

Issue: 133

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Date: 19 July 2019



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

## Headlines

Dear Parents and Carers

As ever at this time of year, we say goodbye to a number of staff. In a secondary school of 200+ staff it sometimes seems as if a large number of staff are leaving. Our staffing at Roundwood Park is very stable and, with the amazing staff we have, we expect quite a few of them to leave for promotions, which is what is happening this year. Please see the information below as I have taken the time to explain what each member of staff is doing in order to reassure parents and also to pay tribute to the staff who are departing this summer for all they have done for us.

Laura Brimacombe has been promoted to Head of Science for an outstanding school in Oxfordshire. This is a well-deserved promotion for one of our best middle leaders. We wish her well. Dr Andy Perrett has been appointed as an Assistant Headteacher of Lonsdale School. He has done a great job as a Head of Year in the two year groups that he has led and we wish him well in his new post. Katy Helling is returning to her former school, this time as head of department. We thank her for her work in Business and Economics. Similarly, Kristy Ellingham has been promoted to a pastoral role, again after only one year with us, and will take up this position at Chalk Hills Academy in Luton from September.

Caroline Bond leaves us as she has secured a post closer to home at Dame Alice Owens School. She has been an excellent colleague as well as helping the school as a governor. She also has served on the coaching team where she has helped many members of staff to improve their practice.

Gill McKenna leaves us after 21 years in various posts to enjoy a well-earned retirement. Gill started at Roundwood Park as Head of Modern Foreign Languages and she progressed to be an Assistant Headteacher of the highest quality, ensuring that all students in our school could access the curriculum and be successful. This year she has stayed on to teach German part time but she leaves us today. We will miss her greatly. Dan Amias, our politics teacher, leaves with our gratitude for the professional job he has done with A Level students over the last few years. His passion for his subject is something that we all appreciate greatly. Vester Biezeman is returning to Holland with his family after two years at Roundwood Park, during which he has taught computer science and led Cadbury house very ably. We thank him for his service. We also say goodbye and thank you to Katerina Papakonstantinou, Dorothy Diao, Mike Power and Sarah Russell as their short term contracts come to an end. We thank them for their contributions. We also thank Terry Lansdowne and Jonathan Tuck for returning to us at short notice when Jarrod Keegan returned to New Zealand at Christmas.

Gina Oduro will be commencing her teacher training in order for her to achieve her ultimate ambition of being a head of inclusion. Over the years, Gina has helped many students and families and, as you know, was recently nominated for one of the Herts Advertiser awards. She has also been a dedicated member of our child protection team, keeping children safe in our school.

Amanda Green, our Senior Science Technician, has secured a job working in a research laboratory at Rothamsted. This is a superb opportunity for a practising scientist and, whilst we will miss her, we are very excited for the opportunities this will bring. During her time at Roundwood Amanda has led the science technicians' team highly effectively and made them into one of the best groups in the county. She also co-ordinated the St Albans and Harpenden science technicians' meetings which have been highly effective and much appreciated across the district. She has managed to engage many interesting speakers over the last few years. Karen Mason is leaving to become the Finance Manager at Katherine Warrington School and we thank her for her hard work in leading the finance team over the past six years. Jo Reid also leaves us to join Tony Smith at Katherine Warrington School and we thank her for the effective job she has done in the finance office, particularly in regard to trips and visits. Sarah Laver has stepped down as a TA. She has been a good colleague in the relatively short time she has been here in assisting our more vulnerable students. We also thank Hanna Corbett who is leaving to take up a position as a trainee history teacher at Berkhamsted School.

The most high profile promotion of all is that of Tony Smith to the post of Headteacher of Katherine Warrington School. This is a very exciting project, overseen by all three secondary schools in Harpenden working together with the great support of our friends at the University of Hertfordshire and Rothamsted Research. Tony leaves Roundwood Park a very much better place than he found it. Over the time that he has been here he has ensured that finance is stable in an increasingly challenging climate, that buildings and facilities are much improved and that the resources spent on children are considerably more than those in other schools. We will miss Tony greatly but his legacy will remain.

Next year, in its inaugural year, I will be the Executive Headteacher of Katherine Warrington School. I will do this as an additional role and will still be the Headteacher of Roundwood Park. This role is purely to ensure that the school gets off to a strong start as it moves into its new buildings and looks after its first intake of students.

We are fully staffed for September and look forward to welcoming our new colleagues then. I will introduce you to them in our first RoundUp of the new year.

In addition to the write up from the PE department which follows, I would like to congratulate all of our students who competed in the national athletics finals in Birmingham. We are very proud of all of them.

Finally, to all students and parents, thank you for your kind words and support for the school and its staff in the last year. We wish you all a restful and peaceful summer with your families.

See you in September.

*Alan Henshall*  
*Headteacher*

## Arrangements for start of term

The autumn term commences at 8.30am on Tuesday 3 September for Years 7 and 12 and on Wednesday 4 September for all year groups.

Students should return in **winter uniform**.

## Forthcoming Events

### **Open Evening**

Thursday 26 September: 5.30pm - 8.30pm

## Plastic-Free School: Phase 1



As we are concerned about the effect of plastic pollution on the planet, we are looking at ways to reduce our consumption of single-use plastic at Roundwood Park. As of September, we will no longer be providing plastic cups or plastic cutlery in school.

**From the beginning of the new term, all students will be required to bring their own named water bottle into school with them which they may take in to the canteen.**

We are also improving our recycling systems, reviewing our use of other single-use plastic in the canteen (more information to follow in due course) and we will be working towards improving the students' education of plastic pollution and the ways in which we can each play a part in reducing this.

*S Barr (12S) & T Marsh (12O)*  
*RPS Environment Captains*

## Trip Payments

### Residential Trips

**Y7 (New admission) Camp Wilderness**  
Balance payment: £60 due 6 Sept

*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.

### **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)

### Vacancies



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

# WANTED!

¿se habla español?  
¿se necesitan  
voluntarios!



If so, we would be very interested in hearing from you!

**We are looking for volunteers to work with our Year 12 and Year 13 A Level Spanish students to provide conversation practice.** Could you spare an hour or two a week? In exchange, you will be rewarded by knowing that you are helping these enthusiastic students to reach their Spanish potential.

If you are interested in knowing more, please contact Mrs Pimm in the Spanish department at

[s.pimm@roundwoodpark.co.uk](mailto:s.pimm@roundwoodpark.co.uk)

¡Gracias!

## 2<sup>nd</sup> 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*

## Proposals for opening hours at QEII Urgent Care Centre

NHS East and North Hertfordshire Clinical Commissioning Group (CCG), the local GP-led NHS organisation are seeking views on proposals to a change to opening hours at the Urgent Care Centre (UCC) at the New QEII Hospital. The UCC is very well used during the day, with an average of 118 people using the centre during a typical 24 hour period. However, between 10pm and 6am, on average less than one person per hour uses it.

