

Issue: 117

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

Date: 12 October 2018



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

Headlines

Dear Parents and Carers

Please may I implore you again to be considerate when dropping off or picking up your children. We have had a few complaints from local residents recently about inconsiderate parking and driving in the vicinity of the school.

On a happier note, I am pleased to tell you that Mr Jacquinet and Mr Jones have been appointed as our new staff governors and I am sure they will be an asset to the Governing Board.

Thank you to all the Year 11 parents who came along to the information evening this week. Your support in this crucial year is very much appreciated.

Have a good weekend.

Alan Henshall, Headteacher

Term Dates

Reminder:

Half term: w/c Monday 29 October

Occasional day:

Friday 30 November

House Music Thursday 18 October The Alban Arena

The students have been working hard and we are looking forward to a fantastic House Music on Thursday!

The evening will begin at 7pm and will end at approximately 9.30pm. Please remember to print off your e-tickets and bring them with you – you will be refused entry without them.

Please note that House Music tickets have sold out and will not be available on the door.

Cooking Equipment Needed!

In food technology we are currently short of all different types of cooking equipment. If anyone is having a clear out of saucepans, cake tins, baking trays or any cutlery or utensils please bring them in as all donations will be gratefully received.

Many thanks.

Ms O'Coy
Head of Design & Technology

Please use our dedicated 24 hour absence line **01582 714049** to report an absence or e-mail us at absence@roundwoodpark.co.uk



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



Trip Payments

Residential Trips

Ski Trip 2019:

Interim Payment: £500 due 15 October

Warm Weather Athletics Trip 2019:

Interim Payment 1: £200 overdue

Interim Payment 2: £200 due 19 October

Y13 CERN Physics Trip 2019:

Interim Payment: £180 due 15 October

Y10 &11 Berlin History Trip 2019:

Deposit Payment: £150 due 21 October
(limited availability)

Y9 Battlefields Trip 2019:

Expression of Interest due by 15 October

Y12 &13 Tour of Russia 2019:

Deposit Payment: £250 due 15 October

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 following link: [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

Student Catering Accounts



A reminder that the deadline for confirming daily canteen spending limits via CareMonkey is today, **Friday 12 October**.

If you do not confirm a required daily canteen spending limit on your child's account, then spending on this account will be unlimited.

Finance Department

Payment for Non-Uniform Days

An email was sent to parents and carers on Tuesday 9 October regarding the option to pay for non-uniform days as a one-off yearly payment.

If you would like to pay for non-uniform days in this way, please make payment via ParentPay account by Friday 19 October.

Finance Department

Spring Term Music Fees

Please note that the deadline for payment of Spring Term instrumental tuition fees is **Monday 15 October**.

Music Department

Further information can be found on the [Roundwood Park website](#).
[Roundwood Park School Calendar](#)
[Daily Bulletin](#); [Latest News](#);
[Letters Home](#); [Trips & Visits](#)
[PE News](#)

Please also follow us on Facebook, Twitter and download the Roundwood Park mobile app to keep up to date.

Forthcoming Events

House Music

House Music – Thursday 18 October
7pm, The Alban Arena, St Albans

Year 10 Parent Consultation Bookings

Year 10 Parent Consultation Evening,
Thursday 15 November 2018 4.30 pm
until 7.30 pm

The **online booking system** will be open to make your Parents' Evening appointments at 8pm on Monday 22 October. The system will close at 10pm on Sunday 4 November.

Key Dates:

Parent Consultation Evenings:

Year 7 – Thursday 4 July 2019
Year 8 – Thursday 21 March 2019
Year 9 – Thursday 7 March 2019
Year 10 - Thursday 15 November 2018
Year 11 – Thursday 24 January 2019
Year 12 – Thursday 14 February 2019*
Year 13 – Thursday 8 November 2018

Year 9 Options Evening:
Thursday 28 February 2019

Post 16 Information Evening:
Thursday 17 January 2019

** Please note this date was incorrectly shown in the last RoundUp no 116. This is the correct date.*

Coffee Mornings



Year 7 Parents/Carers:
8.40 – 9.40 am on the following dates:
Thursday 18 October – Maths/Numeracy
Tuesday 13 November – Science
Monday 3 December – English

All coffee mornings will take place in Meeting Room 1, behind the main reception.

