

Issue: 132

Roundwood Park School, Roundwood Park,
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e-mail us at admin@roundwoodpark.co.uk

Date: 5 July 2019



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

Headlines

Dear Parents and Carers

Last Monday we had an excellent evening at Knebworth Barns celebrating with the Year 13s as they finished their exams. The students looked fantastic in their smart clothes and they can now look forward to a long summer. I am sure we will be celebrating with them as they get their A Level results in August.

On Tuesday we had the County League Athletics Cup Final afternoon and we had no less than four teams in attendance. The students put in a considerable performance against fierce competition and I was lucky enough to watch A Mancey and T Gaunce win their races and become County champions.

Yesterday we had the charity cup presentations. There have been so many events run by houses this year, both to raise money and awareness of the causes of our school's chosen charities, The Ollie Foundation, Unique Home for Girls and Macmillan Cancer Support. The winners will be announced in our whole school assembly next week when we also look forward to meeting our future Year 7s as they join us for transition day.

I would like to congratulate Gina Oduro for being nominated by one of our families for the Special Teacher/TA Recognition Award in the Herts Advertiser School Awards. Gina works tirelessly with many families to make their lives better and to support them.

Finally, I would like to congratulate J Bigham for being one of only two boys selected to represent England Golf in the European Young Masters, taking place in the Czech Republic during the holidays. Well done Jack.

I hope you have a lovely weekend.

Alan Henshall
Headteacher

End of Term

A reminder that term ends at 12.10pm on Friday 19 July.

Forthcoming Events

Friday 12 July
Sponsored Walk

Friday 19 July
Non Uniform Day

Trip Payments

Residential Trips

Y7/8 Holland Football Tour 2020

Interim Payment: £120 due 12 July

Y7 (New admission) Camp Wilderness

Deposit Payment: £150 overdue

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

*Miss C Manton, Residential Trip
Coordinator*

Please visit the [RPS 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.

Thank you for the Uniform donations!



Many thanks for your generous donations of second hand uniform for the Harris Academy in Tottenham. These have been passed on to Mrs Lewis (former RPS Head of English), to support students at the inner city school where she currently teaches.

Mrs Barley, English Department

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

Vacancies



Any current vacancies are published on our website. Please follow the link below:
<https://roundwoodpark.co.uk/vacancies/>

KS3 Drama Performance 17 & 18 July



Students in KS3 have been hard at work preparing for their fast approaching performance of *Living with Lady Macbeth* by Rob John.

The play tells of a girl called Lily Morgan, who is desperate to win the role of Lady Macbeth in the school play. Things become all too sinister when Lily's obsession with the character gets out of hand!

Performances will take place in Drama Studio 1 on Wednesday 17th and Thursday 18th July at 7pm.

For tickets, please email c.casey@roundwoodpark.co.uk.

We look forward to seeing you there.

Miss Casey, Drama Department

RPS Success at Physics Olympiad

Roundwood Park students achieve great success in physics Olympiad!

In May this year, 80 Year 10 students sat the Year 10 physics challenge organised by the British Physics Olympiad organisation (BPhO), designed to stretch and inspire GCSE physics students. The students performed really well, in particular in the context of sitting the challenge without any preparation, and that the majority of competing schools are in the independent sector. 10 students achieved a bronze award, 7 achieved a silver award, and 3 students, T Sanwo, B Moura and N Mehra achieved an outstanding gold award!

Congratulations to them all!

Mr Jacquinot, Science Department

Roundwood Park Physics Students Win University Hackathon

On Saturday 29 June, A Hoyle, M Northcott and A Hossain took part in a hackathon hosted at UCL in London. None of us had ever been to a hackathon before so did not know what to expect. We arrived in the morning and the event spanned the whole day. First, we had to introduce ourselves to the other contestants, giving our current studies, dreams for the future and a fun fact. As the hackathon was aimed for all people, we started by learning a few key concepts of computing and coding and got to learn new method of coding with Micro:Bit. This involves using a small Micro:Bit device with buttons and LEDs and programming it to do certain things such as register movement, complete calculations and more.

