

Issue: 127

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

Date: 5 April 2019



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

## Headlines

### Dear Parents and Carers

On Tuesday evening the Student Leadership Group had their farewell meal in a restaurant in St Albans. It was also attended by me and several members of staff. The evening was a wonderful occasion and the Head Boy and Head Girl and their deputies spoke about the work that the SLG had done as a whole. There have been so many highlights this year from House Music to the wellbeing assemblies, from E Archer's skydive to the work of the environment captains. I would like to pay tribute particularly to the Head Boy and Head Girl team of H O'Sullivan, A Hayward-Surry, T Thomas and G Smith, who have worked superbly together, led by example and did the whole thing with a great big smile on their faces. They can rightfully claim that this is one of the best SLGs the school has ever seen. I think they are now looking forward to working with the new SLG, led by our new Head Boy, G Armstrong and new Head Girl, B Taylor, both of whom really deserve their appointments, after facing stiff competition from some excellent candidates.

On Wednesday evening we welcomed back our former Year 13s and it was lovely to see them as they collected their certificates and met up with their old teachers and each other. It was great to see them all doing so well and being so happy in their first year after leaving the school.

Yesterday we wished "bon voyage" to the PE team as they took our athletes for warm weather training in Majorca.

This is the first time we have done such a thing and we are hoping it will help build on the athletic successes we have enjoyed over the last few years, inspired of course by our great team of teachers.

I am looking forward to the Roundwood Park ski trip with many students from across all the year groups. We hope to both have fun and enjoy the good educational experience together.

It only remains for me to wish all of you a very happy Easter and to remind our exam years especially to combine rest and recuperation with healthy eating and well planned revision.

Alan Henshall  
Headteacher

## Summer Uniform

A reminder that students should be wearing summer uniform on their return to school following the Easter break on Tuesday 23<sup>rd</sup> April. Please please see school uniform list included in this RoundUp.



*Head and Deputy  
Boy / Girl 2018-19:*

*H O'Sullivan  
A Hayward-Surry  
G Smith  
T Thomas*

# Trip Payments

## Residential Trips

### **Y12 Nettlecombe Court Biology Trip 19:**

Full Payment: overdue

### **Netball Tour 2019:**

Final Payment: £85 overdue

### **Y10 South Wales Geography Trip:**

Deposit: £50 overdue

Interim Payment 1: £140 overdue

Balance Payment: £86.00 due 17 April

*Note: this trip is highly recommended for our geographers as it will greatly help students prepare for their Paper 3 Geographical Investigations written exam at the end of Year 11.*

### **MFL Paris 2019:**

Interim Payment 2: £150 overdue

Balance Payment: £125.00 overdue

### **MFL Rhineland 2019:**

Interim Payment 2: £150 overdue

Balance Payment: £125 overdue

### **D of E Silver Award 2019:**

Interim Payment 1: £80 overdue

Interim Payment 2: £80 overdue

Interim Payment 3: £130.00 overdue

### **Liverpool Geography Trip 2019 (Yr12):**

Deposit: £90 overdue

Interim Payment: £150 overdue

Balance Payment: £170 due 07 May

*Please refer to either your trip letter (always available on your CareMonkey account) or ParentPay for a complete list of payment due dates.*

**Mrs J Blight**, Residential Trip Coordinator

# Key Dates in 2019:

## **Year 7:**

w/c 20 May	Exam Week
w/c 3 June	Exam Week
w/c 24 June	Enrichment Week
4 July	Parent Consultation Evening

## **Year 8:**

w/c 20 May	Exam Week
w/c 3 June	Exam Week
w/c 24 June	Enrichment Week

## **Year 9:**

3-14 June	Exams
w/c 24 June	Enrichment Week

## **Year 10:**

16 May	English Parents Info Evening
w/c 24 June	Enrichment Week

## **Year 12:**

w/c 10 June	Work Placement Week
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Please visit [our website](#) for further information including [Roundwood Park School Calendar](#); [Daily Bulletin](#); [Latest News](#); [Letters Home](#); [Trips & Visits](#); [PE News](#); [Vacancies](#)

Please also follow us on Facebook and Twitter [@RPSCREATIVE](#)  
[@RPSPE](#)  
[@RPS Pastoral](#)

Or 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](mailto:absence@roundwoodpark.co.uk)

## Year 7 Mathematics Challenge



A team of Year 7 students represented RPS in the Hertfordshire Mathematics challenge after school on Tuesday 12 March 2019. The team consisted of four students (D Gaches, A Rothwell, R Shah and B Wake). The competition was made up of several different heats based on estimation, memory and a team problem solving round.

The students worked collaboratively together and brilliantly as a team. Overall the team came 2<sup>nd</sup> out of 15 teams and have qualified for the final after Easter.

Thank you to all students who took part and were great ambassadors for RPS and to Mrs Thomson who went with the team.

Wishing the team all the best for the final after Easter.

*Mrs C Bond*  
Acting coordinator of Key Stage 3 Mathematics

## British Physics Olympiad GCSE & AS Challenge



Since the start of the spring term Year 11 and Year 12 physics students have been attending lunchtime training sessions to prepare for the GCSE and AS challenge run by the British Physics Olympiad organisation (BPhO). This culminated in 17 students sitting the GCSE challenge, and 7 students sitting the AS challenge on 15th March. The students did incredibly well and should all be proud of their achievement.

Outstanding performers for the AS challenge were: M Northcott who achieved a silver award and L Hathaway, A Hossain and G Jacquinot who achieved a bronze award.

Outstanding performers for the GCSE challenge were: H Wall who achieved a silver award and L Constantinou, A Conway-Shah, M Hanson, B Honnywill, R Rana and E Ray who achieved a bronze award.

Congratulations to them all!

*Mr Jacquinot*  
Science Department

## Taekwondo Championships



Congratulations to S Du Plessis (8GT), J Moss (7F) and R Crafford (7F) who took bronze in in team Patterns at UKITF TAEKWONDO FINALS championships on 23<sup>rd</sup> March, as well as silver for sparring.



# Year 13 Leavers' Awards Evening 2019

This Thursday 4<sup>th</sup> April we had the pleasure of inviting back the Year 13 leavers from 2018. It was an exceptionally well attended evening with students and parents happily regaling staff with their tales and exploits of their first year at University and adult life. L Bayne, N Dumbleton and H Pink all picked up awards for the various contributions to school and the local community and we had the pleasure of being entertained by current Head Boy H O'Sullivan, G Fensome, I Price and E Archer. It was particularly exciting to see three generations of Head Boy/Girl teams stood side by side, a reminder of the quality of young person at Roundwood Park.

Well done to all those who attended, thanks to the performers, stage crew and staff. Roll on next year!

