

Issue: 115

Date: 14 September 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

I hope you all had a good summer and enjoyed the heat!

The students have started the term really well. I would particularly like to single out Year 7 who have made a really impressive start to their time at Roundwood Park School. It was lovely to meet all their parents at our new parents' information evening on Thursday.

This year has been an excellent year for results at Roundwood. The percentage of students getting a standard pass in English and maths has reached 86%, a new record for the school, and the numbers getting a strong pass (grade 5 and above) rose 10% to 73%. At A Level, our average points score was very similar to last year's which means that the average grade was a B. Congratulations to all those students, the staff who taught them and the parents who supported them during their time at the school. We now wish them well as they go onto the next stage in their education or into the world of work.

This week we had the honour of having as our guests David Clarke, the England blind footballer and torchbearer for the 2012 Paralympics, Natasha Dowie, professional footballer and former Roundwood Park student and last, but certainly not least, Alan Smith, the Arsenal and England striker, now a respected Sky Sports pundit.

They were with us to mark the formal opening of the new artificial grass pitch at Roundwood Park, a new facility which will be for the students of the school as well as the local communities and the players of all ages at Harpenden Colts. In my speech, I cited the many people we need to thank but I would particularly like to thank our School Business Manager, Tony Smith, who has worked tirelessly to see this project through, and Colin Metcalfe, our long-standing governor who has been involved in this project from the start.

As ever, in September we welcome a number of new staff to the school. Peter Hambridge joins us as Head of Science and Jing Luo also joins the science department. Cate Brown joins us as Head of Year 7 and as an English teacher. Also joining the English department are Vicky Jackson, Sidney Williams and Emma Burke. Evelyn Robertshaw joins us in history and Katy Helling joins the Business and Economics department. Philip Cartwright joins us in maths, Zoe Mullally and Sue Oakey in PE and Martin Barrett in Design Technology. Katerina Papakonstantinou joins the MFL department. Welcome to them all.

Have a good weekend.

Alan Henshall
Headteacher



Roundwood Park Community Pitch
Supporters Paving Stones Available Now

"Fit For The Future"

www.rpcp.co.uk



Forthcoming Events

'Race for Roundwood'

Charity Fun Run

Saturday 22 September

Open Evening

Thursday 27 September

Please see the school calendar via our website for a full listing or follow the link below:

[Roundwood Park School Calendar](#)

Letters Home

[Open Evening Arrangements](#)

[Travel Code of Conduct Letter to Parents
11th Sept 2018](#)

[Charity Fun Run - September 22nd
September](#)

[Fun Run Sept 2018 - Sponsorship Form](#)

[Fun Run Sept 2018 - Reply Slip](#)

**Further information can be found
on our website (links below):**

[Daily Bulletin](#); [Latest News](#);
[Letters Home](#); [PE News](#)

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

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

Trip Payments

Residential Trips

Ski Trip 2019:

Deposit Payment: £150 due 19
September

Y13 CERN Physics Trip 2019:

Deposit Payment: £150 due 23
September

All information regarding trips already
launched is available on CareMonkey and
Parent Pay.

A full list of all trips we are planning to
run this academic year can be viewed on
the school's website or via the link below:

[Trips Planned for 2018-19](#)

CareMonkey - Trip Letters and Communication

This year CareMonkey will be used as our
main communication method for school
trips. CareMonkey will store all letters
and your consent on to your account so all
information is easily accessible to you at
any time. Trip invitations can be accepted
or declined online.

To ensure you don't miss any trip
communication from us, please check that
your preferred email address is recorded
in your CareMonkey account and your
email settings allow you to see
CareMonkey emails.

*Jeannine Blight / Residential Trip
Coordinator*

Vacancies



For information about any current
vacancies at Roundwood Park visit:

<https://roundwoodpark.co.uk/vacancies/>

Travel Code of Conduct

Please may we remind parents, carers and students about kindly adhering to the Travel Code of Conduct when driving to and from school. In particular, we ask that you:

- **Do not stop on the zigzag lines outside the school gates or on the double yellow lines;**
- **Do not enter the site by car** unless absolutely essential (for example your child has a significant mobility problem);
- **Do not stop** so that there is a line of parked vehicles causing problems in passing;
- **Do not mount the pavement** – this creates a major hazard and puts pedestrians (many of whom are children) at great risk;
- **Take care not to stop so close to driveways** that the residents cannot manoeuvre their vehicles in or out;
- **Drive with great care at all times in the vicinity of the school;** there is always the risk of a child emerging from between vehicles or stepping off the pavement without warning;
- **Allow plenty of time** for your journey.

A copy of our Travel Code of Conduct can be found under the policies section of our website, or by following this link:

[Travel Code of Conduct May 2018](#)

Smart Watches



We have recently noticed that some students are arriving at school wearing Smart Watches. **Roundwood Park does not allow these devices to be worn by students during the school day.** This is in line with County guidelines due to various eSafety concerns.

