

Issue: 163

Roundwood Park School, Roundwood Park,
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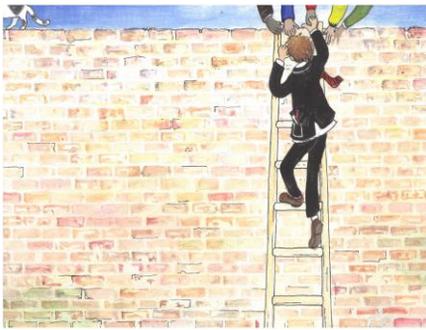
Date: 26th November 2021



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

Headlines

Dear Parents and Carers



We have been using the picture above in our assemblies this week, delivered by Peter Binks, Assistant Headteacher, and me. We looked at what positive peer pressure can do to transform a form, a class, a year group. One of the reasons students do well at RPS is by forming and practising the habits of “valuing others” and “learning respectfully”, two of the key habits of Aspire. In doing so, we elevate everybody, or to put it another way, a rising tide lifts all ships. We have reminded students, after their many periods of learning alone this year, that “one kind word” can lift someone’s day, can make you feel better about yourself and make you successful in what you do at school and at home.

Talking of “one kind word”, this was the theme of anti-bullying week last week which was a celebration of all that is good about our school. We are very proud of the Diversity Captains, H Smith, J Laine and M Hoddinott, as well as T Harrigan-Brown, A Garnai-Davies, J Jawando, M Rauf, I Shaikh, T Conway-Shah and M Bricknell who delivered the assemblies for the week and it was great to read the comments hung on the tree outside the English block which contained many kind words.

As I walked round the school this week, it was lovely to hear the rehearsals for “Matilda”, which is coming together nicely. After a year of separation, bubbles and one-way systems, how uplifting it is to see year groups coming together to create this production. I can’t wait to see the actual performances!

I hope that our students enjoy their long weekend and remind Year 13, as they approach their mocks, to just do their best because that’s all that could ever be asked of anyone!

Have a good weekend.

Alan Henshall
Headteacher

Forthcoming Events & Information

Please visit the [RPS website](#) for information including: [PE News](#)

Please also follow us on:

Facebook, Instagram & Twitter

Facebook: [Roundwood Park School](#)

Instagram: [Roundwood Park School](#)

Twitter:; [@Roundwood Park](#); [@RPSPE](#)

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

You can also download the Roundwood Park mobile app to keep up to date with our news.

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



Give Ofsted your view on your child's school

We would be grateful if you could spare a moment to click on the link above and give your views on our school. Thank you.

Occasional Day

The school is closed for Occasional Day on Monday 29 November 2021.

Head Lice

We have been made aware that there are cases of headlice in school, particularly in Year 7. Please could you check your child's hair regularly and treat as appropriate. Further information can be found here:

<https://www.nhs.uk/conditions/head-lice-and-nits/>

Parent Governor Election

The Roundwood Park Governing Board would like to thank the five parents who nominated themselves to be a Parent Governor. In the recent election 151 votes were cast. The parent who received the most votes was Mr Chris Kenny. Chris has therefore been elected to the governing board for a term of four years. Many thanks to those parents who took the time to cast their vote.

Vacancies

Our Support Staff team have benefitted from some excellent volunteers over the years, and we currently have opportunities within our Finance and Admin teams. If you would like to put your skills to good use and have a few hours spare each week, we would love to hear from you. Please contact us to find out more: Catherine Croft (c.croft@roundwoodpark.co.uk) for Finance and Janet Wallis (j.wallis@roundwoodpark.co.uk) for Admin.

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

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

Parking

We have received some complaints from local residents.

Please can all parents/carers be considerate to our neighbours when dropping off or collecting their children from school. Thank you for your co-operation.

Mask Wearing

Hertfordshire Public Health have advised us that mask wearing is no longer required in secondary schools, unless the school is in an outbreak situation. As we are not currently in this situation, masks will not have to be worn from Tuesday 30 November; however this is subject to change if the number of Covid cases in school rises.

Anti-Bullying Week 15th – 19th November 2021

Last week, 15th-19th November was **National Anti-Bullying Week**, with the slogan this year of **'One Kind Word.'**

Our Student Equality Group did a fantastic job in leading assemblies with each year group, raising awareness of the harmful use of slurs and encouraging the student body to be kind and to call out disrespectful and offensive language in our school. Each House ran an activity to promote **'One Kind Word'** and these ranged from Drama workshops to Art and Design work, as well as the creation of our very own RPS Kindness Tree!