After the learning section, we got onto the main part of the day - the competition. At this point, there were around 10 other teams who had come from all over and we all seemed fairly confident in how to program a Micro:Bit. The competition involved programming the Micro:Bit device to act as a functioning calculator, creating rock paper scissors which can be played with 2 separate devices which could communicate and to create a snake game which would be controlled by tilting the Micro:Bit device. After almost 3 hours of coding, we had finished and were ready to be marked on our performance and, to our astonishment, we won!

We found this event very useful to aid our current studies and recommend it to anyone else who is interested in programming.

A Hoyle, Year 12



Trampolining Awards 2019



Best Newcomer
E Roberts

Most Improved
J Woods

Best Effort
A Birch, M Soanes



Club Commitment
S Ellins, I Slade, E Faulkner

Best performance
O Wise

Inter-House champions
Grey-Thompson



Individual House champion
E Faulkner

Team of the Year

Year 7-9 boys - E Lowry, A Hall, E Roberts, S Haxton

Year 9-10 girls – E Bignell, B Colyer, O Wise, A Kneller

Good bye and good luck to EF, LB and BM who have all been key members of the squad for many years, achieving so much success at numerous National Finals.

Special thanks goes to EF for all her hard work over the past year as Club Captain. We wish all 3 girls the very best for their futures. We will miss you!

Mrs Moxham



Athletics County League Final



The RPS athletics season concluded with the County League final on Tuesday this week. Qualifying all four of our teams to this final was a huge achievement and shows what an amazing season our squad have had. Only two schools in the county had four teams present, so to be one of them was really pleasing. While we weren't able to win any of the team competitions, once again our students really competed hard and were very graceful when results were read. Being consistent in finishing 3rd to 6th was another pleasing aspect of the evening.

The RPS highlight, was T Gaunce breaking a long standing 800m County League U16 boys record, with a time of 2:01.09. That despite being a Year 9 in a Year 10 age category. The PE department are so pleased for him and the season he is having.

Final positions:

U14 girls: 3rd in Herts (Won by Berkhamsted)

U16 girls: 3rd in Herts (Won by Haberdashers)

U14 boys: 5th in Herts (Won by St. Clement Danes)

U16 boys: 6th in Herts (Won by Hitchin Boys).

Our last job this year is to cheer on G Lamb, T Gaunce, J Woods, M McIntosh, A Mancey and H Booth at the English Schools next week/weekend.



Athletics County League Final continued..



I personally would like to thank all the staff who have made a contribution to the squad this summer. It's a huge team effort by staff and students. I would also like to single out David Keenleyside for particular praise. In leading our athletics efforts as he does, he spends a lot of time doing unseen admin work, as well as leading selection and pushing so many students to join athletics clubs and take opportunities. All of this work has really helped create a hard work training culture which is clearly crucial in our successes.

Have a great summer break everyone.

Mr Hunter, Head of PE.



Diversity and Wellbeing Update



We now have three new SLG captains, A Birch, C Bateman and A Yalden, who will be leading on the promotion of diversity and wellbeing at RPS over the next year. A huge thank you to K Ellins and A Garfield, our outgoing captains, who have done a fantastic job over this past year!

Our new captains are now working alongside the recently trained Princess Diana Anti-bullying Ambassadors to promote tolerance and respect at RPS, as well as leading on events to raise awareness of our diverse school community.

Next week sees our first **Celebration of Diversity Week at RPS**. We will be delivering assemblies to students and offering a wide range of lunchtime activities from Masterchef to activities in MFL, cultural dance and readings by staff from a variety of exciting texts, all centred around the theme of Diversity. Our canteen will also be serving up foods from around the world all of next week.

We look forward to sharing some pictures of activities with you in the next edition of RoundUp.

RPS Diversity and Wellbeing Team 2019-20

#thisisus #RPUS #FWWB

WANTED!

2nd Hand PE Footwear



If you are ever having a football boot clear out, the PE department are always grateful for donations of any sports footwear in good condition, such as trainers, football boots (moulded/round studs or astro boots, no blades) or athletics spikes.