Initial warnings will be given and further infractions may be subject to consequences being issued and the watch being confiscated.

Please enjoy your watch at home but not at school.

Tony Smith
School Business Manager

Artificial Pitch Opening Ceremony

On Thursday 13th September, the Roundwood Park Community Pitch, our new artificial pitch, was officially opened by some special guests: **David Clarke**, the England blind footballer and torchbearer for the 2012 Paralympics, **Natasha Dowie**, professional footballer and former Roundwood Park student and **Alan Smith**, the Arsenal and England striker, now a respected Sky Sports pundit.

A collaboration between Roundwood Park School, Harpenden Colts, the Football Foundation and Watford FC Community, the new pitch will be enjoyed not only by RPS students but by the wider community for multiple sports, all year round.

Our guests spoke about how fortunate the students and local residents are to have such a fantastic facility on their doorstep. David Clarke commented that “*sport changes lives for the better*” and urged students to make the most of the pitch, which he said “*is going to be an incredible success*”. Natasha Dowie, who was touched to be back at Roundwood Park, having left 12 years ago, was delighted to see the new pitch and said that she “*hoped to see some more professional players, both male and female, that come from Roundwood Park*”. Mr Hunter, Head of PE at Roundwood Park hoped that, as well helping to further develop skills in multiple sports, the pitch would encourage the numbers taking part in girls’ football to really grow and stated that the pitch would change sport at RPS for the next 10-15 years.

Mr Henshall gave thanks for the dedication of Harpenden Colts, Mr Smith, School Business Manager, and to the incredible contribution of so many in the local community who have worked tirelessly together to support this project and make it a reality.



World Challenge 2018



During the summer, 4 teams made up of Year 11 and 12 students plus 6 members of staff were lucky enough to travel to Zambia and Botswana for 28 days. During our stay we had the opportunity to experience a fair amount of both countries and learn about the culture primarily by taking part in a community project and staying with local bushmen. We completed a gorge trek involving walking down very challenging terrain and following the Zambezi river for several kilometres. Each night we set up camp on remote beaches along the river with some spectacular views. Although it was a very physically challenging trek it far exceeded the group's expectations and was a definite highlight of the trip!

The most rewarding part of our expedition was the volunteering section that we promptly started after arriving. We were tasked with building a mud hut for a local grandfather and his family. A short walk to the building site everyday allowed for the local children to excitedly run up and hold our hands or sing songs with us, a fun time for us and the children. The logistics of building the hut included tying sticks horizontally to larger sticks dug in the ground. After the framework had been completed, the mud started to be mixed. Large piles of sand on the floor had to be worked by several people with shovels to make a well for the drum of water, which was then mixed by continuously shovelling the sand, proving itself to be a very strenuous task for everyone involved. Whilst this was going on, the others would pack mud into balls and position in the wall cavity made by the sticks. The break to go back to camp for lunch was greatly appreciated by the second day as the work proved to be tiring under the African sun. However, with the help of some local children and orders of drier or wetter mud, the walls of the house were fully completed by the time we had to move on to our next section of the expedition. The feeling of completing a new home for a local family made all the mud, sweat and exhaustion completely worth it!



World Challenge 2018



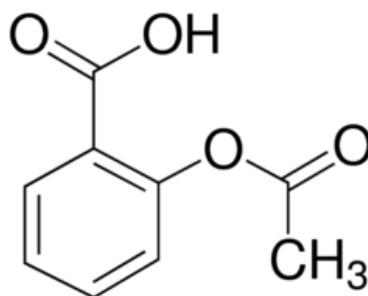
Towards the end of the trip we were lucky enough to spend 2 days at Chobe safari park, one of the best places in the world to see the Big 5. We were very lucky and were able to see a variety of animals including lion cubs!

We all feel incredibly lucky to have had such an amazing experience and would like to say a big thank you to all the staff who gave up their time to look after us!

R.Taylor & S. Barr



Take the Pain out of Chemistry with Aspirin



If you ever find yourself lost in the woods and in need of pain relief, then a **willow tree, a fire, and some water** may be the answer. Willow bark contains **salicylic acid**, which is the active ingredient in aspirin. If you can find a willow tree, then you can use its bark to make yourself a cup of willow bark tea. Keep in mind that even though this is a natural remedy, there are potential side effects and some people should not use willow bark at all.

Last year towards the end of the Summer term, 18 Year 10 students were selected to take part in a chemistry enrichment activity to work alongside the then Year 12 chemistry students to make aspirin. The morning involved a brief overview and introduction to organic chemistry followed by a preparation of the organic substance, where students were able to experience first-hand what an A Level practical involves as well as ask questions and find out more about A Level chemistry at Roundwood Park.