We want to hear local people's views on a proposal to close the UCC during the hours it is used infrequently, between 10pm and 8am. During this period, highly skilled nursing staff currently based at the UCC could instead support patients with serious or life-threatening conditions in the A&E department at the Lister Hospital.

Find out more and share your views on the challenges and proposal by Wednesday 4 September, 2019 at <https://qeiiucc.enhertsccg.nhs.uk>

**If you need urgent medical help at any time please call NHS 111, it is free and open 24/7**

## Fundraising for the Commonwealth Powerlifting games

L Kawahara-Musiu (11M) will be competing in the Commonwealth Powerlifting games. Due to the lack of available funding for powerlifting athletes, he is fundraising in order to pay for his flight to Canada so that he may attend the games. If you would like to contribute towards this fund, please visit the gofundmepage he has set up via the link below:

<https://www.gofundme.com/f/commonwealth-powerlifting-championship-fundraiser>

# The Brilliant Club Scholars Programme



Twelve students across Years 8 and 9 have taken part in a programme to visit two highly selective universities and then to produce a piece of very challenging academic writing. These very hardworking and motivated students kicked off the programme by visiting Jesus College, Oxford University, followed by working with a PhD tutor to produce a piece of work by the title '*The British Prime Minister*'. Upon receiving feedback that all twelve had successfully passed this assignment, they were then invited, along with their families, to celebrate at a graduation event at Goldsmith's, University of London. Nine students with their families were able to attend this graduation day to receive their certificates.

These student had to juggle the challenge of completing this programme along with preparing for and sitting their end of year tests in class. This meant they had to display excellent time management, focus and determination – many of the characteristics that we see in our highest achieving students.

We are very, very proud of them and see this as just the start of a very bright and successful future.

Well done to you all!

*Mr P Binks*  
*Assistant Headteacher – Student Achievement*

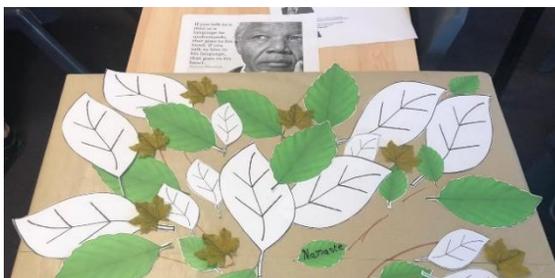
# Diversity Week

Last week saw the inaugural Diversity Week at Roundwood Park. The week centred around our diversity captains and anti-bullying ambassadors providing lots of activities for students to join in with. Monday saw students from all years taking part in Masterchef which enabled students to cook dishes from cultures across the world. Our Headteacher and senior staff especially enjoyed tasting all the wonderful dishes on offer from Thai and Indian to dishes from Bangladesh. More food was on offer in the canteen with World Foods available all week. Students were also encouraged to take part in the selfie competition 'What diversity means to me...' using our new hashtags #RPUS and #FWWB (Five ways to wellbeing - look out for more of this in the future!).

The MFL department volunteered their time to host activities during lunchtime focusing on languages from around the world; creating a diversity tree and individual representations of #Thisisus - one of our new hashtags for Diversity at Roundwood. Art therapy on Wednesday proved popular, as did Bench-ball on Friday. Special mention goes to the students who arranged and produced a video to highlight some of the challenges that students face; from anxiety to dealing with special needs such as ADHD. They were incredibly brave to share their reflections and feelings with the rest of the school. We finished the week with readings by teachers from novels such as 'The Hate you Give'. There was such a great atmosphere in the library and we hope to see more events like this in the future.

We hope that after the success of last week this will be the first of many more weeks in future years.

*The Diversity Team*



# Awards for Roundwood Park Physics Students



B Moura (Year 10) and B Wake (Year 7) were selected as award winners for Roundwood Park School at the School Physicist of the Year 2019 (SPOTY).

SPOTY celebrates exceptional students studying physics in local schools.

The two lucky students and their families were invited to an awards ceremony on 24th June at Queen Mary University of London, sponsored by The Ogden Trust. They each received a certificate and a prize in celebration of their achievements.

*Kathryn Robbins, Head of Physics*

## 2019 RPS Professional Placement Programme

Another successful year of work experience for our Year 12 students. It can feel like a daunting prospect; contacting employers and heading out to a work place, but our students did fantastically well with some great 'wins' for themselves personally and professionally.

A couple of our budding journalists, I Wellsbury and C Bateman both successfully saw their articles published in the respective newspapers they 'interned' with whilst another student secured sponsorship to undertake a degree. Many exciting opportunities were undertaken with some fantastic companies such as Leidos, Airbus, Santander, Houses of Parliament and many more.

I'd like to thank the students for being so professional and representing the school impeccably. The feedback from employers was incredible and all said that our students were a credit to the school and thanked parents, carers and guardians for their support.

I'd also like to thank the Sixth Form tutors for being such a crucial support to a successful placement programme this year.

*Mrs S. Smith, Careers Co-ordinator*

# Y10 Design and Technology Trip to the MBDA Glider Challenge Competition



On 5th July, Mr Libberton accompanied a team of four Year 10 GCSE design technologists to take part in a competition organised by MBDA based in Stevenage, Hertfordshire.

MBDA are one of only a few companies based in the UK that specialise in the design engineering, manufacture and testing of missile systems used by our military forces.

The purpose of the competition was to encourage secondary schools throughout Hertfordshire to participate in the design and engineering of a specialised glider.

The teams had to be on site by 8.30am, briefed and prepared to begin at 9.00am. Thereafter followed a series of workshops to ensure they understood the design expectations. This included a very privileged tour around some of the high security laboratories, with the opportunity to meet some of the engineers responsible for the astringent testing.

In the afternoon, the teams had to carry out a 10-minute presentation to a panel of specialists followed by a final prototype glider flight test to determine their flight success.

Despite a very clear vision and a well-crafted glider, the RPS glider did not achieve the longest distance travelled accolade. However, it was a proud moment and an honour to see one of the RPS students, Max Nash, be presented with the most prestigious award of the day - Best In-House Engineer. The judges and postgraduates who had taken placements at MBDA had observed Max throughout the day and were extremely impressed with his impeccable knowledge and leadership skills, including his theory on flight aviation.

All team members were a credit to RPS and congratulations go to A Williams, E Starkey, M Nash and T Sanwo.