Vacancies



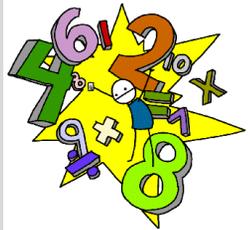
We are currently advertising the following vacancies on our website:

- **Design & Technology Technician**
- **Facilities Management Apprentice**

For further information, please follow the link below:

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

WeSolveMaths Verbal Maths Challenge



Congratulations to A Shah who took part in a verbal maths challenge at UCL on 29 September hosted by WeSolveMaths, a charity started by PhD mathematicians.

Over 60 students competed in the event and A Shah achieved silver – a great result!



HOUSE NEWS



Rotary Shoebox Scheme

"Spreading a little Happiness"

As in previous years, we are supporting the work of the Harpenden Rotary Club. The Rotary Club Shoe Box Appeal sends gifts throughout the year to many different countries in Eastern Europe. Toys are especially useful all year round for birthday presents in the orphanages, homes and hospitals. All age groups, including teenagers, have welcomed the boxes. The Rotary Club have delivered to children and teenagers in orphanages, hospitals; to street kids; to adults in TB and AIDS hospitals; to disadvantaged families; to women's refuges; to older folk in hostels with no supporting families.

To support this worthwhile cause and help spread a little happiness, please bring £2 to buy a box from the sports hall at break time from 8 – 19 October.

Please fill the boxes with gifts (see [Gift Suggestions for your Shoebox](#)) and return the boxes to the sports hall between 22 – 24 October. Please note that boxes must not be wrapped, and must not include food, drink, medicine or sharp/dangerous objects.

Many thanks for your support.



Charity Sky Dive

Hi, my name is Emma, I am a **Scott House Captain** at Roundwood Park and I am going to face my biggest fear, falling, on Friday November 2nd by jumping out of a plane at 10,000 feet.

In 2012 a boy named Billy Senior who was a House Leader when I first joined the school, did a skydive for Scott House's charities. He was able to raise an incredible amount of money for important causes as well as inspire me to do the same when I finally had the chance to.

These 3 charities (Macmillan, The OLLIE Foundation and Unique Home for Girls) are all amazing at what they do and your donations can make them reach and help even more people. All donations no matter the size are very welcome and much appreciated.

Here is the link to my JustGiving page [Charity Sky Dive](#)

Forthcoming House Events:

- 18 October: House Music
- 19 October: Shoebox Deadline
- 26 October: Non Uniform Day



Getting to know the 2018-19 SLG

Wellbeing & Diversity Captain: A Garfield



Tell us something interesting about yourself? I have been to a Harry Potter quiz in the British Library - I'm obsessed with Harry Potter. I also managed to break my arm, have my cast removed and break it a week later in the same place, which is a fun fact.

What 3 words would your best friend use to describe you? Silly, loud and imaginative.

What was the interview process like and how did you prepare? Applying for the SLG was nerve-racking but I wrote and basically learnt my speech when applying for this school captain role. I tried to remember why I was so passionate about this and let that show in the application process.

What plans do you have for the incoming year? SLG wise, Black History Month and the numerous well-being weeks are both important this year. Life wise, University is coming up! Hopefully applying successfully will be in my Year 13 plan.

What is your favourite house event to date? House Music! It creates such a friendly atmosphere, even though it is the houses competing; singing 'thank you for the music' with the entire arena at the end of the night is always a highlight.

What is your favourite cheese & why? Parmesan - it makes pasta so good!!

If you could invite any guest alive or dead, to dinner who would you pick and why? Probably Malala Yousafzai. She is a huge inspiration with her work towards girls' education. She also sounds very wise and I think I would learn a lot from her.

What is your favourite biscuit and why? Digestive biscuit - sounds boring, but in a cup of tea it's easily the best.

What was the 1st single you ever bought? I think that the first artist I ever bought myself was ABBA, so probably something from Mamma Mia!

What is your favourite word and why? Bustle - as in 'she bustled off.' It creates such a funny image in my head of an awkward person trying to act busy in order to avoid a situation and it makes me laugh every time.

If you could be anywhere in the world this weekend, where would you be? On a yacht sailing past a Greek Island or something like that - some place relaxing!

If they made a film about your life, who would play you and why? I think Miranda Hart would be great, especially if this film was a rude sort of comedy about my life. If it was serious though, probably someone like Emily Blunt - someone with brown hair.