The sixth form students took their younger peers under their wings to show them the ropes and helped them work through some of the theoretical work also. It was wonderful to see the Year 10 students work with confidence and enthusiasm. Well done to all those involved.

Ms Lidder
Science department



Become a Language Leader!



Language Leaders learn leadership skills and help promote languages around school and with our local primary schools. You don't have to be top of your languages class to be a leader. You just need a passion for languages, both those we learn and those we speak at home. Here's what one of our leaders had to say about her experience last year:

"Over the past year I have enjoyed being a language leader as I have learnt lots of valuable leadership skills. As a group we also ran a languages fair for primary school children in the summer and it was really rewarding to watch the younger students learn new words and phrases in a different language. However, my favourite part was running Inter-House Languages as it was fun giving out clues for the trail and giving Years 7 and 8 more interest in languages."

G. Stapleton

If you are in year 9 and would like to apply to be a language leader this year, please see Mrs Robinson in the MFL office or email la.robinson@roundwoodpark.co.uk

Mrs Robinson

MFL Department

ML3: Quizlet fun

Quizlet

ML1: Translation challenge



ML2: Languages quiz

Music Dept: Music with a European twist



European Day of Languages Lunchtime Festival

Wednesday 26th September



ML4: Greek Taster lesson

ML5: Euro disco



Outside: play pétanque

Around school: Treasure hunt



EUROPEAN DAY



OF LANGUAGES



Plus: ENTER THE 'GREAT EURO BAKE-OFF'

(Bring NAMED entries to the MFL Office by 8.40 on Weds 26th)

Cake sale at break on Thursday 27th September outside MFL



HOUSE NEWS



Race for Roundwood – Charity Fun Run – Saturday 22nd September

This term sees Frank House undertake their charity week. After his first year in the role Mr Rowlands is looking to grow the 3K/5K race 4 RPS.

We hope to surpass last year's numbers and have more runners than in previous years – the event is open to students, family, friends and teachers!

All runners should arrive at school at 11.15am to register on the school field. The run will start at 11.45am.

On the day we will have a bake sale and refreshments on offer. We hope that students and their families will pop along in the house colours of choice and raise both awareness and funds for the school charities.

All runners are asked to try and donate £5 to the charities, which will ensure you receive a RPS medal. **The Fun Run reply slip and sponsorship form can be found on the school website under letters home (links can also be found on page 2 of this newsletter).**

Please follow our House twitter pages to keep updated with all our weekly events:

[RPS HouseSystem](#)





HOUSE NEWS

Forthcoming House Events:

- 18 September: Y9 Mixed Netball
- 19 September: Y12 & 13 Interhouse
- 22 September: Race 4 Roundwood (Fun Run)
- 24 September: Frank House Charity Week
- 4 October: KS3 Leadership Day
- 18 October: House Music
- 19 October: Shoebox Deadline (target 35)
- 26 October: Non Uniform Day



House Totals:

House totals will be posted here throughout the year – first points are yet to be calculated!

GT	TBC pts
Wilberforce	TBC pts
Frank	TBC pts
Scott	TBC pts
Cadbury	TBC pts
Mandela	TBC pts
Owens	TBC pts

Please follow our House twitter pages to keep updated with all our weekly events:

[RPS HouseSystem](#)





HOUSE NEWS



Supporting Charities



Roundwood Park is proud to support local, international and national charities through the many fundraising events which the school runs.

Last year, RPS raised approximately £16,000 for our school charities – **The OLLIE Foundation (local charity)**, **Unique Home for Girls (international charity)** and **Cancer Research UK (national charity)**.

National Charity Nominations

Every three years our school's national charity changes so that we are able to support a new cause. We will continue to support our current local and international charities above.

Each of our 7 houses has nominated one charity to be considered as the new national charity.: **Steps**, **Muscular Dystrophy UK**, **NSPCC**, **Kidney Care UK**, **Macmillan Cancer Support**, **Parkinson's UK** and **Action on Addiction**.

The students will now vote to decide which school we will be support.

We will announce the new national charity in the next RoundUp.

NSPCC



MACMILLAN. CANCER SUPPORT

PARKINSON'S^{UK}

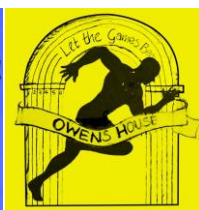
CHANGE ATTITUDES. FIND A CURE. JOIN US.



Action on Addiction

Please follow our House twitter pages to keep updated with all our weekly events:

[RPS HouseSystem](#)



Coffee Morning



**Wednesday, 3rd October
(9 - 10 am in meeting room 1)**

‘Supporting students with dyslexia as they transition to secondary school’

Kirsty Briggs is a long-standing member of the RPS English teaching team. Additionally, she holds Specialist Teacher status and works in the wider community to support those with dyslexia.

In this session, she will discuss the challenges some students with dyslexia face as they start secondary education and offer practical advice about how to support secondary aged students with dyslexia at home.