*Mr R Mercel, Head of Sixth Form*



# Inter-House Trampolining Competition

On Thursday 21<sup>st</sup> March, the trampoline squad held their annual Inter-House competition to round off an incredibly successful season. Every member of the squad was allowed to design a voluntary competition routine to showcase their skills, which included many new and difficult skills. As usual the sportsmanship, collaboration and support of all the gymnasts towards one another was excellent. Everyone excelled including two new members of the squad who were having their first experience at competitive bouncing. The best 3 scores counted or an average to make up the 2<sup>nd</sup> or 3<sup>rd</sup> score.

## 1<sup>st</sup> - Grey Thompson

(with an exceptional score of 85.15)

E Bignell, N Bates, N McHale,  
E Lowry, S Haxon and I Slade

## 2<sup>nd</sup> - Mandela

E Roberts and J Keddy

## 3<sup>rd</sup> - Scott

E Moody, B Mansell, E Graham,  
E Fishwick and E Braylin

## 4<sup>th</sup> - Frank

E Day and E Faulkner

## 5<sup>th</sup> - Cadbury

B Colyer

## 6<sup>th</sup> - Wilberforce

A Birch, I Glennie, E Sandiland

## 7<sup>th</sup> - Owens

A Kneller, L Barter and S Ellins

## Individual results:

1<sup>st</sup> - E Faulkner 29.30

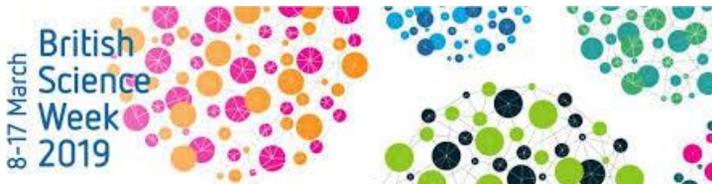
(with an exceptional score on her  
final competition with the squad as club captain)

2<sup>nd</sup> - S Ellins 28.90

3<sup>rd</sup> - N McHale 28.85



Well done to all our gymnasts for finishing the season so strongly. A massive thank you to Mrs Moxham for organising such a fun event and coaching all the gymnasts to such a high standard, the PE department for coming along to support and to the seniors for their help judging and officiating the day.



## British Science Week at RPS

We started celebrating Science Week a little early this year with a Year 10 enrichment trip to Westminster on 27<sup>th</sup> February to attend the “Science in Action!” event.

It was a day full of talks, demonstrations and workshops with topics ranging from “Do you have what it takes to be an astronaut?” through to “Periodic Success – the luck, genius and accidents that have led us to the greatest scientific discoveries” and an appearance by the “The Medical Maverick” with his cornucopia of gadgets!

### It takes twelve years from molecule to medicine

7,000,874 hours of work  
6,587 experiments  
423 researchers  
1 drug



Back at school we welcomed three speakers during the week. Dr Chris Parkinson, Director, Therapeutic Groups, GSK came to give a talk to our Year 12 and 13 biologists about the “Ethics of the Use of Animals in Medicines Research”. Dr Nelson Kinnersley from the Pharmaceuticals Division, Roche, walked Year 11 through the complex pathways of Drug Trialling and Testing.



We were also delighted to welcome back Bethan Donnelly, an alumni student, currently studying for a PhD at Bristol University. She came specifically to speak to our Year 12 and Year 13 chemists about her studies in synthesising organic molecules that could lead to the discovery of a new antimicrobial agent, and to engage the Year 13 students in a spectroscopy activity involving forensic analysis.

The whole school community was invited to become “Citizen scientists”. Citizen Science is science for everyone! Many research projects collect lots of data which is time consuming to process; "Zooniverse" is the home of many of these projects which enlist the help of the public. The British Science week project is called "Operation Weather Rescue" and focuses on Met Office Data from the 1860s - 1880s which when catalogued and compared with modern data will help further our understanding of Climate Change.



Key Stage 3 lunchtime events included “Adventures with Attenborough”, a chance to relax, have a snack and watch some vintage Sir David! With thanks to Miss Plowman for hosting this. Also “From your Mouth to your Anus” a simulation of what really goes on in the digestive tract, “Fruity batteries” (exploring the voltage generating properties of fruit) and “Stop the Clock – an investigation into the rates of chemical reactions”.



Not forgetting the Journeys poster competition and the microscopic tweets! It was a fascinating and fun week! Roll on March 2020...

*Mrs James on behalf of the Science Department*

# Chemistry Olympiad



This year seven Sixth Form chemistry students took the paper for the first round of the annual Chemistry Olympiad competition run by the Royal Society of Chemistry. This is a competition that is largely designed for Year 13 students, once they have covered a majority of the A-level course.

It was fantastic that the Year 12 students wanted to take this challenge on. The results were as follows:

Bronze Award: J Marshall, A De Marchis & E Smith.

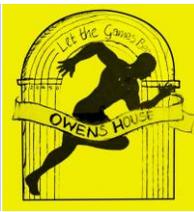
Silver Award: S Piepgrass

Well done to everyone that took part.

*Ms Lidder*

*Science Department*





## Diversity & Wellbeing Update



In the week before February half-term we ran our annual Feeling Good Week to try and help the students manage their wellbeing. During this week we had activities ranging from basketball to art therapy, including three days of dance where students were taught a dance routine.

Throughout this week we also ran assemblies on the five ways to wellbeing, a government framework suggesting how individuals can help their own wellbeing by completing a series of activities such as being active or giving to others. These assemblies once again received positive feedback and we hope the students will continue to remember these methods during times of stress!

On 29<sup>th</sup> March we also ran our final assembly on male mental health and suicide and presented this to our Year 12 students. This was the last in a series of male mental health assemblies which have been run for Years 7 - 12. The aim of these assemblies is to not only raise awareness for these issues and to demonstrate how serious they are, but to also encourage boys to speak out about their experiences and struggles with mental health and wellbeing. Two male students in Year 13 also spoke at these assemblies about their personal journeys, demonstrating to younger students how it helps to talk to others about your mental health and how it can save a life.

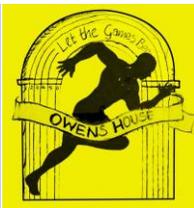


These two events were part of our last project as the first RPS Wellbeing and Diversity captains. We feel as though we have set up as many different frameworks as we can within the school, such as the Five Ways to Wellbeing and we helped relaunch the Speakeasy support system in order to try and improve support for student wellbeing within the school. We have also celebrated Pride and Black History Month, to try and demonstrate to students how diverse our school actually is.

We hope that our work this year has made a difference and encouraged students, parents and staff to continue to focus on improving both wellbeing and awareness of diversity within RPS and its wider community.