On this our school community were able to display their kind words and phrases for others.



We want to take this opportunity to thank all our fantastic students who led activities, encouraged student participation, or prepared assemblies, to mark such an important week in the school's calendar!

Matilda News



RSC
ROYAL SHAKESPEARE COMPANY

This year, we are really excited to announce that Roundwood Park School will be presenting...

ROYAL DAHL
Matilda
THE MUSICAL JR.

The performance dates are:
DECEMBER 14th, 15th & 16th 2021
@8PM
in the school hall.

If you would like to be involved in the show, it's not too late!!

It's also an amazing way to:

- Feel involved, valued and important
- Gain skills and experience that will benefit you in future
- Contribute to something positive that benefits loads of other people
- Create memories and friendships that will last a lifetime

**Tickets are now on sale through ParentPay.
Do not delay as places are limited!**

Rehearsals are going well and all students and staff are really excited about the show next month!



We are currently practising for showing 20 minutes at the Harpenden Lights Up Festival on Sunday at 1:30pm. Please come and join us - we would love to see you there!

We want Matilda to be a real celebration of the people involved and of the school within the community. Due to the scale of the show, financially it is expensive to stage (the royalties alone will cost us over £1000 by the end of the run). If you would like to become a sponsor of the show and have your name listed in the programme or if you are a local business who would like advertising space, **please get in touch with me by email to m.garbutt@roundwoodpark.co.uk** and I can provide further information. Any help would be gratefully appreciated.



News from MFL and the Library

We Need Your Help!

This year the library and the modern languages department have started a joint initiative looking at the languages spoken in our school community.

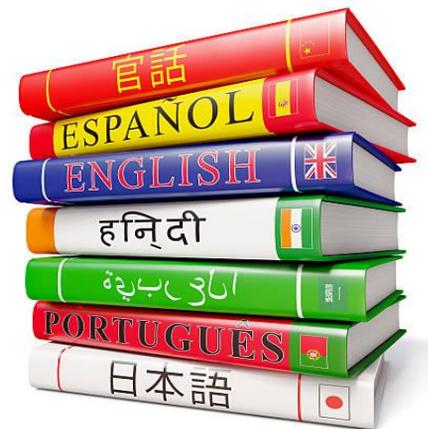
We would like to celebrate this diversity of culture and introduce our students to the many languages that we know they can speak. We also want to support those students that may have good speaking skills but want to improve or maintain their literacy abilities. It has, however, proved quite difficult to find appropriate resources to support this. Guides to how to speak a language are available but we have been looking for story books, preferably with some translation, that we can use to illustrate how the language is written.

We are therefore asking our community for help to source such books and would be very grateful if any you would be willing to donate for this project. The books do not need to be complicated language and if they are in an illustrated picture book format that will only help with the understanding of the story. This includes cartoons with characters that might be recognizable to our students.

This project is just one of the many initiatives forming part of the school-wide

'One Community, Many Voices' theme that the school has adopted this year.

Resources for this initiative can be left at reception or handed in directly to library staff.



The Library & MFL staff

Work Experience

Could you or your employer offer a Year 12 student a work experience placement in May 2022?

CAREE 

Roundwood Park values the importance of work experience in enhancing students' understanding of employability and the world of work. These placements will benefit them in their career planning and applications to the next phase of their academic journey; whether that be an application to university, a sponsored degree or a higher level apprenticeship.

Our motivated and committed Year 12 students are currently seeking work experience placements in the week of 16th-20th May 2022.

If you are able to offer any of our students a work experience placement please do get in touch with our careers team careers@roundwoodpark.co.uk. We really appreciate your support and commitment to our dedicated careers programme.



SIXTH FORM NEWS

Taking Christmas Wishes to the Senior Citizens in our Community

Many of you will already know about our traditional Roundwood Park Senior Citizens' Christmas Party which we host for approximately 100 guests every December.

Last year, due to Covid, we were unable to hold the event in its usual format, but instead took our party out into the community and visited our guests in their homes and care homes.

This year, once again, we unfortunately cannot hold the event on site and will again be organising a mobile Gift Giving afternoon when our Year 12 students will be making socially distanced visits to our senior citizens in their homes, to take our very warmest Roundwood Park Christmas Wishes to them.

