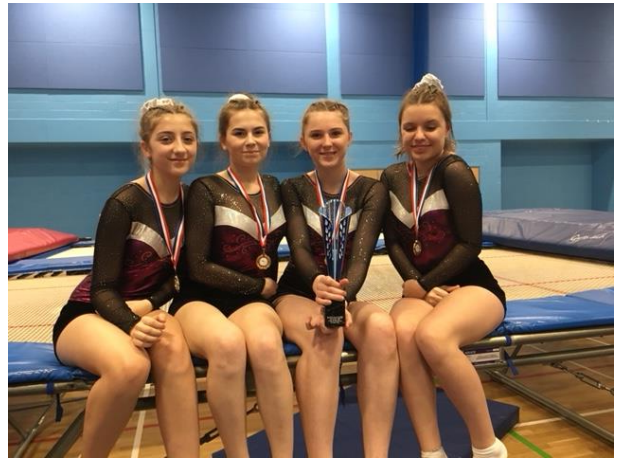
Overall the RPS trampoline squad had the most successful Zonals ever, with all 5 teams crowned Zonal Champions with many individuals going to National Finals which is being held in Northern Ireland for the first time in 30 years. We are all very excited about a trip on a plane and hope we can reproduce our success in Belfast. *Naomi Dumpleton*

Regional Champions

U13 – 1st



U15 – 1st



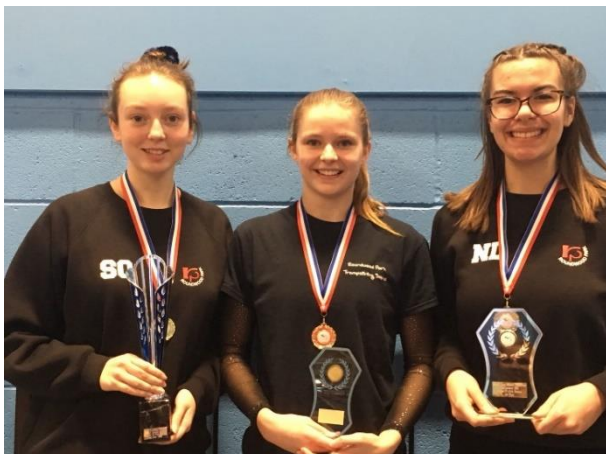
U13 – 2nd



U15 – 1st



U19 Novice – 1st



U19 Intermediate – 1st



Alumni of the Month: The Brothers Mackney

Owen & David Mackney (1979 -86)



Both Owen and David went through the school, taking A Levels before moving on to University. They were both sound academic students and exceptional sportsmen. Playing hockey for Harpenden Hockey Club, the brothers both went on to win international honours representing Wales.

Owen and David went to Loughborough University, gaining degrees in Accountancy and Financial Management.

Owen went into assurance with PwC and worked his way up within the company at various branches to his current position as South East Assurance Leader at PwC in Uxbridge.

David worked for a number of companies, initially as an accountant, then as a financial controller and ultimately as a Chief Financial. Currently he is the CFO at Vernalis plc.

Expressive Arts



SPOTLIGHT

In this edition, we talk to ex-RPS student Holly Smith who works as a Psychiatric Nurse about what has happened since choosing Drama at A level.

At that point in my life, I was considering my options in terms of University – I'd always known I wanted to go to University but was unsure of the course I wanted to take and where that would lead me in the future. I based my A Level decisions on what I enjoyed doing and therefore would be willing to truly commit to and work hard for.



In my drama lessons, I gained confidence, compassion, empathy, an ability to put myself in someone else's shoes – but I also gained some true friends which I still have now. Studying drama is a real rollercoaster, you become so dependent on the people you are performing and working with that you really go through every emotion under the sun with one another. You bicker and nag at each other as the performance draws closer and the nerves start to show, but that feeling of coming together on the night and putting on your best performance is something unforgettable!

I think the personal challenges with taking drama at A level are the ones I mentioned before – stress manifests itself differently in different people and when you're dependant on your group to turn up to rehearsals, engage, be present and contribute, that can become difficult. It teaches you to manage your own expectations, of both yourself and of others as well as some management skills and when to take a step back for the sake of your own sanity!

At 18 I went to Bath Spa to study Drama and Creative Writing but after a year I left. The course wasn't for me and wasn't what I had hoped it would be and rather than stick it out because I enjoyed the lifestyle and the friendships I made, I left and got a full time job before returning to university in 2015.