*By Katie Ellins 13O and Abby Garfield 13S, Wellbeing and Diversity school Captains*





# YEAR 13 SENIOR LEADERSHIP GROUP 2019/20

## Head Boy & Girl

G Armstrong	Head Boy
B Taylor	Head Girl
L Gupta	Deputy Head Boy
E O'Connor	Deputy Head Girl

## Captains

J Woods	L Jay
N Ogier-Russell	A Park
J Heywood	J Muller
E Sands	T Redwood
Z Vize	S Piepgrass
E O'Connor	A Smith
S Jacobs	Z Ayub

## Improvement Theme

Wellbeing & Diversity
Environment
Charity
Community & Events
Learning
Sports & Participation
Communication

## House

Wilberforce
Mandela
Owens
Scott
GT
Cadbury
Frank

## School Captains

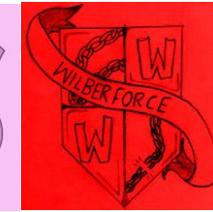
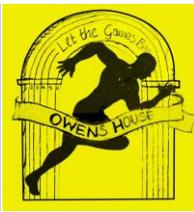
A Birch	C Bateman
A Yalden	
T Marsh	S Barr
J Bhandal	L Nicholls
F Lynch	I Mercer
A Moura	A Edbrook
C Webb	L Gupta
A Eckley	R Scott
S Singer	

## Improvement Theme

Wellbeing & Diversity
Wellbeing & Diversity
Environment
Community & Events
Communication
Learning
Sports & Participation
Charity
Charity

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

[RPS HouseSystem](#)



## Year 13 student runs the London Marathon



W Bowran (13O) will be running the **London Marathon** on Sunday 28 April, in support of **The Ollie Foundation**, to raise awareness of teenage mental health. If you would like to support him, please click on the link below -

[W Bowran London Marathon - Just Giving Page](#)

Many thanks.

### House Totals:

<b>Owens</b>	<b>165 pts</b>
<b>Wilberforce</b>	<b>165 pts</b>
<b>GT</b>	<b>158 pts</b>
<b>Mandela</b>	<b>158 pts</b>
<b>Cadbury</b>	<b>157 pts</b>
<b>Scott</b>	<b>143 pts</b>
<b>Frank</b>	<b>140 pts</b>

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



Harpenden Town F.C.  
U18 Southern Counties Floodlit Youth League  
2019/2020 Season



For the 2019/20 season Harpenden Town and Harpenden Colts are working together and we have entered a **Harpenden Town FC side** in the above mentioned league. Matches will be played midweek (mainly Thursday evenings with a 7.30 KO) so should not interfere with commitments for Harpenden Colts on a Sunday. This exciting new development will hopefully allow the most accomplished players from the U18, U17 and U16 age groups to combine and play at an elite level.

We expect to be in a division with clubs such as Hemel Town, Borehamwood, Berkhamsted, Kings Langley, MK Dons SET, Wycombe Wanderers SET and AFC Dunstable etc, so it will give boys an opportunity to play at semi-professional enclosed grounds and on better pitches. A word of warning, parents will have to pay to watch! We have also entered the **FA YOUTH Cup**.

We are looking to hold two trial/ training session and play at least one friendly in order to establish the squad in plenty of time for next season. We are looking to put together a squad of 20+ boys as we would like to give as many as possible the opportunity of this experience. The squad for the 2019/20 season will largely be chosen from the training and friendly on the below dates so please try and attend as many of the sessions as possible

**Dates for Training /trials and friendly at Roundwood Park School Astro:-**  
**Training – Tuesday 16<sup>th</sup> April 5.30 to 6.30; Sunday 28<sup>th</sup> April 12.00 to 1.00 and a friendly on either Sunday 5<sup>th</sup> May or Sunday 12<sup>th</sup> May – time TBC**

There will be an additional signing on fee of circa £100 (TBC) but this will include a new kit and training / match day tracksuits etc. There will also be food supplied after the games.

During the season we will not be training unless there is no game during the week as we are conscious that the boys have many commitments already.

**If you are interested in attending the trials please ask your 'parents only' to contact Chris Renwick or Jes Reilly by emailing [chris@dslidesign.co.uk](mailto:chris@dslidesign.co.uk) or [jespreilly@yahoo.co.uk](mailto:jespreilly@yahoo.co.uk)**



**HICKS**  
CHARTERED ACCOUNTANTS  
AUDIT & TAX SPECIALISTS

## **Brian Hicks Trophy Football Match**



**Sir John Lawes vs Roundwood Park**



**Thursday 25<sup>th</sup> April 2019**

**7:00 pm Kick Off**

**Rothamsted Park AL5 2HU**

Hosted by [Harpenden Town Football Club](#) and  
[Hicks and Company](#)

*This event is the first of what will be an annual  
charity football match in aid of the Progressive  
Supranuclear Palsy (PSP) Association*

Entry is by donation

Link to Facebook Event

<https://www.facebook.com/events/1125393457630686/>

# HARPENDEN UNIFORMS

RUN BY THE SCHOOL FOR THE SCHOOL

April 19

Dear Parent/Carer

**Students go into summer uniform on Tuesday 23rd April, which is a short sleeved shirt or blouse which must have the school logo embroidered on the breast pocket.**

Our pop-up shop will be open on Monday 8th and 15th April between 10am and 4pm in reception at Roundwood Park School. We will have the full range of uniform available to purchase. There will also be ample free parking on site for your convenience.

If you are unable to visit the pop up shop, you can also visit our supplier's retail shop:

## **Beat School Uniforms**

4 Station Road  
Harpenden  
AL5 4SE

## **Opening Times:**

Monday – Friday 9am – 6pm

Saturday 9am – 5:30pm

**Tel: 0844 879 7288**

Any orders placed through our website during the school holidays will be delivered to your home address within 48 hours.

We have samples of uniform in school for trying-on purposes if you are unsure of the size you need to order. Please contact me on 01582 714028 or email to arrange a convenient time:

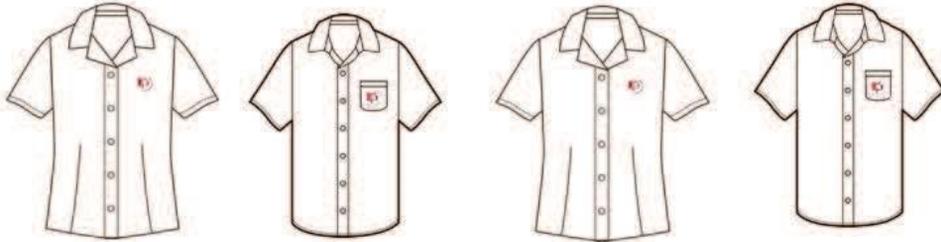
[enquiries@harpendenuniforms.co.uk](mailto:enquiries@harpendenuniforms.co.uk)

Yours faithfully

Debbie Attfield



## ROUNDWOOD PARK SUMMER SHIRTS



Lovely quality, **non-iron** summer shirts with embroidered school logo to pocket.

Our shirts have the logo embroidered on the outside of the pocket so the pocket is fully usable and won't scratch the skin

**Prices £19.50 - £24.00**

(for a twin pack)

Available NOW in all sizes for FREE next day delivery to school.

