

Issue: 119

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

Date: 16 November 2018



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

Headlines

Dear Parents and Carers

I would like to congratulate our students from last summer. We knew that the results were good but the Value Added score for GCSE has recently been added to the national league tables. The Progress 8 score of 0.48 is really high and is a marked improvement on last year's score, which was already very encouraging. I will let you know more about the A Level Value Added score when it is published in a few weeks' time. Congratulations to all the students, their parents and the staff of RPS.

The Year 11s are just about to begin their mock exams. We wish them well and also remind them that we are here to help emotionally as well as academically during the exam period.

Last week the three Harpenden secondary schools held a drugs awareness evening at Rothamsted Conference Centre. Paul Hannaford, who is very respected in the field, spoke about issues which all parents should know about. We hope to have more evenings in the future and invite Paul back. Thank you to those who attended and took time to write such positive feedback.

Last week we marked the centenary of the end of the First World War. As well as excellent Remembrance assemblies delivered by Mrs Upton, we marked the occasion with our usual Last Post ceremony and planting of the Remembrance Crosses. Thanks go to the Environment Captains, A Mason and A Jina and to C Jones for sounding the Last Post.

Have a lovely weekend.

Alan Henshall
Headteacher

Occasional Day

A reminder that school will be closed on **Friday 30 November** for our Occasional Day.

End of Term

School closes at **12.10 pm** on **Friday 21 December**. We have asked the bus companies to collect the students at this time and are awaiting confirmation.



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



Forthcoming Events

Year 7 Disco

Friday 23 November, 7.30 – 9.30 pm

£7 per ticket. All proceeds go to charity. Please return reply slip (attached to this newsletter) by 22 November.

Christmas Concert, St John's Church

Thursday 6 December, 7 pm

Tickets for the Christmas Concert are now on sale. Please speak to the music department for more details, letters have been handed out to students.

Mr Gray
Head of Music

Coffee Mornings



Year 7 Parents/Carers:

**Monday 3 December (08.40 – 9.40am,
Meeting Room 1) – English**

Key Dates:

Parent Consultation Evenings:

Year 7 – **Thursday 4 July 2019**

Year 8 – **Thursday 21 March 2019**

Year 9 – **Thursday 7 March 2019**

Year 11 – **Thursday 24 January 2019**

Year 12 – **Thursday 14 February 2019**

Year 9 Options Evening:

Thursday 28 February 2019

Post 16 Information Evening:

Thursday 17 January 2019

Trip Payments

Residential Trips

Ski Trip 2019:

Interim Payment: £500 overdue

Interim Payment 2: £600 overdue

Warm Weather Athletics Trip 2019:

Interim Payment 2: £200 overdue

Final Payment: £200 due 14 Dec

Y13 CERN Physics Trip 2019:

Interim Payment: £180 overdue

Final Payment: £130 due 10 Dec

Y10 & 11 Berlin History Trip 2019:

Final Payment: £430 due 3 Dec

Y9 Battlefields Trip 2019:

Final Payment: £130 due 10 Dec

Y12 & 13 Tour of Russia 2019:

Interim Payment: £600 overdue

Final Payment: £450 due 1 Dec

MFL Language trips:

Following unprecedented demand for the Paris trip, we are currently in the process of investigating accommodation options which would permit us to accept all students who have signed up. Please note that we will confirm trip places once we have feedback from our travel agent. All students who have signed up for the Rhineland trip are confirmed.

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](#)

Mrs J Blight

Residential Trip Coordinator



Christmas Lunch

Tuesday 18 December 2018



Our popular Christmas lunch will take place on Tuesday, 18 December, at a cost of £3.50 per student. This includes a choice of a traditional turkey main course (including pigs in blankets) or vegetarian option, a dessert and a cracker. Uptake for our Christmas lunch is usually around 85% to 90%.

As in previous years, payment will be required via ParentPay against the payment option entitled 'Christmas Lunch 18/12/18' (please do not hesitate to contact the finance office if you have forgotten your username and password). **The closing date for payments is 11am on Monday, 19 November.** Please note that payments cannot be accepted after this date as the final catering order has to be placed the following day. **If payment is not received by 19 November, your son/daughter will require a packed lunch on 18 December, as there will NOT be an alternative food option on the day. Additionally, the canteen will be closed at break and the sixth form café will be shut all day.**

There is a mandatory 'notes' field on ParentPay in which you must specify either 'turkey' or 'vegetarian'. Additionally, if you have an allergy or intolerance to specific food types, this must be added to the 'notes' field. If a food option is not specified, it will be assumed that your son/daughter would like a turkey meal.

If your son/daughter is eligible for free school meals, he/she will automatically be allocated a turkey meal. However, you will need to inform our Catering Manager, in writing and before 19 November, if your son/daughter requires a vegetarian option or has a food intolerance (please email s.papworth@roundwoodpark.co.uk).

