



Issue: 151

Roundwood Park School, Roundwood Park,
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Date: 18 December 2020



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

Headlines

Dear parents and carers

We are very pleased that we were able to keep this week Christmassy and make the end of term as festive as possible. On Wednesday, our Year 12s visited local care homes and individuals, sang carols outside and delivered presents to the residents. This was an alternative to our senior citizens' Christmas party which we usually host at this time of the year. On Wednesday and Thursday, we had Christmas lunch for 1100 students – a new record – and today we will be enjoying the Christmas assemblies which will be streamed to all classrooms. An online version will be available for parents to see later today. We also hope you enjoy watching the virtual Christmas concert which is going live today.

Thanks to the efforts of the Student Leadership Group and our parents, we delivered hundreds of items to the foodbank in Harpenden. Thank you for this monumental effort in spreading Christmas cheer.

Congratulations to S Phillips for attaining her Level 1 in BTEC home cooking skills for which I was pleased to present her certificate last week. Well done Sadie! This is a result of all her hard work. Many thanks to Mrs Rymill for her support.



We have three colleagues leaving us this week. Bal Lidder leaves her role as Head of Chemistry to spend more time with her family. She has led chemistry ably since taking over in December 2018. Mohammad Umar leaves to take up a position in Milton Keynes as a SENCo. As many of you know, he has done a fine job as maternity cover for Hollie Hall, who will return to us in January. We thank him for his professionalism in the face of extremely challenging circumstances. Stuart Thurgood leaves us at Christmas to take up a new post as he is relocating to the south coast. We are grateful for the time he has spent with us.

It only remains for me to wish you a happy and restful Christmas. I know I have said this before, but thank you once again for all your support and kind words. It really does mean a lot when the staff have worked so hard to keep our school thriving.

Alan Henshall
Headteacher



Forthcoming Events & Information

Year 11 Virtual Parent Consultation Evening Thursday 21 January

The Parent Evening system will close at 10pm on Monday 11 January.

Year 8 Virtual Parent Consultation Evening Thursday 28 January

The Parent Evening system will close at 10pm on Monday 18 January.

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](#); [@RPSCAREERS](#)

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

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

Vacancies



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

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

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
25 February 2021	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)

Payments

Residential Trips:

Jay Peaks Ski Trip

Sat 2nd April – Sun 10th April 2022

2nd Instalment £350: due by 20 December.

Full details are available on our website:

<https://roundwoodpark.co.uk/trips-visits/>

Miss Manton/Mrs Kennedy
Trips Coordinators

Roundwood Park School Presents

A Virtual Christmas Concert – Friday 18th December

Have yourself a merry little Christmas - Flute Choir: E Corran, H Hume, E Craig, K Stapleton, G Stapleton,
L Akroyd, C Tomsett

B Taylor-Rose (Year 8)

O Holy Night - Chamber Choir (Y11/12/13): A Corran, J Gurr, J Davies, N, Ireson-Crompton, L Akroyd, S Psaila,
K Stapleton, G Stapleton, H Kneller, J Mills

No Dice - M Sargison (Y8)

The First Noel - L Darby (Y12)

Live on a Prayer – Band (Y10): G Bandell, B Tant, L Bates, J Stent, C Grayson, E Erman, O Datta, A Chapman,
A Rymill, J Tibbett

We Three Kings - M Sharratt, S Baloch, J Qureshi, A Phillips, A Roe-Wotton (Y7GT)

A Million Dreams - R Golfetto (Y7)

Santa Claus is Comin to Town - Brass Band: T Veitch (Y8), M Gaches (Y10), E Piepgrass (Y12), A Sharpe (Y13)

On a December - E Duddy (Y11)

Underneath the Tree - S Parker, G Choudrie (Year 7)

Last Christmas - I Bright (Y8)

As Long as I have Music - Chamber Choir (Y12/13): J Gurr, J Davies, N Ireson-Crompton, L Akroyd, S Psaila,
K Stapleton, G Stapleton, H Kneller, J Mills, E Piepgrass, A Sharp

Silent Night - E Brimley (Y7)

Sunstreams - E Craig (Y11)

Jingle Bell Rock - J Howie (Y8) and I Howie (Y7)

White Christmas – A Sharp (Y13)

Hallelujah – M Garbutt (Y7)

Sonority – A Thomas (Y11)

For Good – H Kneller (Y13) and N Ireson-Crompton (Y12)

Uptown Funk - Concert Band (Y12/13): J Gurr, J Davies, N Ireson-Crompton, L Akroyd, T Gibson, K Stapleton,
G Stapleton, E Waterhouse, J Mills, A Sharp, E Piepgrass

Don't Rain on my Parade - E Franklin (Y7)

All I want for Christmas is You – Band (Y12): J Gurr, J Davies, N Ireson-Crompton, L Akroyd, K Gash, L Harrison

Santa Claus is coming to Town – J Hilton (Y7)

Reporting positive COVID Test Results

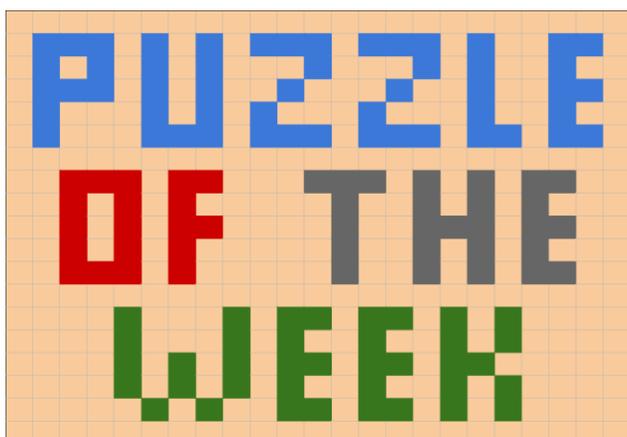
Please may we remind you to email us on positivecovidtest@roundwoodpark.co.uk if anyone in your family is unfortunate enough to receive a positive COVID test result. This is because we monitor this account out of school hours and will be able to act swiftly if action is required.