**\*FREE HOME DELIVERY throughout the Easter Holidays\***

**YOU CAN ORDER ONLINE AT:**

[www.harpendenuniforms.co.uk](http://www.harpendenuniforms.co.uk)

**OR VISIT BEAT SCHOOL UNIFORMS:**

4 Station Road

Harpenden

AL5 4SE

**OR visit our SCHOOL POP UP SHOPS THOUGHOUT  
THE EASTER HOLIDAYS:**

Monday 8th April

Monday 15th April

10am - 4pm at Roundwood Park School

**HARPENDEN  
UNIFORMS**



FREE MINI EASTER EGG GIFT WITH THE FIRST 50 ORDERS

# ROUNDWOOD PARK SCHOOL



## SCHOOL UNIFORM LIST Year 7 – 11 inclusive

All uniform is available to purchase from Harpenden Uniforms.co.uk or Stevensons in St Albans

### GIRLS' WINTER UNIFORM

School Blazer	Black with school logo.
Skirt	Black with two front pleats and no waistband, school regulation. Length must be at the knee.
Trousers	Black, with embroidered school logo, school regulation.
Blouse	Plain white, long sleeves with a suitable collar for a tie.
Tie	School regulation in house colours.
V Neck Jumper	Black with embroidered school logo. School regulation. May be worn beneath the blazer.
Socks/tights	White or black socks. Black, white or flesh coloured tights.
Shoes	Black formal shoe with enclosed heel and toe. On grounds of safety to cope with stairs and busy corridors heels must be up to 5cm in height only. (No trainer style shoes, trainers or laced plimsolls)
Outer coat	Plain colour, not leather or denim. No hoodies. No large logos.

### BOYS' WINTER UNIFORM

School Blazer	Black with school logo
Trousers	Black, school regulation styles only.
Shirt	Plain white, long sleeves with a suitable collar for a tie.
Tie	School regulation in house colours
V Neck Jumper	Black with embroidered school logo. School regulation. May be worn beneath the blazer.
Socks	Grey or black socks.
Shoes	Black, plain formal shoe. (No trainer style shoes, trainers or laced plimsolls)
Outer coat	Plain colour, not leather or denim. No hoodies. No large logos.

### BOYS' & GIRLS' SUMMER UNIFORM

Skirt/Trousers	As per winter uniform.
Shirt/Blouse	Short sleeve shirt or blouse with embroidered school logo, school regulation
V Neck Jumper	Optional, Black with embroidered school logo. School regulation Blazer Optional, black with school logo.

### Summer Uniform Further Guidance

1. Only summer uniform can be worn during the summer term.
2. If jumpers or blazers are worn, then shirts **must** be tucked into trousers/skirts.
3. If wearing only a summer shirt, then this can be worn outside and not tucked in.
4. A plain white cotton vest may be worn under the summer shirt but must not be visible at the neck line or the sleeve

**NOTE: In most cases students will wear the uniform specified above exclusively but exceptions to this can be explored on a case by case basis**

## GIRLS' PE Kit

<b>Polo Shirt</b>	<b>(Compulsory)</b> Red polo shirt with embroidered school logo.
<b>Rugby Shirt</b>	<b>(Optional)</b> Red/Black reversible rugby/hockey shirt with embroidered school logo.
<b>Football Shorts</b>	<b>(Compulsory)</b> Black polyester with embroidered school logo.
<b>Red Skort</b>	<b>(Compulsory)</b> Red skort with embroidered school logo.
<b>White Sports Socks</b>	<b>(Compulsory)</b>
<b>Games Socks</b>	<b>(Compulsory)</b> School regulation knee high, black with red trim.
<b>Football Boots</b>	<b>(compulsory)</b> Students are required to have plastic studded or moulded boots for use on the 3G Astroturf.
<b>Trainers</b>	<b>(Compulsory)</b> Trainers for indoor / Gym / outside.
<b>Football Shin pads</b>	<b>(Compulsory)</b>
<b>Gum Shield</b>	<b>(Compulsory)</b>
<b>Hair tie</b>	<b>(Compulsory)</b> For girls with long hair.
<b>Rain Jacket</b>	<b>(Recommended)</b> School regulation with embroidered school logo.
<b>Tracksuit Bottoms</b>	<b>(Recommended)</b> School regulation with embroidered school logo.

Note: Students representing the school will be expected to attend fixtures in RPS rain jacket and track suit bottoms

## BOYS' PE Kit

<b>Polo Shirt</b>	<b>(Compulsory)</b> Red polo shirt with embroidered school logo.
<b>Rugby Shirt</b>	<b>(Compulsory)</b> Red/Black reversible rugby/hockey shirt with embroidered school logo.
<b>Football Shorts</b>	<b>(Compulsory)</b> Black polyester with embroidered school logo.
<b>Rugby Shorts</b>	<b>(Compulsory)</b> Black heavy duty 100% cotton with embroidered school logo.
<b>Games Socks</b>	<b>(Compulsory)</b> School regulation knee high, black with red trim.
<b>White Sports Socks</b>	<b>(Compulsory)</b>
<b>Football Boots</b>	<b>(compulsory)</b> Students are required to have plastic studded or moulded boots for use on the 3G Astroturf.
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Note: Students representing the school will be expected to attend fixtures in RPS rain jacket and track suit bottoms

## Accessories

<b>Drawstring Sports Bag</b>	
<b>Boot Bag</b>	
<b>Sports Holdall</b>	
<b>Base layer leggings</b>	Plain black, unbranded.
<b>Base layer shorts</b>	Plain black, unbranded.
<b>Base layer tops</b>	Plain black, unbranded.

## **GUIDANCE NOTES:**

<b>Top Button and Tie</b>	Top buttons should be done up at all times when winter uniform is in place and the tie should have a minimum of ten stripes showing beneath the knot and should touch the waistband of the trousers or skirt.
<b>Hair</b>	Hair must be appropriate for a smart office environment and must not be extreme in style or length. It should not be cut shorter than a "number two" and must not be shave-patterned in any way. This also applies to shaved eyebrows. Very long hair or elaborate styles can be dangerous especially when children are working with machinery or with Bunsen Burners. Hair must be natural colour.
<b>Hair Fastenings</b>	Only plain functional and safe hair accessories are allowed. All clips, grips, slides, etc must be plain and in school colours only (red, black or white.) Long hair must be securely fastened.
<b>Make up/Nails</b>	Make-up (including eye make-up or lipstick) is not encouraged in school and certainly if worn it should not be obvious. Cosmetics can often cause or exacerbate skin problems during adolescence. Nail polish & acrylic nails are not permitted
<b>Jewellery</b>	A single pendant on a short chain is permissible. No other necklaces, bracelets, bangles etc to be worn. No badges, novelty clips or brooches – with the exception of school awarded badges of office or school colours. No rings.
<b>Earrings</b>	Earrings are not permitted in school. However, students whose ears are pierced may wear a single discreet gold or silver stud (no gem stones) in one or both ears (2mm max). No loops or rings are permitted. NB No other form of body piercing is allowed - e.g. nose, belly button or tongue studs
<b>Other Items</b>	Hooded tops, large buckled belts, hats and gloves are not to be worn during the school day.