These are extremely useful as spares for students as required.

Many thanks.

Mr Hunter, PE Department

Can you help promote careers in the expressive arts?

We are still happy to hear from anyone who would be happy to share their experience of working in the creative/sporting industries.

No big commitment is needed, just to be willing to help inspire our students, for example by sharing links to any work schemes that you are aware of in your field, passing on any information/articles to us or even speaking to small groups of students about their options.

Many thanks for your support.

Mr Garbutt, Head of Expressive Arts

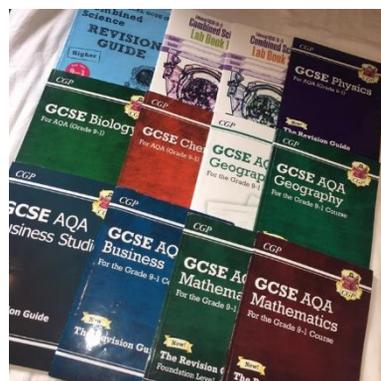
Revision Guides/ Text Books

Our library is currently in the processing of reviewing their existing collections with the aim to better support our curriculum. As part of this, they are looking to expand the numbers of **revision guides** and **text books** available for loan.

With the GCSE examinations ending, it seems an appropriate time to ask if you are able to donate any revision books such as these that your family no longer need. The library are particularly interested in the CGP guides and those specifically aimed at the new syllabuses. Any copies will be gratefully received but obviously those that are still in good condition and not written in would be particularly useful. Please leave them at reception.

Surplus books will be circulated to departments or sold on at a nominal cost to students just starting their GCSE courses.

*M Craig
Librarian*



Expressive Arts



SPOTLIGHT

Calling all talented, creative or sporting alumni, parents, siblings and distant relatives!

Are you in a career that facilitates, encourages and promotes the studying of the arts and sport subjects within school? Have you managed to turn your love of art, design, drama, theatre, textiles, music or PE into a sustainable and viable career? Do you have passion, drive and enthusiasm about the career choice you made?

If so, we would LOVE to hear from you!

Your skills, knowledge and experience could really help us promote careers in the creative and/or sporting industries within our school. Here in the Expressive Arts faculty at Roundwood, we are firm believers that every child should follow what they are passionate about as far as they possibly can. However, many students feel obliged to take a different path, often influenced by those around them with a more limited view of the employment market or the potential opportunities for students who have studied our subjects. Every year we have visits from young people having chosen different pathways at GCSE and A level, who are visiting from University or who are out in the world of work and regret not taking their passion for one of our subjects further.

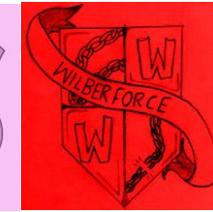
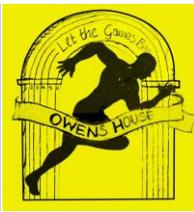
I'm not asking anything from you other than a few minutes of your time at this stage. I would love to create a directory of people within our school community whose jobs rely on knowledge, skills and experience cultivated in or gained from any of our Expressive Arts subjects including PE, whether that be in TV, broadcast media, advertising, theatre, website design or architecture, artist management, sound production, sports promotion, sporting and leisure events management to name but a few. It would be amazing if we could collect contacts who would be willing and able to do any of the following:

- i) Offer answers to questions we may have relating to your career.
- ii) Share links to schemes that young people can get involved in to relating to jobs within the Creative and/or Sporting sector.
- iii) Speak to small groups of pupils about their options, pathways and opportunities in your area of work.
- iv) Forward on or tag us in information/articles/circulars that would inspire our students and prick their interests about furthering their passions.

Whatever it happens to be, we would love to hear from you and so would our pupils. Please drop me a line to m.garbutt@roundwoodpark.co.uk if you have read the above and feel your experience may be helpful.

*Please also find and follow us on **Twitter** [@RPSCreative](#) and [@RPSPE](#).*

Thank you for your support!