In 2015 I returned to University to study Mental Health. I strongly believe there is a direct link between my A Level Drama course and my decision to study Mental Health. Firstly, a lot of the plays we either chose to study or were required to study touched on mental health either as an exploration of the topic or looking at the 'taboo' of mental health. It was during a play my peers and I devised ourselves that I realised I had a really interest in Mental Health and a thirst to learn more and understand more about the topic. Drama has also given me a high level of empathy. Having to walk in someone else's shoes, even if just as a character, gives you the chance to consider how you would feel if you were in that situation and how you would want others to respond.

Currently, I work as a Psychiatric Nurse for a team called C – CATT which is a crisis team for young people with mental health issues. It's hard because the trust is struggling with an overwhelming amount of referrals and a severe lack of staff. But I love my job... you know when you just find your 'thing' – this is my thing!

I think drama has given me the confidence to speak to people from any walks of life which is vital in my line of work. Mental health has no prejudices, it can affect ANYONE. I need to be able to engage both the young person and their families/carers quickly and appropriately in order to get the best and fastest outcome for that young person.

Outside of work – drama gave me some of my best friends! I've mentioned before what drama taught me about compassion, understanding and tolerance of differences. But it also taught me who I could rely on, who would be there to make me laugh when things got difficult! I am lucky to still have amazing friends from my A Level drama class and I wouldn't change that for the world.

My advice to anyone choosing options would be to do what makes you happy! If you love something, you will naturally want to give it your all. 17/18 is too young to be worrying about where you're going to be in 10 years time. There is always an opportunity to change or go back or do things again! But life is too short to be doing things that make you unhappy because that's what your parents want, or your school wants, or what you think you're supposed to do! Do what you enjoy and love every second of it!

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



HOUSE NEWS

House Totals:



GT	177 pts
Frank	175 pts
Scott	172 pts
Cadbury	169 pts
Wilberforce	168 pts
Mandela	144 pts
Owens	140 pts

House Charity Weeks:

26 February
26 March

Grey-Thompson
Owens

House Basketball Results:

Year 7:



1st: Frank
2nd: Mandela
3rd: Cadbury
4th: GT
5th: Wilberforce
6th: Scott
7th: Owens

Year 10:

1st: Mandela
2nd: Owens
3rd: Wilberforce
4th: Scott
5th: GT
6th: Frank
7th: Cadbury

Please follow our House twitter pages to keep updated with all our weekly events: [RPS HouseSystem](#)

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



THANK YOU TO EVERYONE WHO HAS DONATED TO THE 3G PITCH SO FAR!
WE WILL SOON BE PLACING THE ORDER FOR THEIR DELIVERY



To give you a flavour, below are just a few of the many personal pavers that will be laid in the viewing gallery of the new facility. Be part of this fantastic tribute to the Club and its members by securing your paver today!

Baker Family
William, Tom
Simon & Slavic a

The O'Kellys
Donlaw Limited &
Ladybird
Nursery Limited

Come on
The Blues!
Ed Jones, No 33
2017

Thanks
For The Memories
The
Newport Family

Dan & Matt
Hubbard

Josh Mercer
U15's Tornadoes

Carter Marsden

The Carr Family

Will & Darren
Remmers 2017

Dylan & Joshua
Atkinson

The Chisholm
Family 2017

Luke & Joseph
Hobson

Believe You Can
& You're halfway
There! William
Alexander 2018

Harry, William
and Miles McD.
May you score
many goals here!

EAT MY GOAL
Jack, Ted, Gabe
Sarah and Tony
Fitzgerald-Smith

Go Colts!
Lindsey, Ed
Sam & George
Venner

TOTTY

Jack Hollier

Jo & Charlie
Edney - 2017

Will & Darren
Remmers 2017

The Ganley
Family 2017

Bertie, Freddie
& Ralph Brooks

The Scott Family
Colts Forever!

The Sarrau
Family 2017



Goal **£710K**



£542K

Our goal, to raise a further £200,000, can only be achieved with your support.