**Uniform regulations and guidance apply from the time students leave home in the morning, during the school day and until they arrive home at the end of the school day.**

**Please also refer to further guidance on the issues of Uniform, Jewellery / Make-up and Inappropriate Haircuts which are paragraphs 3, 4 and 5 from our Behaviour Policy.**

**Clearly no set of regulations or guidelines can cover every possible variation or fashion trend. We ask parents / carers to support us in promoting our school regulation uniform and guidance notes on general appearance.**

**For any students arriving at school in non-school regulation uniform parents will be contacted to resolve the situation.**

**In the case of incorrect footwear, we will provide black plimsolls to wear during the school day until regulation shoes can be worn.**

**Trousers and skirts can be purchased through the school.**

**Unacceptable haircuts or styles will result in isolation for the student until the matter can be resolved.**

**Medical issues need to be referred to the Form Tutor.**



SHIMMERING STUDIO

# LEARN TO SEW AND HAVE FUN!

**TEEN** sewing classes 6 week course

Wednesdays 4.30 - 5.30

starting on 24th April 2019

**Only 10 spaces available. Age 12-18**

**Other dates and parties available... please contact us**



**UPcycle Jeans  
into a cool bag**



**Make a miniskirt**



To book please contact Sian 07967489606

[info@shimmeringivory.co.uk](mailto:info@shimmeringivory.co.uk)

<https://www.shimmeringstudio.com/>

Classes are held 5min drive from Harpenden at Shimmering Studio, Peters Green Hall,

# Roundwood Parents Badminton Club



Roundwood Park School

## Badminton Club

**First  
Session  
Free!**

**You do not have to be a parent to  
JOIN!**

### About Us:

We are a small friendly club set up over 40 years ago to play badminton for fun and exercise. The club has both male and female members of varying abilities and ages.

**Sessions Times:  
Tuesday 8-10pm**

**(Term Time & Summer Holidays)**

**Currently inviting new members!**

**If you are interested in getting back in to playing badminton or are starting for the very first time why not come along.**

Email: [roundwoodbadders@gmail.com](mailto:roundwoodbadders@gmail.com)

Telephone: 07538408792

Roundwood Park School - AL5 3AE



Facebook

[tinyurl.com/roundwoodbadders](http://tinyurl.com/roundwoodbadders)

# **uPlay Sports** **MULTI-SPORTS CAMP**

## **ROUNDWOOD PARK SCHOOL HARPENDEN**

A fun, action packed day of sports activities for children aged 5-14 years

### **Activities include:**

**Bouncy Castles, Obstacle courses, Go Karting, Badminton, KWIK CRICKET, Football, BASKETBALL, Bench ball, ATHLETICS, Dodgeball, UNI-HOCKEY, Parachute games & more...**

### **Easter 2019:**

**8th April - 12th April**

**15th April - 18th April**

Full day £24: 9am - 4pm

Morning £16: 9am - 1pm

Afternoon £14: 1pm - 4pm

Early drop off (8am - 9am)

Or

Late stay (4pm - 5pm) options  
@£5 each

**TO BOOK OR FOR MORE  
INFORMATION:**

**[www.uplaysports.co.uk](http://www.uplaysports.co.uk)**

**Email - [office@uplaysports.co.uk](mailto:office@uplaysports.co.uk)**





# Easter Netball Camp

Led by qualified UKCC Netball Coaches

**Roundwood Park School**  
**Harpenden**

**Wednesday 17th April**  
**10am- 3pm**

**Ages 8-13** (School Years 3 to 8)  
**Cost: £35**

DBS checked. First Aiders on site

**BOOK NOW!**

Go to [www.uplaysports.co.uk](http://www.uplaysports.co.uk) to secure your place on this course and for more information or email Sophia at

[office@uplaysports.co.uk](mailto:office@uplaysports.co.uk)



# Round Diamond Teaching School Alliance



## First Aid Workshops for Schools Led by ABC Life Support

**ABC life support**  
First aid training for all

### Mental Health First Aid (£65)

**Monday, 29<sup>th</sup> April 2019 9.30am – 1.30pm**

#### **Half Day - Mental Health Aware**

An introductory course designed to increase mental health awareness and give an understanding of how to look after wellbeing and challenge stigma. When you complete your course you will get a certificate of attendance and a manual to keep and refer to whenever you need it.

### Mental Health First Aid (£100)

**Monday, 17<sup>th</sup> June 2019 9.00am – 5.00pm**

#### **One Day - MHFA Champions**

An awareness and skills course which will teach you to:

- Recognise the main signs and symptoms of common mental health issues
- Provide initial support
- Guide a person towards appropriate professional help
- Be mindful of your own wellbeing
- Develop an understanding of how you can create and maintain a healthier workforce or community

**To book a place please email Angela Jones  
[tsadmin@rounddiamond.herts.sch.uk](mailto:tsadmin@rounddiamond.herts.sch.uk)**

All courses held at:

Round Diamond Primary School  
Whitehorse Lane  
Great Ashby Way  
Stevenage  
Herts SG1 6NH

**National Teaching School**

designated by



National College for  
Teaching & Leadership



National  
Teaching  
School

ABC life support provides impactful and interactive first aid training for all. Courses are practical with real life scenarios that are specific to the types of incidents that our learners may come across in their lives at work or at home. With the expert guidance of our highly qualified, knowledgeable and CRB checked trainers, we teach everybody the skills that will help them to confidently carry out the essential procedures

### How will attending an MHFA course help?

Research and evaluation shows that taking part in an MHFA course:

- **Raises awareness and mental health literacy**
- **Reduces stigma around mental ill health**
- **Boosts knowledge and confidence in dealing with mental health issues**
- **Promotes early intervention which enables recovery**



MHFA England

# HERTFORDSHIRE TEACHER RECRUITMENT FAIRS 2019



## Your Future. Their Future.

Come and meet Hertfordshire schools face to face at any of these three events in 2019 to secure your first NQT post. You will be able to meet face to face with schools who have vacancies for September 2019 (some may be keen for a July start). Find out in workshops and discussions why Hertfordshire is such a unique place to live and work and the wealth of support, mentoring and peer connections you can expect in your NQT year and for your future career. Register on our website for one of these events: [teachinherts.com](http://teachinherts.com)



**SATURDAY FEBRUARY 9, 9:30AM – 1PM**

Watford, South and West Herts

**SATURDAY MARCH 23, 9:30AM – 1PM**

Letchworth, North and East Herts

**SATURDAY MAY 11, 9:30AM – 1PM**

Cheshunt, Central and East Herts

### Register for job alerts

Visit our website: [teachinherts.com](http://teachinherts.com) to register as a candidate and set up your job alerts for the areas you want. You can then manage your own profile for both your first and any future job applications in Hertfordshire. Please apply directly to schools with vacancies using the Teach in Herts portal as soon as possible during your training year. **Schools do not incur agency fees.**

01438 845785  
[teachinherts.com](http://teachinherts.com)

FOLLOW US  
ON SOCIAL MEDIA



Herts  
for Learning

Teach in Herts





## Company Programme @RPS

### We are planning on relaunching YE company programme at RPS in September

YE are looking for business advisors, sponsors and other supporters to help students at RPS and other schools in the area.