Adverse Weather Conditions



In the event of adverse weather conditions, the school will notify you of a closure by sending an InTouch text message and email. You will also get a notification via the school app. There will be messages on the school answering machine and on the school website (www.roundwoodpark.co.uk).

If your child has an exam scheduled and the school has announced that it is closed, please see the information which will be placed on the school website at that time. We will run exams even if the school is closed to other students.



www.puzzleoftheweek.com

Kooth.com Online Mental Wellbeing community

Free, safe and anonymous support

Over the coming weeks your child may mention they have been made aware by school or a professional of a service called Kooth and/or may need some support over the festive holidays. It provides a safe, secure means of accessing help via the internet from a professional team of qualified counsellors, youth workers and emotional wellbeing practitioners and is available for all 11-18 year olds.

Kooth will be working with all schools and professionals to support students' mental health and wellbeing in and out of school.

At Kooth they offer wellbeing support 365 days a year and have their wellbeing team online Monday to Friday 12noon to 10pm and weekends 6-10pm.

Kooth is free to access, your child simply needs to visit www.kooth.com and click 'Join Kooth'.

They have a vast range of self help material, peer to peer support and young people are able to contribute too.

Everything is pre-moderated in order to safeguard users so you know what your child is accessing is safe.

If you have any questions or would like to discuss what Kooth.com can offer, please address them to the school. If you would prefer to contact Kooth directly, simply email parents@kooth.com

Cate Brown

Mental Health Lead

c.brown@roundwoodpark.co.uk

15 December 2020

Dear parents and carers

We are writing to inform you of the arrangements should you or your family receive a positive Covid case after we break up from school on Friday.

- a) In order to help us facilitate this you should report a positive test to school if you receive your test results within the first 48 hours of the holidays using the positivecovidtest@roundwoodpark.co.uk email address. Please include the following information in your email, as this will help us expedite the track and trace process.
- 1: Name of student and Date of Birth
 2. Date of onset of symptoms (and type of symptoms)
 3. Date of positive test
 4. When the student was last in school
 5. Mode of transport when last in school
 6. Year group
 7. Any specific issues or concerns

Please also include a contact number for yourself, as it is likely that we will require a conversation with you.

- b) If your child receives a positive test beyond the 48-hour timeframe of school ending BUT they had symptoms on the last occasion when they were in school, please also let us know via the positivecovidtest@roundwoodpark.co.uk email.

The positivecovidtest@roundwoodpark.co.uk email address will be monitored at 10am each day until Christmas Eve as after this point your child(ren) shouldn't be a close contact of anyone at the school. After this we will next check this email address on Sunday 3 January 2021.

- c) From Boxing Day onwards if your child receives a positive test result or comes into contact with a positive case, in both cases needing to isolate for 10 days (from the day of first symptoms or last contact), please let us know via the school absence email address (absence@roundwoodpark.co.uk) – including this information so that we can work out their return to school date.
- d) If within the holidays your child develops Covid-19 symptoms or is awaiting the result of a Covid-19 test, **that would require them and potentially their siblings to self-isolate for a period of time that would run into the new term**, then you should also report the case via the school absence email address (absence@roundwoodpark.co.uk) as soon as this happens – always informing us of the first day of Covid-19 symptoms or the test date if they were asymptomatic or this is unclear for any reason.

Please do not phone the normal absence line as this will not be covered until the first morning of the new term on Monday 4 January 2021.

Remember, as soon as your child or any member of your household develops symptoms, they and any siblings must start self-isolating immediately and book a test regardless of it being Christmas.

Main symptoms of coronavirus are:

- a high temperature
- a new, continuous cough – this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal

If you are not sure whether symptoms suggest that they have COVID-19 or an everyday cough or cold, you can consult this online NHS symptom checker: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

Taking holidays and the potential for quarantine on return for the UK

Please avoid taking a holiday outside of the UK if there is any risk of you having to quarantine upon return to the UK as this will result in days of learning lost in school unnecessarily. If your child is quarantined in such circumstances the school will not provide remote learning for these students.

Please do not send children back to school if any of the following apply:

- they have symptoms of coronavirus (COVID-19)
- they, any members of your household, or any close contacts (including extended family or friends they have seen and bubbles at holiday activities and sports clubs) have tested positive for COVID-19
- they have not completed the full 10-day isolation period requested

Self-isolating is one of the most important things we can all do to help stop the spread of the virus and protect our loved ones and the vulnerable. You can read a helpful self-isolating guide at: www.hertfordshire.gov.uk/selfisolatingguide

If you or your family are affected by COVID-19 and need support locally with things like shopping, getting medication or financial advice, visit: www.hertfordshire.gov.uk/coronavirus

Thank you for your continued support.

Yours sincerely



Alan Henshall
Headteacher

Being social online this December: a parent's guide

Access to new tech over the winter period can provide new opportunities for children and young people but also present risks. The CEOP Education Team (Child Exploitation and Online Protection Centre) have produced a guide for parents which looks at how they can support their child to be safer online this season by focusing on 3 key areas: viewing, sharing, chatting and friending. The link to this guide is below. Please take a look when you can:

<https://www.thinkuknow.co.uk/parents/articles/parents-guide-being-social-online/>

Heads of Year & Safeguarding Team

Healthy Start

Are you pregnant or have a child under four? Did you know you could be missing out on free fruit and vegetables or milk worth at least £200 a year? If you are at least 10 weeks pregnant or have a child under four years old, and in receipt of certain benefits, you could be entitled to Healthy Start Vouchers worth £3.10 per child per week (£4.25 per week from April 2021), to spend on milk, plain fresh and frozen fruit and vegetables, and instant formula milk. You can also use them to buy certain pulses and canned fruit and vegetables.

If you are entitled to Healthy Start Vouchers you will also get free vitamins designed to help pregnant and breastfeeding women and growing children. Pregnant women and every child over one and under four years old can get one voucher every week. Children under one year old can get £6.20 per week.

Some supermarkets are also reducing the cost of shopping by an extra £1 to those redeeming the Healthy Start Vouchers.