All students will be able to check that their payment has been received by looking at the list on the notice board by the canteen entrance (which will be updated by lunchtime from tomorrow on a daily basis). A note will additionally be made on Bulletin each day reminding students to check the list.

The Christmas meal is ordered in quantities to meet demand and regretfully, therefore, we will be unable to provide a refund if your son/daughter is absent on 18 December.

In case you have not used ParentPay for some time, the instructions on how to make a payment are given below:

Under your son/daughter's name you will see two tabs. Click on the yellow tab entitled 'Pay for other items' unless you have more than one child, in which case select the white tab 'View all items'. Alongside the option entitled '**Christmas Lunch 18/12/18**' click 'View'.

You will now be required to complete the 'Notes' section, as explained above, following which click on 'Add to basket' (**IGNORE the option to 'Pay by Parent Account'**)

Repeat the process for other siblings or if you have other items to pay and once all selections have been made click on the basket icon at the top right hand side of the screen.

Select your payment method, click on 'Pay now' and input your payment card details, if not automatically saved on the website. If not automatically saved you may need to click on 'Review payment' and a box will appear confirming your selection. From here select 'Make payment'

You may now be directed to a secure bank card verification screen. If so, enter any details requested and then press 'Submit'.

You should now be taken back to the home screen with a notification stating 'Payment successful' and you will receive a second confirmation via email.

If you are in doubt as to whether or not you have paid, click 'Transaction history' on the left hand side of the home screen, then click on 'Payment history', input the relevant dates and finally click 'Search'. You will then be able to see all payments within the relevant period.

Please do not hesitate to contact the Finance Office (before 19 November) should you have any queries (01582 765344). If you wish to email your query **please do not reply to this email, as it is only used for outgoing messages**, but contact us via finance@roundwoodpark.co.uk.

Can you spare any cooking equipment?



Thank you for all the donations to food technology. If anyone is still having a clear out of saucepans, cake tins, baking trays or any utensils please bring them in as all donations will be gratefully received!

Many thanks.

Food Technology department

Macmillan Cancer Care Support Packages



Mandela House are organising a collection for Macmillan Cancer Support.

We are encouraging students and staff to donate goods that we can make into Cancer Support Packages - please see the poster attached for ideas of gifts to donate.

Please hand your donations in to the Geography office by the Friday 23 November.

Many thanks for your support.

Miss Plowman,
Head of Mandela

Hertfordshire County Council Health Team – Parent Survey

Are you a parent of a child/young person aged under 18? If so, did you know that Hertfordshire County Council's Public Health team can provide advice and guidance to support you with your child's health and wellbeing? To better understand your needs and how we can reach you, we would be very grateful if you could let us know your thoughts by completing our short survey, which should take no more than 3 minutes of your time. Please use the following link to access the survey:

<https://surveys.hertfordshire.gov.uk/s/11XAJ/>

The survey is open now and will close on Friday 23 November 2018.

Vacancies



For details of any current vacancies, please visit our website or following the link below:

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

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.

Absence Line

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

01582 714049 or e-mail us at

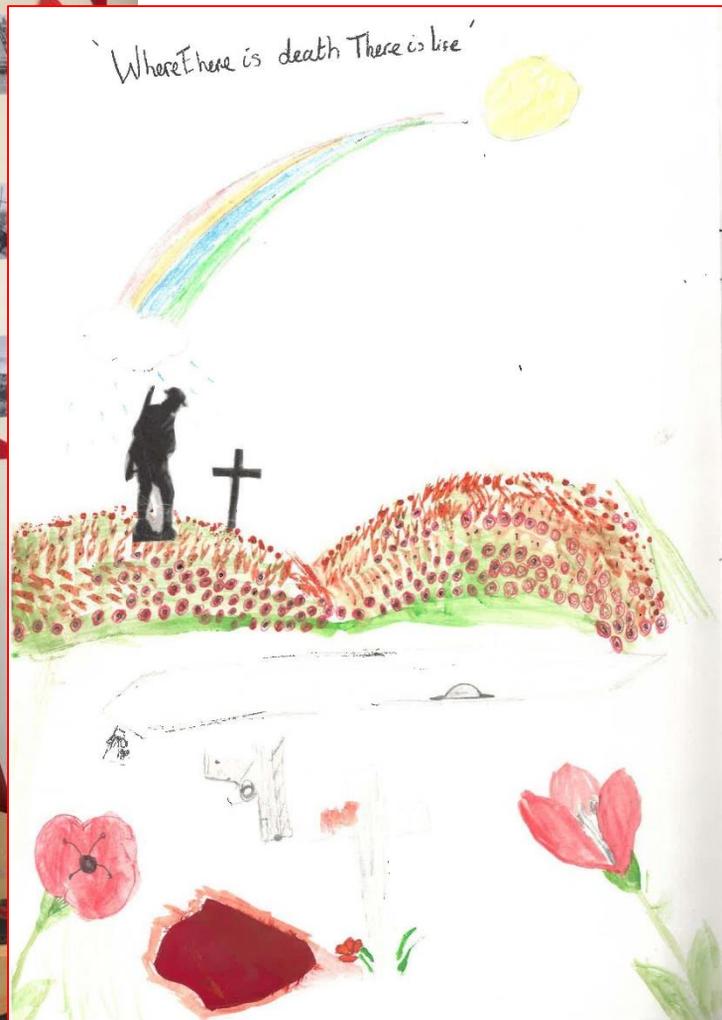
absence@roundwoodpark.co.uk

Remembrance Day 2018

Poppies designed and planted by RPS students



Artwork by R Weston-Giordano (Y7)