HOUSE RESULTS

House Totals:



GT

244 pts

Mandela

240 pts

Wilberforce

236 pts

Scott

233 pts

Owens

228 pts

Cadbury

218 pts

Frank

213 pts

Please follow our House twitter pages to keep updated with

all our weekly events:

[RPS HouseSystem](#)

HARPENDEN UNIFORMS

RUN BY THE SCHOOL FOR THE SCHOOL

WORKING IN PARTNERSHIP WITH BEAT SCHOOL UNIFORM

ROUNDWOOD PARK SCHOOL UNIFORM

AVAILABLE TO PURCHASE IN RECEPTION

FREE PARKING!!!

**10am to 4pm
Monday 29th July
and
Tuesday 27th August**

Just come along and kit your child out for the new school year quickly and easily

Alternatively

Visit the Beat School Uniform shop in Station Road, Harpenden.

Order online at www.harpendenuniforms.co.uk

Orders placed during school holidays will be delivered to your home within 48 hours

FULL RANGE OF SCHOOL AND SPORTS UNIFORM

Leather School Shoes, Rugby/Football Boots, Trainers, Name Labels, Base Layers, Shin guards, Mouth guards, Tights, Socks and all your Stationery Needs.

**ONE STOP SHOPPING
EVERYTHING YOU NEED FOR SCHOOL & SPORTS**



University Application Process Information Evening

**Wednesday
10 July 2019**



**Come to find out how to apply
for a place at university.**

Are you a parent supporting your child with UCAS for the first time? Or, are you looking for a refresher of the application process? The University of Hertfordshire has organised an event just for you, to find out:

- The application procedure
- How to write a winning personal statement
- Hear from our Admissions team on what they look for in applications

Students, you are more than welcome to come along too.

We look forward to welcoming you to the University.

Book your place, go to go.herts.ac.uk/applicationevening

For further information and advice, please visit our Parent and Guardian pages: go.herts.ac.uk/parents

**Wednesday
10 July 2019
19:30-21:00**

College Lane Campus
University of Hertfordshire
AL10 9AB

Admission: **Free**

Contact: Education Liaison Team
educationliaison@herts.ac.uk
or **01707 286545**

NATIONAL HEALTHCARE WEEKEND



YEARS 10 - 12 AND PARENTS, JOIN US AT MEDIC MENTOR'S 2 DAY
CONFERENCE FOR ASPIRING MEDICS, DENTISTS AND VETS.

Day 1: Insight into Medicine, Dentistry or Veterinary

14 unique talks for each specialty looking at experiences from A Levels, throughout university and leading to life as a fully qualified professional.

Day 2: Medicine only UCAS Lectures

A full day of lectures covering the medical application process including work experience, personal statements and interview techniques led by our team of doctors.

Stirling	15th - 16th June
London	6th - 7th July
Cardiff	13th - 14th July
Birmingham	20th - 21st July

Registration:*
Day 1 starts from £25
Day 2 £150

*Students from low income backgrounds can apply to attend for free
Teachers attend free
Proceeds from events are reinvested to support the next generation of healthcare professionals.

Register now at medicmentor.co.uk
or call 01524 389772



UCL



Bring your family to university

Bring your family to UCL and find out what university is really like. You will learn about:

- How to start planning your journey to university
- The range of subjects available
- Possible career paths
- Transitioning to life as a student in central London
- How you can support your children to make informed choices (for parents)

This event is FREE and includes lunch.

UCL is able to provide travel arrangements where necessary.

Applications close:

Monday, 17 June 2019, 10am

When?

Years 5–6
13 August 2019

Years 7–11
16 August 2019

Where?

UCL, Bloomsbury campus,
Gower Street, London,
WC1E 6BT

How do I apply?

Complete our application at

ucl.ac.uk/widening-participation/family-visits

Sheridan
Creatives



Film Making Workshop

Beginners - Summer 2019

Our beginner film making course is back by popular demand and is perfect for young people interested in performance, film & media. They will develop the skills to make their own movies including one produced by the end of the week!