Check your eligibility on www.gov.uk/healthy-start

Hertfordshire parent/carer survey - Neglect Matters campaign

The Hertfordshire 'Neglect Matters' campaign is being launched in early 2021 in partnership with the NSPCC and will focus on intervening at the earliest opportunity to prevent neglect and the impact that it has on children, young people and families.

In order to help shape the campaign and the services we later develop countywide to support families, we'd be grateful for your views.

We're asking parents and carers to complete a survey to help us understand what neglect means to you. The survey is very short (only 8 questions in total) and takes only 3 minutes to complete. All answers are completely anonymous, and you don't have to have experienced neglect to take part.

We really want to hear from a variety of parents and carers – whether you're biological parents, adoptive parents, grandparents, fosters carers and so on. We would like to hear from people of all ages, communities and backgrounds.

Your feedback will help to build up a clearer picture and ultimately shape a campaign that will be most relevant to Hertfordshire and the people living here. Protecting children is everyone's business, so please do help us by completing the survey below:

[Hertfordshire parent/carer survey - Neglect Matters campaign](#)

Browns Books - Personal orders now available

Browns Books - www.brownsbfs.co.uk - are now taking personal orders, alongside existing trade customers. If you are purchasing books for your son/daughter, you may want to look here as their prices are competitive.

Senior Maths Challenge

This year we entered our Further Mathematicians for the Senior Mathematics Challenge. This award encourages mathematical reasoning, precision of thought and fluency in using basic mathematical techniques to solve interesting problems. The problems are designed to make students think and challenge their thought processes.

Our students completed the challenge online and were awarded a mixture of gold, silver and bronze certificates.

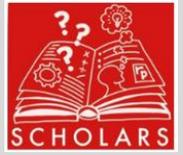


Five students were invited to go forward for the Senior Kangaroo: K Stapleton (Y12), J Laine (Y12), H Wall (Y13), A Woods (Y13) and C Lamb (Y13). This is an extremely difficult challenge which was again completed online. All five of our students did exceptionally well to compete in this prestigious award. Well done and congratulations!

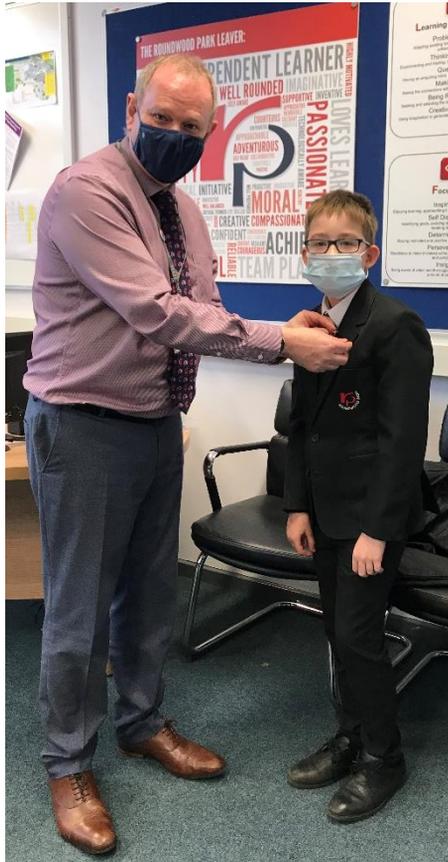




RPS Scholars



This week, D Stacy-St Roas in 7GT became the first student to be awarded a 'scholars' badge for completing all of the maths super-curriculum tasks. Mr Henshall presented him with his badge and congratulated him on his success.



We are very much hoping that lots of other students in Year 7 and 8 will now win their badges. This can be done by completing all the challenges in one subject or five challenges in five subjects.

The much-anticipated Christmas holidays may be a good time to get started.

You can find the super-curriculum booklets here:

<https://roundwoodpark.co.uk/super-curriculum/>

Super-Curriculum

Students: Remember to challenge yourselves at home by using the **super-curriculum**.

There are so many exciting learning opportunities to help you achieve mastery in your favourite subjects.



Sportspersons' Awards 2019/2020



May I start by sending you all seasons greetings from the RPS PE department. We wish you well at this challenging time.

Disappointingly, but for fairly obvious reasons, our lower school sports awards dinner has not been able to go ahead this year.

Despite this, we were keen for a group of students to receive recognition for their lower school sporting endeavours through the previous academic year, which was cut short by the national lockdown. Because of missed events and activities, we have opted to give generic recognition awards, rather than awarding with specific titles.

Please see the list of students who will receive awards for 2019/20. Please click on their name if you wish to listen to our staff describe why recognition was deserved.

Congratulations to all. Students can collect their awards from the PE office.

A huge thank you to ALL the students who contributed to RPS sport last year. While it is not possible to give everyone an award, it does not mean that we do not appreciate all of your efforts.

Let's hope that a full return to normal school sport is not too far away.

Kind regards and a merry Christmas when it comes.

RPS PE

YEAR 9:

E Starkey

E Clement

L Nightingale

L Bell

N Franklin

W Pinnington

O Bartlett

J Bayne

E Watson

YEAR 10:

H Burrows

F Adio-Moses

C Williams

T Attenborough

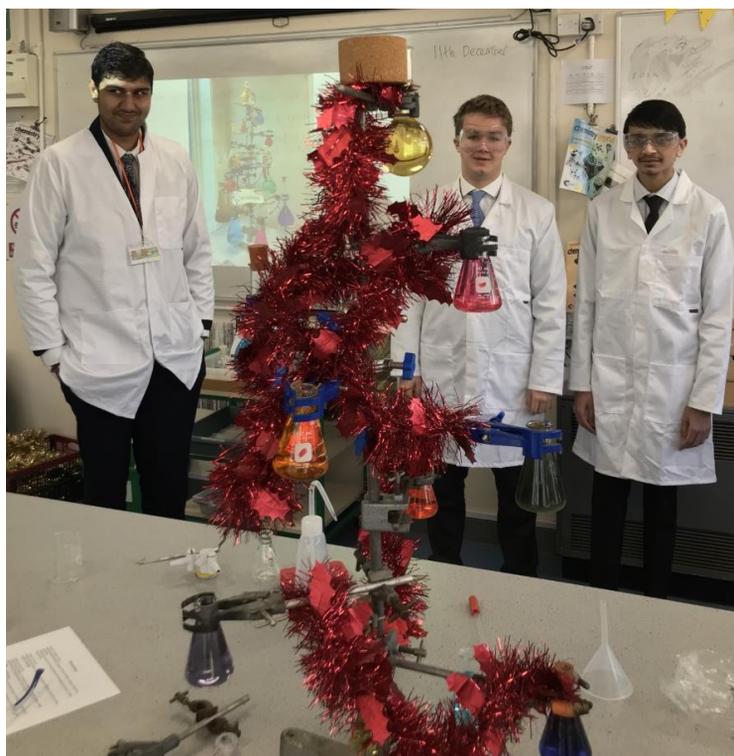
C Wall

L Bruzas

I Glennie

“Chemistrees”

