

Issue: 150

Date: 26 November 2020

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



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

Headlines

Dear parents and carers

We had a successful Anti-Bullying Week last week. Many of the activities were put together by the Diversity Champions and the Diversity and Wellbeing Captains for use by form tutors. Congratulations to them for their leadership and for continuing to combat bullying wherever it occurs.

Congratulations to M Smith, national winner of the KS4 category of the Be the Future challenge and to K Gash who has won a prestigious Arkwright Engineering Scholarship. Very well done to both of you.

To all of our students, I would urge you to enjoy the extended weekend and to use it for some rest and recuperation.

Alan Henshall

Headteacher

Reporting positive COVID Test Results

Please may we remind you to email us on positivecovidtest@roundwoodpark.co.uk if anyone in your family is unfortunate enough to receive a positive COVID test result. This is because we monitor this account out of school hours and will be able to act swiftly if action is required.

Occasional Day on Friday 27 November

Please remember that school will be closed on Friday 27 November as we have our Occasional Day.



Christmas Lunch



A letter will be emailed to parents next week to announce our popular Christmas lunch, which will take place over two days this year (due to Covid restrictions) as follows:

Years 7 to 11: Wednesday 16 December
Sixth form: Thursday 17 December

Historically, 90% of our students participate in the Christmas lunch each year.

The email will include details of how to pay via a Christmas Lunch payment option on ParentPay and will include the payment deadline, which must be adhered to as we have to make final orders the following day. Please also bear in mind that no other catering options will be available on these days.

Reporting Student Absence:

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



Payments

Residential Trips:

Jay Peaks Ski Trip

Sat 2nd April – Sun 10th April 2022

This trip is now full, but the waiting list is still open. For further information please contact c.manton@roundwoodpark.co.uk.

Full details are available on our website: <https://roundwoodpark.co.uk/trips-visits/>

Day Trips:

Year 13 Sociology in Action (online workshop) **Wednesday 9th December**

Please can all payments be made by 2nd December 2020

Miss Manton/Mrs Kennedy
Trips Coordinators

Vacancies

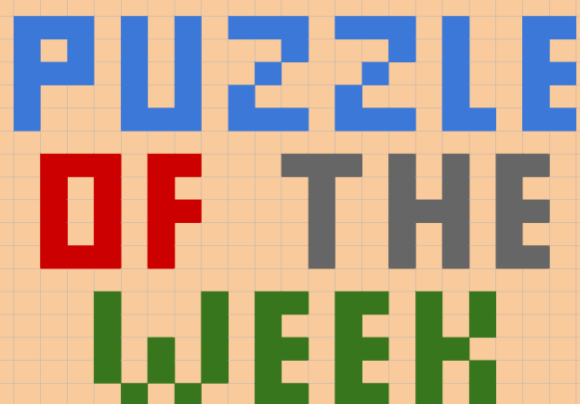


Any current vacancies are published on our website. Please follow the link below:

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

Super-Curriculum

Students: Remember to challenge yourselves at home by using the **super-curriculum**. So many exciting learning opportunities to help you achieve mastery in your favourite subjects.



www.puzzleoftheweek.com

Important Dates

Year 7

Date	Event
8 July 2021	Parent Consultation Evening (Virtual)

Year 8

Date	Event
28 January 2021	Parent Consultation Evening (Virtual)

Year 9

Date	Event
26 November 2020	Parent Consultation Evening (Virtual)
25 February 2021* (*date correction)	Options Evening (Virtual)

Year 11

Date	Event
21 January 2021	Parent Consultation Evening (Virtual)

Year 12

Date	Event
18 March 2021	Parent Consultation Evening (Virtual)

Please visit the [RPS website](#) for information including: [RPS Calendar](#) [Letters Home](#) [Daily Bulletin](#) [Latest News](#) [Trips & Visits](#) [PE News](#) [Vacancies](#) [RPS HouseSystem](#)

Please also follow us on
Facebook & Twitter

[@RPSCREATIVE](#); [@RPSPE](#);
[@RPS_Pastoral](#); [@RPS CAREERS](#)

Or download the Roundwood Park mobile app to keep up to date with our news.



Anti-Bullying Week 2020: United Against Bullying



National Anti-Bullying Week was held recently from Monday 16th - Friday 20th November, with the theme 'United Against Bullying'.

To start off the week, we encouraged everyone to participate in an Odd Socks Day on Monday. It was amazing to see so many people participating, celebrating our differences and what makes us unique.

Throughout the week, our Diversity Champions in Years 9 and 10 wore specially designed Anti-Bullying hoodies to support and promote the Anti-Bullying message. Wearing these hoodies and creating a diversity PowerPoint for the whole school to see was a brilliant way for them to introduce to everyone who they are and what they want to do as Diversity Champions across the school.