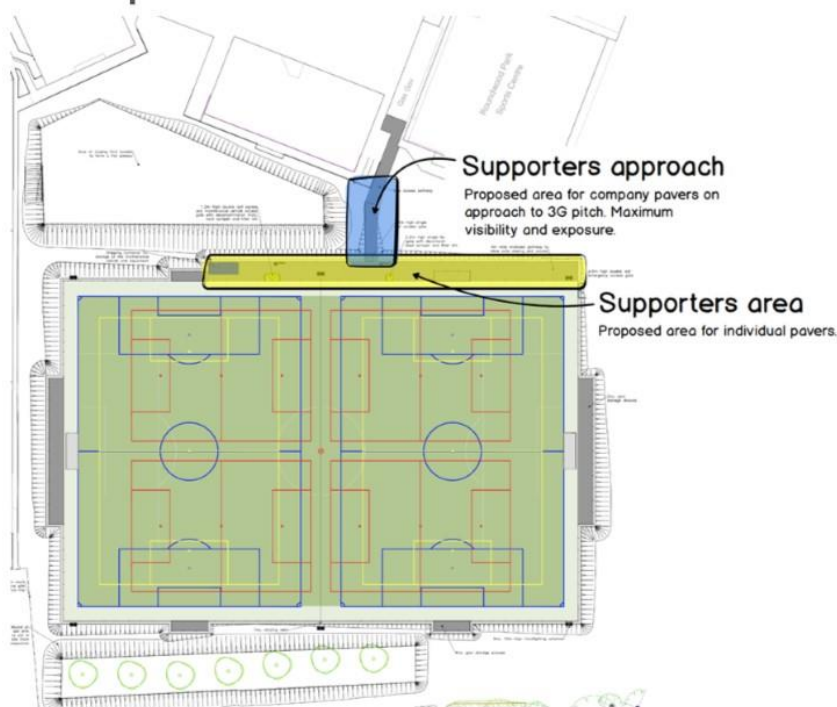
Many thanks to those who have started to pave the way for the new facility. But we need everyone to pull together to get over the funding goal line.

So please carve your names into RPS history by signing up to a paver today - a constant reminder of your support for the School and the local community

More about the pitch & financing

The Football Foundation will provide the bulk of the funding for the new pitch and we are very grateful for the donation of £10,000 from the Harpenden Trust. Roundwood Park School and Harpenden Colts will provide the balance of the financing.

Proposed areas for pavers*



Donate Now

Thank you for your support!

Please share this email on social media to help pave the pitch.

Website: www.rpcp.co.uk

Facebook: www.facebook.com/roundwoodparksch/

Twitter: [@Roundwood_Park](https://twitter.com/Roundwood_Park)

PTA Social Events

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



Comedy Night

Thank You!

We raised just over £900!

We had some great feed back on what a fantastic night it was and the quality of the comedians.

Thank you to all those that attended.



PTA Donations

Did you know.....that if you aren't able to attend the PTA events but would like to support the current fundraising campaign, you can donate on **Parent Pay**.



Uniform

Please continue to donate any laundered, quality, second hand uniform to Reception.

Next Sale - June 2018

PLEASE SUPPORT..

**ROUNDWOOD PARK PTA
THROUGH THE**



**Community
Fund**

UNTIL OCTOBER 2018

**1 % OF THE SALE OF
SELECTED CO-OP PRODUCTS,
AT LOCAL CO-OP STORES, WILL
BE DONATED TO
ROUNDWOOD PARK PTA**

It only applies to Co-op members..

so 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!****

*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!**

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".*

OPEN OAKLANDS COLLEGE EVENINGS

St Albans Campus

Hatfield Road, St Albans, Herts AL4 0JA

 SatNav users: AL4 0XS

Turn over
for all the
details you
need to...

Welwyn Garden City Campus

The Campus, Welwyn Garden City,
Hertfordshire AL8 6AH



OAKLANDS
COLLEGE



Find out more and register your interest at:

01727 737 000

www.oaklands.ac.uk

OPEN OAKLANDS COLLEGE EVENINGS

Tue 6th February

St Albans Campus
(5 – 8pm)

Wed 7th February

Welwyn GC Campus
(5 – 8pm)

Tue 24th April

St Albans Campus
(5 – 7pm)

Wed 25th April

Welwyn GC Campus
(5 – 7pm)

Wed 29th Aug

St Albans Campus
(5 – 8pm)

Thur 30th Aug

Welwyn GC Campus
(5 – 8pm)