There will also be a chance to meet other members of staff at RPS who work with our learners with dyslexia.

If you would like to attend, please email your name to k.briggs@roundwoodpark.co.uk.

Wednesday Club



Every Wednesday 1.10 – 1.55 pm in E1

This is a relaxed, friendly, support session designed to help our students with dyslexic tendencies flourish. Students of **all ages** are invited to bring:

- home learning tasks
- classwork that needs revisiting
- vocabulary that needs learning
- revision lists that need to be transformed into helpful resources
- general concerns about their learning

Specialist teaching staff will be on hand throughout lunchtime to discuss concerns, support learning and guide students in the right direction.

Students who are progressing to laptop use are also invited to attend and develop their touch typing skills.

Please note that you do NOT need to be diagnosed with dyslexia to attend. You may suspect that you have dyslexia or you may recognise that you have some dyslexic traits.

We look forward to welcoming you soon.

K. Briggs, J. Hubbard and M. Lennon





Welcome to another academic year at Roundwood Park!

There have been significant changes to the careers education, advice and guidance at Roundwood Park and we wanted to share an update of all the fantastic events and support that we give your child.

Careers Website

We now have a website dedicated to careers education, information and guidance: <https://roundwoodpark.co.uk/careers/>

Here you will find:

- Careers programmes for each year group.
- Our policies and procedures.
- Useful links and other resources to research
- Parent's guide to careers.
- Careers Events programme under 'Employers' section.

Careers Events

We really welcome any support you may be able to give to support our careers events programme. Roundwood students love to hear from people other than their teachers! And we would be delighted to hear from any parents willing to come and talk about their careers and the world of work.

This term we are looking for inspirational speakers to come and talk to Year 11 students about the importance of resilience and adaptability in terms of career decisions.

We are also running Mock Interviews for our 6th form students and we are looking for support with this important stage in the 6th form careers programme.

If you can help with either of these events – as a speaker or interviewer - then please get in touch on careers@roundwoodpark.co.uk

PTA Newsletter

Raising £30,000 for 570 new classroom tables



Thank you to all the walkers that completed their sponsored walk on **Friday 13th July**.

They raised an amazing £8,500!!

Our end of year total stands at approx. £17,000



Events this school year start with...



PTA Quiz Night

Sat 13th October 2018

Pit your wits with family and friends in this popular fun quiz.

*** ONLY A FEW TABLES REMAINING ***

Please see attached information and booking form

The next PTA meeting is on **Tues 18th Sept** at 7.30pm

Join our wonderful group of volunteers, either as a helper or on the committee. Our core events are well established and not at all onerous. It's a great way to keep in touch with other parents and support the school in as much or as little time as you can manage.

We look forward to meeting you. All parents and carers welcome.



Fundraising Campaign

The final push!

We have until the 27th October 2018 deadline.

All you have to do.... is shop at the local Co-op stores using your Co-op membership card. **1% of selected Co-op sales up to 27th October 2018** will be donated to our PTA, at no extra cost to yourself.

The 1% will only apply 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 and select 'Roundwood Park PTA' as your chosen Community Fund. It really is that easy!**



PTA DONATIONS

You can also support our PTA fundraising campaign by donating on

Parent Pay or by **Standing Order**

The PTA is a registered charity.
We can be emailed on pta@roundwoodpark.co.uk

PTA Quiz Night

Roundwood Park



Saturday 13th October

at **7.30pm** in the School Hall

£15 per person (max 8 per team, over 18's only)

Includes a Fish & Chip Supper

Licensed Bar and Snacks

Our popular Quiz Night is back!

Get together with friends and family to form a team of maximum 8 people or we can arrange a team for you.

Guaranteed to be a fun quiz with something for everyone.

Enjoy an inclusive fish and chip supper with various options provided by Harpenden based Godfrey's.

A licensed bar selling wine, beer, soft drinks and snacks will be open from 7.15pm.

The proceeds from this event will go towards our current £30,000 fundraising campaign to replace all the tables throughout the school.

Please return the attached booking form by 5th October 2018 to secure your place.

pta@roundwoodpark.co.uk

charity no. 275739



PTA Quiz Night

Sat 13th October 2018

BOOKING FORM

Please return this form by
5th October 2018

The event is ticketless. Names and numbers will be confirmed by email and checked on admission.

Name: _____

Contact No: _____

Email: _____

No of places: _____ at £15 per person (over 18's only)

Total Amount £_____ Method of payment: _____

- Online payments - it is important that you use your surname (matching your booking form) as a reference. The Bank Details are;

Roundwood Park PTA
sort code 20 74 09
account no 20784508

Completed booking forms can be returned to the school Finance Office (near the Dining Room) or emailed to pta@roundwoodpark.co.uk

- Cheque payments - please make cheques payable to Roundwood Park PTA and return to the Finance Office attached to your completed booking form.
- Cash payments - we would prefer not to receive cash payments.