*Mr Libberton*  
*Design & Technology*

## RPS Trampolining Squad inspire the next generation of gymnasts



45 children from Roundwood Primary School, from Years 3-6 came to watch Roundwood Park's trampolining squad in action last week. Everyone performed superbly and it gave us the chance to display our hard work in front of a very encouraging audience. There were definitely a lot of excited and shocked faces from the primary school students. We are hoping it has inspired what could be some of the next generation of gymnasts at Roundwood Park School. It was a brilliant opportunity to showcase a wide range of talent, as we displayed tumble, trampette and trampoline routines to a high standard. We hope they enjoyed it as much as we did. *M Soanes (11M)*

## St Albans & Harpenden Sports Awards – RPS Student wins Young Disability Athlete of the Year

Huge congratulations to A Sharp (11S) who has been awarded the young disability athlete of the year award at the St Albans and Harpenden sports awards on 10th July. Very well done!

## Diving Success

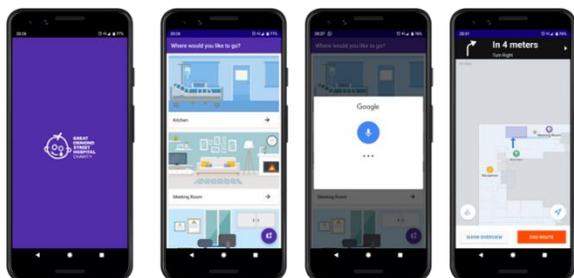
Well done to E Roberts (7M) who qualified for the National Diving Finals earlier this month in Plymouth, via Luton Diving Club. Having worked really hard to secure his place in the final, E Roberts medalled in 5th amidst tough competition – well done!!



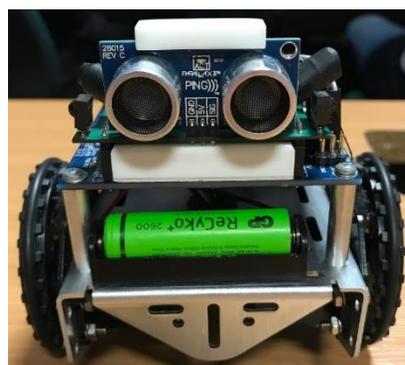
# Year 12 Physics & Computer Science Trip to University College London

On 5 July, as a joint venture, the RPS physics and computer science departments took our Year 12s to an event at the University College London, hosted by one of our alumni, Harry Thomas.

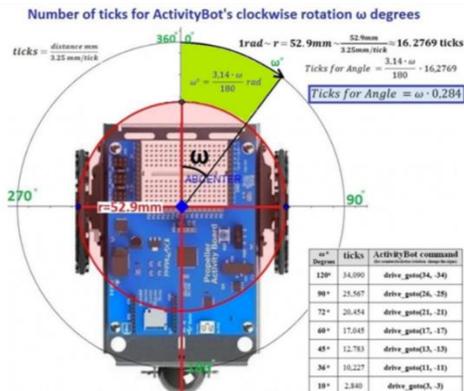
Our day started with Harry discussing why he chose to study Computer Science at UCL and explaining some of the incredible projects he has been involved in during his first two years, including the development of an 'Indoor navigation system for patients of the Great Ormond Street Hospital Sound and Sight Centre'.



This introduction led onto the robotics workshop in which students were required to program in C. Their task was to get a robot (ActivityBot) to work through a maze.

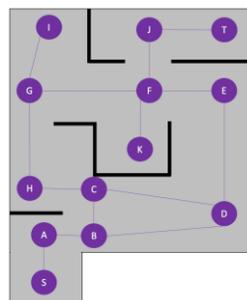
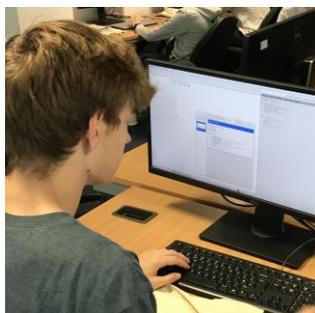


Students needed to bring together their understanding from physics, maths and computer science to be able to get their bot to successfully navigate through the maze. To understand the mechanics of how the robot was able to turn was imperative to our success.



We initially tested our solutions using an emulator, this allowed us to trial our code and identify any bugs before implementing it in real life. Once we believed we had a working solution, we uploaded the code to robot's memory allowing us to see how it would work in the real world.

During this activity, students were required to utilise the same path-finding algorithms that Harry had implemented within his Great Ormond Street Hospital App; Dijkstra and A Star.



After our robotics workshop we walked through the UCL campus to the cafeteria for lunch. Once we had eaten, it was time for our Soft Robotics workshop by Agostino Stilli, a Research Associate and Lead Robotic Advisor. His lecture introduced explained how Soft Robotics is the specific subfield of robotics which deals with constructing robots from highly compliant materials, similar to those found in living organisms. Soft robotics draws heavily from the way in which living organisms move and adapt to their surroundings.

Overall, we all had an educational and inspirational day that showed us how what we learn in the classroom can be applied in the real world. *Mr Jones and Mrs Robbins*

# Year 12 Geography Trip to Liverpool



This past week the Year 12 geographers spent five days in Liverpool doing fieldwork and generally absorbing the culture, though not before the work was done. Of course, the primary goal of the trip was to gather as much data as necessary for our enquiries based either on the rebranding in the Liverpool city centre or the dunes at Formby Point. This involved everything from asking the public their opinion on the shopping facilities at the Liverpool ONE, to cataloguing vegetation on the dunes to see if biodiversity is affected by human impacts.

Once the hard work was over, we could spend the evenings enjoying activities like bowling and, thanks to excellent organising from our Entertainment Co-ordinator, Mr Jacquinot, an escape room and a meal out at Pizza Express. On the Friday morning before leaving we were even able to either take a tour around Anfield Stadium or visit The Beatles' Story, which really topped off the whole week.

A huge thank you to the teachers that helped, Miss Plowman, Mrs Eburn, Mr Porter and Mr Jacquinot. We all had a great time, except for all the sand that made it into our beds.

*S Piegrass (12GT)*



# English Schools Athletics Championships

This summer, six students achieved the required standards to attend the English Schools Athletics Championships, representing Hertfordshire, an event which took place last weekend. This championships is the most prestigious age group athletics event in the UK. Sending two students last year broke an RPS record, so to have six travel with the squad this year was truly remarkable. Mr Keenleyside was also asked to help manage the Herts squad, a further sign of the quality contained within the Roundwood Park community as a whole.

## Athletes involved:

T Gaunce: Junior boys' 800m

G Lamb: Junior boys' Discus

H Booth: Intermediate girls' Triple Jump

A Mancey: Junior boys' 200m and 4x100m relay

J Woods: Senior boys' Triple jump and 4x100m relay

M McIntosh: Junior girls' 75m hurdles and 4x100m relay

All six athletes represented the school superbly, drawing comments from the Herts management team about their professionalism, warmth and conduct. This makes us truly proud, as we obviously consider them all to be lovely people first and really good athletes second.