There has been a competition for each form in each year to design and create a mural for anti-bullying. We are still waiting for some to be sent in and they will be judged very soon!! So far they look amazing!!

Later on in the week, Mr Rowlands ran a Disability Sport Awareness event involving blind football for our Year 8s. It was a huge success and a great turnout too! It was brilliant to see many participating in a sport that may have been out of their comfort zone. Despite this, everyone did enjoy it thoroughly. Hopefully, we can run events like this more often, when it is possible to do so and possibly encourage even more year groups to get involved in the future. RPS is 'United Against Bullying!' #RPSUS #FWW



A McGreevy, Diversity/Wellbeing Captain 130

Computer Science News



Every year Computer Science take part in the Bebras Computing Challenge which introduces computational thinking to students. It is organised in over 50 countries and is designed to get students all over the world excited about computing. The Bebras Challenges are made up of a set of short tasks that are fun, engaging and based on problems that Computer Scientists often meet and enjoy solving.

As usual, we have had some excellent results, but a particular mention must go to the students below who have come top in their year group.

A Wright 7C

I Turner 8M

B Wake 9W

M Gaches 10C

L Turnbull 11GT

A Williams 12O

C Lamb 13S

Well done to everyone who took part.

Mrs Batt
Computer Science



CHARITY CUP PRESENTATION



The week before half term, the charity cup was hosted. At Roundwood we feel it is important to celebrate charity work and awareness for our local, national and international charities, therefore the charity cup is a vital part of the school calendar. Throughout the school year, all the Houses worked extremely hard and carried out some outstanding charity work.

Together the Year 10 House Leaders and the Heads of Houses constructed PowerPoints to commemorate and display the charity work they had conducted. The Year 10 House Leaders then presented these to three judges and were judged on 5 categories: variety, special recognition, money raised, awareness and involvement.

Here are some examples of the exceptional events the Houses carried out over the year: **Frank House** ran the **100k in May** during lockdown which saw many students and staff getting involved and remaining motivated. **GT House** hosted the **sleepout** to raise money and awareness for our local charity Herts Young Homeless. **Wilberforce House** collected crisp packets and turned these into **bivvy bags for the homeless**. **Mandela House** led a school event to make **birthday cards for the children of the Unique Home for Girls** as this was our previous international charity. **Owens House** ran a **wellbeing and mental health conference**. **Scott House** helped initiate the **Macmillan warrior pack** donations and **Cadbury House** ran a stand at house music containing information about our **local and national charities** and held a raffle.

The overall winners of the charity cup were **GT House** followed by **Frank House** in 2nd place and **Mandela House** in 3rd. Thank you to all the Year 10 House Leaders who presented - you did an amazing job!

Here are some photos of the events run over the past year:



Charity Captains: L Graham, E Beynon and G Pimm

Sixth Form News

Year 12 Culinary Delights!

We wanted to share with you some of the amazing dishes some of our Year 12s have been creating in recent weeks. The students are currently studying for their Level 3 Diploma in Food Science and Nutrition. Not only does this course provide an understanding of food science, structures of nutrients and diet related learning; it also enables the students to apply their knowledge and enhance their skills. As you will see from the pictures, less than a term in, those skills are already extremely advanced - these dishes would not look out of place on Masterchef!