Team Name: _____

Team Coordinator: _____

I / We would like to be placed in a team ☐ (please tick if applicable)

Food Options (all with chips). Please indicate numbers;

Battered Cod: _____ Chicken: _____ Steak Pie: _____ Battered Haloumi: _____

Thank you for supporting Roundwood Park School



Roundwood Reprographics

The reprographics department is equipped with Konica Minolta digital mono and colour multi functional devices. As well as standard printing and photocopying we are able to produce A4 and A5 booklets.

Please contact us to discuss your requirements.

		25-1000	1000+
Black & White Copy	A4 single	6p	5p
Black & White Copy	A4 double	8p	7p
Black & White Copy	A3 single	12p	10p
Black & White Copy	A3 double	16p	14p
Colour Copy	A4 single	20p	
Colour Copy	A4 double	25p	
Colour Copy	A3 single	40p	
Colour Copy	A3 double	50p	
Laminating	A4	£1	
Laminating	A3	£2	
Comb Binding	A4	£1	

- ◇ We require a minimum order of 25 for mono and colour copies.
- ◇ All prices given are using 80gsm white paper.
- ◇ All prices exclude VAT.
- ◇ 20% discount for registered charities.
- ◇ The reprographics department is open 9.30am—1.30pm Monday to Friday, term time only.
- ◇ We will give you an estimated lead time once a job is confirmed.

Updated February 2015.

Email: repro@roundwoodpark.co.uk Tel: 01582 714030

Roundwood Park School, Roundwood Park, Harpenden,

Hertfordshire AL5 3AE



THE OXFORD UNIVERSITY SOCIETY
Hertfordshire Group

Annual schools meeting about applying to Oxford University

For pupils in years 11 and 12, parents and teachers

If you are applying to university, are you considering Oxford? Would you like to hear more about it? You are invited to an open meeting at;

Stanborough School, Lemsford Lane, Welwyn Garden City, AL8 6YR
Thursday, 20 September 2018 at 7.00pm.

A short film of the experiences of recent undergraduates
will be followed by

Oxford, why and how?

Dr. Sebastian Shimeld of Balliol College will talk about the admissions process, the interviews and how Oxford does everything possible to ensure a level playing field for applicants.

**He will be followed by questions answered by a panel of
three current Oxford undergraduates.**

The evening will finish at 8.30 pm.

If you wish to come, please inform your class teacher or head of sixth form. Some schools organise a school minibus.

**All are welcome. There is no need to
register in advance.**

Prime-mover for the meeting, Mark Turnham, 01494 775514 or
07505 578101 m.turnham@ntlworld.com



Beat Exam Stress!

An engaging new workshop for sixth formers, provided by the NHS Wellbeing Service.

Now taking bookings for the Autumn term

Learn about exam stress and how to manage it, plus ways to improve your study skills, look after yourself and think more clearly. Using the principles of cognitive behavioural therapy, this one-hour workshop helps you take back control and prepare for exams calmly and productively.

Age 16+, individual registration required.

The Wellbeing Service is once again offering its popular **Beat Exam Stress!** workshop for sixth formers. Presented by qualified therapists from the Wellbeing Service, the workshop provides tools and strategies based on cognitive behavioural therapy, an effective and evidence-based approach to managing thoughts, feelings and behaviours.

Please note there is no cost to attend this workshop, however, in order to manage our attendance targets we do ask attendees to complete a short registration form on the day. Because of this requirement, we recommend that the workshop be offered as an optional event rather than as an assembly or compulsory lesson.







To book an Autumn 2018 workshop or to request further information, please email Joanna Bawa, j.bawa@nhs.net, including the words 'exam stress workshop' in the subject line.

At Keystone, we believe that the more informed parents are, the more they can impact positively on their child's life and learning!

Upcoming events...

Keystone Events for West Herts

2018

THURSDAY 20/09/18	<u>Learning How We Learn: A Parent's Guide to Metacognition</u> 19.30-21.15 £19 The Maltings Theatre, St Albans, AL13HL	0-5yrs	6-12yrs	
MONDAY 24/09/18	<u>How to Help Your Child Plan to Achieve Their Goals</u> 19.30-21.30 £22 Fleetville Infants School, AL14QJ	6-12yrs	teens	
MONDAY 1/10/18	<u>Raising Confident Children and Tackling Their Fears</u> 19.30-21.15 £19 The Maltings Theatre, St Albans, AL1 3HL	0-5yrs	6-12yrs	
MONDAY 8/10/18	<u>Understanding and Managing Anger in Children</u> 19.30-21.00 £19 The Maltings Theatre, St Albans, AL1 3HL	0-5yrs	6-12yrs	
MONDAY 22/10/18	<u>Primary School Maths – the Basics for Parents</u> 19.30-21.15 £22 Fleetville Infants School, AL14QJ	0-5yrs	6-12yrs	
MONDAY 5/11/18	<u>Understanding Adolescence – Positive Strategies for Parents</u> 19.30-21.15 £19 The Maltings Theatre, St Albans, AL1 3HL	6-12yrs	teens	

All Keystone Talks are held in partnership with the Alban Teaching School Alliance

Book your place as most events sell out.
To secure your place, **book now!**

Working in partnership STAGS, St Albans Plus and DSPL7 would like to invite parents and professionals to.....