With regards the competition, the experience was a great one for all, especially those who have not attended before and competed under such a spotlight. They should all be chuffed to bits with their efforts and know that they will all be stronger moving forward as a result of this weekend.

Performance highlights include a bronze medal (triple jump) and gold medal (relay) for J Woods, competing as a senior while a year younger, and an astonishing weekend for M McIntosh. Having won gold a year ago, while a year younger than most competitors in her category, she returned this year and retained her title. In doing so, she broke the all-time U15 sprint hurdles record and set a new mark of 10.75 - she is officially the fastest U15 girl to have ever run the event in the UK. Unsurprisingly, running that kind of time meant that she demolished the field in her final and stormed away - pretty astonishing at that level of competition really.

Huge congratulations to all involved and a massive thanks to all the parents who support the department, and the athletes within it, so wholeheartedly.

To see more comment, photos and videos, please look through recent tweets on @RPS PE twitter feed.

An amazing way to ice an exceptional summer athletics cake in 2019.

Have a lovely summer break everyone.

*Mr Hunter, Head of PE*



# National Schools Team Golf Championship

As Herts Team champions 2019, Roundwood Park took part in the National final on Wednesday 10th July at Woodhall Spa in Lincolnshire. There was strong opposition from 34 other grammar/academy schools and E Hume, L Hume and R Lea put in a very good performance and achieved joint 4th position with a score of 74 points.

On a personal note, E Hume scored 41 individual points which was joint 1st, which is exceptionally good for such a young golfer.

Individual scores:

|        |        |         |                          |
|--------|--------|---------|--------------------------|
| R Lea  | L Hume | E Hume. | Team Score (best 2) = 74 |
| Pts 29 | Pts 33 | Pts 41  |                          |

It has also been another successful year for other Roundwood Park golfers with H Hume achieving 5th place in the Mid Handicap competition which qualifies her to represent Hertfordshire in the inter county George McPartlin competition in September along with her sister E Hume.

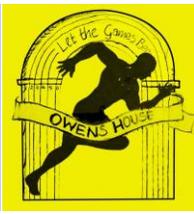
J Bigham has had several top ten finishes, notably when he came 2nd in the U16's Rosebowl competition which qualifies him to play in the England Golf Eastern Regional final. He was selected by England to play against Spain and was undefeated in his matches. He has also been selected to play in the County 6 man team and to play in the European Young Masters in the Czech Republic, one of two English boys chosen for this event. As well as competing in the National U16's tournament, J Bigham has been the county's U16's Captain this year and will take part in the British boys competition.

Congratulations to all our handicap golfers at RPS. **If there are any new golfers out there wishing to take part in next year's competitions come along and introduce yourself in September.** Finally, well done to all the parents involved in supporting their sons and daughters this year by attending the various golf tournaments with them. Your help and support is greatly appreciated by the school.

*Mr Barnett*

*RPS Golf Co-ordinator*





## HOUSE NEWS

Well done to everyone for a fantastic year of House events!  
Notable achievements of the year include:

- 70+ House Events
- £26,071.19 raised for charity
- Bigger & Better House Music
- Massive impact with recycling from SLG
- Wellbeing and Diversity SLG team impact
- School Discos, Race for Life, Roundwood's Got Talent, Sport-a-Thons, Step with Scott

## FINAL HOUSE RESULTS FOR 2018-19

|                       |                                |                |   |
|-----------------------|--------------------------------|----------------|---|
| <b>1<sup>st</sup></b> | <b>Scott &amp; Wilberforce</b> | <b>283 pts</b> |  |
| <b>3<sup>rd</sup></b> | <b>GT</b>                      | <b>278 pts</b> |   |
| <b>4<sup>th</sup></b> | <b>Owens</b>                   | <b>277 pts</b> |   |
| <b>5<sup>th</sup></b> | <b>Mandela</b>                 | <b>271 pts</b> |   |
| <b>6<sup>th</sup></b> | <b>Cadbury</b>                 | <b>264 pts</b> |   |
| <b>7<sup>th</sup></b> | <b>Frank</b>                   | <b>248 pts</b> |   |

*Mrs Tattersall*  
*Head of House*

# 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](http://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**

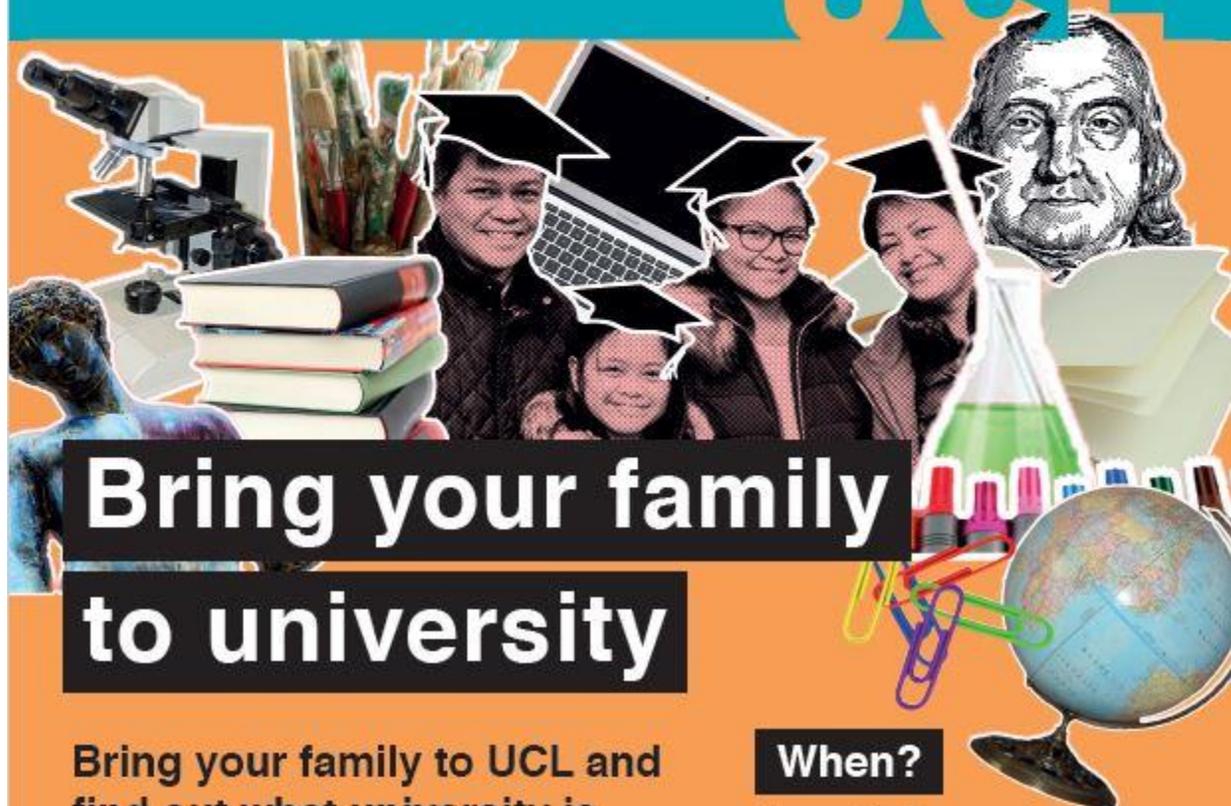
*Leather School Shoes, Rugby/Football Boots, Trainers, Name Labels, Base Layers, Shin guards, Mouth guards, Tights, Socks and all your Stationery Needs.*