Without support we will not be able to offer students the amazing opportunities on offer through this programme.

### Who are Young Enterprise?

Young Enterprise is a national charity that believes that, with the **right skills**, **young people can go on to achieve amazing things in their working life**. We help young people to develop the skills they need to get into work, start their own business, and manage their money.

### What is Company Programme?

Students **start up and run their own company** for a year. Making and **sharing profits, learning and experiences**.

YE provide a Business Advisor, a real Entrepreneur or business leader, who can share their own experience and help out along the way.

Students can make **real money** from sales and decide what to do with your profit, and there are also loads of opportunities to win cash prizes and awards throughout the year by entering **local and national competitions**.



### Support us

Check out [@young.enterprise](https://www.instagram.com/young.enterprise) on Instagram or visit [www.y-e.org.uk](http://www.y-e.org.uk) to find out more.

We are looking for **businesses to sponsor our teams** and **entrepreneurs or business people to be advisors or supporters**. Commitment can vary between a few hours a year to an hour a week in term time.

If you would like to support us in any way, please contact Mr M Desborough (Head of Business and Economics) [M.Desborough@roundwoodpark.co.uk](mailto:M.Desborough@roundwoodpark.co.uk) or Jill O'Neill, Area Manager, South Hertfordshire [Jill.oneill@y-e.org.uk](mailto:Jill.oneill@y-e.org.uk) 07787 828783.

## Lecture Series 2019

Tuesday 19<sup>th</sup> March 2019  
**Kate Richardson- Walsh, MBE**  
**Winning Together**



Monday 3<sup>rd</sup> June 2019  
**Clarke and Carrie Carlisle**  
**Living with Depression**



Monday 29<sup>th</sup> April 2019  
**Steve Munby**  
**In Celebration of Imperfect Leadership**



Tuesday 25<sup>th</sup> June 2019  
**Ade Adepitan**  
**Overcoming Obstacles and Achieving Your Dreams**



Tuesday 21<sup>st</sup> May 2019  
**Diana Osagie**  
**It takes courage to do what we do**



The Sandpit Theatre, Sandringham School, St.Albans AL4 9NX

All talks take place from 5-6pm followed by drinks and networking in the foyer area until 6.30pm.  
Each lecture can be booked online at <https://albantsa.co.uk/courses> or via your Professional Learning Co-ordinator



# Build your future... leave your mark on the local skyline!

**Year 10 students!  
22nd to 25th July 2019**

**Make the very most of your school holidays this summer by joining BAM, one of the leading construction companies in the UK, and gain a CREST Bronze Award in Sustainable Communities.**

**As a construction contractor, BAM manages many prestigious projects, including the construction of St Antony's College, Oxford.**

**By taking part in the Challenge CREST Award you will:**

- Visit a live construction site
- Undertake research
- Plan a project
- Design a project
- Present your proposal

**The successful candidates will develop:**

- Communication and organisational skills
- Time management skills
- Problem solving
- Working to deadlines
- Attention to detail



## **ADVANCED LEARNING ALLIANCE PAID MATHS AND PHYSICS INTERNSHIPS.**

**Are you in your penultimate year at University?  
Are you thinking about a career in teaching?**

**Would you like to earn up to £1200 for a four week  
internship?**

The Advanced Learning Alliance is offering school internships to prepare University Students for Teacher Training via School Direct or University based PGCE.

School Direct involves work based training with a bursary in Maths and Physics of up to £28000. Internships are based in local Outstanding Schools.

We will support you to gain the most out of school internship by:-

- Support and mentoring you throughout the Internship, you will have a personal teacher mentor.
- The opportunity to work with small groups and whole classes.
- The opportunity for you to mentor sixth formers in preparation for their University application.
- The chance to take part in projects and activities across at least two schools.
- Opportunities to join school trips, enrichment activities and wider school activities.
- We will provide written testimonials and references for Interns who successfully complete the course, as well as comprehensive information about routes into teaching.

**We are now in our fifth year of successful delivery of  
internships.**

Placements will be available in June and July 2019 and applications are now open.

We are interested in undergraduates following studying the following subjects: Maths, Physics, Computing, Engineering or whole have elements of those subjects in their degree.

To apply please email a letter and CV to Miss Jane Hart, Director of Teaching and Learning, Watford Grammar School for Girls, [j.hart@watfordgirls.herts.sch.uk](mailto:j.hart@watfordgirls.herts.sch.uk)



Come along to a funded\* 9 week course for parents/carers of children aged 5-19 at our partnership schools about:

- Recognising and trusting feelings
- Expressing feelings in a responsible way
  - Developing problem-solving skills
- Improving relationships and communication
  - Raising confidence and self-esteem
  - Building networks of support

## Families Feeling Safe

Fridays - 26<sup>th</sup> April, 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 31<sup>st</sup> may, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>and 28<sup>th</sup> June  
9:30 – 12.00

Harpenden Plus Partnership, Sauncey wood School  
Pickford Hill, Harpenden

Bookings for this course will be taken by emailing  
[dmarsden@saunceywood.herts.sch.uk](mailto:dmarsden@saunceywood.herts.sch.uk)

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

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

\*£50 if your child does not attend a Harpenden Plus Partnership school

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

## Social Media for Mummies

### Workshop

0-5yrs

6-12yrs

teens

### Summary



Social media is used by people of all generations, yet often in the same household the difference between what the parents see and what the children see is vast. Indeed they might be using different networks completely. All parents use social media to a greater or lesser extent but much of it is reactionary and some of us do not actually know the full extent of many social media applications. This can lead to parents being a step behind their children. The top applications parents use are also frequently the same ones our children are using so it is doubly useful for mums to learn about them to have confidence in using them but additionally to be able to guide their children too.

### Who is this event for?

This workshop is aimed at parents of children of ALL ages, but is primarily designed as a workshop to help parents learn for themselves first.