The Wellbeing Village

Thursday 18th October 2018 – 2.30pm – 7pm

St Albans Girls' School

A village of professionals dedicated to providing external support to children and families in need of wellbeing/mental health support. Come and talk to the professionals and/or sign up for a specific talk/workshop, led by accredited professionals in the field of mental health and wellbeing.

Step 2, St Albans Plus, Families First, The Ollie Foundation, The Wellbeing Team, Eating Disorders Team, St Albans LGBT, School Health/nursing, YCHerts, Youthtalk, Police, SEN Team, Missing People, ADD-Vance, Mind, Herts Young Homeless, SARC, Educational Psychology, ESMA, Families Feeling Safe, How to Thrive, Families in Focus, and many more...

Please do come along at any time and talk to professionals in the village or to book onto the talks/workshops below please e-mail Sally Molloy at sim@stags.herts.sch.uk. Workshops/talks will run at 4pm, 5pm and 6pm and run for 45 minutes. Access to the village and all workshops/talks are free of cost. Refreshments will be available to purchase from our Restaurant.

We look forward to seeing you there!

WORKSHOPS/TALKS	Dads and Teens	Spot the Signs (Suicide prevention/ awareness)	Risk taking behaviour in Young people - how to spot the signs	Autism and Mental Health	WORKSHOPS/TALKS
	Eating Disorders	The Ollie Foundation	Building Resilience in Young People	Bereavement - Supporting families	
	Transgender young people	My LGBTQ+ Teen	Strategies to support young people with ADHD	Low Mood in Young People	
		Anxiety in Young People	Managing Self Harm		

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.

HEALTH^{FOR}TEENS

TEXT YOUR SCHOOL NURSE FOR

CONFIDENTIAL HEALTH ADVICE AND SUPPORT:



07480 635 050

GET HELP WITH ALL KINDS OF THINGS LIKE...

HEALTHY EATING | RELATIONSHIPS | SEX

EMOTIONAL HEALTH | BULLYING | SMOKING

SELF HARM | CONTRACEPTION | ALCOHOL & DRUGS

YOU CAN ALSO VISIT:

HEALTHFORTEENS.CO.UK

SEE VIDEOS, FIND HEALTH

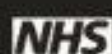
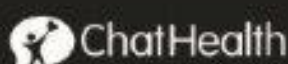
INFORMATION, TAKE QUIZZES, JOIN

WEBCHATS AND FIND OUT THE

TRUTH BEHIND THE RUMOURS.



 **TWITTER:** @HEALTHFORTEENS1 #HEALTHFORTEENS



We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We may inform someone if we were concerned about your safety. So we would usually speak to you first. Your messages are confidential and will only be shared with your school nurse. We aim to reply to you within one working day and you should get an immediate response to confirm we received your text. There will not be any charge for sending texts. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number works on 3G mobile networks only and does not receive voicemail or text picture messages. Please do not send text messages to your boyfriend's or girlfriend's mobile number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

Harpenden **PLUS**

PARTNERSHIP

Harpenden-Kimpton-Redbourn-Wheathampstead

Family

Links

'Why do I have to nag to get my children and teenagers to do as they're told?'

'Why is it that the more I tell them off, the more they argue?'

'Am I doing OK as a parent? Why doesn't my family life just feel more FUN?'

Make positive changes and become the parent you want to be



That's

The Parenting Puzzle!

A funded* 10 week 'Nurturing Programme' course for parents and carers of children aged 5 to 15

The programme is developed to help parents feel confident and in control, and can help you transform family life.

Fridays 21st September to 7th December 2018

10.00am -12.00pm Sauncey Wood School, Harpenden

Contact us via the email address below to book a place
ifosteredwards@saunceywood.herts.sch.uk
or call 01582 623676 for more information.

*This course requires attendees to purchase a book to accompany the programme at a cost of £15. This is funded for families on a low income.

There is a £50 course fee if your child does not attend a Harpenden Plus 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 Luke's, St Nicholas, Wood End

HARPENDEN CHILDREN'S DISCOS



Fri 28 September

Years 5 & 6 £3 6-7 pm

Year 7 £4 7:30-9 pm

At Crabtree Fields Scout Hut

Buy tickets at: <http://buytickets.at/harpdisco/193628>

A great chance for local children to get together and have fun, no matter which school they are at

Tuck shop available for drinks and sweets



Supporting Scouts attending the
World Scout Jamboree 2019



Hertfordshire Family Centre Service



Public Health Nursing (PHN), who provide Health Visiting and School Nursing services, and Children's Centres will be re-launched from 1st October 2018 as the Family Centre Service.