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





# 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](https://ucl.ac.uk/widening-participation/family-visits)

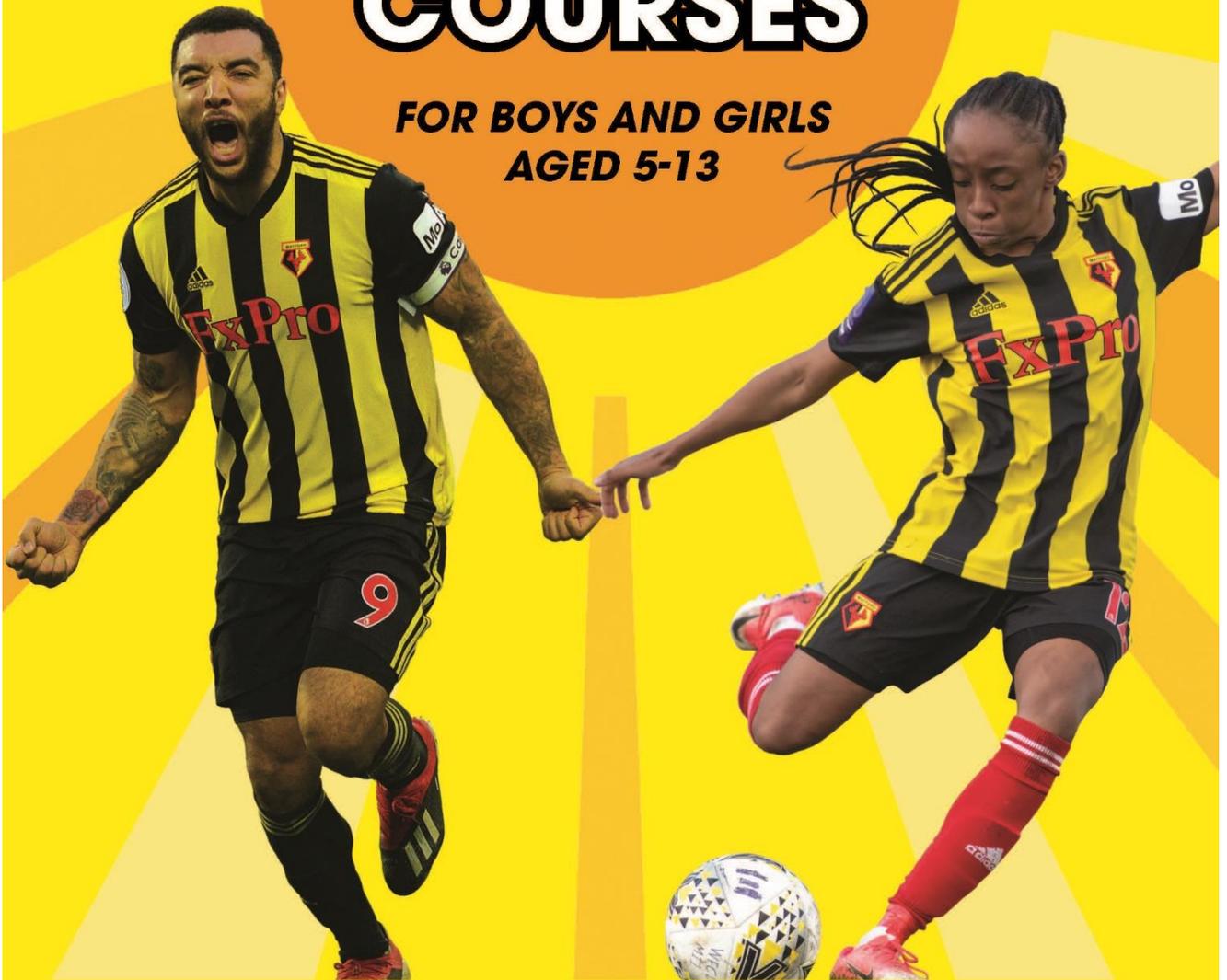


**COMMUNITY SPORTS  
& EDUCATION  
TRUST**

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<br>10am - 3pm | Meriden Community Centre, Watford       | 5 - 12 | £65<br>£55 | £17.50<br>£15 |
| 22nd - 26th July | 9am - 4pm<br>10am - 3pm | Cedars YCC, Harrow                      | 5 - 13 | £65<br>£55 | £17.50<br>£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<br>10am - 3pm | Meriden Community Centre, Watford   | 5 - 12 | £65<br>£55 | £17.50<br>£15 |
| 29th July - 2nd Aug | 9am - 4pm<br>10am - 3pm | Cedars YCC, Harrow                  | 5 - 13 | £65<br>£55 | £17.50<br>£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<br>10am - 3pm | Meriden Community Centre, Watford       | 5 - 12 | £65<br>£55 | £17.50<br>£15 |
| 5th - 9th Aug | 9am - 4pm<br>10am - 3pm | Cedars YCC, Harrow                      | 5 - 13 | £65<br>£55 | £17.50<br>£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<br>10am - 3pm | Meriden Community Centre, Watford   | 5 - 12 | £65<br>£55 | £17.50<br>£15 |
| 12th - 16th Aug | 9am - 4pm<br>10am - 3pm | Cedars YCC, Harrow                  | 5 - 13 | £65<br>£55 | £17.50<br>£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<br>10am - 3pm | Meriden Community Centre, Watford       | 5 - 12 | £65<br>£55 | £17.50<br>£15 |
| 19th - 23rd Aug | 9am - 4pm<br>10am - 3pm | Cedars YCC, Harrow                      | 5 - 13 | £65<br>£55 | £17.50<br>£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<br>10am - 3pm | Meriden Community Centre, Watford       | 5 - 12 | £55<br>£45 | £17.50<br>£15 |
| 27th - 30th Aug | 9am - 4pm<br>10am - 3pm | Cedars YCC, Harrow                      | 5 - 13 | £55<br>£45 | £17.50<br>£15 |

**\*4 DAY WEEK\***

Cedars YCC,  
HA3 6QH

Harpenden  
Rovers,  
AL5 1BL

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](http://watfordfccsetrust.com/courses)  
**01923 496362**

[meridenc.com/courses](http://meridenc.com/courses)  
**01923 894862**

[cedarsycc.org/course](http://cedarsycc.org/course)  
**0208 421 4676**

**PRIZES**

**MEDALS  
SPEED SHOT**

***Further info...***

**[community@watfordfc.com](mailto: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](mailto:hertsdynamos@gmail.com) to enquire or book on.