Senior Citizens' Gift Giving Event

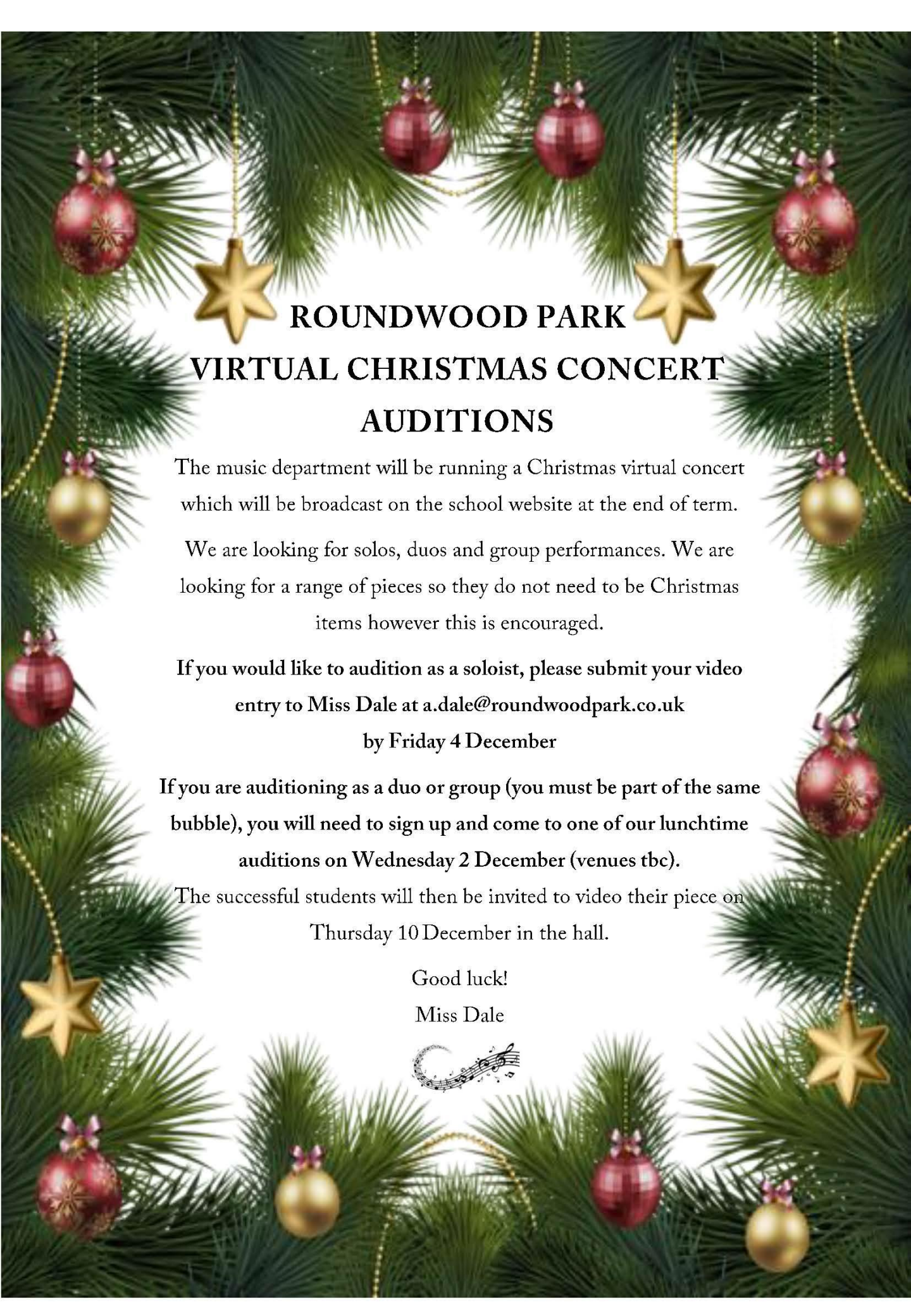
If you would like to contribute a gift for our Senior Citizens' Christmas Gift Giving Event please send it in to school with your son/daughter. There are collection boxes in the KS3 and KS4 Pastoral Offices, Reception and the Sixth Form Common room.

Thank you to everyone who has already donated, it is much appreciated!

Our Year 12 students are looking forward to visiting our local senior citizens to bring some Christmas cheer from all of us at Roundwood Park School.

Good luck to all Year 13s for your mocks next week. From conversations with parents and students, I hear that you have been working hard and engaging brilliantly with your remote learning. We are looking forward to seeing you all when you return – we know that many of you are working behind the scenes on activities for the celebratory season.

Mr Mercel



ROUNDWOOD PARK VIRTUAL CHRISTMAS CONCERT AUDITIONS

The music department will be running a Christmas virtual concert which will be broadcast on the school website at the end of term.

We are looking for solos, duos and group performances. We are looking for a range of pieces so they do not need to be Christmas items however this is encouraged.

If you would like to audition as a soloist, please submit your video entry to Miss Dale at a.dale@roundwoodpark.co.uk by Friday 4 December

If you are auditioning as a duo or group (you must be part of the same bubble), you will need to sign up and come to one of our lunchtime auditions on Wednesday 2 December (venues tbc).

The successful students will then be invited to video their piece on Thursday 10 December in the hall.

Good luck!

Miss Dale





RPS Christmas Food Bank Collection

DONATIONS WANTED



Can you help by bringing an item to donate?

We will be collecting donations of
non-perishable goods
(please see attached list for details)

**Please bring in your donations to your Form
from Monday 30.11.20**

Christmas 2020



Things we need at the moment

Longlife fruit juice

Instant/Tinned potatoes (pref Instant)

Tinned meats

Tinned fruit

Desserts

Gram flour

Sunflower Oil 1 litre

Tinned custard

Jam/Spreads

Biscuits (packets not tins or boxes)

Washing-up liquid

Laundry powder/tabs

Bars of chocolate

Nappies size 5/6/7 only

Things we definitely don't need

Fresh or refrigerated food (we can't store it!)

Mince pies

Pasta

Baked Beans

Tinned Soups



How to get help

If you need help from our foodbank there are a few simple steps to follow.

THE MOST IMPORTANT STEP IS TO GET A FOODBANK VOUCHER.