Advice &
Enrolment
Evenings

Choose your course, choose your campus

St Albans

- A Levels
- Accounting
- Agriculture
- Animal Management
- Apprenticeships
- Art, Fashion & Design
- Brickwork
- Buildings Maintenance
- Business & Enterprise
- Carpentry
- Computing & Technology
- EFL / ESOL
- Electrical
- Equine Studies
- Higher Education
- Hospitality & Catering
- Landmark
- Landscape Construction
- Motor Vehicle
- Leisure Courses
- Plumbing
- Public Services
- Sports Studies & Academies
- Supported Learning
- Teacher Training
- Workbased Learning

Welwyn Garden City

- Access to Higher Education
- Apprenticeships
- Applied Science
- Business & Enterprise
- Childcare
- Computing & Technology
- Construction & Civil Engineering
- Engineering
- Hair & Beauty
- Health & Social Care
- Higher Education
- Media
- Music
- Performing Arts
- Travel & Tourism
- Welding
- Workbased Learning

**Come along and discover all
you need to take on the world**



Find out more and register your interest at:

01727 737 000
www.oaklands.ac.uk

GCSE English Revision workshops for your child

Our GCSE English workshops are designed to cater for your child's individual needs in an engaging, focused and active learning environment. Experts in English provide additional tuition, supporting with one goal – to help your child get the best possible grade in each of the two exam papers.



These revision workshops will:

- enable your child to feel 'exam ready'
- be delivered by subject experts, following the very latest guidance and advice from AQA
 - provide each participant with exam strategies and guidance on how to succeed in each exam paper
- give your child the opportunity to complete a range of revision activities, addressing the skills needed with immediate feedback

In addition your child will be given:

- targeted revision resources to take away to support their independent study

* Price includes high quality, take away revision resources

To book please visit: hertsforlearning.co.uk/training-and-events/training-courses



 @HertsLearning
 Herts for Learning

 blogs.hertsforlearning.co.uk
 Herts for Learning

01438 845111
hertsforlearning.co.uk

GCSE English Revision workshops for your child

Subject	Date	Timings	Venue	Cost
AQA GCSE English Literature Paper 1: Macbeth	Saturday 17 th February, 2018	9:00am – 12:00pm	Samuel Ryder	£45
AQA GCSE English Literature Paper 1: Romeo and Juliet	Saturday 17 th February, 2018	1:00pm – 4:00pm	Samuel Ryder	£45
AQA GCSE English Literature Paper 1: Jekyll and Hyde	Saturday 24 th February, 2018	9:00am – 12:00pm	Samuel Ryder	£45
AQA GCSE English Literature Paper 1: A Christmas Carol	Saturday 24 th February, 2018	1:00pm – 4:00pm	Samuel Ryder	£45
AQA GCSE English Literature Paper 2: Cluster 1 – Love & Relationships	Saturday 3 rd March, 2018	9:00am – 12:00pm	Samuel Ryder	£45
AQA GCSE English Literature Paper 2: Cluster 2 – Conflict	Saturday 3 rd March, 2018	1:00pm – 4:00pm	Samuel Ryder	£45
AQA GCSE English Language Paper 1	Saturday 10 th March, 2018	9:00am – 12:00pm	Samuel Ryder	£45
AQA GCSE English Language Paper 2	Saturday 17 th March, 2018	9:00am – 12:00pm	Samuel Ryder	£45
AQA GCSE English Language Papers 1 & 2	Wednesday 4 th April 2018	9:30am – 2:30pm	Stevenage HDC	£85
AQA GCSE English Literature Papers 1 & 2	Thursday 5 th April, 2018	9:30am – 2:30pm	Stevenage HDC	£85
AQA GCSE English Language Papers 1 & 2	Monday 9 th April, 2018	9:30am – 2:30pm	Townsend School, St Albans	£85
AQA GCSE English Literature Papers 1 & 2	Tuesday 10 th April, 2018	9:30am – 2:30pm	Townsend School, St Albans	£85

If you require additional information regarding these workshops, please contact:

anne.coad@hertsforlearning.co.uk or telephone: **01438 844882**

To book please visit: **hertsforlearning.co.uk/training-and-events/training-courses**