As part of this event we will be making up hampers to give to six local care homes. If you would like to donate a gift for these hampers we would be extremely grateful. Suitable gifts might be chocolates, sweets, festive treats, biscuits, hand creams, soaps, lotions, games, jigsaws, basically anything that could be used and enjoyed by the care home residents and their staff.

There is a box in Reception for donations and each one will be gratefully received.

With warmest Christmas wishes to you all.

The Sixth Form Team

Applying to Sixth Form for September 2022

Our Post 16 Information Evening will take place in school on Thursday 13 January from 6.00pm to 8.30pm. Students will be pre-booked into one of the main talks in the hall, and you will be able to book to attend up to four individual subject presentations, as well as visiting our Market Place where a number of subjects will be holding stalls. We will also be putting a video of each subject talk on our website following the event, so that you can watch as many different subject presentations as you would like.

Year 11 students were given a talk this week from Mrs Gallagher, our Assistant Headteacher in charge of KS5, when she explained to them the process of applying to Sixth Form and the expectations and entry requirements; all of which can be viewed on our website.

We will be sending further information home via InTouch, together with a link to our online Application Form, so please look out for this.

Year 13 Food Science and Nutrition Students

The GT Sleepout last week was a huge success, helped enormously by our GT House Captains, E. Turner and E. Carney, as well as other SLG members brave enough to sleep out on a cold November evening. Our Year 13 food science and nutrition students also helped to prepare the soup for the evening, a delicious leek and potato soup, enjoyed by many. The Sixth Form students help enormously within our community, and we are delighted to see them blossom as they lead initiatives and drive activities. Well done.

SIXTH FORM NEWS

Competitive University Practice Interview Evening

On Monday 8 November we held a Practice Interview Evening for those of our Year 13 students who have applied for courses in Law, Medicine, Dentistry, and to Oxford and Cambridge Universities. We were incredibly grateful to have been helped on the evening by a number of our former students, parents and members of staff, all of whom are experienced in these fields, or in interview technique.

The feedback from the interviewers was really useful, and the evening was a great success with students reporting that the experience was positive, informative and gave them confidence to proceed with their applications.

We are at the stage of eagerly awaiting news that our students' are invited to the interview stage of the process, and at the time of writing, we currently have 14 invites for Cambridge, and are waiting for Oxford to start announcing. Consequently, we are now urgently looking to extend their interview practice. If you have expertise in the following fields and would be able to spare a couple of hours one evening in the next week to conduct further practice interviews (online) with these students, we would love to hear from you: Economics, Computer Science, International Relations, Natural sciences (Biological), Social Sciences (HSPS), Law, Engineering, Geography. Please e-mail sixthform@roundwoodpark.co.uk if you are able to help.



Year 12 Work placements

Our Year 12 students are now in the process of organising their work placements for this year. If you are a Year 12 student, and are struggling to arrange a placement, please be encouraged that perseverance pays off – we have one student who was looking to secure a placement in a GP surgery; 37 practices declined but the 38th attempt was successful and she now has a placement!

If you are a parent who runs a company and you could offer a work placement to one of our students we would love to hear from you. Please e-mail careers@roundwoodpark.co.uk.

Rotary Shoe Box Appeal

Thank you to everyone who supported the Rotary Shoe Box Appeal.
We managed to fill 71 boxes in total which is a fantastic effort!

Results for the house competition are as follows:

1st - Grey-Thompson

2nd - Wilberforce

3rd - Frank

4th - Mandela

5th - Owens

6th - Scott

7th Cadbury

Mrs Porter (PE Department)



GT CHARITY WEEK 2021

Throughout last week, GT organised and ran several events, with the hope of raising awareness and money for our school charities. We are proud supporters of MacMillan, Herts Young Homeless and World Wide Fund for Nature. The events included: MacMillan cake sales, staff vs seniors netball match, GT sponsored sleep out and WWF endangered animal sponsorship. The current GT total is **£4238.46**, an amazing amount so far, with events still yet to come.