In order to provide the most appropriate help for the circumstances of your situation we work with local agencies. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis. Agencies we work with include: Citizens Advice, housing support officers, children's centres, health visitors, social service

1. GET IN TOUCH WITH US.

If you call **01727 613019** or email our foodbank **info@stalbandsdistrict.foodbank.org.uk** we can talk through your situation and put you in touch with a relevant local agency.

2. CONTACT THE REFERRAL AGENCY.

They will discuss your situation and supply you with a foodbank voucher where appropriate.

If you are in financial crisis and live in England or Wales, please call 0808 208 2138 for free (open Monday to Friday, 9am-5pm) to talk confidentially with a trained Citizens Advice adviser. They can help address your crises and provide support to maximise your income, help you navigate the benefits system, and identify any additional grants you could be entitled to. If needed, they'll issue you with a voucher so you can get an emergency food parcel from your local food bank.

Alternatively, please call 01727 811 118 to speak to St Albans Citizens Advice who will be able to issue you with a food bank voucher if necessary.

3. VISIT YOUR NEAREST FOODBANK CENTRE AND QUOTE YOUR E-VOUCHER CODE

You can find a list of our local centres and opening times below. When you arrive, our trained volunteers will chat with you about your situation, and exchange your foodbank voucher for a parcel of three days of emergency food. We'll also help to support you in any other ways that we can.

FOODBANK CENTRES

St Albans

Christ Church, 3 High Oaks St Albans, AL3 6DJ
(Tuesday 1.00 - 3.00)

Cunningham Hub, 207 Cell Barnes Lane, St
Albans AL1 5PX
(Tuesday 4.00 - 5.30)

Christadelphian Church Hall, 4-6 Abbots Avenue
AL1 2HX
(Wednesday 12.30 - 2.30)

Caledon Community Centre, Caledon Road,
London Colney AL2 1PU
(Friday 10:00 - 12:00)

Wheatthampstead

Hilldyke Community Centre, 17 Hilldyke Road,
AL4 8TU
(Thursday 12.30 - 2.30)

Harpenden

Crabtree Church, 139 Crabtree Lane,
Harpenden, AL5 5RD
(Friday 1.00 - 3.00)

St Albans & District Foodbank
stalbandsdistrict.foodbank.org.uk

Registered Charity in England & Wales (1158917)



Roundwood Park School PTA



we are now listed on [easyfundraising.org.uk](https://www.easyfundraising.org.uk) and [smile.amazon.co.uk](https://www.smile.amazon.co.uk)



These sites donate a percentage of your spend to your chosen charity, at no extra cost to yourself and without affecting your customer benefits.

With **Black Friday** and **Christmas** approaching, please create an account on both sites and select **Roundwood Park School PTA**



Over 4,000 retailers support [easyfundraising](https://www.easyfundraising.org.uk), donating on average 2% of your spend.

On a PC or Laptop sign in through [easyfundraising](https://www.easyfundraising.org.uk), select a charity and the donation reminder. Sign out. That's it! The donation reminder will then pop up and can be activated when you type in a website it supports.

On a Mobile or Handheld Device download the [easyfundraising](https://www.easyfundraising.org.uk) app and shop through the app. Select your retailer and you will be taken to their website with [easyfundraising](https://www.easyfundraising.org.uk) automatically activated.



AmazonSmile is solely supported by Amazon who donate 0.5% of your net spend on eligible Amazon goods when bought through AmazonSmile (www.smile.amazon.co.uk).

On a PC or Laptop sign in to [smile.amazon](https://www.smile.amazon.co.uk), select a charity and shop as you normally would in [amazon](https://www.amazon.co.uk).

On a Mobile or Handheld Device, sign in to [smile.amazon](https://www.smile.amazon.co.uk) via your browser and select a charity, then either; download the [amazon](https://www.amazon.co.uk) app and select [smile.amazon](https://www.smile.amazon.co.uk) in their **settings** to activate donations or create a tab on your home screen by signing in to [smile.amazon](https://www.smile.amazon.co.uk) through your browser, **download** the site and **add to your home screen**.

It is such an easy way to support a charity at no extra cost to yourself.

Please pass on to family and friends.