# Summer cricket for kids

[www.superstumps.com](http://www.superstumps.com)

**Who:** Qualified Primary School sports teachers and ECB qualified coaches

**Venue:** St Albans School, Woollams

**Dates:** Monday July 22<sup>rd</sup> — Friday July 26<sup>th</sup>

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](http://www.superstumps.com)

**Reserve a place? Email Rachel on:**

[superstumps@hotmail.co.uk](mailto: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](mailto:enquiry@saadirecclub.org)**

  
SAADI Recreational  
Gymnastics Club

**British**  
**Gymnastics**  
More than a sport

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](mailto: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](mailto:info@SheridanCreatives.com)



**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 14<sup>TH</sup> JULY 12:30 – 2 PM**

**AND**

**SUNDAY 11<sup>TH</sup> AUGUST 12:30 – 2 PM**

For more information please email [girlsrugby@hrfc.com](mailto:girlsrugby@hrfc.com)

Or Text Maxine on 07860679025

**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](http://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](mailto: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

# 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](mailto: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 29<sup>th</sup> 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](mailto: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

## Growth Mindset: a Guide for Parents - TALK

### Summary



*Do you believe that you are either clever or you're not? Do you think intelligence is a fixed thing?*

A ground breaking theory on mindset is making huge waves in how children are being taught today. Most of our teachers are nurturing a 'growth mindset' in our children. According to pioneering psychologist Carol Dweck, "In a growth mindset students understand that their talents and abilities can be developed through effort, good teaching and persistence. They don't necessarily think everyone is the same or anyone can be Einstein, but they believe everyone can get smarter if they work at it." It is an exciting and progressive concept schools are using and through this talk by Dr Warren parents have a chance to reinforce the concept at home too.

### Who is this talk for?

This talk is for parents, grandparents and carers of children of ALL ages.

### What parents will gain from the talk?

Dr Frances Warren from Growing Learners, University of Portsmouth will talk about mindset research and theory from the US conceived by Carol Dweck. Dr Warren will address three broad questions during her talk:

- What is mindset?
- How do different mindsets develop and why are they important?
- How can parents help children to develop a growth mindset?

### What you will gain from coming to the talk:

- An understanding of the theory and research about Mindsets.
- Knowledge to enable them to identify their own and their children's Mindsets.
- An understanding of the impact of Mindset on education and resilience.
- Tips on how to support their children to develop a Growth Mindset.

[Booking is essential - click here to book](#)

### Event Details

**Date:** Tue 1<sup>st</sup> Oct 2019

**Time:** 19:15 to 21:15

**Location:** Maltings Arts Theatre, St Albans AL1 3HL

**Cost:** £19.50pp

\*\*\***10% Early Bird Discount** valid until 31 July 2019

**Use code: summer19**

### About our speaker

Dr Frances Warren is part of the Growing Learners team of education research psychologists based in the Psychology Department at the University of Portsmouth. Dr Warren has worked with the team since its inception and they have now provided mindset interventions for over 250 nursery schools, schools (primary and secondary) and colleges across Europe.

The Growing Learners team is passionate about supporting schools and parents to improve children's expectations and attainment using evidence based practice to support them to become resilient, confident and effective learners. Everything that they offer is underpinned by psychology and education theory and applied research showing what works.

A free daytime course  
for parent/carers of children  
aged 5-14

Run by specialist  
ADHD/Autism Trainers  
from ADD-vance



## ADD-vance Understanding ADHD 6-week Course for Parent/Carers

This 6-week course is designed to meet the needs of parent/carers of children aged 5-14 years with a diagnosis or suspected diagnosis of ADHD

All sessions take place on Mondays between 10 am - 12 pm

on

16th September, 23rd September, 30th September

7th October, 14th October, 21st October

(all sessions must be attended)

at

The Nurture Room, Andrew Lane Primary School,  
Andrews Lane, Cheshunt EN7 6LB

For bookings, please book via Eventbrite:

<https://add-vance-understanding-adhd-cheshunt-autumn-2019.eventbrite.co.uk>

Please note, this course is only open to Hertfordshire residents

Places are limited so please do book early to avoid disappointment

### ADD-vance

The ADD-vance ADHD and Autism Trust  
Working to support people with ADHD and Autism in Hertfordshire

Foundation House, 2-4 Forum Place, Hatfield, Hertfordshire AL10 0RN  
Helpdesk: 01727 833963 Email: [Herts@add-vance.org](mailto:Herts@add-vance.org)  
Web: [www.add-vance.org](http://www.add-vance.org) Reg. Charity No. 1158968

#### Who is this course for?

Parent/carers of children aged 5-14, with a diagnosis, or suspected diagnosis, of ADHD. This course is not suitable for parent/carers who have recently attended an ADD-vance six week course

#### What will be covered by the course?

Every course is bespoke to the needs of each group. Learning Outcomes may include:

- Understanding ADHD, related conditions and medication
- Developing emotional literacy
- Understanding and managing anxiety
- The dos and don'ts of rules and boundaries
- Understanding anxiety and developing strategies to manage and regulate emotions
- Understanding the importance of good self-esteem for both parents and young people and how to develop healthy self-esteem
- Managing the needs of siblings
- Education and how to advocate for your child

#### When and where will the course take place?

At The Nurture Room, Andrews Lane Primary School, Andrews Lane, Cheshunt EN7 6LB  
On Mondays from 16th September to 21st October 2019, 10 am to 12 pm

#### How do I book a place?

Please book via Eventbrite:

<https://add-vance-understanding-adhd-cheshunt-autumn-2019.eventbrite.co.uk>

Places are limited, so please do book early to avoid disappointment

Please contact Andrea at [bookings@add-vance.org](mailto:bookings@add-vance.org) with any queries

A free daytime course  
for parent/carers of children  
aged 5-14

Run by specialist  
ADHD/Autism Trainers  
from ADD-vance



## ADD-vance Understanding ADHD 6-week Course for Parent/Carers

This 6-week course is designed to meet the needs of parent/carers of children aged 5-14 years with a diagnosis or suspected diagnosis of ADHD

All sessions take place on Tuesdays between 10 am - 12 pm  
on  
1st, 8th, 15th, 22nd October  
5th, 12th November 2019  
(all sessions must be attended)  
at  
Hitchin Quaker Meeting House, 1 Paynes Park,  
Hitchin SG5 1EH

For bookings, please book via Eventbrite:  
<https://add-vance-understanding-adhd-hitchin-autumn-2019.eventbrite.co.uk>