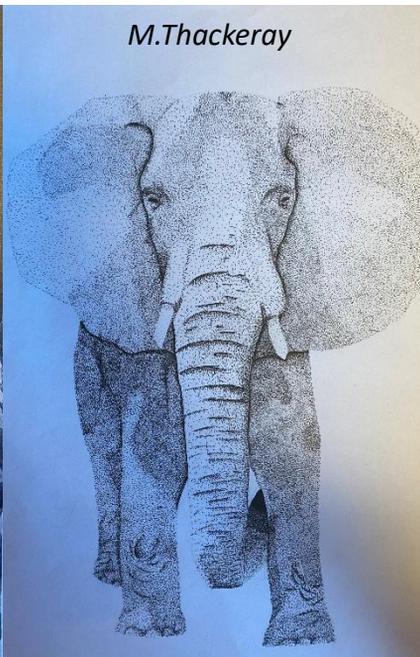


COMING SOON

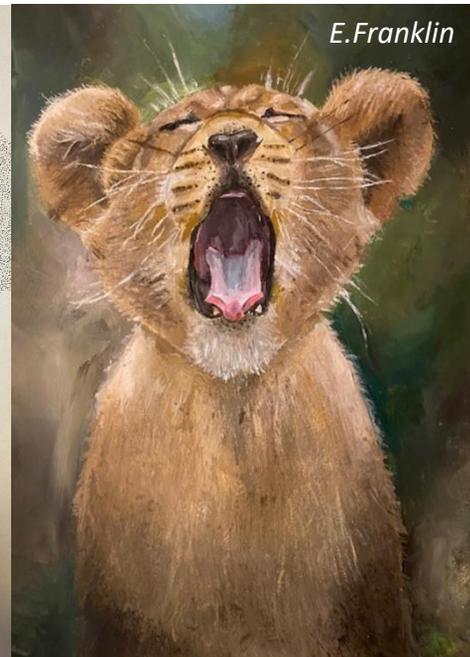
GT has still got two events to come; HYH Santa Run (Friday 10 December at lunch) and the WWF endangered animal art auction. Students have been working hard to create their endangered animal art to be sold, please see below a small sample of the pieces on offer. Auction details to follow in the New Year.



E.Hume



M.Thackeray



E.Franklin



Several more pieces of art on offer. Please keep an eye out for the auction details on [@RPSGreyThompson](https://www.instagram.com/RPSGreyThompson) Instagram

GT SPONSORED SLEEP OUT 2021

On Friday 19 November, a group of 86 students and staff took part in the GT Sponsored Sleep Out, the second event of its kind. We slept rough in the cold, on cardboard, to help raise vital money and awareness for our local charity, Herts Young Homeless. Every single person took on this experience with determination and resilience, which was an eye-opener into some of the situations young people are faced with. Out of choice, we slept outside in the hope it would mean more young people did not have to.

A special thanks goes to Miss O’Coy, Mrs Rymill, Miss Jackson and the Year 13s who prepared the soup for the event. Once we had fed the sleepers, the leftovers were dropped to DENS, who are an organisation fighting homelessness and helping to rebuild lives. A very fitting and purposeful end to our evening.

I would also like to thank Benjamin Turner, one of our school governors, for attending the event and always supporting GT. The same gratitude is extended to everyone who took part in sleep out and who sponsored us. GT are totally overwhelmed by the support and donations, with the overall total currently at £3658. This is around £450 more than last time. The money we have raised will make a huge difference to so many young people. Thank you.

It was a pleasure to run such a wonderful event and raise an exceptional amount of money and awareness for an amazing cause. Can’t wait to do it all again next year!

Miss Mullally
Head of Grey-Thompson House



Roundwood Park Catering

Welcome to Jenny Jacobs – our new Catering Manager!



A bit about me: I have over twenty years experience in the catering industry, having started in hotel kitchens, moving to Rosette restaurants and fourteen years as catering manager in the school sector. My interest in food came from home cooking in Wales and then taking part in Junior Masterchef as a young teenager.

The hospitality industry has provided work and travel to America and France, within the UK from Brighton to Cumbria, cheese mongering for Paxton & Whitfield and traditional Caribbean restaurant cooking whilst studying HND professional culinary arts at Birmingham College of Food and Tourism. I am a mum of two with one complete foodie and one who would happily eat chicken nuggets, beans and chips daily if I let her! Encouraging students to try new foods, have a colourful plate, check out the menu in advance and make varied choices each week are important to me.

Roundwood Park Catering

Our Food

New menus are balanced with meal of the day dishes proving popular.

Chicken Joes is still available daily as are the popular wraps which are made to order.

The salad bar has some new dishes and dressings which come free with main meal and supplement a jacket potato alongside the traditional beans and cheese.

We also offer daily pasta pot dishes, dinners with traditional sauces; chilli, nachos and meatballs are still on the menu with popular chicken curries

More choices mean these dishes rotate in menu availability. Vegetables are fresh and prepared daily and more vegetarian, vegan and gluten free options have been added.