Thank You!

pta@roundwoodpark.co.uk
(charity no 275739)



£

Support
ROUNDWOOD PARK
SCHOOL

Buy a LOCALLY GROWN
Christmas Tree

Premium NORDMANN FIRS
Cut in early December

£10 PER TREE WILL BE DONATED TO OUR SCHOOL

Order online from www.foha.co.uk
Collection or delivery on 4th, 5th or 12th December
Prices from £39 (5ft tree)



Dining @ Roundwood Park

AUTUMN TERM DAILY SPECIALS IN GREEN

Monday	Tuesday	Wednesday	Thursday	Friday
CHILLI WRAP STACK	SWEET & SOUR CHICKEN BITES	KATSU CHICKEN CURRY	PERI-PERI CHICKEN & NACHOS	FISH & CHIPS BOXES
SELECTION OF SNACKS AVAILABLE DAILY	<i>Yogurts</i>	WRAP BAR SELECTION OF CHICKEN OPTIONS	<i>Freshly made salads</i>	SANDWICHES ROLLS AND WRAPS
<i>Fresh fruit</i>	SELECTION OF PANINIS AVAILABLE DAILY	<i>Popcorn</i>	HOMEMADE CAKES	<i>Smoothies</i>
DAILY PASTAS	<i>Milk shakes</i>	VEGETARIAN OPTIONS AVAILABLE	<i>Freshly made pasta pots</i>	DAILY CURRIES

Meatballs Bolognese & curry	Meatballs Bolognese & curry	Meatballs Bolognese & curry	Meatballs Bolognese & curry	Meatballs Bolognese & curry
Cheese pesto or macaroni pasta(V)	Cheese pesto or macaroni pasta(V)	Cheese pesto or macaroni pasta(V)	Cheese pesto or macaroni pasta(V)	Cheese pesto or macaroni pasta(V)
<i>Salad available -</i>	<i>Please ask a -</i>	<i>Member of -</i>	<i>Staff -</i>	<i>When ordering</i>



During the dark Autumn and Winter months pedestrians can often become invisible to drivers.

Always remember to be bright and reflective when walking, cycling or running at night.



HERTFORDSHIRE

CONSTABULARY

LIVES **NOT** KNIVES

- ROBBERY is the act of STEALING from someone using VIOLENCE or by causing FEAR OF VIOLENCE.
- Committing ROBBERY can result in LIFE IMPRISONMENT.
- A CRIMINAL RECORD could STOP you getting a JOB, going to COLLEGE/UNIVERSITY and TRAVELLING to some countries

How to stay safe

- When out and about keep mobile phones in a closed bag or a zipped pocket so it is not visible to others.
- If you need to use your phone when out and about, try and find a well-lit public area.
- Stay alert and be aware of your surroundings.
- Do not become distracted by people asking for directions/the time.
- Know the phone's make, model and IMEI number.
Dial *#06# into your phone to obtain the IMEI number.
- Set a PIN on the handset and SIM card.
- Do not store any personal details such as bank accounts.
- Sign up to a free app such as Find my iPhone and register your phone to an accredited property database so the police can return it if it is found.
- Cap the phone's usage. This will set a limit so the phone can only be used up until a certain amount of money has been spent.

REMEMBER carrying a knife for your own protection is **ILLEGAL**.



CrimeStoppers.

0800 555111

100% anonymous. Always.





**HARPENDEN
UNIFORMS**

NEW **Rain Jacket** Roundwood Park School



We are excited to announce the introduction of a new **rain jacket** as an option for all students. This waterproof and windproof tracksuit jacket offers both **comfort** and **warmth** to students throughout the colder months of the year. Embroidered with the school logo and featuring a **full front zip** for maximum convenience.



Available Online and Instore Now

4 Station Road // 020 3362 2930

www.harpendenuniforms.co.uk



SCHOOL UNIFORM UPDATE

YOUR SCHOOL UNIFORM IS STILL AVAILABLE ONLINE.

Whilst our stores are closed with immediate effect we are still dispatching your orders.

If there is anything you require over this lockdown period, then please order online:

www.stevensons.co.uk

As soon as we have an update on our branches reopening, in line with Government advice, we will be back in touch

Please keep safe

STEVENSONS

SCHOOL UNIFORM OUTFITTERS

'TELL ME A STORY'

Writing competition for senior school students

in Roundwood Park , Sir John Lawes, Katherine Warrington & St. George's
Organised by The Harpenden Society.



We're challenging students to write an original story up to 1,500 words about one of the following subjects:

- What initiatives should the local community and schools be doing to reduce the impact of climate change.
- How would you survive being washed up on a desert island?
- A fictitious story on a subject of your own choosing.
- How you would like to see Harpenden 10 years from now.

The competition is open to 3 age groups: 11- 13 years; 14 -15 years & 16 - 18 years

**There will be a 1st, 2nd, 3rd prize for each age group
Prizes will be in Book Tokens of £100, £50 & £25**

The judges will be looking for:

- An interesting, relevant and original read.
- It must be your own work
- It must not have been previously published or used elsewhere
- No spelling mistakes
- No more than 1,500 words; 14 point, double-spaced (if typed)
- Non-fiction work must include sources and references

**Closing date for your entry
Jan 15 2021.
Judges to announce winners on
March 15 2021.
Prize presentation TBC**



**Ask your Teacher
for details:**

Mrs McMahon, English Dept
l.mcmahon@roundwoodpark.co.uk

CHRISTMAS POSTER COMPETITION

Enter our Christmas Poster competition.