Display and books in the Library



National Anti-Bullying Week at RPS

Monday 12 – Friday 16 November

This week Roundwood has been promoting National Anti-bullying week! Anti-bullying week aims to raise awareness of bullying of young people, in and out of school. Anti-bullying is an important movement within RPS as the RPS community will never tolerate bullying. Our school should be a safe space for all individuals to learn and grow. We want to highlight the signs of bullying, in order to be better at recognizing and responding to it.

During Anti-bullying week, we are using odd socks and funky ties to raise awareness. Students have also been given the opportunity to literally lock in their pledge against bullying using padlocks; anti-bullying awareness has also been included in house assemblies. We hope to spread awareness against bullying far and wide across our community!

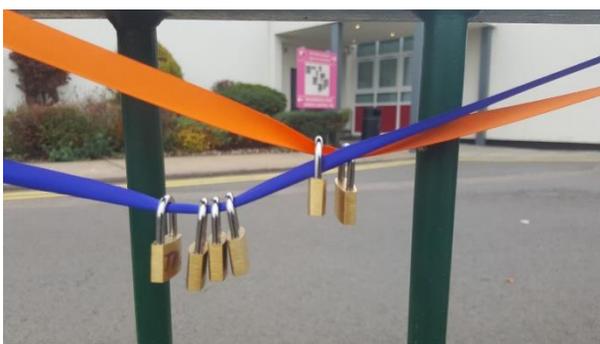
This year, the theme of National Anti-bullying week is 'Choose Respect'; this has inspired many fantastic posters around the school and a special book display in the library. Choosing respect means respecting the diversity within our school and giving every person the right to express themselves without the fear of bullying. The definition of respect is: 'due regard for feelings, wishes, or rights of others', according to the dictionary. Every person has the right to respect in our community, regardless of gender, sexual orientation, race, religious beliefs or disability.

We want all young people in our community to feel as though they have someone to turn to in any instances of bullying, whether this is an adult they trust, a peer or new anti-bullying ambassador, or the Speakeasy website located on RM Unify. Roundwood Park has a zero-tolerance attitude towards bullying and will treat any cases of bullying with the utmost importance.

In the run up to National Anti-bullying week, house leaders across all year groups met with passionate staff and SLG members at a wellbeing and diversity conference, led by Mrs Mansfield. Together, we are working on an updated version of the RPS Anti-bullying policy, to make sure that this policy is as effective and relevant as possible.

Anti-bullying week is an important week to all in the RPS community. Together, we can take a stand against bullying in the hope of creating a kinder and safer community, where we all 'Choose Respect.'

Abby Garfield
School Captain - Diversity and Wellbeing



Success at the Inter-School Geography Quiz



34 Roundwood Park students from Yr 8 – Yr 10 took part in the Inter-School geography quiz. We were up against Sir John Lawes, St George's, St Alban's Boys' and The King's School. Topics included; fieldwork, UK landmarks, iGeo, alphabet round. The students were incredibly successful and the following teams did particularly well in their age category:

Year 8



3rd - J Fearn, G Bandell and M Gaches

Year 9



1st - J Brighton & G Lamb



2nd - L Arrow-Smith, A Corran & N Guy

Inter-School Geography Quiz continued../..

Year 10



1st - O John, E Piepgrass and E Turner



2nd - R Lea, J Laine and N Mehra



3rd - A Holmes, T Birkwood and K Stapleton



4th - G Stapleton, J Mills and L Akroyd

Introducing our new Staff Governors

Jean-Michel Jacquinot



My family and I moved from London to Harpenden in 2003. I have 3 sons, one past, one current and hopefully one future student at Roundwood Park. I grew up in France until my family moved to the UK when I was thirteen and have remained here ever since. After studying Physics, followed by Atmospheric Sciences, at University, I worked in a front office role in the financial services industry for 20 years.

Five years ago I took a career break, during which I looked after our youngest son whilst my wife returned to work, and also did some volunteering work at RPS supporting A-Level students for their spoken French assessment.

This led me to consider retraining as a teacher, which I started as a schools' direct trainee teacher of Physics at RPS, through the Alban Federation in September 2016, and I have carried on at RPS since.