Pre-packaged sandwiches, wraps and salads are on offer alongside daily prepared filled baguettes, hot paninis and ciabatta.

Alongside the usual breaktime hot snacks, breakfast pastries, fruit cones and pancakes have been on offer with Wagamama style chilli and sea salt sugar snap pea pots a trial edition! Home-made breakfast burritos and English breakfast muffins have also featured and been popular choices.

Please bear with us while we strike the right balance of popular dishes, changing options and nutritional variety for your children as our catering evolves.

Our weekly school lunch menu can be found our website:

<https://roundwoodpark.co.uk/wp-content/uploads/2021/11/Catering-Menu-Week-Commencing-01-11-21.pdf>

Our first ever Mental Health Education week is coming to a close and we've enjoyed every second of it. Thanks to all of you who have attended our exclusive webinars, with leading experts from the world of mental health. We hope you found them useful and interesting! If you missed any of our evening events and want to catch up, keep your eye on the [Tooled Up library](#) as we'll be publishing some recordings and notes soon.

We've more webinars coming up soon, exclusively for the Tooled Up community. Join Dr Weston on 25th November at 8pm, for an evening discussion with Claire Harvey, who will be sharing evidence relating to mental health for LGBTQ+ teens and discussing what needs to happen at home and school to ensure that teens have good self-esteem and a great support network. On 13th December, we will be speaking to Dr Joy Rosenberg, from Oxford Audiology Solutions, about building resilience in children who are Deaf, something that several of our families have asked us about. [Book your free places now!](#)

You are probably aware that it has recently been anti-bullying week. If you have children with their own digital devices, now might be a good time to revisit our [podcast with Professor William Pickett and Professor Wendy Craig on cyberbullying](#). It's packed full of actionable tips parents can use when talking to children about digital literacy, which can lower the risk of being bullied, or bullying, online.

kathy@tooledupeducation.com

www.tooledupeducation.com

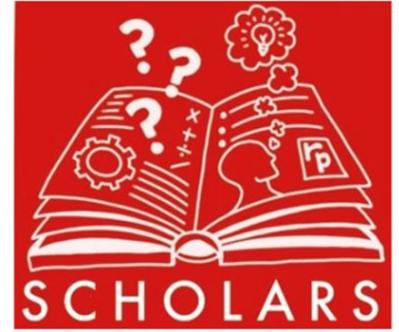
www.drkathyweston.com

Super-Curriculum

What is the Super-Curriculum?

Learning does not just happen in the classroom and those who go on to be masters in their field spend lots of time independently exploring, asking questions and finding answers. So we have developed the

Roundwood Park Super-Curriculum to help your children follow their passions and achieve mastery in the subjects that may shape their future.



Why complete the Super-Curriculum?

Completing these stretch and challenge tasks will give your child an opportunity to shine. Committing to these learning challenges will help them to develop many Aspire habits too; they will become a more resilient, ambitious and independent learner. These are skills that are sought after by employers and universities alike.

What is a Roundwood Park Scholar?

Students who complete either ALL of the challenges in ONE subject or FIVE in FIVE subjects will become a Roundwood Park Scholar and be given a scholars badge to wear on their blazer.

Please see the school website for details.

[Roundwood Park Super-Curriculum](#)



Ashtons are delighted to present our first-ever charity calendar *Capturing Life's Moments*, with all proceeds from the sales going to our For Life's Great Causes charity fund.

The calendar reflects our time in lockdown, capturing moments when time stood still, and discovering the beautiful surroundings of Hertfordshire.

All photography was captured by members of our

team and features some of the region's most loved quiet spots and countryside, truly showcasing the splendour of the county we all call home. There are seasonal images on each page of our A4 calendar, together with spacious date grids offering plenty of room to organise your important dates. Every year, Ashtons are actively involved in numerous charity events and patronise a number of local charities. This year is no different and we are now actively fundraising to reach our target of £10,000 for our 2022 For Life's Great Causes charity campaign. We especially appreciate how difficult it's been for many charities during the pandemic, and we're delighted to help charitable causes within our local community. All proceeds from the sales of the calendar will go towards our 2022 'Life's Great Causes' charity campaign.

The calendar costs £8 and can be ordered now for collection from your local Ashton's office from Monday 22nd November onwards.