For more information email The Charity Team:

Fundraising@ldh.nhs.uk



Deadline for Entries: 4th December

Winner announced: 7th December

**Entry
50p**



Bedfordshire Hospitals NHS Charity

Registered Charity in England and Wales, no: 1058704

All proceeds from the competition will benefit the Helipad Appeal.



Festive Streets

Decorate the windows on your street

- Celebrate the winter festive season
- A fun community project for people of all ages on any street in St Albans District
- Co-ordinate with neighbours
- Keep it simple or go to town

Sign up for free information pack and support.
Find out more at:

www.sustainablestalbens.org/playingout



A Playing Out St Albans District & Sustainable St Albans Project



Want to find out what opportunities are available locally?

Generation Stevenage is the safe online event designed to help you make the most of your future. Meet the world-class employers on your doorstep.

Join us on Tuesday 01 December, 6-7.35pm, to find out:

What it is like to work for Stevenage's key sector industries

How you can apply for local jobs and apprenticeships

What skills you need to succeed

What to do next

Meet the Sector Champions

Science
Technology
Engineering
Maths
Healthcare

Register online at
[www.hopinto.co.uk/
generation-stevenage](http://www.hopinto.co.uk/generation-stevenage)





Family Lives Helpline

Free* confidential helpline for advice, information and support on any aspect of parenting and family life.

0808 800 2222

Mon-Fri 9am-9pm Sat-Sun 10am-3pm

Through life's ups and downs, we're with you, all the way

www.familylives.org.uk

askus@familylives.org.uk

15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ

* From landlines and most mobile networks.

Do you like helping and talking to people?

Do you have a few hours a week to spare?

Thinking about volunteering?

Our volunteers are a lifeline to many families going through a difficult time. Become a Helpline Volunteer and enjoy the experience of helping others as well as improving your own wellbeing. If you are good at listening and can spare a few hours a week, we want to hear from you. Full training is provided, you can volunteer from home if you have a PC and good internet connection or at our local branch based in Old Hatfield in Herts.

Email us at suebe@familylives.org.uk for more information.

Visit us at www.familylives.org.uk.

Hello,

We hope this has been a good week and your whole school community are doing well. As we move closer to Christmas Team OLLIE are extending our provision with more and more training and talks to support students, their parents and all professionals. So whether it's CPD or crisis support, you will find a selection of 3 different events each week running from now through till January - please see our website calendar for details during the next week.

www.theolliefoundation.org/calendar



Talk Safe, Plan Safe

OLLIE's new 90 minute Suicide Awareness Course has been receiving excellent feedback since it's launch!

This session ensures delegates are confident to support others in emotional crisis and know where to signpost to crisis support.

Delegates will explore the most up to date thinking and best practice including how CBT and TOC (Theory Of Constraints) can be used to provide support in an emotional crisis where suicidal ideation exists.

In this session delegates will have an opportunity to review strategies such as creating a safe plan, crisis plan and comfort box – for themselves and others.

Here's some of the feedback we have received so far:

"Thank you, that was absolutely brilliant. I feel better equipped to support my son who admitted out of the blue that he was having suicidal feelings. You have helped me know how to talk to him"

"Thank you very much. This was incredibly informative. I feel better equipped to support the students. You have given some incredible ideas."

"I was totally blown away by the delivery - such knowledge, empathy, whilst providing others with strength, hope and calmness"



Talking Of Men

A raw and honest talk created by men for men (aged 16+). This talk looks at a range of lifestyles that can interfere with wellbeing including orthorexia, gaming, gambling and online porn and explores how delegates can support themselves and each other.

Delivered by our expert team with lived and/or academic experience of the issues covered, this session is unique and powerful.

NB: We also provide this talk for professionals so they can have more authentic conversations with their students, patients, clients and staff.



Grief Cafe for Bereaved Parents

We recognise that approaching this festive time of year can be painful for parents who have lost a child. The OLUE Foundation will be running an online drop-in cafe for bereaved parents, with St Albans's local author and bereaved mum, Jenny Ford.

This small group (up to 6) will be run by parents for parents. However you lost your child and however long ago, you would be welcome to join this free weekly virtual grief cafe in the run up to Christmas.



Goal Setting

This workshop looks at the science of goals setting. Goals are great but if you don't know how to reach them, they remain simply dreams. This course teaches proven methods that will support delegates to reach their goals, whether they are aspirational type goals around career, life etc or those huge obstacles we don't talk about – anxiety, anger, self harming etc and the goals we have around moving past those issues.