Year 12 chemists have been getting into the Christmas spirit this week with their Chemistrees, complete with bauble colours.

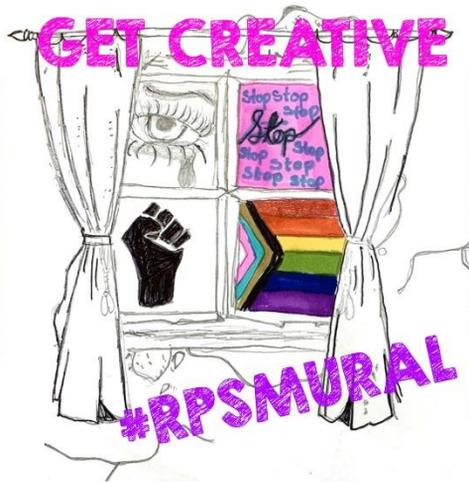


GET CREATIVE



#RPSMURAL

GET CREATIVE



#RPSMURAL

GET CREATIVE



#RPSMURAL

Get creative over Christmas

Our Mural design competition has been extended and we look forward to seeing your designs

We will be inviting students to participate in the painting of the mural on a wall at school

Students can send their designs to their form tutor or directly to Mr Rowlands.



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

RPS Festive Polar Challenge



With the library closed this year, we took our planned competition 'out' to the Year 7s in the MFL block.

Never in our wildest dreams did we expect the response we got. Our challenge was simple, buy a dot for 10p and place it on our map of the North Pole where you think Santa's HQ is.

Our Year 7s went 'Dotty' for Dots! The first class we went to wanted 97 dots and they just kept buying. In all we sold over 1000 dots and made nearly £130.

We awarded prizes to the House which sold the most dots and the student who had the closest dot to our HQ site. Congratulations to 7W and to S Parker in that class.

We are extremely grateful both to the students and parents who supported this Challenge. We plan to split the money between buying new books for the library and charity.

Mrs Craig



Sixth Form News

Senior Citizens' Gift Giving Afternoon

On a very wet and windy Wednesday students from Year 12 volunteered to go out into the community and pay a socially distanced Christmas visit to some of our local senior citizens, at their homes and at local care homes. They presented them with a specially designed Christmas card and tea towel, both the work of the talented E Waterhouse, ably assisted by the design skills of Mrs Hyam, and the larger care homes were given a hamper of gifts to share amongst their residents. Each guest was also given a strip of raffle tickets and the winners will receive a lovely Christmas hamper or gift box.

Thank you to everyone who so kindly donated gifts. We were overwhelmed by your generosity and we are sure they will be greatly enjoyed by the recipients.

It was such a pleasure to see the students realising the joy of giving and helping others at such an important time.

We wish you all a very happy and healthy festive season. May this Christmas end the present year on a cheerful note and make way for a fresh and bright new year.



Sixth Form Online Opening Evening – 13th January 2021

This year our Post 16 Virtual Information Evening will take place on Wednesday 13th January 2021. The Headteacher and Mrs Gallagher will be holding two live webinars (6.30 pm and 7.15 pm) for which you can pre-register via the link on our website welcome page. Spaces are still available at the webinars – please do book your place. On 13th January, students and parents will be able to access the Post-16 webpage, where every course on offer will have a pre-recorded video presentation, as well as materials to help students decide on the course that best suits. Students can apply via our online application form which will be released on the evening and we will begin accepting applications from 14th January. The deadline for applying is Friday 29th January. We look forward to you joining us at the online webinar!





Introducing our new joiners in the Careers Department

This month we welcome Mr Paul Cousin to the role of Head of Careers. Paul spent the first half of his career in the pharmaceutical industry before taking a career break to look after his young children. As part of his professional guidance qualification he worked at a grammar school in Kent and a University careers service.

We also welcome Mrs Jessica Jackson to the Careers Office as Employer Liaison and Events Coordinator. With a previous career as a National Accounts Manager in the recruitment industry and more recently as a volunteer within Roundwood Park School, Jessica has experience working closely with both employers and students and is well placed to assist Paul Cousin to deliver an engaging careers programme for Roundwood Park.

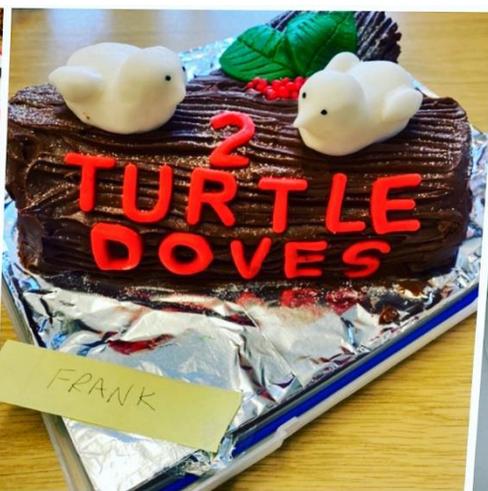
Paul and Jess are keen to hear from any parents or carers interested in helping with careers talks, events and skills sessions in the future.

careers@roundwoodpark.co.uk



HOUSE NEWS

Congratulations to our impressive staff bakers who produced the festive cakes below under theme of *The 12 Days of Christmas*.