Final Thoughts? I am very proud of my role on the SLG. I think promoting wellbeing and diversity is so important. Even though a job involving drama and English Literature would be my dream, I would really like to continue similar work in the future. My passion for this role stems from reading. Books like 'Shock of the Fall' and 'The Colour Purple' have really shaped my beliefs on mental health and equality. I like to think that I am imaginative and creative, and I think outlets like drama and books are perfect for subtly changing people's stances on these issues and topics.

Grey-Thompson House Update (October 2018)

Firstly, huge congratulations to all Grey-Thompson members for the Hart Cup win last term! We would like to reinforce the thank you we gave in the house assembly for all of your hard work.

We would like to remind everyone that house music rehearsals have started (every Monday, Wednesday and Friday) conducted by Becky and Zara in Year 12. Our choir song is an Abba mash-up. Our initial rehearsal went very well and it was great to see so many of you there. Please come along if you are interested - the performance at the Alban arena should be really fun!



As you should have noticed, the forms of each house has been split into blocks - ours is English. This should make it easier for you all to integrate and build a community throughout the house. Linked to this, the buddy system that has been introduced should be taking effect as of this week - every Tuesday. This will be an extremely important way of gaining support and advice from different perspectives. As well as the chance to build a greater community in our house.

We would like to quickly congratulate all those who ran the 5k Frank House run, it was great to see you all even in the rain. Also a big well done to year 9 for coming 3rd in house netball and to the sixth formers for coming 3rd in interhouse - a great start to the new school year!

Finally, we would like to introduce our new house leaders for this year:

Year 7 - R Young & C Follows
Year 8 - F Crowley & O Evans
Year 9 - G Roberts & M Chauhan
Year 10 – G Stapleton & E Turner
Year 11- M Marchment & S Veal
Year 12 – B Taylor & S Piepgrass



Keep up the hard work,

Libby and Skye, House Captains

Cadbury House Update

October 2018

CADBURY 

It has been a great start off to the new school year for Cadbury House! First of all, we would like to welcome all the Cadbury year 7's to our house and the new Cadbury House Leaders. A massive thank you also must be given to everyone in Cadbury who has been helping out and taking part in all the house activities so far because it has paid off.

So far, we've come 1st in the sixth-form inter-house sports and a great effort by the year 9s in mixed netball where we came 6th! Although there has not been a lot of house events so far this was a great start and if everyone carries on at this rate there's no doubt it will be an amazing year for Cadbury and there will be a lot more achievements and celebrations to come.



The next big focus is on House Music which is on the 18th of October where we want to see as many of you taking part and supporting as possible! Our House song is "I Gotta Feeling" by Black Eyed Peas and our performance piece is "You've got the love" by Florence and the Machine. Rehearsals start the week of the 1st of October so be sure to take part, have a sing and we can hopefully carry on in the great start that we have had so far.

Some other things coming up is the shoebox deadline (19th October) where we need to try and get 35 boxes! On the 26th is also a whole school non-uniform day!

Lastly, we hope to see you all participating in all house events regardless of where we come as long as you are enjoying and participating that is the main thing (even though it is quite nice to win!). I hope the Cadbury Year 7's have settled in well and we look forward to seeing you all in our next House assembly.

Your House Captains,
Lee and Hena

Creative thinking, Respect and Initiative

WILBERFORCE HOUSE UPDATE

- Wilberforce managed to come 1st in the mixed year 9 netball and 5th in the sixth form Interhouse.
- We are currently doing house music rehearsals, and it's coming to a really good start thanks to James, Hugh and Katialin, with doing a "Stand by Me"/"Beautiful Girls" mash up.
- Our charity week is on the week of house music, and me and Alaya are doing the raffle, so we are asking people to bring in raffle prizes
- We are also going to have cake sales consistently running throughout the week – with house leaders taking part in this every day.
- We are currently in the process of gathering gifts to make gift boxes for the girls at the unique home for girls charity.



Roundwood Park Oxbridge Information Evening For Y11 and Y12 parents and Students Monday 12th November 7-8pm – Main Hall

The evening will provide students and parents with information on:

- Super curricular – recommended activities to enhance the personal statement and application.
- Meeting the Oxbridge criteria - what are they looking for in an applicant?
- Keeping informed – courses, taster days, summer schools, open days, contact details
- Writing an Oxbridge personal statement – the do's and don'ts
- The Interview – developing academic justifications and communication skills.