*Mums are invited to take mobile phone to the workshop and put what is being said into practice during the workshop. We cannot however be responsible for the mobile signal on the evening. If it is not possible to test out the options on the night they will be shown on screen and parents can test them out at home.*

### What parents will gain from the event:

- An overview of security settings, privacy controls and main functions on the following popular applications: Facebook, Instagram, Snapchat and WhatsApp
- Top tips about each application you might not have known about
- What types of problems are especially likely to come up in relation to each application
- What are message ports and what ones to avoid

### Event Details

Date: Tue, 30<sup>th</sup> Apr 2019

Time: 19.30-21.15

Location: Fleetville Junior School, Main Hall, St Albans, AL1 4LW

Cost: £23pp

### About our speaker

**Nika Jelendorf** is Media Diversity Institute's resident Social media expert. She has worked on social media campaigns across Europe, in varied sectors and ranging from small local campaigns to national ones that reached millions of people. Aside from her interest in everything digital, Nika has been teaching human rights education and public speaking for over a decade to high school and university students across the globe.

[Click to Book Now](#)

Events are regularly updated, for a full list of future events visit: [www.keystoneworkshops.co.uk](http://www.keystoneworkshops.co.uk)



# HAPPY TEENS

## Wellbeing Weekender

"Help - I'm a teenager's parent!  
Help - I'm a teenager!"



Professionals in youth wellbeing, mental health and resilience coming together for one day to help you and your teenager navigate the teenage years, with talks, workshops and exhibitors on anxiety, social media, exam stress, self-esteem, communication and much more!

**HAPPY TEENS – THE WELLBEING WEEKENDER**

**Saturday 4th May 2019 10-5pm**

**Nicholas Breakspear School, St Albans**

**BOOK YOUR PLACE HERE**

**[www.natural-flair.com/events](http://www.natural-flair.com/events)**

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



*Brilliantly Imperfect*





# HAPPY TEENS

## Wellbeing Weekender

Saturday 4th May 2019 10-5pm  
Nicholas Breakspear School, St Albans

TIME	ADULT AND TEEN COMBINED TALKS			
<b>Timetable is subject to change</b>				
<b>Conference To Be Officially Opened by Chris Bakalis –Youth Commissioner for Hertfordshire County Council</b>				
10-10.15	WELCOME and Rephael House - <b>Chris Bakalis, Kat Shaw, Helen Day, Anesta Edge Sharon Lawton</b>			
10.15 – 10.40	The Power of Failure and Managing Worry – <b>Emma Hossack</b> Transforming Young Minds			
10.45 – 11.25	<b>KEY NOTE SPEAKERS 1 and 2-</b> Living the CAMHS life – or not! <b>Mia Arundel and her mum Jo share their experiences with mental health</b>			
11.30 – 11.55	<b>KEY NOTE SPEAKER 3 -</b> Why do I feel so angry and what can I do? - <b>Sharon Lawton</b> Natural Flair Coaching Limited			
12.00 – 12.25	Chrissy Boodram – Host of Sky TV's <b>The Chrissy B Show</b> – shares her story of mental health and raising awareness through the #MHDChallenge			
12.30 – 12.55	How Mindfulness can reduce anxiety – <b>Ruth Farenga</b> The Mindful Pathway			
1.00 – 1.15	Suicide awareness and how The OLLIE Foundation are helping – <b>Verity Bramwell</b> OLLIE			
1.15 – 2.00	<b>LUNCH – a light lunch is available to purchase in the dining hall</b>			
1.20 – 1.55	<b>OPTIONAL WORKSHOP 1</b>	Yoga – <b>Josie Raison</b> – Yoga with Josie		<b>TEENS TASTER SESSIONS in Gym</b>
1.20 – 1.40	<b>OPTIONAL WORKSHOP 2</b>	Stress relief with EFT – <b>Tamara Donn</b> – Transformation for Women		KRAV MAGA self defence workshop <b>Sanjeev Mehta</b> KMDT
1.20 – 1.50	<b>OPTIONAL WORKSHOP 3</b>	LGBTQ+ – <b>Tracey Baum</b> – Tracey Baum Coaching		
1.20 – 1.50	<b>OPTIONAL WORKSHOP 4</b>	Mental health and self-care – <b>Carol Lilley</b> -Carol Lilley Coaching		
	<b>ADULT TALK 1</b> <b>Main stage</b>	<b>ADULT TALK 2</b> <b>Staff Room</b>	<b>TEEN WORKSHOP</b> <b>Library</b>	<b>TEENS TASTER SESSIONS in Gym</b>
2.00 – 2.25	The science of being happy and strategies to create harmonious wellbeing <b>Claire Goldwater</b> The Big Life Coach	Living With Self harm <b>Rebecca</b> Mind in Mid Herts	My Life As A Gang Member Ex-gang members talk about their experience The VYG (Victory Youth Group)	<b>Soul-Box</b> fitness session basic boxing training skills, techniques and drills, alongside therapy to encourage positive mindset.
2.30-2.55	Adolescent changes in the brain <b>Nicola Weisfeld</b> Valuing Minds	My Life As A Gang Member Ex-gang members talk about their experience The VYG (Victory Youth Group)	Short Circuit – Power Failure Mindful tools to destress and develop growth mindset <b>Anne Newby</b> Relax Kids Coach	KRAV MAGA self defence workshop <b>Sanjeev Mehta</b> KMDT
3.00 – 3.25	Nutrition to boost the brain <b>Jenni Kiddle</b> Nettle and Rose Nutrition	Effective communication with your teen! <b>Sarah Bramall</b> Sarah Bramall Coaching	“Fall Forward” Telling It like Will Smith! <b>Sharon Lawton</b> Natural Flair Parent and Family Coaching	<b>Soul-Box</b> fitness session basic boxing training skills, techniques and drills, alongside therapy methods to encourage positive mindset.
3.30-3.45	<b>Refreshment Break and RAFFLE DRAW – Refreshments available in dining hall</b>			
3.50 – 4.15	Power to Parents – helping your teen succeed <b>Emma Gosling / Angela Mercer</b> Wired for Success RTT	ADHD and Teens <b>Carolyn Green</b> ADD-Vance	Exam strategies and how to cope with stressful situations <b>Tracey Baum</b> Tracey Baum Coaching	KRAV MAGA self defence workshop <b>Sanjeev Mehta</b> KMDT
4.20 – 4.55	<b>PROFFESIONAL PANEL</b> <b>Sharon Lawton, Anesta Edge, Claire Goldwater, Ruth Farenga, Carolyn Green, Mind in Mid-Herts (tbc)</b>		Assertiveness and how to get what you want <b>Nicola Weisfeld</b> Valuing Minds	<b>Soul-Box</b> fitness session basic boxing training skills, techniques and drills, alongside therapy methods to encourage positive mindset.
4.55 – 5.00	<b>CLOSE – Sharon Lawton, Helen Day and Anesta Edge</b>			

# Talking to our Young People About Their Sexual Health - Talk

## Summary



Adolescence is a time of rapid sexual development, both physically as the body goes through puberty and psychologically, as sexual and gender identities are developed.