1st – Miss Plowman

2nd – Mrs White

3rd – Miss Casey

1st Mandela ❤️

2nd Frank 💕

3rd Owen 🟡

4th GT 🟠

5th Wilberforce ❤️

6th Cadbury 💜

7th Scott 🟢





PTA Newsletter



Festive greetings from the RPS PTA.

The PTA are pleased to announce that following the launch of the two new fundraising schemes with easy fundraising and amazon smile, we have already received £74.91 of donations. Please sign up today if you have not already done so.

Thank you also for supporting the Christmas tree fundraiser which has raised over £130.

We are pleased to announce a ROUNDWOOD PARK PTA FACEBOOK PAGE. To stay up to date with how you can help support the school. Please LIKE us to spread the word.



ROUNDWOOD PARK PTA



Twitter @RPS_PTA

We would also finally would like to thank you for all the continued donations to the school which come in by Parent pay and standing order to date. Full details of how to donate below.



PTA DONATIONS

You can also support our PTA fundraising campaign by donating on

Parent Pay or by **Standing Order**

(Barclays Bank, Sort Code 20 74 09, Account 20784508)

**Have you signed up yet?
The easiest way to donate
for free.**

**Simply log on to the below websites
for all the details.**

smile.amazon.co.uk

**EXPERIENCE FEEL GOOD
SHOPPING**

 **easyfundraising
feel good shopping**

<https://www.easyfundraising.org.uk/causes/roundwoodparkschoolpta>, or get the App or browser extension Donation reminder which reminds you when a donation is available.

Our next PTA meeting will be:

Tues 19th January 2021, 7.30pm

Full details will follow.

We are looking for **new volunteers and committee members**, particularly a **new Chair and Secretary**.

Many secondary schools no longer have a PTA, we at RPS hope that we can continue to support the school but we do need more help. If you are interested please contact us.

Email - pta@roundwoodpark.co.uk

December 2020

MESSAGE FROM THE PTA - 2ND HAND UNIFORM

In the current circumstances we face, it is unfortunate that we have not been able to run the PTA second hand uniform sales that normally take place. These are usually held on a Saturday in January and June each year.

Currently we are unable to run these sales or accept donations from parents of this uniform at school under the current Covid restrictions.

As soon as it is possible to do so we will begin accepting donations of second-hand uniform again and will put a date for a Saturday second hand uniform sale into the school calendar.

In the meantime, there is a service you can use for buying & selling second hand uniform which parents may wish to use. This is run through the following organisation:

<https://oldschooluniform.co.uk/>

To use this service, you need to register with them as a seller, and then put photos of the items you wish to sell on the site with a price and brief comment on their condition. Buyers can then check what uniform is on the site under the Roundwood Park School name.

We hope this information is useful, and we look forward to the time in the future when we can restore our annual PTA programme of activities.

Best wishes

Roundwood Park PTA committee.



**Public Health Service
Hertfordshire County Council
County Hall, Pegs Lane
Hertford SG13 8DE**

www.hertfordshire.gov.uk/coronavirus

Dear parent/carer

Thank you for everything you and your family are doing to play your part in the fight against coronavirus. Our schools and other education settings have worked extremely hard this term to help keep everyone safe. However, as we move into the Christmas holidays, it is of utmost importance that we continue to stay safe.

We have seen a significant increase in the number of coronavirus infections in 12-16 year olds and would therefore urge you to have a conversation with your child to make sure they understand, and are following, the Government regulations to help prevent the spread of coronavirus.

The actions you and your family can take to play your part are:

- Wash your hands regularly, for at least 20 seconds, with soap and warm water or use an antibacterial hand sanitiser if soap and water isn't available
- Stay at least 2 metres (or 1 metre with other measures, such as a face-covering) away from those not in your immediate household
- Wear a face-covering where required and when it is difficult to socially distance
- Self-isolate and get tested if you develop symptoms
- Do not socialise indoors with anyone who isn't in your immediate household and only meet in groups of up to 6 people outdoors

Hertfordshire will be moving into Tier 3 restrictions as of 00:01am tonight. Residents will need to familiarise themselves with, and adhere to, Tier 3 restrictions: www.gov.uk/guidance/tier-3-very-high-alert

Please remember that while your child is in school, they are in a 'bubble', which is carefully managed by the school. However outside of school hours, they should continue to follow the most up to date Government guidelines, and we encourage you to explain this to your child.

If you choose to socialise in a bubble of up to three separate households during 23-27 December, which is the period the Government proposes to relax guidelines, please enjoy this time but please also remember to do so safely by continuing to follow good hand hygiene and socially distance where possible. Coronavirus is known to linger in enclosed spaces, so keeping windows open can also reduce risk.

We wish you all a safe and peaceful Christmas.

Hertfordshire County Council

#JUSTTALK 18 DAYS OF WELLBEING

18 DEC

Get ready
for the
holidays

19 DEC

Spend
time
outside

20 DEC

Daily
gratitude's

21 DEC

Give

22 DEC

Enjoy the
moment

23 DEC

Meditate

24 DEC

Help out
at home

25 DEC



Be kind

26 DEC

Show
appreciation

27 DEC

Create

28 DEC

Check in
with
friends

29 DEC

Be proud
of yourself

30 DEC

Reflect

31 DEC

Set goals

1 JAN

Focus on
a fresh
start

2 JAN

Make time
for you

3 JAN

Create a
wellbeing
box

4 JAN

Learn how to
look after
your own
wellbeing.

[Justtalkherts.org/5wayslearning](https://www.justtalkherts.org/5wayslearning)



HAVE A GREAT 2021!



MAKE SURE TO FOLLOW US ON IG AND TWITTER
WHERE WE'LL BE SHARING TIPS EVERY DAY OF
THE HOLIDAYS @JUSTTALKHERTS



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.