Order your calendar today:

<https://bit.ly/AshtonsCharityCalendar>

**DON'T FORGET TO PLACE YOUR
ORDERS BY MONDAY 29TH NOVEMBER!**



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 3rd & 4th December
Prices from £43 (5ft tree)

SUNDAY
28 NOVEMBER 2021

HARPENDEN
Christmas
CARNIVAL

with



FARMERS MARKET

12 NOON - 6.00PM

CHARITY STALLS

12 NOON - 6.00PM

**YOUNG
ENTERPRISE
STALLS**

12 NOON - 6.00PM

SANTA'S GROTTTO

12 NOON - 5.30PM

**MAIN STAGE
ENTERTAINMENT**

FROM 1.00PM

**MINI STAGE
ENTERTAINMENT**

12 NOON - 5.00PM

PROCESSION

3.00PM

**LIGHTS
SWITCH ON**

5.00PM

Free car parking at station car parks and
Rothamsted Research car park from 12 noon.



Organised by

**HARPENDEN
TOWN COUNCIL**

CLOSER TO THE COMMUNITY

www.harpenden.gov.uk

Text for school newsletter (World Antimicrobial Awareness Week; 18-24 November). Please let the UKHSA know you have shared this via this [short online registration form](#)



BECOME AN ANTIBIOTIC GUARDIAN

Keep Antibiotics Working

World Antimicrobial* Awareness Week (18-24 November)

Please help to Keep Antibiotics Working

Antibiotics do not work on viruses, such as colds, flu and COVID-19. Antibiotics are used to treat severe infections caused by bacteria, such as meningitis, pneumonia, urine infections and more severe throat and ear infections. However, bacteria are continually adapting to develop new ways of escaping treatment. This is called antibiotic resistance and is one of the biggest risks facing everyone. This resistance can spread between different bacteria in our bodies and between people (whether they are healthy or ill). The more often a person takes antibiotics, the more likely they are to develop drug resistant bacteria in the body. To **Keep Antibiotics Working** and prevent resistance, only take them when you really need them, and always take them as advised by your doctor, nurse or pharmacist.

How to look after yourself when you have an infection to help you feel better

- Get plenty of rest.
- Make sure you or your child drink enough to avoid feeling thirsty.
- Take paracetamol for pain, (read instructions on the box carefully)
- Fever is a sign the body is fighting the infection and usually gets better by itself.
- Find out more about how to manage common infections via this [Self Care for Common Infections Leaflet](#).

You can help prevent infections spreading to your family or friends by:

- Catching sneezes or coughs with a tissue and throwing the tissue in to a bin.
- Regularly cleaning your hands with soap and water or alcohol gel for 20 seconds - especially after you have sneezed or coughed.
- Vaccines protect you and as you are protected from infections – others are too.
- Following the latest [government guidance](#) if you or your child develops symptoms of COVID-19.

Here are some simple actions you can do to help Keep Antibiotics Working:

- Don't ask for antibiotics if you have a cough or cold.
- Many infections get better on their own, so antibiotics are only needed for more serious infections.
- Go to the [NHS website](#) and [NHS 111](#) online for advice about how to manage your symptoms, and when to visit your pharmacist, general practice or emergency care.
- If the doctor does prescribe you antibiotics, take them exactly as prescribed;
- Never save antibiotics for later and never share them with others.
- Spread the word. Tell your friends and family how to Keep Antibiotics Working. You can find out more via www.antibioticguardian.com



There are also several fun educational activities linked to the national curricula to educate children on the e-Bug website (www.e-bug.eu). Updated resources will be released in late 2021

** Antimicrobials are medicines used to prevent and treat infections caused by microorganisms (bacteria, virus, fungi and parasites) in humans, animals and plants. They include antibiotics, antivirals, antifungals and antiparasitics*

Written by Antibiotic Guardian and eBug Teams, UK Health Security Agency (UKHSA)

SCHOOL UNIFORM CHRISTMAS & NEW YEAR 2021

Your local branch is Harpenden
10 Leyton Road, Harpenden, Hertfordshire, AL5 2TL
Email: harpendenbranch@stevensons.co.uk

FESTIVE OPENING TIMES

Monday 20th December – Monday 3rd January – CLOSED

Tuesday 4th January- OPEN 9 - 5.30

Wednesday 5th January –OPEN 9 - 5.30

Thursday 6th January – OPEN 9 - 5.30

Friday 7th January- OPEN 9 - 5.30

Saturday 8th January- OPEN 9 - 5.00

Sunday 9th January – CLOSED

Normal opening hours resume from Monday 10th January

Festive Break:

Our stores will be closing over the festive period to allow our staff who work very hard over the summer to spend some time with their friends and families.