Alumna of the Month: October 2018

Charlotte Coleman **(2003 – 2010)**



After her A levels, Charlotte went to Bristol University and gained a Master's Degree, MSc, (1st Class) in Chemistry.

She then went to Imperial College, London, to study for a Ph.D. in inorganic chemistry, but then switched to Oxford University to follow her supervisor. She gained her Ph.D. from Oxford University in February 2018.

Dr Coleman is currently working with a government organisation on an IT transformation project as a Cognitive Process Automation Consultant at IBM.



the Oxford Scientist

The Oxford Scientist School Science Writing Competition

The Oxford Scientist is pleased to announce our Michaelmas Term 2018 School Science Writing Competition. You can see the winners of our previous competition for Hilary Term 2018 at www.oxsci.org/schools/HT2018.

Calling all budding science writers in UK schools!

- Are you a school, sixth form or college student in the UK, about to enter into Year 11, Year 12 or Year 13 (or equivalent) for the academic year 2018-2019?
 - Are you fascinated by science and want to communicate it to those around you?
- Would you like to see your work published in the next issue of the Oxford Scientist **AND** win a prize?

If you answered **YES** to all of the above, then all you need to do is write a 700-word article and send it to us by 31st October 2018. Our theme this term is **Inspirational Young Scientists**. There are no right or wrong topic choices, so your article could discuss anyone, from a person who made an important discovery at an early age, to someone who is working now to inspire young people to take up science.

Once you have written your article, you can upload it at www.oxsci.org/schools.

Articles must be submitted by **31st October 2018**.

Articles will be judged by our panel of experts, and one winner and a runner-up will be selected from each year group. All winners and runners-up will receive their very own pipette pen, kindly donated by Eppendorf. In addition, winners will receive one of a selection of signed popular science books, including **Tamed** by anatomist and television presenter Professor Alice Roberts.

One overall winner will be selected and their article will be published in the next issue of The Oxford Scientist magazine. They will also receive a copy of the science-themed board game 'Lab Wars', courtesy of Eppendorf. All runners-up will have their articles featured on our website.

If you have any questions about the competition, please email competition@oxsci.org.

If your school, sixth form or college would like to subscribe to the Oxford Scientist for just £15 per year, please contact editor@oxsci.org.

Are you 16-17 years old? Try before you apply

- Up to a week long summer school placement at your choice of top university
Experience the reality of university life
- Large choice of Science, Technology, Engineering, Arts and Maths subjects
Decide if a course is right for you before filling in your UCAS application
- Make friends and contacts
Explore your options with university staff and meet peers considering similar routes
- Have a clear idea of your preferences
Gain experience so you can make a well-informed decision



**UP TO
A WEEK**
OF HANDS ON
EXPERIENCE AT
UNIVERSITY



Apply online to one of our Headstart courses





Are you a 15-16 year old girl?

Universities have told us they want YOU!

If you have a passion for STE(A)M (Science, Technology, Engineering, Arts and Mathematics), then let us **INSPIRE** you for 3 days at a leading UK university. Each Inspire course is a mixture of exciting hands-on activities and personal development sessions.

What will I do?

- You will be introduced to several branches of engineering or science to give you a flavour of what to expect at first year undergraduate level
- Take part in hands-on STE(A)M projects, lectures and workshops
- Learn how to manage a project, develop research techniques, or write reports
- Hear about university life from lecturers, admissions tutors and post-grad students
- Meet engineers, researchers and professionals who will explain their own achievements
- Be confident and enthusiastic about your next level of study in STE(A)M subjects



The 2019 Inspire Programme

- Brunel University
- University of Cambridge
- Coventry University
- Durham University
- University of Edinburgh
- Glasgow Caledonian University
- Glasgow Caledonian University (boys course)
- Lancaster University
- Manchester Metropolitan University
- Queen Mary, University of London
- University College London
- University of Sheffield
- University of Southampton
- University of Warwick

Partner organisations:



Courses take place straight after your GCSEs and run throughout June and July, so why not come along with a friend? If you attend an Inspire course we'll treat you as a priority applicant when you apply for a Headstart course the following year.

Find out more and apply online from September 2018

www.etrust.org.uk/inspirecourse

EDT (Engineering Development Trust) is a registered charity in England and Wales (1156066) and in Scotland (SC039635), and is a company limited by guarantee (number 8879288).