As both a parent and a member of staff of RPS, I feel fundamentally invested in the future of our school. As a staff governor, I'm keen to participate more actively in helping to guide the strategic direction of our school in order to achieve the best outcomes for our staff, students and the wider community.

Mark Jones



I have been at Roundwood Park School since 2016 and have held the position of Head of Computer Science and ICT. Whilst at RPS, I have worked with many colleagues throughout the school supporting with trips abroad to Germany and helping different colleagues get the most out of the technology that is available to them. My most recent accomplishment is the implementation of the new electronic bulletin system which I designed and created.

Originally from Birkenhead, Wirral, after I completed my degree in English Language, PGCE in Computer Science and Masters in Education at Edge Hill University, I moved down to Hertfordshire to teach. Prior to entering the education sector, I worked for Apple Inc in their retail stores. My role as an Apple Store Genius saw me working with a number of different businesses including schools and colleges where I supported with their implementation of Apple hardware and software.

Richard Meyrick returns to Roundwood Park to run another masterclass workshop



Pianoman
WITH
RICHARD MEYRICK

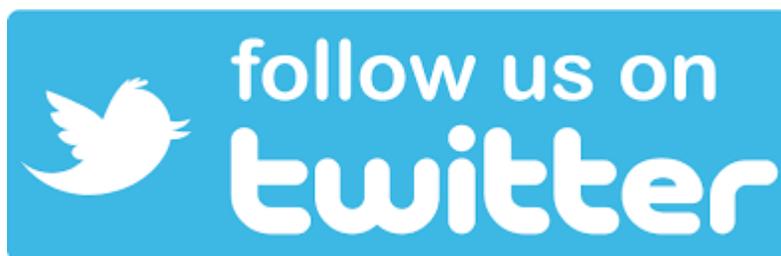
Richard Meyrick a.k.a 'The Pianoman' is coming back to RPS on Wednesday 19 December to run his popular Piano Masterclass for our music students.

Last year Richard visited us and was so impressed with the standard that he offered two RPS students a scholarship to continue having lessons with him in London - our Head Boy Hugh was one of the lucky recipients.

Hopefully, once he has run the rule over our amazing musicians, we might find some more of our students taken under his wing.

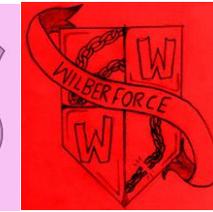
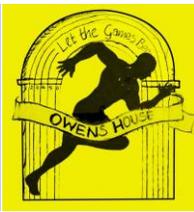
<http://www.pianomanscholarships.co.uk/#homePage>

**If you would like to keep up to date with PE, Art, Drama
and Music, then please**



[@RPSCREATIVE](#)

[@RPSPE](#)



HOUSE NEWS

Charity Sky Dive



Congratulations to E Archer (Scott House Captain) who did her skydive – from a staggering 10,000 feet - on 2 November. Not bad for someone who's scared of heights!

Emma has raised £2,265 for our school charities which is incredible. If you wish to donate, please follow the link below: [Charity Sky Dive](#)

Forthcoming House Events:

- 23rd Nov: Y7 Disco
- 28th Nov: Rugby Week (7-10)
- 29th Nov: Yr 9/10 Benchball
- 5th Dec: Sportsperson's dinner
- 10th Dec: Scott House Charity Week
- 12th Dec: Staff Christmas Bake off
- 21st Dec: Non Uniform day

House Totals:

- Owens 60 pts
- Cadbury 57 pts
- Wilberforce 56 pts
- GT 56 pts
- Frank 46 pts
- Scott 42 pts
- Mandela 41 pts

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

Getting to know the 2018-19 SLG

Frank House Communications Captain: J Plumb



Tell us something interesting about yourself? I am obsessed with star signs, I am an Aries which is a fire sign. Being an Aries means that I am adventurous, impulsive, independent, assertive and intolerant. Some of these are good and some of them are bad but I relate to all of them!

What 3 words would your best friend use to describe you? Fun, Unreserved, Striking

What was the interview process like and how did you prepare? I prepared by writing a bit about myself and exactly what I want to achieve whilst being in SLG. Completing the application was a bit like applying for a job for me so I found it exiting...not a chore.

What plans do you have for the incoming year? As communications captain I would love to further develop the Park Times so that it is accessed by more people....I think it should be viewed during form times so that everyone gets to read information about their school and their fellow students and also by adding a wider range of sections to attract a wider audience.

What is your favourite house event to date? I love doing House Music, even though I can't sing to save my life! Me and my friends have done it every year and we always find it so fun and entertaining, the energy there is so positive and warm!

If you were an animal in the wild, what would you be? I think I would be a panther because they are energetic, enthusiastic but they know exactly what they want and how to get it!

If you could invite any guest alive or dead, to dinner who would you pick and why? I would probably pick Kris Jenner, which I am fully aware some of you are rolling your eyes at, but I think she is an amazing business woman who has managed to turn her whole virtually un-talented family into a billion-dollar empire. Therefore, I would love to meet her to get some business tips and because I think we would probably end up being best friends because she is so funny and outgoing.