Please see above opening times for your local branch.

Online Ordering:

Please place any online orders before **Wednesday 15th December** to ensure in stock items are dispatched before the festive period. While closed we will continue to process online orders, however due to the time of year and how Christmas bank holidays fall it may take up to 14 days for orders to arrive with you.

Online Ordering (Cont.):

Orders placed online for collection will be processed once the store has re-opened.

Please only come to collect your orders once you have received a confirmation email to say the order is ready to avoid disappointment.

Customer Service:

Our Customer Service teams will be working remotely over the festive period so whilst our phone lines are closed you can still reach one of the team via email if you need advice on products or sizing.

Wishes...

We'd like to wish our customers a lovely festive break! We look forward to seeing you all in the New Year!

For more information
about us visit
www.stevensons.co.uk

STEVENSONS

SCHOOL UNIFORM OUTFITTERS

Parent and Carer Support TALKING ASD & ADHD Workshops Spring Term 2022

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

ANXIETY and STRESS

We will help you to learn about:

- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.
- Where to access further help and support, locally and nationally.



Monday 17th January

9.30-11.30am

Workshop 482 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: Anxiety and Stress.](#)
[For parents/carers in Herts Registration,](#)
[Mon 17 Jan 2022 at 09:30 | Eventbrite](#)

Tuesday 22nd February

7.30-9.30pm

Workshop 483 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: Anxiety and Stress.](#)
[For parents/carers in Herts Registration,](#)
[Tue 22 Feb 2022 at 19:30 | Eventbrite](#)

RESPONDING TO ANGER

We will help you to learn about:

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.
- Where to access further help and support, both locally and nationally.

Tuesday 18th January

7.30-9.30pm

Workshop 484 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: Responding to Anger.](#)
[For parents/carers in Herts. Registration, Tue](#)
[18 Jan 2022 at 19:30 | Eventbrite](#)

Thursday 24th February

9.30-11.30am

Workshop 485 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: Responding to Anger.](#)
[For parents/carers in Herts. Registration, Thu](#)
[24 Feb 2022 at 09:30 | Eventbrite](#)



THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs

We will help you to learn about:

- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

LOSS and SEPARATION

We will help you to learn about:

- The impact that separation, divorce or bereavement has on children with ASD/ADHD
- Responding to the fall out - the emotions and the behaviour.
- Preparing for the difficult conversations with your child
- How to deliver 'bad news'
- Preparing your child for change
- Managing your own difficult feelings and helping your children to manage theirs

TECH USE

We will help you to learn about:

- How your child's diagnosis increases vulnerability online.
- What you can do to support any difficulties with online behaviour.
- Recognising when something is wrong.
- Managing difficult conversations with confidence.
- Setting and maintaining boundaries for online use.
- Teaching your child to develop their own methods of regulating internet use and staying safe.

Thursday 31st March

7.30-9.30pm

Workshop 486 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: The teenage years. For parents/carers in Herts Registration, Thu 31 Mar 2022 at 19:30 | Eventbrite](#)



Monday 7th February

9.30-11.30am

Workshop 487 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: Understanding Loss & Separation. Registration, Mon 7 Feb 2022 at 09:30 | Eventbrite](#)



Tuesday 8th February

7.30-9.30pm

Workshop 488 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: Tech Use. For parents/carers in Herts. Registration, Tue 8 Feb 2022 at 19:30 | Eventbrite](#)



Workshops are open to parents and carers living in Hertfordshire



Welcome to Supporting Links.
Please complete this form to access our services.

Phone:	01442 300185	Email	bookings@supportinglinks.co.uk	Mobile:	07512 709556
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I am referring myself	<input type="checkbox"/> Yes <input type="checkbox"/> No	I am referring someone else	<input type="checkbox"/> Yes <input type="checkbox"/> No
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6 Week Course	<input type="checkbox"/> Talking Additional Needs	<input type="checkbox"/> Talking Teens	Course ID:	SL
	<input type="checkbox"/> Talking Families	<input type="checkbox"/> Talking Dads		