 @HertsLearning

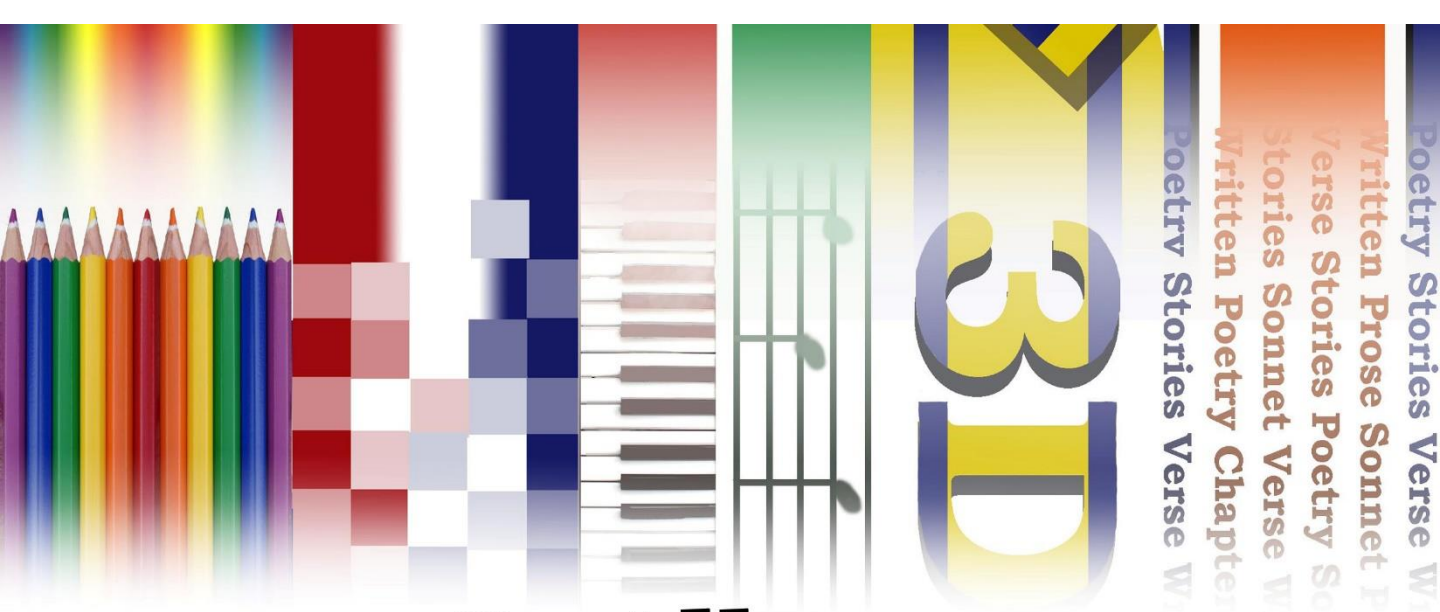
 Herts for Learning

 blogs.hertsforlearning.co.uk

 Herts for Learning

01438 845111

hertsforlearning.co.uk



St Albans Legacy Multi Media Art Competition

Open to teenagers in yrs 7 -10



www.stalbanslegacyproject.org



PILATES

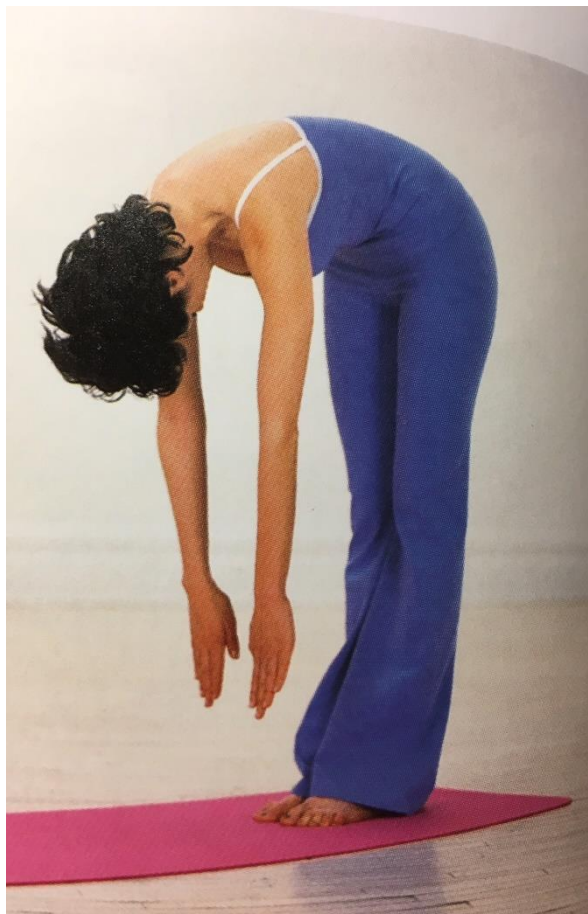
AT ROUNDWOOD PARK SCHOOL SPORT CENTRE

SATURDAY 11.00 (1hr)