Who was your hero as a child and why? My heroes are my parents because I spent so much time with both of them and they prioritised me and my sisters over anything else which led them to move to Harpenden from North London to give us the best opportunities in life, which we have. My sister is now studying law at Bristol and I am doing A-levels in an outstanding school! They clearly did something right by putting family first.

If you won the lottery, how would you spend your millions? I did actually win £100 on the lottery the other day which was amazing! But if I had won millions I would take all my friends to the Maldives in summer on a champagne filled private jet, buy everything in Gucci, Cartier and Louboutin, buy a house in Beverly Hills (the best place I have ever been), buy a convertible Rolls Royce and then give whatever is left to my family!

What is your favourite word and why? My favourite word is facetious which means; treating serious issues with deliberately inappropriate humour. Saying or hearing this word makes me laugh because me and mum always say it to each other as a joke because we heard someone on Big Brother saying it every 5 minutes a few years ago.

If you could be anywhere in the world this weekend, where would you be? I would be in Bora Bora because it looks like the most relaxing and chilled place in the world and I feel like I need to chill out and just lay around on the beach all day.

Final Thoughts I am so happy to be a vocal part of the SLG this year and to be a part of such an outstanding group that I have always looked up to. I am excited to meet new people and make new memories and make changes to an already outstanding school.

YEAR 7 DISCO

When: Friday 23rd November

Where: School Dining Hall

Time: 7.30pm-9.30pm

£7 per
ticket

 UK Friends of
Unique Home (Punjab)



MACMILLAN.
CANCER SUPPORT



Refreshments on sale during the disco!

All proceeds go to charity

.....
Please return the reply slip and your ticket money to Miss Plowman by 22nd November.

Name: _____ Form: _____

I give permission for my child (named above) to attend the Disco on the 23rd November. I
enclose £7 cash for the ticket.

Signed Date:

PTA Newsletter

Raising £30,000 for 570 new classroom tables



Saturday 2nd February 2019

Professional comedians to entertain you, your family and friends!



Tickets on sale soon

Sat. 26th January 2019

Please donate any good quality, laundered uniform to Reception.



PTA DONATIONS



You can also support our PTA fundraising campaign by donating on

Parent Pay or by **Standing Order**

WE NEED YOUR HELP

The PTA make a tremendous contribution to our school. The regular events we organise support our children's environment and enriches their education.

With our established, manageable events the PTA raise over £15,000 every year.

We are however very short of newcomers that will take the reins to manage the events into the future.

As always, the more that step forward, the easier it is. Please don't hesitate to join us so that we can continue raising the much needed funds for our children.

The next PTA meeting is on...

**Tues 15th Jan at 7.30pm
in the School Staff Room**

We hope you can make it

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

Traditional or Contemporary Christmas Wreaths



Wednesday 28th November 2018

7:00 – 9:30ish

Traditional Christmas Wreath

This workshop will enable you to make your own Christmas door wreath from scratch in the traditional way.

Contemporary Christmas Wreath

This workshop will enable you to make your own individual door wreath in a contemporary way using an oasis ring.

£28.00 to include;

All materials to make your Christmas door wreath

Glass of fizz on arrival

Tea/coffee and mince pies

If you would like to book, please email Amanda at a.booth@roundwoodpark.co.uk

Hurricane Lamp Christmas Table Decoration



Thursday 20th December 2018

7:00 – 9:00ish

Make your own table decoration with Hurricane Lamp and Candle to impress your family and friends.

£40.00 to include;

All materials

Glass of fizz on arrival

Tea/coffee and mince pies

If you would like to book, please email Amanda at a.booth@roundwoodpark.co.uk



BUY A BRICK FOR YOUR SCHOOL



Roundwood Park Community Pitch

If you haven't already purchased your brick then here is your chance!

Head over to: www.rpcp.co.uk

Or for further information contact: 01582 714019

You can also purchase a slot on our 3G Pitch to advertise

YOUR BUSINESS!

Over £90,000 in sponsorship so far to date!

Pitch side sponsorship available!
Please contact us for further details



Act2Act Youth Theatre Proudly Presents

hairspray

BOOK BY

Mark O'Donnell
Thomas Meehan

MUSIC BY

Marc Shaiman

LYRICS BY

Scott Wittman
Marc Shaiman



BASED ON THE NEW LINE CINEMA FILM WRITTEN AND DIRECTED BY

John Waters

Auditions

- **Auditions for young performers aged 7-18**
- **We are looking to cast lead roles plus a large ensemble**
- **Auditions will take place on Saturday 8th December in Watford and St. Albans**

**For more information or to book your place
please call**

0 7 9 1 4 9 9 9 8 4



Oaklands College

Choose your course and campus...