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)

Wheathampstead

Hillydye Community Centre, 17 Hillydye 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)



Looking after your mental health and wellbeing during Coronavirus Information for Children and Young People – Dec 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, and e-learning that you can complete. 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** and it is available every day over the holidays apart from 25th – 29th December, and 1st January. 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 (open throughout the holidays every day apart from bank holidays). 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/>

YCH 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/>

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**

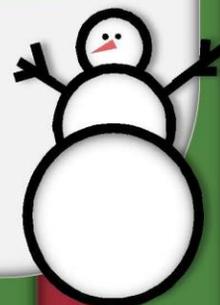


School Holiday Wellbeing Opportunities - To share with Children, Young People, and Parents/Carers

Over the school holidays, if you feel your mood dipping, below is a list of some activities you could get involved in. If you need more support, please have a look at our 'Young Person mental health info' signposting guide.

- **Children and Young People** can complete our brand new 'Five Ways to Wellbeing' E-learning – it takes around 20 minutes: www.Justtalkherts.org/5wayselearning
- **Free Mindfulness sessions for teens** – Registration details and additional information can be found on page 2 of this document. Sessions will take place at 11am between 28th December and 1st Jan
- **Young People, Parents and Carers** can follow @JustTalkHerts on Twitter or Instagram, or 'Like' JustTalkHerts on Facebook for wellbeing information. Over the holidays we'll be sharing daily tips, and links to resources for looking after your wellbeing
- **Sixth form and University students** can access some fully funded support from the Ollie Foundation during December and January. This will help you to better navigate the holiday period and move more confidently into the year ahead. Staff, students and parents can reserve their place on any Ollie Foundation courses here: [Events and Trainings Calendar – The OLLIE Foundation](#)
- **Bereavement Support** - We are all aware of the difficult year 2020 has been, and for those who have lost loved ones, anniversaries and Christmas can be a particularly difficult time of year. The Ollie Foundation are offering support to people in this situation in an online session on 23rd December. To book on visit <https://www.eventbrite.co.uk/e/just-another-day-tickets-130856779149>

Coronavirus bereavement guides are also available here: <https://www.hertfordshire.gov.uk/services/childrens-social-care/news-and-campaigns/coronavirus-bereavement-guides.aspx>





Fully funded Mind in Mid Herts Mindfulness sessions for 11 – 18-year old's (28th December – 1st January):

Mindfulness is a powerful way to handle stress, and live life more fully. Mindfulness is all about living fully in the present moment, without judgment, and with an attitude of kindness and curiosity. It's about breathing, noticing what's happening right here and now, sending a gentle smile to whatever you're experiencing in this moment (whether it's easy or difficult), and then letting it go. You can be mindful anytime, anywhere, no matter what you're doing. It sounds simple, but it's not always easy to do.

Fully funded mindfulness sessions for 11-18-year-olds will be taking place daily at 11am between 28th December until 1st January.

During these sessions you will be guided through a practice; and be invited to follow along as best you can. These sessions will be facilitated by a qualified practitioner and a mental health professional; who will be able to provide support as needed in the session.

Each session will be 30 minutes and will consist of a 5-minute introduction, 20 minutes guided mindfulness and 5 minutes to reflect and share thoughts. Mindfulness is an opportunity to stop and pay attention to the present moment; to your own thoughts and feelings and to the world around you. This can help you identify what you need and helps recognise early warning signs of stress and anxiety so that they can better managed.

Registering:

Once you register you will receive a confirmation email containing information about joining the webinar. You will be able to join any, or as many, sessions that you like. These are all free of charge.

Register in advance for this webinar by following this link:

https://us02web.zoom.us/webinar/register/WN_HCoHDJJS56JnVEgyxGacw

What happens on the sessions?

These sessions will be delivered on Zoom Webinar; this means you can see and hear the facilitator, but the facilitator and the group will be not be able to see or hear you. You can use the chat function to communicate if you wish – but there is no expectation that you need to do anything but follow along the mindfulness guidance. These sessions will be recorded and made available for you to watch at any time



The OLLIE Foundation's Events in December 2020

Click [here](https://theolliefoundation.org/calendar/) to book your tickets for any of the events below or please visit:

<https://theolliefoundation.org/calendar/>



<p>Grief Cafe for Bereaved Parents</p> <p>Thurs 10 - 2pm to 2.45pm Book tickets here</p> <p>Thurs 17 - 6.30pm to 7.15pm Book tickets here</p>	<p>The OLLIE Foundation will be running an online drop-in for bereaved parents, with St Albans's local author and bereaved mum, Jenny Ford.</p> <p>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 virtual grief cafe.</p>
<p>Keeping Safe and Carrying On:</p> <p>Fri 11 - 4pm to 5.30pm Book tickets here</p> <p>Tues 15 - 11am to 12.30pm Book tickets here</p> <p>Tues 29 - 2pm - 3.30pm Book tickets here</p>	<p>This course offers a short online overview to explore some common cognitive behavioural therapy (CBT) notions and IHEART principles in relation to wellbeing and managing anxiety and overwhelm.</p> <p>It explores how fear and anxiety are processed by the brain and how our bodies and behaviours are impacted by fear and anxiety.</p>
<p>Talk Safe, Plan Safe for 15yrs +</p> <p>Sun 13 - 4pm to 5.30pm Book tickets here</p> <p>Wed 16 - 7pm - 8.30pm Book tickets here</p>	<p>This 90 min talk will give you renewed confidence in your knowledge and skills that will help you to prevent suicide and save a life.</p> <p>The training will ensure you are up to date with current thinking and practice including how CBT and TOC may be used to in crisis.</p> <p>In this session you will have an opportunity to review strategies such as creating a safe plan, crisis plan and comfort box - A must for anyone supporting others.</p>
<p>Goal Setting : Adults and 12yrs +</p> <p>Fri 18 - 4pm to 6pm Book tickets here</p> <p>Wed 30 - 2pm to 4pm Book tickets here</p>	<p>It's great having goals, it's even better when you know how to achieve them.</p> <p>Science proves that following a few basic rules can enhance your planning process and improve your ability to reach your goals, which in turn can improve both your resilience and wellbeing.</p> <p>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).</p>
<p>Christmas Quiz - Tues 22 - 8pm to 9pm Book tickets here</p>	<p>We know getting into the festive spirit will be a little different this year - please join us for our Christmas quiz with a glass of something and some nibbles!</p>
<p>Just Another Day</p> <p>Wed 23 - 2pm to 3pm Book tickets here</p>	<p>For some people who have lost a loved one, the 25th December is <i>Just Another Day</i>. The absence of a loved on can make this festive period hard to endure. Join our afternoon online cafe with others who have been bereaved. It's not all about doom and gloom, but a chance to get away from all of the "joy" and talk about nothing and everything.</p>
<p>End of Year Quiz</p> <p>Thurs 31 - 2pm to 3pm Book tickets here</p>	<p>Everyone's New Year celebrations are going to look very different this year. Why not join us for an afternoon of fun as we host OLLIE's first ever End of Year online quiz!</p> <p>Pour yourself a glass of something or pop the kettle on, bring some nibbles and settle in for an hour of fun and connection on zoom.</p>

A Fully Funded Programme of Support for 6th form and Uni Students.