Future updates will only be sent to those who have subscribed to our Partner Newsletter. To subscribe please click on the signup button below



Introduction to the Family Centre Service

Public Health Nursing (PHN), who provide Health Visiting and School Nursing services, and Children’s Centres will be re-launched from 1st October 2018 as the Family Centre Service

The Children’s Centre service will be known as the Family Support Service (FSS) and will work closely with PHN to deliver the Hertfordshire Family Centre Service. The providers who have been awarded the contracts for the revised service are::

- Hertfordshire Community NHS Trust - Public Health Nursing across the whole County
- Hertsmer Leisure – South and West Quadrants - Family Support Service
- One YMCA – East Quadrant – Family Support Service
- Barnardo’s – North Quadrant – Family Support Service

We at Barnardo’s, Hertfordshire Community NHS Trust, Hertsmer Leisure and One YMCA are all extremely excited to be working together to bring the new Family Centre Service vision to life.

The vision is that every Hertfordshire child has the best possible start in life to give them the best opportunities throughout their education and working lives and to enable them to become healthy, resilient adults and able to contribute to their community. Together we want children, young people and their families to thrive, to achieve the best physical, psychological, emotional, social, health and educational outcomes, and to be as independent as possible.

To achieve this we believe that early help for families and enabling a healthy start for children and young people through the delivery of an aligned Service is a way of working which will improve outcomes for children, give families timely access to advice and support, and make efficiencies in service provision.

Family Centre Vision

That every Hertfordshire child has the best possible start in life to give them the best opportunities throughout their education and working lives and to enable them to become healthy, resilient adults and able to contribute to their community.



Family Centre Service

The Family Centre Service will be a locally driven, needs led service from pre-birth through to age 19 (Family Support 0 – 11 years, Public Health Nursing 0 – 19 years and up to 25 for young people with special educational needs and disability [SEND]), which will consist of a consistent Public Health universal offer e.g. breastfeeding groups, Introducing Solids workshops and a core universal programme of activities e.g. Stay & Play, under one's groups, across the county for all families. To support families who face difficulties at some point in their child's childhood, the service will also offer , targeted support through 1-1 and group packages of support, tailored to the needs of families. This standard offer will ensure that all families can access the same level of support across the county, although the frequency and method of delivery could be different depending on local need.

In addition, each district will offer a programme of activities targeted sessions or courses that will respond to specific needs of families .The Family Centres Service will continue to identify local needs and work to address these needs as flexibly and locally as possible, and in partnership, ensuring children, young people and their families are at the heart of the service delivery in their community.

Public Health Nursing

The current Health Visiting and School Nursing services which are run by HCT will be known as Public Health Nursing (0-5 years) and Public Health Nursing (5-19 years).

The 0-5 years service will deliver the five mandated universal core contacts, (ante-natal, new baby, 6 week check, 1 year old assessment, 2 year old assessment) and the targeted universal plus and universal partnership plus (including safeguarding children), through service delivery, through ten skill mixed teams and in partnership with Family Support Service staff.

The 5-19 years' service will continue to support children and young people throughout their time in primary and secondary education.

For children aged 5-11 years, the PHN service will work alongside the Family Support Service to provide holistic support to children and families.

HCT has completed its workforce consultation for all Public Health Nursing staff, including required skill mix and recruitment, and the ten district teams are being finalised to reflect the new workforce structure. The PHN Community Nursery Nurses are completing their training and competencies to deliver one and two year health reviews. In the 5-19 teams, a group of staff are being developed as associate practitioners to support children and young people across a range of care pathways, for example emotional health and wellbeing and healthy lifestyles.

HCT has now offered permanent roles to all qualifying specialist community public health nurses in the 0-5 years service, starting in September 2018. The Trust has also recruited ten specialist community public health nurse students for 0-5 years and families to commence training in September 2018 and is in the process of selecting candidates for the 5-19 years programme.

Two new PHN initiatives

We are implementing Newborn Observation (NBO) training for 0 to fives. The NBO is a relationship building tool which is interactive and family-centered and involves parents as partners in each. It helps to build positive interactions between parents and infants as well as a partnership between parents and the practitioners they interact with. All our public health teams will be full trained in the model by the end of November.

The Lancaster Model is being rolled out across Hertfordshire by the 5-19 years service. The model - via an electronic health needs assessment - enables the identification and analysis of health needs, trends and issues for each of the Family Centre Service areas. Services will work together with parents/carers, preschools and schools on a local basis to address and provide information and support where needed.