St Albans Campus

Hatfield Road, St Albans, Herts AL4 0XR

- A Levels
- Agriculture
- Animal Management
- Apprenticeships
- Art, Fashion & Design
- Brickwork & Construction Skills
- Business
- Carpentry
- Computing & Technology
- EFL / ESOL
- Electrical
- Equine Studies
- Higher Education
- Hospitality & Catering
- Horticulture
- Motor Vehicle
- Adult Short Courses
- Plumbing
- Public Services
- Sports Studies & Academies
- Supported Learning

Open Events 2018/19

Open Day
Saturday 17th November
⌚ 10am-2pm

Open Evening
Tuesday 5th February
⌚ 5-8pm

Open Evening
Wednesday 1st May
⌚ 5-7pm

Welwyn Garden City

The Campus, Welwyn GC, Herts AL8 6AH

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

Open Events 2018/19

Open Evening
Tuesday 13th November
⌚ 5-8pm

Open Evening
Wednesday 6th February
⌚ 5-8pm

Open Evening
Tuesday 30th April
⌚ 5-7pm

Find out more and register your interest at:
www.oaklands.ac.uk or call us on: **01727 737000**



St Albans
Mental Health
Conference

A two-day conference with seminars,
workshops and sessions covering

Resilience, Communication, Healthy Eating Habits, Relationships and Year 11-12/13-onwards transitions

featuring

Sandringham School, The
Ridgeway, St Albans, AL4 9NX

@StAlbansMHC
fb.com/stamhc

Jonny Benjamin
Mental Health MBE
Campaigner



Natasha Devon
Body Image MBE
Campaigner



Zara Phillips
Adoption Trauma
Specialist/Author



Professionals £45
Parents £25
Students Free
Includes lunch and
refreshments



**Book
Now**
24-25th
November 2018

A two-day event with keynote speakers, workshops, a
marketplace and networking opportunities for teachers,
parents, students and professionals

mhc.cloudaccess.host





**St Albans
Mental Health Conference**
Saturday 24 November 2018



Tickets can be bought here -
www.eventbrite.co.uk/e/st-albans-mental-health-conference-tickets-4968776683
www.facebook.com/stamhc #StAMHC

	PROFESSIONAL STREAM		PARENTS & PROFESSIONALS		PARENT STREAM				STUDENTS			ALL
09.00 - 09.30	Arrival Registration, Refreshments, Community Networking and Marketplace											
09.30 - 09.45	Welcome Head Boy and Girl. Opening Address - Zara Phillips											
09.45 - 10.45	Key Note Natasha Devon MBE											
10.45 - 11.10	Coffee break, Networking and Market Place											
11.15 - 12.00	Josh Pelled Bright Futures UK How Volunteering Enhances Your Skills And How To Best Support Children Who Are Off School With Long Term Health Issues.	Dr. Alan Barnard Harmony Decision App How An App Can Support Wellbeing And Improve Decision Making.	Galina Dolya Emotional Regulation In The Early Years.	Olive Hickmott Your Superpower - How To Harness The Strengths Hidden Within Dyslexia, ADHD And ASD.	Prof. John Coleman OBE The Teen Brain.	Rianne Price How To Support Your Child Whilst They Are At University (Managing Transition)	Dr Annie Swanepoel (Clinical Director for CAMHS at Elysum Healthcare) The Physiological And Biological Impact Of Resilience.	Tamara Donn EFT (Emotional Freedom Technique) Tap Away Your Stress.	Dr Kathy Weston Becoming A Resilient Thinker - A Workshop For Teens.	Jo Askam Museums Are Good For Mental Health!	OLLIE Suicide Talk What We Need To Know And How To Support Our Friends.	Zara Phillips The Life Long Impact of Adoption.
12.05 - 12.50	Debi Roberts The Elliot Strickland Lecture. How A Simple Tool Can Support Those Who Do Not Have A Mental Illness But Are Struggling With Suicidal Thoughts - An Overview.	HOPE UK What's New In Drugs And Alcohol Education.	Marta Piernikowska-Hewell How To Improve Communication Skills In Children And Young Adults With Autism, Cerebral Palsy, Emotional And Or Behavioural Difficulties.	Youth Health Champions & Jen Beer Good Emotional Well Being Practices -#JustTalk	Hannah Brown Your Child And Disordered Eating - How You Can Help And Make The Difference.	Galina Dolya Emotional Regulation In The Early Years.	Marcello Lombard and Rosa Perez Addressing bullying With Critical Thinking Tools.	Josh Pelled Bright Futures UK How Can We Best Support Children Who Are Off School With Long Term Health Issues?	Hugo Metcalf Therapeutic Conversation Skills - Managing Difficult Conversations With Compassion.			
12.55 - 13.55	Lunch and Market Place											
14.00 - 15.00	Panel Discussion Jonny Benjamin MBE + Natasha Devon MBE + Prof. John Coleman OBE + Zara Phillips + Dr Kathy Weston + Rosa Perez and others											
15.05 - 15.50	Jonny Benjamin MBE Resilience And Suicide Prevention.	Prof. John Coleman The Teen Brain.	Dr. Kathy Weston Raising A Resilient Child - Practical Strategies For Busy Parents.	Hannah Brown Eating Disorders - Learnings Through An Experienced Voice.	Marta Piernikowska-Hewell How To Improve Communication Skills In Children And Young Adults With Autism, Cerebral Palsy, Emotional And Or Behavioural Difficulties.	Nicole Zimber Reflex Yoga Therapy Tools For Mental Health Management.	Victoria McDermott Visualisation For Stress Reduction.	HOPE UK Drugs and Alcohol What's New In Drugs And Alcohol Education.	Dr Annie Swanepoel (Clinical Director for CAMHS at Elysum Healthcare) The Physiological And Biological Impact Of Resilience.	Dr Pragna Agarwal Ace Motivation - Clarify, Amplify, Audit! And Achieve Your Goals.	Rianne Price Creating Your Future. 90 Minute Workshop	Off The Record How To Get The Best From Your GP - What They Can, Should And Can't do And What You Need To Know About Moving Away From Home.
15.55 - 16.40	Alison Cowan How GPs Refer For MH Issues And Other Useful Notes From A GP.	Marcello and Rosie Lombard Addressing Bullying With Critical Thinking Tools.	Hugo Metcalf #speaking Their Language - Navigating Mental Health's New Digital Dialogue.	Dr. Annie Swanepoel (Clinical Director for CAMHS at Elysum Healthcare) The Physiological And Biological Impact Of Resilience.	Prof. John Coleman The Teen Brain.	Pragna Agarwal Taking The Stress Out Of Applying To Universities In The USA And The UK.	Dr Alan Barnard Introducing the Harmony Decision Maker - How An App Can Support Decision Making And Reduce Stress.	Dr Kathy Weston Raising A Resilient Child: Practical Strategies For Busy Parents.	Victoria McDermott Visualisation For Stress Reduction.	Verify Bramwell Identity And Transition.		
16.45 - 17.15	Plenary: Prof. Jim McManus - Public Health Herfordshire. Close with Debi Roberts - YC Herfordshire, Stuart Kemp - Sandringham School.											