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



PTA Newsletter

Raising £30,000 for 570 new classroom tables



Harpenden Rugby Club Fireworks

Sunday 4th November at 6pm

TICKETS NOW ON SALE

AT RECEPTION

50% of ticket sales is donated to Roundwood Park PTA.
Full details attached.



If that's not exciting enough, our next
PTA meeting, including AGM, is on...

Tues 13th Nov at 7.30pm

Come and 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.

PTA DONATIONS



You can also support our PTA fundraising campaign by donating on

Parent Pay or by **Standing Order**



Fundraising Campaign

Countdown!

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!**

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



Fireworks

EXTRAVAGANZA

**4TH NOV
2018**

HARPENDEN RUGBY CLUB
THE CLUBHOUSE REDBOURN LANE HARPENDEN AL5 2BA

GATES OPEN AT 4.00PM
DISPLAY STARTS AT 6PM

£8 ADULT TICKET / £5 CHILD TICKET*
£25 FAMILY TICKET**

*UP TO 16 YEARS OLD

**2 ADULTS AND UP TO 4 CHILDREN UP TO 16 YEARS OLD

**FIREWORKS, BONFIRE, FUNFAIR,
GREAT FOOD & BAR**

WWW.HRFC.COM

**PARKING IS LIMITED AT THE CLUB, PLEASE TAKE THE
COURTESY BUS FROM LEYTON GREEN BUS STOP.**

HARPENDEN UNIFORMS

RUN BY THE SCHOOL FOR THE SCHOOL

Dear Parent/Carer

During the school term it is easy to shop with Harpenden Uniforms. Just place your order online @ harpendenuniforms.co.uk. It will then be delivered to school within 2 - 3 working days. We will phone to let you know your order is ready for collection from reception.

Not sure what size to order? We have added Try Before You Buy. We have a selection of skirts and trousers in school for the students to try on. Contact Debbie Attfield on 01582 714028 or email enquiries@harpendenuniforms.co.uk to arrange a time. We will then let you know what size to order from the website.

Can't find the size you need on the website? Please contact our suppliers direct on 0844 879 7288 who will be happy to place a special order for you. This will normally take approximately 2 weeks.

We also have a selection of PE Kit available to purchase direct from reception, however we can only accept cash or cheque.

Thank you for your continued support.

Tel: 01582 714028

Email: enquiries@harpendenuniforms.co.uk

Web: harpendenuniforms.co.uk



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

ST GEORGE'S
SCHOOL



Sir John Lawes School
Education for a changing world



Join us for a joint Harpenden Secondary Schools
Drugs Awareness Evening
with guest speaker Paul Hannaford

Monday 5th November 2018

7.00—8.00pm

(300 places on first come first served basis)

Fowden Hall

Rothamsted Conference Centre

*Since 2009 Paul has spoken to over 300,000
young people giving them a real life insight into drug
addiction and more.*

*"Every child matters
and their future
should be
a bright one!"*



Understanding Adolescence – Positive Strategies for Children- Talk

Summary



Adolescence is a developmental stage that takes up 10% of our lifespan. We all experience it, few of us remember it, yet arguably it has the greatest impact on our futures. Adolescents often feel misunderstood and frustrated, whilst parents feel that everything they ever knew about being a parent is snatched away almost overnight.

This talk will discuss the challenges of living with young people, and introduce successful strategies for managing behaviour. It will invite the audience to consider how thinking about things from their child's perspective can encourage more collaborative conversations. It will show parents how to adopt a more open, person centred, communication style that uses active listening, ensuring conversations can end with parents feeling appreciated and adolescents feeling more understood. This approach will be useful for all members of the family to help motivate young people and keep their lives on track.

Who is this talk for?

This talk is for parents, grandparents and carers of children aged 11 to 19.

What parents will gain from this talk

- An understanding of the biological, psychological and social changes in adolescence
- An understanding of how these developmental changes can have an impact on, and be impacted by, the developmental demands of being a parent.
- Knowledge of the current successful strategies for managing teenage behaviour
- Knowledge of positive communication approaches and five simple steps used as part of a person centred communication style

Booking is essential. Book NOW

Event Details

Date: Mon, 5 Nov 2018

Time: 19.30-21.15

Location: The Maltings Theatre, St Albans

Cost: £19pp

About our speaker

Deborah Christie is Professor of Paediatric and Adolescent Psychology and Consultant clinical psychologist/clinical lead for paediatric and adolescent psychological services at University College London Hospital's NHS Foundation Trust. She is currently President of the Society for Adolescent Health and Medicine and Co-Editor in Chief of *Clinical Child Psychology and Psychiatry*. She has published over 100 peer reviewed papers and chapters and is co-editor of the bestselling *Psychosocial Aspects of Diabetes in Children, Adolescents and Families*.