Young people in the UK are reported to have the poorest levels of sexual health and well-being compared with other industrialised nations. Second only to the

US, the UK has one of the highest rates of teenage pregnancy within the developed world and the highest rates of sexually transmitted infections occur in 15-24 year olds. We know too that of the 36% of 15 year olds in the UK that report having had sex, a good percentage of them regret that decision. Additionally, we know that adolescents are the most likely age group to be affected by sexual assault, the most common age being 16 years.

These are only some of the reasons why it is imperative that young people are given ample opportunity to talk about their sexual health and are empowered with the knowledge necessary to maintain good sexual health.

This workshop will discuss some of the changes we might expect as our children develop sexually and how we can best support them through this process and promote good sexual health.

It will also touch upon how best to raise this sensitive topic with our children in a non-judgemental and respectful way, but also where we can signpost them if we don't feel best-placed to do that.

## Who is this talk for?

This talk will be aimed at parents, grandparents and carers of children 8-18 years old.

## What parents will gain from this talk?

An understanding of what to expect as children develop sexually, both in terms of physical changes as well as cognitive changes and their impact on sexual behaviour.

The importance of an open and non-judgemental communication style to empower their children in achieving good sexual health.

The information required to maintain good sexual health including appropriate signposting to services within Hertfordshire.

An understanding of confidentiality and consent relating to the treatment of young people.

## Event Details

**Date:** Thu, 9<sup>th</sup> May 2019

**Time:** 19.30-21.00

**Location:** Fleetville Infants and Nursery School, Woodstock Rd South Entrance, AL14QJ

**Cost:** £22pp

## About our speaker

**Dr Alison Cowan** is a GP working across a few practices in Hertfordshire. In addition to this, she delivers a weekly family planning clinic for Sexual Health Hertfordshire. She has a specialist interest in adolescent health where she has completed a significant amount of training. She is currently developing a health service embedded in primary care specifically targeted to young people and is working closely with local schools and healthcare providers to achieve that. Her dream is to improve universal health services for young people.

Mum to 3 teenage girls, Alison has also taken time out with her family to volunteer in Uganda through Voluntary Service Overseas (VSO). Her role there as GP Clinic Educator was to implement a training programme for clinic staff scattered across Uganda, including biannual workshops for all the doctors and the development of a training team. She also developed a comprehensive sexually transmitted infection (STI) programme for the local community which included commercial sex workers. She was able to obtain funding and ran an STI risk score research study in collaboration with Oxford University. She achieved first prize in the annual hospital scientific day in Kampala for her sexual health project.

**Booking is essential. Book NOW**

# Managing Family Stress

## Talk

0-5yrs

6-12yrs

teens

## Summary



In today's busy technology driven environment, it can be hard to find moments of peace and tranquillity. Stress can be a result of physical and/or psychological events that we perceive as negative. Some of these events are things we can control, whilst others are

external events that may feel uncontrollable. However, negative events are not the only source of stress. Exciting, positive events that we are looking forward to may also act as stressors.

It can often feel that it is impossible to avoid stress and the impact it has on family life and the day to day functioning of each individual within the family.

This interactive and experiential workshop will help participants identify the reciprocal impact of stress on body and mind. It will help them to identify ways to manage stress, and its impact, in a productive way.

## Who is this event for?

This talk is aimed at parents and carers of children of ALL ages.

## What parents will gain from the event?

- Learn the biological and psychological effects of stress.
- Identify what contributes to positive and negative stress in you and your family.
- Review the difference between controllable and uncontrollable stress.
- Reflect on what you are already doing to combat the negative effects of stress.
- Learn practical strategies that you and your family can all adopt to manage the impact of stress on a daily basis.

## Event Details

Date: Tue, 14<sup>th</sup> May 2019

Time: 19.30-21.00

Location: The SandPit Theatre, St Albans, AL4 9NX

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.

Deborah 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.

[Click to Book Now](#)

Events are regularly updated, for a full list of future events visit: [www.keystoneworkshops.co.uk](http://www.keystoneworkshops.co.uk)

# Teens and Sleep: What Parents Need to Know

## Workshop

### Summary



It is very common for young people, and adults, to have difficulty sleeping. It is normal to struggle with sleep around important events, even positive ones such as parties or holidays. One or two nights of poor sleep does not necessarily forecast a problem and most young people can cope

with that and catch up. However, if someone has been sleeping badly for a few weeks, this may be a good time to try and change things.

Sleep problems can sometimes be triggered by something bad or difficult happening. For example, being bullied or having negative experiences with friends can lead to trouble sleeping. Young people are also often under pressure from school to perform well in exams or coursework, and may be involved in other hobbies that bring pressure from competitions or exams. However, sometimes sleep problems seem to appear out of the blue. This is not uncommon in young people due to natural changes in sleep cycles that arrive with adolescence.

Our speaker is an expert in the field of sleep and adolescent wellbeing. In this talk she will discuss the changes in sleep that occur during adolescence, its effect on school work and mental wellbeing, and practical things that that can be done to promote better sleep. These techniques can also be useful for all members of the family.

### Who is this talk for?

This talk is for parents, grandparents and carers of children aged 10 and above.

### What parents will gain from this talk?

An understanding of the biological, psychological and social changes that affect sleep in adolescence.

Information about the relationship between sleep and mental wellbeing, and how improving one can have an impact on the other.

Knowledge of the current successful strategies for managing difficulties in sleeping.

Advice on practical changes which can be implemented to encourage better sleep quality.

### Event Details

**Date:** Mon, 3<sup>rd</sup> June 2019

**Time:** 19.30-21.00

**Location:** The Maltings Theatre,  
St Albans, AL13HL

**Cost:** £19pp

### About our speaker

**Dr Faith Orchard** is a Chartered Psychologist conducting research examining the development, maintenance and treatment of child and adolescent anxiety and depression, based at the Anxiety and Depression in Young People (AnDY) Research Clinic at the University of Reading. Faith's work is currently focused on the role of sleep in adolescent mental health, and she has developed the 'Sleeping Better' programme which is being piloted in the local Child and Adolescent Mental Health Service, as well as in local schools. Faith has published a number of journal articles on child and adolescent mental health, and presents her research internationally, as well as delivering teaching on sleep for professionals in schools and mental health services. She is passionate about improving the lives of young people and their family, and regularly engages with the local community in the development and dissemination of her work.

**Booking is essential. Book NOW**

## 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](http://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

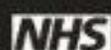
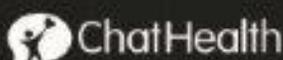
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An evening of platters, drinks and magical entertainment  
as International Performers come to Harpenden

FOR ONE NIGHT ONLY

PRESENTED BY  
SHOWTIME CIRCUS  
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[rollup@showtimecircus.co.uk](mailto:rollup@showtimecircus.co.uk)



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