Please note when purchasing a ticket for the conference that this timetable is subject to change. We cannot be held responsible or give refunds if a speaker is not available on the day to give their scheduled talk.

Talking To Your Child About Their Mental Health - Talk

Summary



How do I talk to my child or teenager about her/his mental health?

Child and teenage mental health, and mental ill health, is top of the national and global agenda. Depression, anxiety, self-harm and eating disorders all dominate national concerns for our children. As parents we want to know that our own children are OK, and we need to know how to spot signs when they are not. We also need to know how to talk to our children about their worries, and the social and academic pressures they face. This talk will demystify 'mental health' and boost parents' confidence in talking about a topic that may get too 'professionalised'. Children's mental health belongs to the domain of every parent, and every parent should be able to talk to their child or teenager about how they feel. Our children would usually rather to talk to us than to strangers! Our speaker will give some simple openers, bust some myths, and also help parents figure out what sorts of things might signal that some expert help is needed. As parents, we provide the first-line protection for our children's mental health – our speaker hopes to show you how.

Who is this talk for?

This talk is aimed at parents, grandparents and carers of children from aged 10-19.

What parents will gain from this talk:

- Boost parents' confidence in talking to their children about their mental health
- Give participants some simple tools and demonstrate through role play
- Challenge some myths about mental health in children
- Help parents determine when to seek expert help
- Take account of child and adolescent stages of development

Event Details

Date: Mon, 26th Nov 2018

Time: 19.30-21.00

Location: The Maltings Theatre, St Albans, AL1 3HL

Cost: £19pp

About our Speaker

Cathy Troupp is a Senior Child and Adolescent Psychotherapist with particular expertise in adolescent mental health. She worked at Great Ormond Street Hospital for many years and recently took up a new post in Central North West London NHS Trust as Team Lead in the Eating Disorders Service. She was one of the training leads for the recent National Training Programme in Eating Disorders. She has twenty years' experience treating children and families with a range of therapies, including Mentalization Based Therapy for Families. Besides clinical work, Cathy is especially interested in psychotherapy outcome research and labours with her PhD research at UCL. She teaches and trains widely in the UK and abroad.

Booking is essential. Book NOW

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

6-12_{yr}

teens

Summary



Eating Disorders often appear in the media and have touched many personally. At one extreme they are trivialised as vanity or a lifestyle choice, and at the other cause alarm due to high profile deaths. Effective psychological treatments are available and the majority of young people recover if they get high quality care early enough. Dr. Nicholls will describe the characteristics of eating disorders, as well as outlining disturbances of eating behaviour that would not be classified as eating disorders. Once established, eating disorders can have a profound effect on young people and on their families. This talk will focus on the early signs of eating disorders, risks for developing eating disorders, and how parents can help if they recognise these difficulties in their child. Dr Nicholls will touch on the latest research about what makes one child vulnerable to developing an eating disorder when another child from the same family and in the same environment may not. The sorts of treatment that a young person should expect will also be outlined, along with pointers to useful sources of support.