Please note, this course is only open to Hertfordshire residents

Places are limited so please do book early to avoid disappointment

### ADD-vance

The ADD-vance ADHD and Autism Trust  
Working to support people with ADHD and Autism in Hertfordshire

Foundation House, 2-4 Forum Place, Hatfield, Hertfordshire AL10 0RN  
Helpdesk: 01727 833963 Email: [Herts@add-vance.org](mailto:Herts@add-vance.org)  
Web: [www.add-vance.org](http://www.add-vance.org) Reg. Charity No. 1158968

#### Who is this course for?

Parent/carers of children aged 5-14, with a diagnosis, or suspected diagnosis, of ADHD. This course is not suitable for parent/carers who have recently attended an ADD-vance Understanding ADHD or Autism course

#### What will be covered by the course?

Every course is bespoke to the needs of each group. Learning Outcomes may include:

- Understanding ADHD, related conditions and medication
- Developing emotional literacy
- Understanding and managing anxiety
- The dos and don'ts of rules and boundaries
- Understanding anxiety and developing strategies to manage and regulate emotions
- Understanding the importance of good self-esteem for both parents and young people and how to develop healthy self-esteem
- Managing the needs of siblings
- Education and how to advocate for your child

#### When and where will the course take place?

At the Hitchin Quaker Meeting House, 1 Paynes Park, Hitchin SG5 1EH

On Tuesdays from 1st October to 12th November 2019, 10 am to 12 pm

#### How do I book a place?

Please book via Eventbrite:

<https://add-vance-understanding-adhd-hitchin-autumn-2019.eventbrite.co.uk>

Places are limited, so please do book early to avoid disappointment

Please contact Andrea at [bookings@add-vance.org](mailto:bookings@add-vance.org) with any queries

A free daytime course  
for parent/carers of children  
aged 5-14

Run by specialist  
ADHD/Autism Trainers  
from ADD-vance



## ADD-vance Understanding ADHD 6-week Course for Parent/Carers

This 6-week course is designed to meet the needs of parent/carers  
of children aged 5-14 years with a diagnosis or suspected diagnosis  
of ADHD

All sessions take place on Thursdays between 10 am - 12 pm  
on

19th September, 26th September, 3rd October  
10th October, 17th October, 24th October  
(all sessions must be attended)

at  
Meryfield Community Primary School, Theobald Street  
Borehamwood WD6 4PA

For bookings, please book via Eventbrite:  
<https://add-vance-understanding-adhd-hertsmere-autumn-2019.eventbrite.co.uk>

Please note, this course is only open to Hertfordshire residents

Places are limited so please do book early to avoid disappointment

### ADD-vance

The ADD-vance ADHD and Autism Trust  
Working to support people with ADHD and Autism in Hertfordshire

Foundation House, 2-4 Forum Place, Hatfield, Hertfordshire AL10 0RN  
Helpdesk: 01727 833963 Email: [Herts@add-vance.org](mailto:Herts@add-vance.org)  
Web: [www.add-vance.org](http://www.add-vance.org) Reg. Charity No. 1158968

#### Who is this course for?

Parent/carers of children aged 5-14, with a diagnosis, or suspected diagnosis, of ADHD.  
This course is not suitable for parent/carers who have recently attended an ADD-vance  
six week ADHD or Autism course

#### What will be covered by the course?

Every course is bespoke to the needs of each group. Learning Outcomes may include:

- Understanding ADHD, related conditions and medication
- Developing emotional literacy
- Understanding and managing anxiety
- The dos and don'ts of rules and boundaries
- Understanding anxiety and developing strategies to manage and regulate emotions
- Understanding the importance of good self-esteem for both parents and young people and how to develop healthy self-esteem
- Managing the needs of siblings
- Education and how to advocate for your child

#### When and where will the course take place?

At The Touchdown Centre, Meryfield Community Primary School, Theobald Street,  
Borehamwood WD6 4PA

On Thursdays from 19th September to 24th October 2019, 10 am to 12 pm

#### How do I book a place?

Please book via Eventbrite:

<https://add-vance-understanding-adhd-hertsmere-autumn-2019.eventbrite.co.uk>

Places are limited, so please do book early to avoid disappointment

Please contact Andrea at [bookings@add-vance.org](mailto:bookings@add-vance.org) with any queries

## Zones of Regulation Course 2019 For School Staff in the DSPL7 Area Only

### ABOUT THE COURSE

Zones of Regulation is a programme written by Canadian Educator, Leah Kuypers. It is designed to support students with self-regulating their emotions, recognising the emotions of others and recognising the impact of their behaviours on the emotions of others.

This course is for all school staff, (including SEND professionals, teaching assistants, classroom teachers and pastoral staff), in DSPL7 (St Albans, Harpenden & Villages).



### DETAILS

**DATE:** Thursday 26<sup>th</sup> September 2019

**TIME:** 3:45 – 5:15pm

**VENUE:** Fleetville Junior School, 228 Hatfield Road, St Albans, Herts, AL1 4LW

**COST:** Free for school staff in the DSPL7 area

**PARKING:** Limited parking is available at the school. Free parking is available in the surrounding streets and at the local supermarket. Entrance via the main reception.

**REFRESHMENTS:** Provided

**TO BOOK:** Email [admin@dspl7.org.uk](mailto:admin@dspl7.org.uk)

Places are limited so please book.



## Understanding ADHD: 5-week Course for Parents and Carers in the DSPL7 Area Only Run by SPACE

### ABOUT THE COURSE

**SPACE are pleased to announce that they are now licensed to deliver the ADHD Foundation's Parent/Carer Skills Building Programme in Hertfordshire. This programme has been developed over a number of years and is well established in many parts of the country.**

Parents/Carers will gain further understanding and knowledge of their young person's condition and build a toolbox of strategies to support family life.

The modules will consist of:

- Understanding and managing ADHD
- Praise and criticism
- Organisational aids
- Learning styles
- Diet and nutrition

### DETAILS

**DATE:** Every Friday from 27<sup>th</sup> September – 25<sup>th</sup> October 2019

**TIME:** 10:00 am – 12:30 pm

**VENUE:** Margaret Wix Primary School, High Oaks, St Albans, Hertfordshire, AL3 6EL

**COST:** Free to parents and carers in the DSPL7 area

**PARKING:** Parking is available on the street, unless attendees have a blue disabled badge

**REFRESHMENTS:** Provided

**TO BOOK:** Email [admin@dspl7.org.uk](mailto:admin@dspl7.org.uk)

Please note there are limited spaces available

## Zones of Regulation Course 2019

### For Parents and Carers in the DSPL7 Area Only

#### ABOUT THE COURSE

Zones of Regulation is a programme written by Canadian Educator, Leah Kuypers. It is designed to support students with self-regulating their emotions, recognising the emotions of others and recognising the impact of their behaviours on the emotions of others. Owing to demand, we now have a new date for 2019!