This is a workshop with guided practice – participants will learn a step-by-step process for planning how to reach one's goal based on the world renowned Theory of Constraints (TOC).



Safeguarding for Teens

This 90 minute student session supports teens and young adults to support themselves and their friends by providing a clear overview of how different services work, the legal responsibility of different organisations to safeguard those in their care and what we can learn from them so that we can keep the people we care about safe and our friendships intact.



Seasonal Shop!

This year OLLIE has not been able to fundraise as we would normally so instead we are hosting a brand new seasonal shop! We are delighted to be supported by many artists and small businesses who have donated items which will raise funds to help OLLIE to continue doing the vital work we do.

Visit the homepage on our website to access to the seasonal store!

We thank you for your support in sharing this with your friends.

To book any of these sessions or to take a peek at our online shop please visit:

www.theolliefoundation.org

For further information please email **contactus@theolliefoundation.org**

For school enquiries, please email **vicky@theolliefoundation.org**

Looking after your mental health and wellbeing during Coronavirus

Information for Children and Young People – Oct 2020



Websites

Just Talk is a multi-agency campaign, steered by young people and coordinated by the Public Health team at Hertfordshire County Council. The website hosts helpful resources about current issues. The site is updated frequently, so keep checking back.

<https://www.justtalkherts.org/>

Health for Kids / Teens cover subjects that promote a healthy body and mind. All the content has been produced by school nurses, other health and wellbeing experts, and most importantly young people.

Ages 11-19 <https://www.healthforteens.co.uk/hertfordshire/>

Primary age <https://www.healthforkids.co.uk/> (There's also a section for parents and carers)

Apps / National websites

There are several apps to support mental health and Wellbeing. You are responsible for ensuring apps are appropriate for your age and needs.

You may consider the ThinkNinja app: As a direct response to the COVID-19 situation, Healios have updated ThinkNinja with specific COVID-19 content. This will bring self-help knowledge and skills to children and young people (10-18 years old) who may be experiencing increased anxiety and stress during the current situation.

<https://www.healios.org.uk/services/thinkninja1>

Young Minds is the UK's leading charity fighting for children and young people's mental health. On this web page you will find lots of information about how to look after your mental health at this time <https://youngminds.org.uk/>

Information, advice and guidance

Herts Mind Network have a **helpline** for children and young people aged 10-17. The helpline provides a safe, non-judgemental space to talk to a Young People Advisor or Mentor who will provide emotional support, advice and information and discuss coping strategies. For opening hours and more information please visit the website

<https://www.hertsmindnetwork.org/young-peoples-helpline>. The helpline number is **01923 256391**. Herts Mind Network also have a Young People's online group for those over 15. You can find out more here: <https://www.hertsmindnetwork.org/young-peoples-online-group>

Chat Health is a text messaging service for all secondary school aged pupils in Hertfordshire. It is a confidential service and available Monday to Friday from 9am to 5pm. Young people can message for advice on all kinds of health issues such as sexual health, emotional health and wellbeing, bullying, healthy eating and any general health concerns. The text number is: **07480 635050**. Secondary school pupils can also follow the School Nurse Team on Instagram at **teenhealth.hct**.

Kooth is an online counselling service for anyone aged 10-25 in Hertfordshire. You can access a **chat / messenger** service, discussion boards, goal setting tools and a journal and a magazine. The website is moderated by trained professionals. You need to register but it is anonymous. <https://www.kooth.com/>

YC Hertfordshire Services for Young People provides youth work, information, advice, guidance, work related learning and support for young people. You can contact a Youth

Worker or Personal Adviser for one to one and project groupwork support by calling **0300 123 7538**, emailing yc@hertfordshire.gov.uk or visit <https://www.ychertfordshire.org/>

School – although staff at your school are very busy keeping everyone safe, you can still approach your pastoral team at school for advice and guidance.

Further support

If you are experiencing mental health difficulties that are significantly interfering with your ability to do the things you normally do, please contact (or ask your parents or carers to) Hertfordshire Partnership Foundation Trust Single Point of Access **0800 6444 101**. This line is open 24/7 and can direct your enquiry to a number of specialist services depending on your needs.

The Wellbeing Service offers short term support to people that are 16 or over with mild to moderate mental health issues such as depression and anxiety (so you can let your parents or carers know about it too). You can visit <https://www.northessexiapt.nhs.uk/hertfordshire> for more information about the service and to self-refer.