She has a passion for working with young people searching for ways to live with chronic illness. She is an international presenter and trainer in adolescent psychosocial development, motivational and solution focused therapies and works with multidisciplinary teams to help them engage and communicate effectively with children, young people and families living with chronic illness and managing complexity.

FREE parent/carer course to support your child's Mental Health Needs

WOULD YOU LIKE TO GAIN A BETTER UNDERSTANDING OF YOUR CHILD'S MENTAL HEALTH NEEDS?

The education programme for parent/carers of
Secondary aged children and young people could
help

This free course, held over six weeks, will provide you as
parents/carers with skills and support to help your child and improve your
health and wellbeing

Learn more about young people's mental health and
recovery, effective communication skills, family culture,
problem-solving and looking after yourself.

Where: St Albans Girls' School

When: Tuesdays - 6th, 13th, 20th, 27th November, and 4th and 11th December 2018

Time: 7pm – 9 pm

Who is it for: Parents/Carers of Secondary Aged children

*Please state at time of booking if you are using a CAMHS clinic,
Step2 or counselling service.*

If you do not have your own transport or need help with travel costs
to enable you to attend, Carers in Hertfordshire can help -
contact@carersinherts.org.uk



Making Carers Count

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

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

Booking is essential. Please book either
by phone 01727 853134 Ext 244 or email admin@dspl7.org.uk
Website : www.dspl7.org.uk

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



The Wellbeing Village

Thursday 18th October 2018 from 2.30pm to 7pm

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

The Wellbeing Village is a gathering of professionals dedicated to providing wellbeing and mental health support to children and families. Visitors will be able to meet and talk to accredited specialists from organisations working to support young people's mental health and wellbeing. These include -

CAMHS, Step2, St Albans Plus, Families First, The OLLIE Foundation, The Counselling Foundation, The Children's Wellbeing Team, Specialist Eating Disorders Team, St Albans LGBT, School Health, YC Hertfordshire, Youthtalk, Police, HCC SEN Specialist Advice and Support Service, 0-25 SEND Team, Cruse Bereavement Care Hertfordshire, Missing People, ADD-Vance, Herts Mind Network, Herts Young Homeless, SARC, EP Service, ESMA, Families Feeling Safe, Bounce Forward, Families in Focus, PDA Society, Carers in Herts, Everyone Active and more...

You are welcome to visit anytime between 2.30pm and 7pm and workshops will commence at 4pm, 5pm and 6pm. Access to the village and all workshops is free, and refreshments will be available to purchase.

WORKSHOPS	Just for Dads	Managing Self Harm	Risk taking Behaviour in Young People	Autism and Mental Health	WORKSHOPS
	Eating Disorders	The OLLIE Foundation - Should we talk about suicide?	Essentials - Building Resilience in Young People	Bereavement - Supporting families	
	Transgender Young People	My LGBTQ+ Teen	ADHD in Girls	Emotional Wellbeing Masterclass	
	Schools' Responsibility for Young Carers	Anxiety in Young People	Spot the Signs (Suicide prevention/awareness)	Parents Supporting Children	