Workshop Plus Coaching	<input type="checkbox"/> Talking Pre-Teens	<input type="checkbox"/> Talking ASD/ADHD – The Teenage Years
	<input type="checkbox"/> Talking Teens	<input type="checkbox"/> Talking ASD/ADHD – Sibling Struggles
	<input type="checkbox"/> Talking Connection	<input type="checkbox"/> Talking ASD/ADHD – Transition and Change
	<input type="checkbox"/> Talking Dads	<input type="checkbox"/> Talking ASD/ADHD – Responding to Anger
	<input type="checkbox"/> Talking Resilience and Motivation	<input type="checkbox"/> Talking ASD/ADHD – Anxiety and Stress
	<input type="checkbox"/> Talking Stress and Anxiety	<input type="checkbox"/> Talking ASD/ADHD – Tech Use
	<input type="checkbox"/> Talking Tech	<input type="checkbox"/> Talking ASD/ADHD – Loss and Separation

All personal information taken, for the purposes of making this booking, will be held securely in accordance with our GDPR Policy, a copy of which is available on request.

Parent/Carers Name	
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Address	
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Postcode	
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Mobile Phone		Email	
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Ethnicity	<input type="checkbox"/> White English, Welsh, Scottish, Northern Irish or British, Irish, Gypsy or Irish Traveller, Any other White background
	<input type="checkbox"/> Mixed or Multiple ethnic groups White and Black Caribbean, White and Black African, White and Asian, Any other mixed or multiple ethnic background
	<input type="checkbox"/> Asian or Asian British Indian, Pakistani, Bangladeshi, Chinese, Any other Asian background
	<input type="checkbox"/> Black, African, Caribbean, or Black British African, Caribbean, Any other African or Caribbean background
	<input type="checkbox"/> Other Ethnic Group Arab, Any other ethnic group

Parent/Carer Needs		Brief Details:
Is there anything that we need to know about you that will help us to support you?	Communication and learning e.g. language, writing or reading	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Mobility or physical issues e.g. vision/hearing impairment	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Emotional Wellbeing e.g. anxiety or mental health	<input type="checkbox"/> Yes <input type="checkbox"/> No

Childrens Ages	1.	2.	3.	4.	5.	6.
Child with disability, SEN or additional need:	<input type="checkbox"/> Yes <input type="checkbox"/> No					

Childs Needs Please include physical emotional and/or behavioural.					
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Family Needs		Brief Details:
It helps us to know a little about why you are asking us for help. All information is treated with the strictest of confidence.	Risky behaviour	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Aggressive behaviour	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Addiction	<input type="checkbox"/> Yes <input type="checkbox"/> No
	School attendance	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Parental conflict	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Boundaries	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Child with complex needs	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Abusive behaviour	<input type="checkbox"/> Yes <input type="checkbox"/> No



Welcome to Supporting Links.
Please complete this form to access our services.

Please provide any other information about your reason for referral here: e.g. What do you hope to gain or understand? What are you hoping to change?			
Existing Support			Brief Details:
Please tell us if you are receiving any support from these places already or have done so in the past year.	Childrens Services – Child Protection/Safeguarding	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Childrens Services – Early Help/Families First	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	School Family Support Worker	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Family Centre Outreach	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	CAMHS/Step 2 (for mental health)	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	CAMHS/Paediatrician (for ASD/ADHD)	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Health Visitor or School Nurse	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Other (please state):	<input type="checkbox"/> Yes <input type="checkbox"/> No	

Please return your completed referral forms to: bookings@supportinglinks.co.uk

For Professional Referrals ONLY			Please confirm the date upon which you explained this to your client
To refer a client to our parenting courses, please first check the course you wish them to attend by looking on our website for our current course offers: http://www.supportinglinks.co.uk/whatson.html	I have have spoken to my client about this course and they are happy to attend	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	My client can attend all the sessions	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	If there is a history of drug/alcohol abuse, my client knows that they will not be allowed to attend the course if they arrive under the influence of any substance.	<input type="checkbox"/> Yes <input type="checkbox"/> N/A	
	To help us be safe and appropriate please inform us if this family has a history of domestic abuse, drug and/or alcohol misuse or mental health issues.		
PLEASE SUBMIT SECURELY USING HERTS FX (PREFERABLY) OR PASSWORD PROTECTED			

Whilst we are happy to take your referral, the booking will only be finalised once we have spoken to the client. We will attempt to contact your client three times after which we will revert to you and ask that your client contacts us should they wish to attend a course. We only confirm bookings with the client themselves. You may wish to print this form to pass to your client, so they have the relevant information to confirm the booking.

For office use: Contact summary

Referral Received:		Client contact attempts:			
Course Booking taken:		Confirmation Email Sent:			
WS Plus Coach allocated:		Reminder:			