13th - 16th August 2019 / 10am - 5pm

2 groups - Ages 9-11 & 12-15

Welwyn Garden City

£110 for 4 days (sibling discount & combined workshop discount available)

info@SheridanCreatives.com



Sheridan
Creatives



Film Making Workshop

Stage 2 - Summer 2019

Our Stage 2 course allows young people to hit the ground running and develop their skills and experience!
For those who have already completed one of our film making courses & those with prior knowledge/experience.

19th-22nd August 2019
10am - 5pm / Ages 11 -16
Welwyn Garden City

£110 for 4 days (sibling discount & combined workshop discount available)

info@SheridanCreatives.com

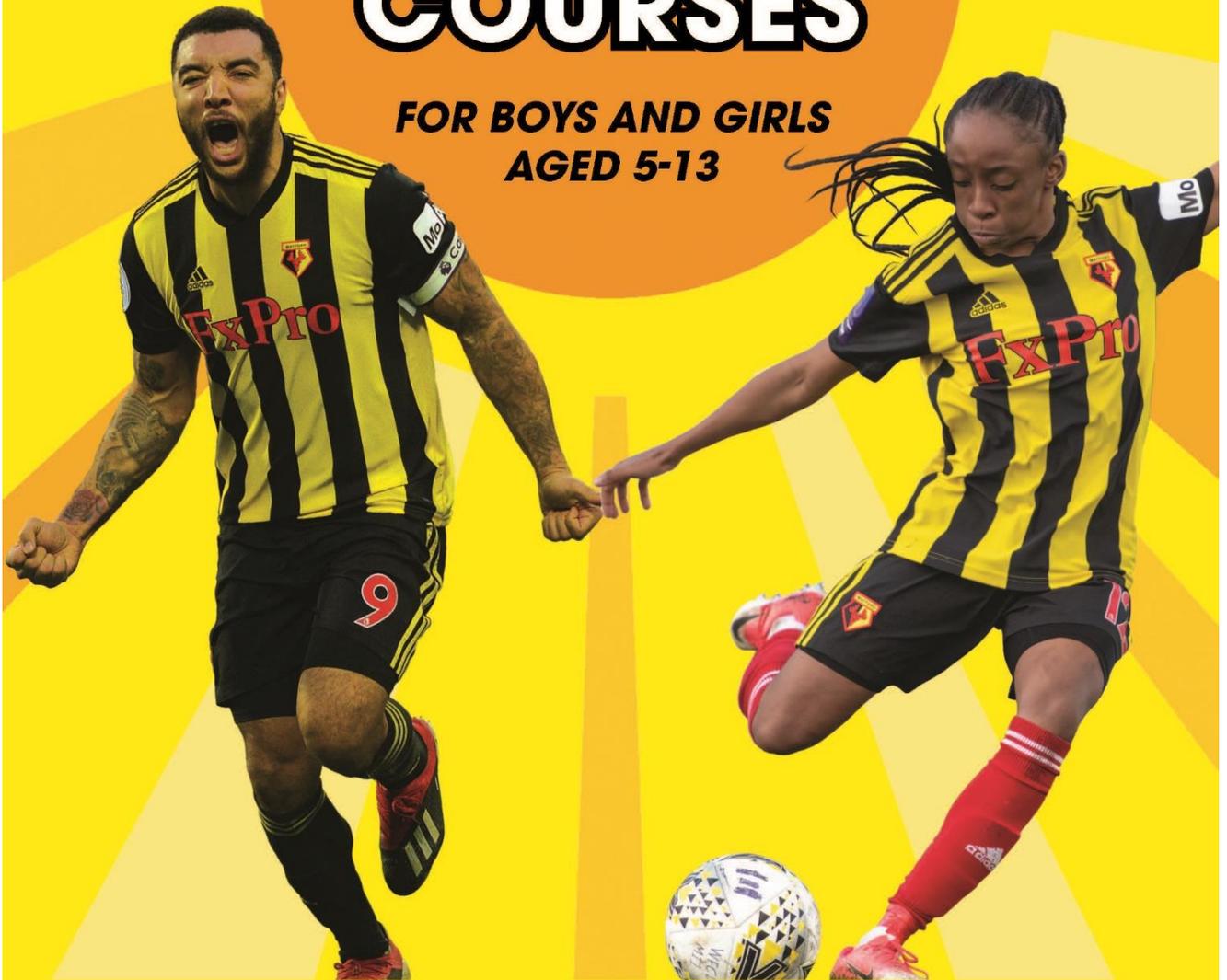


**COMMUNITY SPORTS
& EDUCATION
TRUST**

REGISTERED CHARITY NO: 1102239

SUMMER FOOTBALL COURSES

**FOR BOYS AND GIRLS
AGED 5-13**



HARPENDEN

HARROW

HEMEL HEMPSTEAD

RICKMANSWORTH

WATFORD

Watford FC CSE Trust Summer Football Courses 2019 Timetable

Week 1

DATE	TIME	VENUE	AGE	WEEK LONG	DAY LONG
22nd - 26th July	9am - 4pm	Westfield Academy, Watford	6 - 12	£65	£17.50
22nd - 26th July	9am - 4pm	Hemel Hempstead School, Hemel Hempstead	6 - 12	£65	£17.50
24th - 26th July	10am - 3pm	Harpenden Rovers FC, Harpenden	6 - 12	£30	£15
22nd - 26th July	9am - 4pm 10am - 3pm	Meriden Community Centre, Watford	5 - 12	£65 £55	£17.50 £15
22nd - 26th July	9am - 4pm 10am - 3pm	Cedars YCC, Harrow	5 - 13	£65 £55	£17.50 £15