Programme of Workshops

4pm	5pm	6pm
'Managing Self Harm' <i>CAMHS</i>		'Managing Self Harm' <i>CAMHS</i>
'Anxiety in Young People' <i>Step2</i>	'Anxiety in Young People' <i>Step2</i>	'Anxiety in Young People' <i>Step2</i>
'Just for Dads' <i>Families in Focus</i>	'Just for Dads' <i>Families in Focus</i>	'Just for Dads' <i>Families in Focus</i>
'Risk Taking behaviour in Teens' <i>YC Hertfordshire</i>	'Risk Taking behaviour in Teens' <i>YC Hertfordshire</i>	'Risk Taking behaviour in Teens' <i>YC Hertfordshire</i>
'Eating Disorders' <i>Specialist Eating Disorders Team</i>	'Eating Disorders' <i>Specialist Eating Disorders Team</i>	'Eating Disorders' <i>Specialist Eating Disorders Team</i>
'Should we talk about Suicide?' <i>The OLLIE Foundation</i>	'Should we talk about Suicide?' <i>The OLLIE Foundation</i>	'Should we talk about Suicide?' <i>The OLLIE Foundation</i>
'Essentials - Building Resilience in Young People' <i>Bounce Forward</i>	'Essentials - Building Resilience in Young People' <i>Bounce Forward</i>	'Essentials - Building Resilience in Young People' <i>Bounce Forward</i>
		'Parents Supporting Children' <i>The Counselling Foundation</i>
	'Bereavement – Supporting Families' <i>Cruse Bereavement Care</i>	
'Transgender Young people' <i>YC Hertfordshire</i>	'Transgender Young people' <i>YC Hertfordshire</i>	'Transgender Young people' <i>YC Hertfordshire</i>
'My LGBTQ+ Teen' <i>YC Hertfordshire</i>	'My LGBTQ+ Teen' <i>YC Hertfordshire</i>	'My LGBTQ+ Teen' <i>YC Hertfordshire</i>
'ADHD in Girls' <i>ADD-Vance</i>	'ADHD in Girls' <i>ADD-Vance</i>	'ADHD in Girls' <i>ADD-Vance</i>
'Emotional Wellbeing Master Class' <i>The Children's Wellbeing Team</i>	'Emotional Wellbeing Master Class' <i>The Children's Wellbeing Team</i>	'Emotional Wellbeing Master Class' <i>The Children's Wellbeing Team</i>
'School Responsibility for Young Carers' <i>Carers in Herts</i>		
'Autism and Mental Health' <i>SEN Specialist Advice and Support Service</i>	'Autism and Mental Health' <i>SEN Specialist Advice and Support Service</i>	'Autism and Mental Health' <i>SEN Specialist Advice and Support Service</i>
'Spot the Signs Suicide Prevention' (Parents only) <i>Herts Mind Network</i>	'Spot the Signs -Suicide Prevention' (Parents only) <i>Herts Mind Network</i>	

To book onto one or more workshops, e-mail Sally Molloy at wellbeing@stags.herts.sch.uk stating which workshops you would like to attend. These are likely to fill up quickly so book early to avoid disappointment. Workshops will run for 45 minutes.

We look forward to seeing you there!

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

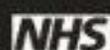
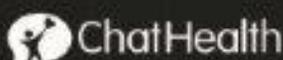
TRUTH BEHIND THE RUMOURS.



 TWITTER:

@HEALTHFORTEENS1

#HEALTHFORTEENS





Families Feeling Safe

Protective Behaviours Training & Services

Starfish House, 3, North Road,

Stevenage, Hertfordshire

SG1 4AT

Tel: 01438 728653

E-Mail: enquiries@familiesfeelingsafe.co.uk

www.familiesfeelingsafe.co.uk

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The Families Feeling Safe programme

for Mums, Dads & Carers



Supporting your child's emotional wellbeing, linking feelings, thoughts and behaviour and having strategies for feeling safe.



Are you looking for some strategies and new ideas to help improve family life?

The Families Feeling Safe Programme for Dads

The Families Feeling Safe programme runs for 9 weeks with one follow on session. The weekly sessions are 2 hours and every Dad receives their own workbook with ideas to try at home.

It's a practical and down to earth programme for dads and male carers of children and teenagers aged between 0-19 years old.

The Families Feeling Safe programme can help to:

- Build self-esteem and confidence
- Recognise Early Warning Signs
- Understand the link between Feelings, Thoughts and Behaviour
- Manage a range of feelings e.g. stress, anger, anxiety and worries and make safe choices
- Understand what may be influencing your child's behaviour
- Improve communication with your child and others
- Improve emotional well-being
- Develop strategies for feeling safe and problem-solving skills to use in a range of situations

What it's about...

- ✓ Helping you find what will work for you and your child
- ✓ Getting involved, trying new ideas
- ✓ Building on your strengths as a dad
- ✓ Creating a safe space to talk with other dads
- ✓ Being valued and supported

and what it's not about...

- ✗ Being told what to do
- ✗ Sitting and just listening
- ✗ Finding fault or criticism
- ✗ Having to talk about personal stuff
- ✗ Being a perfect parent!

SESSIONS COVER:

FEELING SAFE

THE LINK BETWEEN FEELINGS, THOUGHTS & BEHAVIOUR

BUILDING A SUPPORT NETWORK

UNWRITTEN RULES

COMMUNICATION

PROBLEM-SOLVING

STAYING IN CONTROL AND MAKING SAFE CHOICES



"I really got a lot out of this course. I thought the facilitators were fantastic, really non-judgemental and supportive. Thank you so much - I've learned lots"

"I feel this is a new start"

"I wish I'd done this sooner!"