We wanted to let you know that The OLLIE Foundation, a St Albans based suicide prevention charity, has been chosen as Daisy Cooper MP's Christmas Appeal to help raise funds for our ambitious but vital initiative to help students this Christmas.

We all recognise that for some students, 2020 has been a very difficult year. Those already at uni may have felt that their education was interrupted, those that have just started had to first manage the uncertainty over exam results followed by a first term that included remote learning, lockdowns and a lack of liberty.

The experience for some of our young people whether it was their first year or third, has ranged from stressful to traumatic and almost certainly induced heightened states of anxiety. Tragically, there has been at least one suicide in a UK university each week since term began.

The OLLIE Foundation has been deeply concerned about the wellbeing of students which is why we are providing a rolling programme of online wellbeing sessions for **6th formers and uni students** throughout December and January.

We need your help!

Things you can do to help us to support our children...

Share

If your child who is in 6th Form or at Uni, please share this email with them and let them know this programme of support is available. Please ask them to also share it amongst their local friends too who may well be in need of support. We need everyone's help to spread the word, young people's especially.

Donate

Please donate to our appeal to raise a target total of £3,000 to provide the following training to keep our young people safe from suicide. Please [click here](#) to donate what you can.

For every £1500 raised, we will be able to provide another month of support for our young people.

Thank you so much.

We know this programme of events can support students develop useful strategies for emerging problems and be confident in how to find additional support as well as know how to help themselves and others in a crisis.

The programme will include the following online talks/workshops and can be booked through The OLLIE Foundation's website by [clicking here](#).

Keeping Safe and Carrying On: 90 minute online workshop.

This workshop will support delegates' understanding of their protective and inbuilt survival system, and how the same system can also generate stress and anxiety. During this 90 minute talk, delegates will look at how the brain processes emotions like fear, anger and worry and how easily these can build up like an emotional Jenga tower.

Delegates will also consider how negative thinking can set us up for stress and the consequences of that but most importantly, consider a range of strategies that can soothe and support. During our expert-led session, delegates will take a look at neuroscience and the biology of emotion as well as how philosophy and CBT can be used to manage overwhelming feelings. This session offers some great tips for managing moments of overwhelm, stress, sleeplessness and loneliness.

Talk Safe, Plan Safe - Suicide Crisis Training: 90 minute online training.

This 90min session ensures delegates are confident to support others in emotional crisis (including suicidal ideation) know where to signpost to crisis support. Delegates will explore current 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.

Talking Of Men: 90 minute workshop

A raw and honest talk created by men for men. This talk looks at a range of 'lifestyles' that can interfere with wellbeing including orthorexia, gaming, gambling and online porn and explores how we can support ourselves and each other. Delivered by our expert team with lived and or academic experience of the issues covered.

Goal Setting: 2 hour workshop.

This talk looks at the science of goal setting. Goals are great but if you don't know how to reach them, they remain 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.

"I have to say I was totally blown away by this talk delivered with such knowledge, empathy, and providing delegates with strength, hope and calmness."

"Your work and insights were incredible. An absolute masterpiece in terms of content, the way it was organized and presented...no words to do justice, this was a class act"

For more information please visit theolliefoundation.org

or email contactus@theolliefoundation.org

OLLIE stands for
One Life Lost Is Enough



Safer Schools Newsletter

December 2020



HERTFORDSHIRE

CONSTABULARY

CYP GANGS & SCHOOLS TEAM



#STOPKNIFECRIME

Welcome from the Herts Police Gangs & Schools Team. We are a dedicated team that work with local Officers and partners to prevent youth related crime. We conduct a range of prevention and engagement work to raise awareness of knife crime, gang & criminal exploitation to keep you safe.

Get Safe Online

With new phones and other devices allowing access to the internet on so many Christmas wish lists we thought this would be a good time to remind everyone about how to stay safe online.

Love it or hate it, chances are your child will be online gaming this Christmas. If you're like most parents, you'll have children who play games online, whether on a tablet, mobile, computer or console.

In most cases, online gaming is fun, social and harm-free. But we need to be realistic, and parents are right to

be concerned about a world they may not be familiar with. The risks range from downloading a computer virus, to bullying or even being targeted by a predator with sinister motives.

As parents, it's impossible to know what your children are doing all of the time, particularly when it comes to online gaming. In the same way you would warn your kids about the risks of riding a bike or crossing a road, it's important to educate them to online security dangers early on so you can feel comfortable knowing they are playing safely and know when to alert someone to anything suspicious.

Top Tips for Safe Online Gaming

- Have an open and honest talk with your kids about online gaming and the risks involved.
- Tell them never to reveal private information like their real name, email address, home address, telephone numbers, family members, financial details or school they go to.
- Explain that not everybody is who they seem or claim to be, and their motives may be suspicious.
- Tell them not to respond to bullying or other abuse, and to tell you straight away if it happens.
- Tell them to tell you straight away if someone makes inappropriate suggestions or makes them feel uncomfortable online.

- Join in with their gaming sometimes, to get an idea of the games and who they're connecting with.
- Set and monitor limits for the amount of daily or weekly time your kids spend online gaming.
- Check age ratings of games to ensure your kids aren't accessing inappropriate content.
- Never give your child your payment card details as extras can be very costly.

Visit www.getsafeonline.org/safeguarding-children and click on your child's age group to find out more.