Week 2

DATE	TIME	VENUE	AGE	WEEK LONG	DAY LONG
29th July - 2nd Aug	9am - 4pm	Westfield Academy, Watford	6 - 12	£65	£17.50
29th July - 2nd Aug	9am - 4pm	Rickmansworth School, Rickmansworth	6 - 12	£65	£17.50
29th July - 2nd Aug	9am - 4pm	Roundwood Park School, Harpenden	6 - 12	£65	£17.50
29th July - 2nd Aug	9am - 4pm 10am - 3pm	Meriden Community Centre, Watford	5 - 12	£65 £55	£17.50 £15
29th July - 2nd Aug	9am - 4pm 10am - 3pm	Cedars YCC, Harrow	5 - 13	£65 £55	£17.50 £15

Week 3

DATE	TIME	VENUE	AGE	WEEK LONG	DAY LONG
5th - 9th Aug	9am - 4pm	Westfield Academy, Watford	6 - 12	£65	£17.50
5th - 9th Aug	9am - 4pm	Hemel Hempstead School, Hemel Hempstead	6 - 12	£65	£17.50
7th - 9th Aug	10am - 3pm	Harpenden Rovers FC, Harpenden	6 - 12	£30	£15
5th - 9th Aug	9am - 4pm 10am - 3pm	Meriden Community Centre, Watford	5 - 12	£65 £55	£17.50 £15
5th - 9th Aug	9am - 4pm 10am - 3pm	Cedars YCC, Harrow	5 - 13	£65 £55	£17.50 £15

Week 4

DATE	TIME	VENUE	AGE	WEEK LONG	DAY LONG
12th - 16th Aug	9am - 4pm	Westfield Academy, Watford	6 - 12	£65	£17.50
12th - 16th Aug	9am - 4pm	Rickmansworth School, Rickmansworth	6 - 12	£65	£17.50
12th - 16th Aug	9am - 4pm	Roundwood Park School, Harpenden	6 - 12	£65	£17.50
12th - 16th Aug	9am - 4pm 10am - 3pm	Meriden Community Centre, Watford	5 - 12	£65 £55	£17.50 £15
12th - 16th Aug	9am - 4pm 10am - 3pm	Cedars YCC, Harrow	5 - 13	£65 £55	£17.50 £15