There are four community **counselling** organisations covering Hertfordshire:

YCT (East and North Herts) http://www.yctsupport.com/ Telephone 01279 414 090	Youth Talk (St Albans) http://youthtalk.org.uk/ Telephone 01727 868684
Rephael House (Welwyn and Hatfield) https://www.rephaelhouse.org.uk/ Telephone 020 8440 9144	Signpost (Watford and Hemel areas) http://signpostcounselling.co.uk/ Telephone 01923 239495

Kooth is an **online counselling** service for anyone aged 10-25 in Hertfordshire. You can access a chat / messenger service, discussion boards, goal setting tools and a journal and a magazine. The website is moderated by trained professionals. You need to register but it is anonymous. <https://www.kooth.com/>

The School Nursing Team can provide some support around emotional difficulties and parents can refer directly from this page: <https://www.hct.nhs.uk/forms/school-nursing-form.asp> You can read more about the School Nursing Team here: <https://www.hct.nhs.uk/our-services/school-nursing/>

Already working with a Service?

If you are currently receiving support from a service or have been recently discharged, you can contact the service if you are struggling with your mental health. Most have a duty line which you can find out by looking on a letter they have sent you.

Need help now?

If you, a friend or family member are experiencing a mental health crisis, please call: **0800 6444 101**. This line is open 24/7. If you need physical health treatment in an emergency go to your nearest Accident and Emergency department or call 999 and ask for an ambulance.

Childline: If you're under 19 you can confidentially call, email or chat online about any problem big or small Freephone 24h helpline: **0800 1111**

YoungMinds Crisis Messenger provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to **85258**

PLAY YOUR PART

IMPORTANT INFORMATION

about how you can
stop the spread of
coronavirus

Thank you for all you are doing to help reduce the spread and impact of coronavirus in Hertfordshire.

Sadly, coronavirus remains a serious issue and a real threat to the health and wellbeing of our residents.

We all need to act now. The single most important thing that you can do to help beat this virus is to follow the rules.

If you are asked to self-isolate, you must do it. We know that lots of people don't. If you don't, you are putting people's lives at risk, including your own family and friends, you are breaking the law, and could be fined.

We know it's hard right now, and the rules around self-isolation can make life even more difficult. There is support to help you and your family through this, but please do stick to the rules as this is genuinely a matter of life and death.

Our actions now will determine how quickly we can get back to the lives we enjoyed before the pandemic and rebuild our communities.

David Williams,
Leader of the Council

For more information visit
www.hertfordshire.gov.uk/coronavirus



Your guide to self-isolation

Self-isolation means that you must not leave your home except in an emergency.

You can be asked to self-isolate by Test and Trace, a nursery, school, college, university, workplace or by any health professional – even if you have no symptoms, you must follow these rules:

Do not

- x visit family or friends
- x go to any shops or supermarkets - instead order food online or ask for help
- x go outside to exercise or walk your dog
- x go to work, university, college or school - instead work or study from home if you can
- x use public transport, taxis or share a car
- x attend parties or other events, even if these are outside

When should I self-isolate and how long for?

If you develop symptoms	10 days from start of symptoms
If you test positive	10 days from start of symptoms or test day if none
If you are told you've been in close contact with someone who has tested positive	14 days from last contact with the positive case
If you have been contacted by the Test and Trace service	14 days from last contact with positive case
If you live in a household where others (including children) develop symptoms or they have tested positive	14 days from when they developed symptoms or test day if none
If you have been sent home and told to self-isolate as part of a bubble. Other household members do not need to self-isolate unless someone in the household develops symptoms or tests positive	14 days from last contact with positive case

Symptoms and when to get tested

The main symptoms of coronavirus are:

A high temperature

A new, continuous cough

A loss or change to sense of smell or taste

If you or anyone in your household develops symptoms, arrange for a coronavirus test. This can be done online at: www.nhs.uk/coronavirus or by calling **119**

If you are not sure if symptoms could be coronavirus, consult the online NHS symptom checker: www.nhs.uk/conditions/coronavirus-covid-19/symptoms

Incubation timeline

It can take up to 14 days to develop symptoms after exposure - this is known as the incubation period.



DAY 0

Hannah was exposed to coronavirus.

DAY 5

Hannah got tested and was negative.

DAY 7

Thinking she didn't have coronavirus, Hannah attended school, and was in close contact with 17 people.



DAY 9

Hannah developed symptoms and tested positive. She was contagious for 48 hours before her symptoms started, and exposed 17 people to coronavirus. These 17 people now all need to self-isolate for 14 days.

This is why it's so important to self-isolate for the allocated time and to only book a test if you develop symptoms.



How to get support if you're affected by coronavirus

You can get help with the following:

- accessing food, household essentials and medication
- financial support and advice
- services that can support you if you are feeling lonely or down
- ways to improve your health and wellbeing

Help and advice is available for anyone who needs it in Hertfordshire; people and families, in need of support, please contact HertsHelp.

Visit www.hertshelp.net
email info@hertshelp.net
or call **0300 123 4044**



CommunityHelp
Hertfordshire

A partnership of voluntary sector infrastructure
organisations funded by Hertfordshire's public sector