Cyberbullying

What is Cyberbullying and online Harassment?

- Cyberbullying is any form of bullying which takes place online.
- This can be done over smartphones, tablets, online gaming, chat rooms, social media and more.
- Online harassment is the act of sending offensive, rude and insulting messages and being abusive.
- If someone purposefully keeps sending you offensive messages that make you feel scared, it could be illegal.

Cyberbullying is NOT ACCEPTABLE

- Bullying someone whether online or offline is wrong.
- It can badly affect their mental health.
- Harassing someone and/or sending malicious or threatening messages to someone repeatedly is **ILLEGAL**.
- If you are found to be cyberbullying someone, there could be criminal consequences.

How to cope with the effects of Cyberbullying

- You must not blame yourself. No one deserves to be treated cruelly by anyone.
- It can make you feel very upset, alone and like no one will understand or help you.
- **REMEMBER** you are not alone and there are lots of people who can help you. Make sure you tell someone and do not try to deal with this on your own.
- For confidential help and advice: NSPCC [nspcc.org.uk](https://www.nspcc.org.uk) or Bullying UK [bullying.co.uk](https://www.bullying.co.uk)



What to do if you are being cyberbullied

If someone is bullying you, here is what you can do to put a stop to it....get **SMART**.

Screenshot any nasty messages.

My privacy settings.

Avoid talking to them any further.

Report the incident on whatever site you are using.

Talk to someone (parent, carer, teacher, friend or the police if necessary).

When to tell the Police

- If you are ever threatened with physical harm, being repeatedly harassed, being sent malicious messages.
- If it's not an immediate emergency, phone **101** or use our online webchat service.
- If it is an immediate emergency phone **999**.

www.safe4me.co.uk/portfolio/cyber-bullying/

safe4me

Do you know it's illegal to use an electric scooter in a public place?

You can only use an e-scooter on private land with the landowner's permission.

If you ride in public - on roads or pavements - your scooter may be seized by police and you may face a fine and/or penalty points on your licence.

Full details of the government's legislation on e-scooters can be found on the gov.uk website.



**HERTFORDSHIRE
CONSTABULARY**

exp 28 Feb 2021

LIVES NOT KNIVES

event brought to you by

Hertfordshire Constabulary CYP Gangs & Schools Team

An opportunity to listen live to a variety of inspirational speakers with real life experience of knife crime and gang affiliation.

Are you ready to hear the TRUTH behind the headlines, think it's about excitement, money and status?



**HERTFORDSHIRE
CONSTABULARY**

CYP GANGS & SCHOOLS TEAM



#STOPKNIFECRIME

Think again... tune in to our inspirational speakers with lived experience of knife crime and serious violence and have the unique opportunity to hear their stories & ask them questions about their experiences.

Tuesday 26th January 2021 | 6pm - 7.30pm

To watch the event live - @hertspolice

There will be the opportunity to ask the speakers questions at the end of the event.



Bike Marking

Hertfordshire is a safe place with some of the lowest crime levels in the country. Despite this more than 1,000 bicycles are reported stolen every year and of those recovered, most are auctioned simply because there's no way of knowing who the owners are. Failure to secure or register them correctly makes them an easy target for thieves.

Hertfordshire Constabulary has joined the National BikeRegister Scheme (the UK's national cycle database and the leading security marking and registration initiative), proven to reduce cycle theft and identify stolen bikes.

To reduce the chances of becoming a victim of cycle theft, we highly recommend the use of a Secured by Design BikeRegister marking kit and the The BikeRegister APP, is a convenient way for police officers to search the BikeRegister database for ownership details of recovered bikes and gives officers access to vital

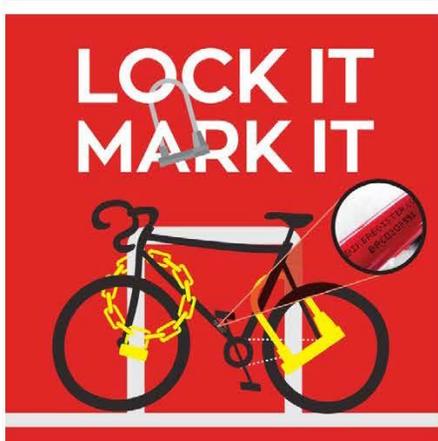
information in real-time.

Hertfordshire Constabulary holds regular bike marking events around the county. Bike marking is provided FREE to members of the public and is used to help support road safety. If you own a bike, you are strongly recommended to ensure the bike is registered at any advertised event or you may register the bike yourself at:

www.bikeregister.com/

Registering on BikeRegister is a vital step in the fight against bike theft, and means you can be reunited with your bikes in the event of them being stolen.

For further details, contact your local Police Safer Neighbourhood Team.



For Coronavirus advice and mental health support contact www.youngminds.org.uk

If you need to contact the Police please call us on 101 or 999 in an emergency. You can also speak to us online and find more information at www.herts.police.uk.

'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 McMahan, English Dept
l.mcmahan@roundwoodpark.co.uk

HARPENDEN ROUND TABLE

DO MORE...



Tired of working from home?
Want to expand your social or business circle?
Want to support charities and the local community?

Join us for...

- Two social events each month
- The annual Harpenden Carnival
- Children in Need collection each November
- The Santa sleigh, raising money for children's charities throughout December



Join us as a guest at our next event, email:
membership@harpendenroundtable.org



ROUNDTABLE

GREAT BRITAIN AND IRELAND

Father Christmas is coming...



Harpenden Round Table's Santa sleigh will be out and about from 3 to 24 December. See the full schedule and track Santa's live location at <https://harpendensanta.uk>.

His socially-distant elves won't be knocking on doors this year, but donations for the charities below will be collected in the street (cash or card welcome), online, and by text.

- Round Table Children's Wish
- L&D Hospital Helipad Appeal
- Herts Young Homeless



DONATE ONLINE

<https://harpendensanta.uk>

Brought to you by...



ROUNDTABLE

GREAT BRITAIN AND IRELAND

Godfrey's



NOVO
CONSTRUCTION

Rococo
LANDSCAPING & BUILDING