Week 5

DATE	TIME	VENUE	AGE	WEEK LONG	DAY LONG
19th - 23rd Aug	9am - 4pm	Westfield Academy, Watford	6 - 12	£65	£17.50
19th - 23rd Aug	9am - 4pm	Hemel Hempstead School, Hemel Hempstead	6 - 12	£65	£17.50
19th - 23rd Aug	9am - 4pm 10am - 3pm	Meriden Community Centre, Watford	5 - 12	£65 £55	£17.50 £15
19th - 23rd Aug	9am - 4pm 10am - 3pm	Cedars YCC, Harrow	5 - 13	£65 £55	£17.50 £15

Week 6

DATE	TIME	VENUE	AGE	WEEK LONG	DAY LONG
27th - 30th Aug	9am - 4pm	Westfield Academy, Watford	6 - 12	£55	£17.50
27th - 30th Aug	9am - 4pm	Rickmansworth School, Rickmansworth	6 - 12	£55	£17.50
27th - 30th Aug	9am - 4pm	Hemel Hempstead School, Hemel Hempstead	6 - 12	£55	£17.50
27th - 30th Aug	9am - 4pm 10am - 3pm	Meriden Community Centre, Watford	5 - 12	£55 £45	£17.50 £15
27th - 30th Aug	9am - 4pm 10am - 3pm	Cedars YCC, Harrow	5 - 13	£55 £45	£17.50 £15

4 DAY WEEK

Cedars YCC,
HA3 6QH

The Hemel
Hempstead School,
HP1 1TX

Meriden Community
Centre,
WD25 9ET

Rickmansworth
School,
WD3 3AQ

Roundwood
Park School,
AL5 3AE

Westfield Community
Sports Centre,
WD18 6NS

**STAR OF THE DAY
INFLATABLE FUN**

BOOK NOW

watfordfccsetrust.com/courses
01923 496362

meridencc.com/courses
01923 894862

cedarsycc.org/course
0208 421 4676

PRIZES

**MEDALS
SPEED SHOT**

Further info...

community@watfordfc.com



Our holiday

football courses are an

active mix of football games and activities. Lots of time is spent learning with a ball to develop the child's footballing skills and knowledge.

Please note: all our sessions are physically active and are centred around improving footballing ability through gameplay.

Refunds will not be issued due to inclement weather unless the whole week is cancelled. We are unable to credit or refund due to illness unless special circumstances. Full terms and conditions can be found on the Trust's website.



Herts Dynamos
— we love netball

Herts Dynamos Netball Club is running The Following Sessions From September

Year 8

Mondays 6 - 7:30 @
Sir John Lawes, Harpenden

Year 5/6

Wednesdays 6-7 @
St Albans Girls School

Year 3s

Saturdays 2:30-3:30 @
St Albans Girls School

Year 7

Wednesdays 7-8:30 @
St Albans Girls School

Year 6

Thursdays 5-6 @
Redbourn Recreation Centre

Year 4s

Saturdays 3.30-4.30 @
St Albans Girls School

We believe in creating a dynamic, engaging and FUN environment for young netballers. Weekend match play opportunities. Sessions are run by qualified coaches and umpires and experienced netballers.

Email hertsdynamos@gmail.com to enquire or book on.

Summer cricket for kids

www.superstumps.com

Who: Qualified Primary School sports teachers and ECB qualified coaches

Venue: St Albans School, Woollams

Dates: Monday July 22rd — Friday July 26th

Come daily or for the week, trophies and prizes: Course daily 10am – 4pm.

All children ages 6 - 14 welcome

Cost: £40 per day or £180 per week

Find out more? Early drop off and late pick up ?

www.superstumps.com

Reserve a place? Email Rachel on:

superstumps@hotmail.co.uk



SAADI HOLIDAY CAMP

22nd - 25th
July 2019!



INFORMATION

Our next holiday camps are on
Mon 22nd - 25th July 2019.

10am - 3pm - £36

9am - 3pm - £41

9am - 12pm - £20

10am - 12pm - £15

1pm - 3pm - £15

Age 4 - 14.. All abilities are
welcome. Open to boys and
girls. You do not need to be a
club member!