Family Support Service

- Early Start and Family Support and Emerging Needs
- Increased age range - Supporting families from the antenatal phase through to the end of primary phase (year 6) at age 11. Ongoing support post-5 years of age will continue as appropriate, working with schools and Local Schools Partnerships following the Families First approach of the right service offering the right support at the right time.
- Consistent offer across the county and families can choose which venue suits their needs
- Still using the current Children's Centre premises and community venues to deliver services locally
- Governance model to include partners and service users
- Increased role in supporting families whose children have special educational needs and/or disabilities
- Part of the wider Families First approach to early help

Working in partnership with local Schools and early education settings

As Children Centre providers we already work in partnership with local schools and early education settings and this partnership is crucial to the current and future service delivery.

As we transform into the Family Centre Service we want to reassure our School and early education partners that we will continue to work with them post October 2018,

Workforce transformation

Hertfordshire County Council's Family Centre Service Specification requires a 'step change' in service provision with the introduction of a new delivery model. This involves:

- The new service operating as a countywide provision cross Hertfordshire, delivered through 4 geographical quadrants, which will be divided by districts. Within each district there will be one main delivery 'hub' with opening hours from 8.00 am – 6.00 pm. Each district having a number of Satellite bases.
- A commitment from Family Support Services and Public Health Nursing Providers to work in a cohesive and aligned partnership and to collectively deliver a unified Family Centre Service.

Key dates including service training dates

To deliver the new service specification within the funding available, Barnardo's, Hertsmere Leisure and One YMCA are proposing to reorganise the workforce. Obviously this is an unsettling time for all the Children's Centre teams and as such we would appreciate your understanding during the coming months.

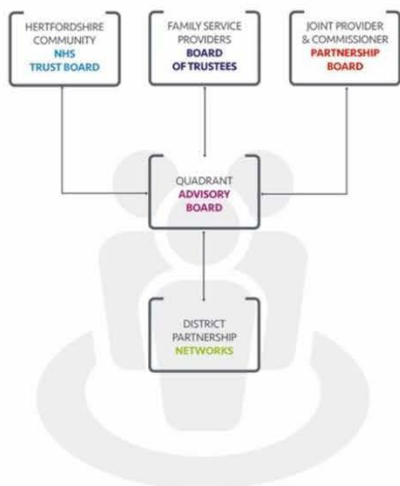
The timeline for the reorganisation has recently been shared with the Children's Centre teams, please see below for key dates:-

- 3rd September - Collective consultation on staffing structure opens
- **1st October – New Family Centre Service begins (No Family Support Services running)**
- 3rd October - Collective consultation closes
- 5th October – Consultation outcome
- 5th October – Selection process begins
- End of October / early November – Selection process ends
- **12th – 16th November – Closure week for all Family Centre Service staff (induction into new roles and training). Reduced PHN service during this week.**

Due to the levels of complexities and significant change required as we transition to one new service we will need to close/reduce the service offer as outlined above. On those dates, safeguarding support will still be in place and available. The PHN duty line will also be provided.

How can you be involved?

Family Centre Service Governance Structure



Hertfordshire Children's Centres have a strong track record of working closely with local partners and families to shape service provision. Barnardo's, Hertsmere Leisure, One YMCA and Hertfordshire Community NHS Trust would all welcome the opportunity to build on this strong partnership working through establishing new Advisory Boards and Partnership Networks.

At a more local level, the plan is to set up District Partnership Networks. These networks would enable a more local focus on emerging needs and the development of new services, as well as an opportunity for partners to share updates about their own services.

We are also working closely with both Children Services and Public Health Commissioners and we meet regularly with them as we move through the mobilisation phase.

We look forward to meeting and engaging with local partners, we will be holding a series of launch events across Hertfordshire for partners in mid November, dates and venues will follow.

Parent and Child Voice

As providers, we are all committed to ensuring that parents and carers have a range of ways to contribute to shaping their local Family Centre Service, these include:-

- o verbal feedback to Family Centre Service staff,
- o via Facebook with the use of Survey Monkey,
- o Question of the Moment (a range of fun, interactive activities)

In time, we would also like to trial the use of technologies such as Facebook Live Q&A's to set up Parent Forums. It is envisaged that it would be undertaken in the evening, allowing parents to get involved without needing to find childcare or having to travel.

Contact details

As our key partners, we are sure that you will have some question for us, during this mobilisation period. Please contact us using the email addresses below with any questions or enquires.

- South and West Quadrant enquires - Hertsmere Leisure
partnerenquires@hertsmereleisure.co.uk
- East Quadrant enquires - YMCA – partnerenquires@oneymca.org
- North Quadrant enquires - Barnardos – partnerenquires@Barnardos.org.uk
- PHN – HCT – hct.engagement@nhs.net

In our next newsletter which will answer some of your questions.

Future updates will only be sent to those who have subscribed to our Partner Newsletter. To subscribe please click on the signup button below

SUBSCRIBE TO
PARTNER
NEWSLETTER