- Experienced Instructor
- Small friendly class
- Suit beginner and intermediate
- Improve mobility, flexibility, posture, core strength and muscle balance. No impact

**£50 for 4 lessons paid in advance
£15 for drop-in**

**Contact Antonella at: antonellamcm@aol.com
Or text 07958157688**



St Albans District Schools Swimming Association

**2018 Hertfordshire Secondary Schools Inter-District Swimming Championships
Friday 9th March, 2018, Watford Woodside pool - 7.00/7.30pm finishing approx 9.45pm**

Entry submission form for consideration for St Albans District team selection

To: All swimmers attending secondary schools within St Albans District

Dear swimmer,

If you would like the opportunity to be considered to represent St Albans District team in the Hertfordshire Inter-District Secondary School championships then please complete the form below and return to the address at the bottom.

**IMPORTANT: You can also complete this form on-line, which is our preference. Go to:
www.stassa.org.uk/secondary**

Name:		Events to be considered*:	Tick as applicable**
Gender (M/F):		50m Freestyle	
School attended:		50m Backstroke	
School year (for 2017/18):		50m Breaststroke	
Swimming club (if applicable):		50m Butterfly	
ASA # (if known):		100m Individual Medley	
Contact e-mail address:			

* Other events includes 4 x 50m Medley and 4 x 50m Freestyle relays (gala age group categories: Junior yrs 7/8, Inter 9/10, Senior 11/12/13)

** Include most up-to-date entry time as well if you have no short course (25m) ASA ranked time (please do not include any times if you are happy for the ASA ranked times to be used)

Deadline for entry is Monday 12th February, 2018. Team selection will be notified via e-mail by Wednesday 14th February, 2018.

Please return paper completed form to Andrew Ellis, StASSA, 63 Charmouth Road, St Albans, AL1 4SF

Any questions please contact Andrew Ellis at andrew_ellis@stassa.org.uk

St Albans District Schools Swimming Association

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Any questions please contact Andrew Ellis at andrew_ellis@stassa.org.uk



KICKOFF@3
7 A-SIDE CHARITY FOOTBALL TOURNAMENT

When: Saturday 5th May 2018, 10am - 5pm
 Where: Cotlandswick Leisure Centre, London Colney,
 St Albans AL2 1EB
 Age: 15-17 years (boys & girls)
 Admission: £25 per team (based on a squad of 10 players)
 or £4 per person (if less than 10 players)
 Contact: Rory.arnott2@herts.pnn.police.uk

SUPPORTING:



What is Kickoff@3?

It is a football initiative that is all about bringing together communities, charities and the police.

Who can get involved?

We're looking for 15-17 year olds that want to play football.

What kind of football?

Kickoff@3 has set up 7 aside tournaments all over the country. Each area will hold their own tournament to raise money for their charity of choice. The winners of each area will go through to a nation tournament to crown the 2018 Kickoff@3 champions! The Herts police have chosen The OLLIE Foundation as their charity.

Where and when?

Herts tournament will be held on 5th May at Cotlandswick Leisure Centre in London Colney from 10.00 till 17.00.

How do you get involved?

Contact rory.arnott2@herts.pnn.police.uk for more information

Wellbeing Support for Parents

1 in 4 people will experience stress, anxiety or low mood at some stage

Every year we help over 19,000 people in Hertfordshire

Who are we?

The Wellbeing team is designed to help people like you manage everyday problems.

We are part of the national initiative Improving Access to Psychological Therapies (IAPT).

The NHS Wellbeing Team are offering free, confidential support to all parents.

Are you...



This support is based on Cognitive Behaviour Therapy (CBT). CBT is highly effective at reducing symptoms of low mood, anxiety and other emotional problems.