This session will explain the programme to parents and show you how it can be used at home as well as at school.



#### DETAILS

**DATE:** Wednesday 2<sup>nd</sup> October 2019

**TIME:** 7:00 – 8:30pm

**VENUE:** Fleetville Junior School, 228 Hatfield Road, St Albans, Herts, AL1 4LW

**COST:** Free for parents and carers in the DSPL7 area

**PARKING:** Limited parking is available at the school. Free parking is available in the surrounding streets and at the local supermarket. Entrance via the main reception.

**REFRESHMENTS:** Provided

**TO BOOK:** Email [admin@dspl7.org.uk](mailto:admin@dspl7.org.uk)

Places are limited so please book.



[admin@dspl7.org.uk](mailto:admin@dspl7.org.uk)



01727

519229



[www.dspl7.org.uk](http://www.dspl7.org.uk)

## Gross Motor Skills Development and Sensory Circuits

Dr. Helga Abernethy

### ABOUT THE COURSE

Dr. Helga Abernethy (PhD) works with children and adults with sensory processing difficulties that underlie fine and gross motor skill delays and self-regulation difficulties.

Gross motor skills involve far more than people usually realise and they impact upon the development of a range of other areas. This training session will provide information on the following:

- What are gross motor skills?
- What is needed for good motor skill development?
- The impact of sensory processing difficulties on the development of gross motor skills
- Areas impacted by gross motor skills, including fine motor skills and handwriting
- The use of sensory circuits to develop gross motor skills

This course is suitable for both parents and professionals.

### DETAILS

**DATE:** Wednesday 6<sup>th</sup> November 2019

**TIME:** 9:30am – 12:30pm

**VENUE:** Fleetville Junior School, 228 Hatfield Road, St Albans, Hertfordshire, AL1 4LW

**COST:** Free to parents/carers and professionals from the DSPL7 area.

**PARKING:** Limited parking is available at the school. Free parking is available in the surrounding streets and at the local supermarket. Entrance via the main reception.

**REFRESHMENTS:** Provided

**TO BOOK:** Email [admin@dspl7.org.uk](mailto:admin@dspl7.org.uk)

Places are limited so please book.



## SEND Lead Professionals Programme

2019/20

### ABOUT THE COURSE

SEND briefings will be held locally. They will form part of the training programme provided for all SEND Lead professionals working in DSPL7.

### DETAILS

| <u>Topic</u>  | <u>Presenter</u>   | <u>Date</u>                               | <u>Time</u>                       | <u>Venue</u>             |
|---|--|---|-----------------------------------|--------------------------|
| Speech, Language & Communication needs - What next? | <i>Pauline Hickey</i>  | Wednesday 18 <sup>th</sup> September 2019 | 9:30 – 11:30am                    | How Wood School          |
| Autism & Anxiety + NESSie                           | <i>Rhona Macdonald &amp; Louisa Howe &amp; Rachel Lambie</i> | Wednesday 16 <sup>th</sup> October 2019   | 9:00 – 12:00pm                    | St George's School       |
| SEND Briefing                                       | <i>Louise Barrell &amp; Val Hazell</i>                       | Tuesday 26 <sup>th</sup> November 2019    | 9:00 – 12:00pm<br>Lunch provided. | Fleetville Junior School |
| Benchmark Tool Workshop                             | <i>Elaine Bridle &amp; Margot Nichols</i>                    | Wednesday 15 <sup>th</sup> January 2020   | 9:00 – 11:00am                    | Fleetville Junior School |
| Using Assessment Tools Workshop                     | <i>TBC</i>   | Wednesday 4 <sup>th</sup> March 2020      | 9:00 – 11:00am                    | Fleetville Junior School |
| SEND Briefing                                       | <i>Louise Barrell &amp; Val Hazell</i>                       | Tuesday 24 <sup>th</sup> March 2020       | 1:00 – 4:00pm<br>Lunch provided.  | Fleetville Junior School |
| Sensory Processing Difficulties, Anxiety & ASD      | <i>Dr. Helga Abernethy</i>                                   | Wednesday 29 <sup>th</sup> April 2020     | 9:00 – 12:00am                    | Fleetville Junior School |
| TBC   | <i>TBC</i>   | Wednesday 10 <sup>th</sup> June 2020      | 9:00 – 11:00am                    | Fleetville Junior School |
| SEND Briefing                                       | <i>Louise Barrell &amp; Val Hazell</i>                       | Thursday 2 <sup>nd</sup> July 2020        | 9:00 – 12:00pm<br>Lunch provided. | Fleetville Junior School |

**TO BOOK:** Email [admin@dspl7.org.uk](mailto:admin@dspl7.org.uk)

Please note there are limited spaces available.



[admin@dspl7.org.uk](mailto:admin@dspl7.org.uk)



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[www.dspl7.org.uk](http://www.dspl7.org.uk)

## 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

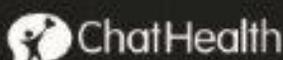
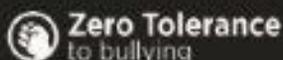
TRUTH BEHIND THE RUMOURS.



 TWITTER:

@HEALTHFORTEENS1

#HEALTHFORTEENS



# Clic Sargent Young Lives V Cancer

&

## Kids In Crisis

# SUMMER SIZZLER

At The Fleetville Community Centre Royal Road

On

**Saturday 20<sup>th</sup> July 2019**



**Clic Sargent Advisory Stall.**

**Kids In Crisis Advisory Stall**

**Hot Dogs & Snacks Stall.**

**Cakes & Treats Stall.**

**Costume Jewellery Stall.**

**Face Painting.**

**The Princess & Pirate Fancy Dress**

**Disco for the under 12's**

**Kick Off @3 with Michael Wallace**

**Food Tasting from Sunrise Bakery**

**Summer Madness**

HERTFORDSHIRE  
COUNTY YOUTH MUSIC

# AUDITIONS

2019/20 SEASON

Apply NOW:

[www.hertsmusicservice.org.uk/county-groups/](http://www.hertsmusicservice.org.uk/county-groups/)

Auditions will be held  
the first week of  
**October** for:

**COUNTY YOUTH ORCHESTRA**

**SCHOOLS' SYMPHONY ORCHESTRA**

**COUNTY WIND SINFONIA**

**COUNTY YOUTH BRASS**

Auditions  
**11th September** for:

**COUNTY YOUTH CHOIR**

Hertfordshire Music Service  
[www.hertsmusicservice.org.uk](http://www.hertsmusicservice.org.uk)  
01707 292399 / 292761



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[www.youtube.com/user/  
hertsmusicservice](http://www.youtube.com/user/hertsmusicservice)



**Hertfordshire**