Who is this event for?

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

What parents will gain from the event:

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

[Click to Book Now](#)

Event Details

Date: Mon, 3rd Dec 2018

Time: 19.30-21.15

Location: The Maltings Theatre

St Albans, AL1 3HL

Cost: £19pp

About our speaker



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

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

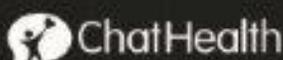
TRUTH BEHIND THE RUMOURS.



 TWITTER:

@HEALTHFORTEENS1

#HEALTHFORTEENS



TOWN MAYOR'S MESSAGE

Welcome to this year's Christmas Carnival at which I am sure everyone will have a wonderful time together.



The Christmas Carnival will include a chance to visit Santa in his Grotto, and a wide variety stalls, street entertainment and the traditional procession along the High Street, starting at 3.00pm. The highlight of the day will of course be the spectacular Christmas Lights Switch On at 5.00pm!

The Carnival has a fantastic atmosphere and is a great opportunity for everybody to come together and join in the festive spirit, do a spot of Christmas shopping and enjoy the entertainment on offer.

My thanks to the Town Council and fellow members of the Christmas Carnival Working Party for all of their hard work, and a big thank you to our wonderful sponsors, PegasusLife, St Hilda's School, Neves Solicitors, Lyndhurst Financial Management and Taylor Walton for making this year's Christmas Carnival happen.

Wishing you all a very Merry Christmas.
Councillor David Heritage
Town Mayor

HARPENDEN Christmas CARNIVAL

WITH

PARK HOUSE
Harpenden

SUNDAY 25 NOVEMBER 2018

FARMERS' MARKET
12 NOON – 6.00PM

SANTA'S GROTTTO
12 NOON – 5.30PM

CHARITY STALLS
12 NOON – 6.00PM

YOUNG ENTERPRISE STALLS
12 NOON – 6.00PM

STAGE ENTERTAINMENT
FROM 1.00PM

PROCESSION
3.00PM

LIGHTS SWITCH ON
5.00PM



Organised by
HARPENDEN TOWN COUNCIL
CLOSER TO THE COMMUNITY
www.harpenden.gov.uk

Free car parking at station car parks from 12 noon.



HARPENDEN MONEY ADVICE CENTRE Lifting the burden of debt Christmas Appeal

Support King's Pantry in lifting Debt this Christmas by providing: Tinned meat, fish, vegetables or soups. Pasta or rice. Breakfast cereals. Tea, coffee or hot chocolate. Squash or fruits juices. Tomato or brown sauce. Jam or marmalade. Cooking oil, pasta sauces, oxa or gravy granules. Toilet rolls, toothpaste or soap. Washing up liquid, household cleaning products, washing powders/liquids and conditioner.

Boxes or Tubs of sweets/chocolates. Boxes of biscuits savoury / sweet Christmas pudding. Christmas cake. Seasonal novelty chocolate

The collection points:

- Bethany Community Church Stall (during the carnival)
- Thompsons Close (Near to Grotto)
- Southdown Co-op (throughout the year)



Unit 5a, 40 Coldharbour Lane, Harpenden - 01582 318171



WHAT'S ON AND WHEN

12.00 noon – 6.00pm
Farmers Market
Charity and Young Enterprise stalls
Fun Fair and other attractions
around town

12.30pm – 5.30pm
Santa's Grotto. £3 entry
Closed between 14.45 – 15.30

1.00pm – 5.30pm
Stage Entertainment

3.00pm
Procession along High Street

From 3.30pm
Walkabout Entertainment

5.00pm
Lights Switch on by Town Mayor and poster competition winner

Free parking at Station car parks from 12 noon.

STAGE ENTERTAINMENT

1.00pm SW Dance

1.30pm Abbie Gathard

2.00pm Hursts Children's Theatre Group

2.30pm Harpenden Concert Band

3.00pm Procession takes place

3.30pm Harpenden and Wheathampstead Gang Show

4.00pm Magic Voices Contemporary Choir

4.30pm Showkids Circus

4.45pm Harpenden Panto

5.00pm Lights Switch on

THANK YOU TO THIS YEAR'S SPONSORS

Lyndhurst Financial Management
Helping you make better financial decisions
Gold Sponsors

PARK HOUSE Harpenden
Principal Sponsors

Neves SOLICITORS
Gold Sponsors

St Hilda's School
Grotto Sponsors

TAYLOR WALTON SOLICITORS

FOR THEIR GENEROUS SUPPORT OF THIS EVENT

GRATEFUL THANKS ALSO GO TO

Thameslink