If you are feeling anxious or stressed we aim to help you:

- Understand why you feel this way
- Explore with you, how the way you behave effects how you are feeling
- Agree what you want to improve and develop new ways of thinking and coping

Our help is offered in different ways to suit your needs including:

- Individual sessions
- Online programmes that you can access in your own time with telephone support
- Workshops and/or group work

How to get help:

You can make a self-referral by calling the Single Point of Access Team on 0300 777 0707. Or find out more about what we do and make an on-line referral by visiting

www.talkwellbeing.co.uk

We pride ourselves on seeing people quickly – and you will be contacted within a week of referral to book your first appointment.



HAPPY TEENS

Wellbeing Weekender

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

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

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

Informal STREET PARTY Information Sessions



Street Parties will be taking place across the country this summer.

If you've thought about holding a street party but don't know where to start, here is the chance for an informal chat with some people who have done it before. Discussions will include consulting your neighbours, filling in forms and how to physically close a road. Why not come with a neighbour?

**Harpenden, Tue 6th March 2018
10.30 - 11.30am**

Harpenden Arms, 188 High Street, Harpenden, AL5 2TR



**St Albans, Wed 7th March 2018
8.00 - 9.00pm**

Beech House, 81 St Peter's Street, St Albans, AL1 3EG



**We will also be at Sustainable St Albans Week
Know How Festival on Sun 29th April, 10-4pm**

Fleetville Junior School, 228 Hatfield Road, St Albans, AL1 4LW

We will also discuss how to build on the community cohesion a street party brings, including the concept of Playing Out, where the residents of a street decide as a community to apply to close their own road to through traffic more regularly to allow children to play out in the street.

**Contact: nicola@ourstreetparty.org for an information pack.
www.ourstreetparty.org | www.thebiglunch.com | www.playingout.net**





FOODSMILES ST ALBANS
Hammonds End Farm, Harpenden,
Herts AL5 2AY

OPEN DAYS

Wed 21 March, Sat 24 March and Sat 28th April*

1.30pm to 4.00pm

Come along for a free tour and tea and cake.

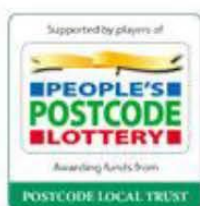
Memberships are available from only four hours a month!

(Paths are uneven; please wear strong shoes.)



At FoodSmiles members grow organic veg together, sharing skills and learning about growing, we share the harvest once a week.

(*Part of Sustainable St Albans Week and Open Food Gardens)



 @FoodSmilesStA
 @FoodSmilesStAlbans
<http://www.FoodSmilesStAlbans.org.uk>



Want to find out where heat leaks from your house?

**Sustainable St Albans has two
Thermal Imaging Cameras that
St Albans District residents can
borrow.**



***Reserve your free training
session, then book to borrow a camera.***

Harpenden, 8-9pm

Monday 5th February 2018
Monday 26th February 2018
Tuesday 13th March 2018
Monday 26th March 2018

St Albans, 8-9pm

Tuesday 6th February 2018
Tuesday 20th February 2018
Monday 5th March 2018
Wednesday 28th March 2018

***For further sessions, more information and to book your
place at a training session see:***

<https://transitionstalbens.org/thermal-imaging-camera/>

SUSTAINABLE
St Albans



In January 2018 we changed our name from Transition St Albans to Sustainable St Albans (Charity no. 1173118)

WINE TASTING EVENING



24TH FEBRUARY

8-10PM

DOORS OPEN AT 7:30

**PRICE PER PERSON-£15
TABLE OF UP TO 8 PEOPLE**

**Roundwood Park School
Main Hall**

You must be 18 or over to attend this evening.



**Wine specialist
Mike Eggleton will
be hosting this
exciting and fun
event.**

**We will explore the
flavours of the New
World by tasting 6
handpicked quality
wines from Chile
and Argentina.**

**Contact-
[hessmariepatricia@
gmail.com](mailto:hessmariepatricia@gmail.com)
[emmanuellebentley@
ntlworld.com](mailto:emmanuellebentley@ntlworld.com)**

**This is a Fundraising event
towards the World challenge
expedition to Zambia and
Botswana 2018 organised by Alex,
Dylan and James.**

22nd - 24th February

Disney

2018

HIGH SCHOOL MUSICAL

ON STAGE!

©Disney

This amateur production is presented by arrangement with Music Theatre International (Europe) All authorised performance materials are also supplied by MTI Europe www.mtishows.co.uk

RAREPRODUCTIONS

Youth Theatre Group
01767 681049

Grove Theatre
Dunstable

01582 602080 - www.grovetheatre.co.uk