What other Mums, Dads and Carers have said about the programme...

"I've got a whole set of approaches and practical ways to understand family life and Me!"

"Before I attended it was like walking on egg shells with my daughter's anger and frustration. Now, it's harmony and effective communication"

"The activities are a good way of understanding my son. I'm enjoying doing the activities with my children"

"The most helpful part was communication. Understanding feelings and how this drives behaviour. The group has provided some valuable ideas on dealing with some behaviours and also an insight to potential problems and how others have dealt with these. I think my children have found me to be more patient and attentive"



Families Feeling Safe Protective Behaviours

St.Albans

for Mums, Dads and
Carers of children
5 years - Teens



For eligibility and to book your FREE
place please contact

Wendy

Email: wendy@familiesfeelingsafe.co.uk

or

Tel: 07874662486



Are you looking for some strategies and new ideas
to help improve family life?

- ◆ Build self-esteem and confidence
- ◆ Recognise Early Warning Signs
- ◆ Understand the link between Feelings, Thoughts and Behaviour
- ◆ Manage a range of feelings e.g. stress, anger, anxiety and worries and make safe choices
- ◆ Understand what may be influencing your child's behaviour
- ◆ Improve communication with your child and others
- ◆ Improve emotional well-being
- ◆ Develop strategies for feeling safe and problem-solving skills to use in a range of situations

"I've got a whole set of approaches and practical ways to understand family life and Me!"

"I wish I had done the course sooner"

Tuesday evenings 7.00pm - 9.00pm

16th October to 11th December

(excluding half term 1st Nov)

at

Fleetville Junior School,

228 Hatfield Rd, St Albans, AL1 4LW



**JAMES MARSHALL
FOUNDATION**

**Supporting young people in Harpenden and Wheathampstead
since 1722**

Vacancy for Trustees

The James Marshall Foundation has been supporting young people in the community for almost 300 years. The aim of the Charity is to assist young people under 25 years with educational or career-related activities and enable them to have opportunities that otherwise would not be available. Grants of over £1,000,000 have been awarded during the last six years.

The Foundation is run by a Board of eight Trustees, four of whom must either live or work in Harpenden and four of whom must live or work in Wheathampstead. We are looking for two new Trustees to join the team, individuals with enthusiasm to carry on this legacy for the benefit of local young people.

Are you interested? If so, please visit our website at www.jamesmarshallfoundation.co.uk to understand more about the Foundation and phone the Charity Manager on 01582 760735 for more information. The deadline for applications is **Friday 16th November 2018** so please do get in touch if this is something you would like to be involved in. *Charity number: 312127*



Harpenden Musical Theatre Company
proudly presents

Oliver!

music, lyrics & book by lionel bart

October 9th - 13th 2018
Harpenden Public Halls

Tickets available from £15

www.ticketsource.co.uk/hmtc51

www.harpendenpublichalls.co.uk

01582 767525 or at Harpenden Public Halls

Produced for the Broadway stage by David Merrick and Donald Albery. This amateur production is presented by arrangement with MusicScope and Stage Musicals Limited of New York.



In aid of

Keech
hospice care

Registered Charity No. 1035089

Christmas Poster Competition

To: **All the children of Harpenden**

From: **The Town Mayor, Councillor David Heritage**

DESIGN YOUR OWN POSTER

Based around the theme: **'A Celebration of Christmas.'**

The winning designer will:

- * be invited to **turn on the Town Christmas lights at the Christmas Carnival on Sunday 25th November 2018**
- * receive a prize
- * have their **design used for the Town Mayor's Christmas card.**

Create your poster on A4 paper and write your name, age, school year and school or organisation on the back.

Closing date: Friday 2 November 2018

Send your entry to: The Mayor's Secretary,
Harpenden Town Council, Town Hall,
Leyton Road, Harpenden, AL5 2LX.

**The presentation ceremony will take place on
Monday 19 November 2018 4.30 pm Town Hall**



This competition is open to children aged 4 to 11 (Reception to Year 6 only).

There will also be awards given for entries receiving Highly Commended and Commended.

N.B. If posting your entry to the Town Hall please ensure that the correct postage is on your envelope to avoid the entry being held up/undelivered.