BOOK YOUR PLACE NOW BY EMAILING
enquiry@saadirecclub.org


SAADI Recreational
Gymnastics Club

British
Gymnastics
More than a sport



**COME AND MEET THE COACHES
@HRFC**

REDBOURN LANE, HARPENDEN, AL5 3BA

**AN INTRODUCTION TO RUGBY FOR GIRLS
IN SCHOOL YEAR 6 FOR A NEW U11 TEAM
AND YEARS 7 AND 8 FOR OUR
ESTABLISHED U13 TEAMS**

SUNDAY 14TH JULY 12:30 – 2 PM

AND

SUNDAY 11TH AUGUST 12:30 – 2 PM

For more information please email girlsrugby@hrfc.com

Or Text Maxine on 07860679025

Tweenies Workshop



A free* work shop for Parents and Carers of children in year 6 and 7

Have you noticed your child is developing into a Teenager?, would you like some strategies to support your developing child?, Is your child about to/ recently transitioned to Secondary School ? - come and find out how to support them, does your child want more independence ? - find out how to safely meet their needs without the worry.

Friday 13th September 9:30 - 12, Jubilee Room, Sauncey Wood School, Pickford Hill, Harpenden, AL5 5HL

To express interest please contact dmarsden@saunceywood.herts.sch.uk

You will be sent a booking form and your place will be secured upon return of your form and £10 refundable deposit, if the deposit is a barrier to your attendance please contact us in confidence.

*£15 if your child does not attend a HarpendenPlus Partnership school

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

Harpenden PLUS

PARTNERSHIP

Harpenden-Kimpton-Redbourn-Wheathampstead

Family

Links

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

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

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

Make positive changes and become the parent you want to be



That's

The Parenting Puzzle!

A funded* 9 week 'Nurturing Programme' course for parents and carers of children aged 5 to 15

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

Fridays 20th September to 29th November 2019

9:30am - 12.00pm Sauncey Wood School, Harpenden

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

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

There is a £50 course fee if your child does not attend a Harpenden Plus Partnership school

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

This course is ideal for all children, whatever their levels of confidence and happiness; there is real benefit for all in exploring new ways of thinking whilst having a blast!

Wellbeing Activity Course 12th - 16th August 2019

Venue: St Hilda's School, 28 Douglas Road,
Harpenden, Hertfordshire AL5 2ES

Course Directors:

Tana and Graeme Macpherson-Smith

Both are experienced teachers and have run activity courses for children for fifteen years.

Tana is also Founder / Director of ClearMinds Education (www.clearminds.org) and a child and adolescent therapist and personal development coach.

ClearMinds Education Wellbeing Activity Course

for Children age 8-12 years

Course Fee: £195

**For booking details or queries, please
email tana@clearminds.org**

Course runs from 9.00am - 4.30pm

**Presentation and Awards Ceremony:
Friday 16th August 4.00pm**



Designed to enhance the emotional and mental wellbeing of children, this course provides a dynamic and fun-filled holiday learning experience.

Creative and physical activities will challenge participants' thinking, inspire confidence and enhance their ability to take control of their lives and move forward with a positive outlook for the future.

Course includes:

Personal Development Coaching; training on the impact of thoughts on feelings, enhanced communication skills and emotional resilience; leadership training; confidence building and self-exploration; all through activities such as art, craft, design technology, drama, sports, team challenges, wide games, vision boards and Mindfulness

Final afternoon **Presentation and Awards Ceremony** for children and parents

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

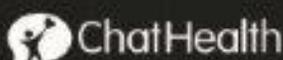
TRUTH BEHIND THE RUMOURS.



 TWITTER:

@HEALTHFORTEENS1

#HEALTHFORTEENS





**GRAB A
TEAM
ITS
QUIZ
NIGHT**



Bennet's Club

21 Leyton Road
Harpenden
AL5 2HU

At 7.30pm

On Thursday 11th July

£5 per person on the door

Please come and support our fundraising event for Kimberley Miller and Jacob Davies' World challenge trip to Ecuador. Please contact Sara Miller (07542 941607) or Michelle Davies (07985 913435) if you'd like to book a table for your team. Maximum of 8 per team. There will be a raffle with some fantastic prizes.