



Aston St. Mary's Newsletter

Our value this half term is Forgiveness

www.astonmarys.herts.sch.uk

1st April 2022

Every child is a treasure - small in size, growing in God's love.

Diary Dates

Wednesday 20th April: Children return to school

Monday 25th April: Maths evening for parents 7pm

Monday 9th – Thursday 12th May: Year Six SATs assessments

Monday 16th-Friday 20th May: Year Six Bikeability Training

Friday 20th May: Sports Day

Thursday 26th May: Open Morning

Friday 27th May: Jubilee Celebrations in school

Monday 30th May – Friday 3rd June: Half Term break

Wednesday 15th June: Danes and Puddlebridge Classes K'nex Challenge

Monday 20th June: **SCHOOL CLOSED** (Jubilee Day holiday)

Tuesday 28th June: Year Six to Hertfordshire Schools Food and Farming Day

Tuesday 12th July: Summer production (1:30pm and 6:00pm)

Wednesday 13th July: Summer production (6:00pm)

Thursday 14th July: Children visit new classes and Year Six visit secondary schools

Friday 15th July: Reward Day

Wednesday 20th July: Leavers' Service. Term ends at 1:00pm.

**ALL DATES ARE SUBJECT TO CHANGE
AND ADDITIONAL DATES WILL BE ADDED**



As we reach the end of term, we would like to wish all our families a happy and relaxing Easter break.

It was wonderful that so many of you were able to join us for our Easter service in church this morning and also for our Mother's Day service last week. It really does mean a lot to be able to come together once more for these important and special occasions. For our youngest children, in Shackadell and Peartree classes, last week was their very first visit as part of our school community. It is hard to know who was more excited – them or some of the older children who were heard to say 'Yes! We finally get to go to church again!'

Earlier this week, the children enjoyed a special Easter breakfast in school (thank you to Tesco for providing us with the Hot Cross Buns free of charge). Today sees the return of another important Aston tradition – that of the egg decorating competition followed by egg rolling on the school playground. This is always an exciting and closely fought competition!

As you will see from the dates list, we already have lots planned for the term ahead. In the meantime, we hope that you all enjoy some special family time over the break and we look forward to welcoming the children back to school on Wednesday 20th April.

ACADEMIC YEAR 2021/2022

SPRING TERM

Thursday 6th January 2022 to Friday 1st April 2022

HALF TERM Break - Monday 14th February 2022 to Friday 18th February 2022

SUMMER TERM

Wednesday 20th April 2022 to Wednesday 20th July 2022

Bank Holiday (School Closed) - Monday 2nd May 2022

HALF TERM Break - Monday 30th May 2022 to Friday 3rd June 2022

Jubilee Day (School Closed) – Monday 20th June 2022)

School Meals

To order school meals, please log onto your School Gateway account via the website or the app.

DINNER MONEY FEES £2.90 per meal



School Meals Price Increase

Please note that our prices for meals will go up to £2.90 per day when we return after Easter on 20th April.

HCL have put their prices up from April, because the UK's inflation rate is at a 30-year high as of December 2021, the National Living Wage is increasing by £0.59 per hour (6.6%) to £9.50 and food costs are rising due to increasing costs of production and distribution.



Merits were awarded to:

Toby, Jack, Theo,
George, Isabel, Darcie,
Isabel, Jasmine, Leon,
Betsy, Joshua, Cameron,
Mia, LJ, Nathan, Astrid,
Archie, Elizabeth, Poppy
F, Louie, Ollie, Praise,
Pixie, Ademidun, Jack,
Gabriella, Ethan R



Shining Stars were
awarded to:

Joshua

A Thought from Reverend Jenny



We pray for the people of Ukraine,
That they may be granted peace;



We pray for the people of Russia,
That they may demand peace;

We pray for our country,
That we may be a positive part
Of peace-making in this world.

O Prince of Peace,
Lead us from this dark time
To a deeper understanding
Of the global human family,
So all may break bread together
In the secure embrace of peace.

Amen.

Notices



Reach out for Refugees



On Monday 21st March 2022, schools across Hertfordshire came together to 'Reach out for Refugees' in a show of solidarity with displaced people. Two Year Six pupils from Skyswood School in St. Albans saw what was happening in Ukraine and decided that they wanted to do something to help.

At Aston St. Mary's, we were delighted to offer our support and it was wonderful to see the children wearing yellow and blue for the day. So far, fundraising for this important cause has raised an impressive total of

£18,072

It really is amazing what can be achieved by schools working together in this way. Thank you for all your generous donations.

Charity Fundraising

At Aston St. Mary's we are always delighted to raise money for good causes. Thank you for your generosity twice in March.



Thank you for your generous donations towards the Comic Relief appeal on Friday 18th March 2022. It was lovely to see the children enjoying a day out of uniform. An impressive total of

£286

was raised via our Just Giving page and cash donations in school.

Congratulations!

Congratulations to Joel who has recently passed his Grade 1 saxophone with a merit.

We are so proud of you Joel.



Thank you to the PTFA

Firstly, we would like to say thank you to Ade, Sarah and Julie for all their hard work over the years and for helping raise thousands of pounds for our school.

We now need to appoint new members for our PTFA committee – a meeting will be arranged after the Easter break. Please attend if you can in order to support our school. Fundraising via the PTFA provides a significant income for our school and allows us to purchase additional resources for the benefit of all children as well as offering them many different exciting activities over the school year. Another important aspect of the work of the PTFA is to arrange social events which not only raise funds for the school but also serve to bring our school community together. We are always keen to consider different ways to raise money so please bring any suggestions that you may have to the meeting.

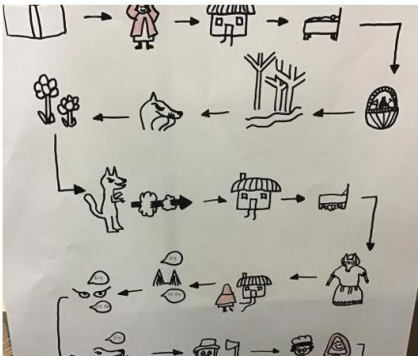
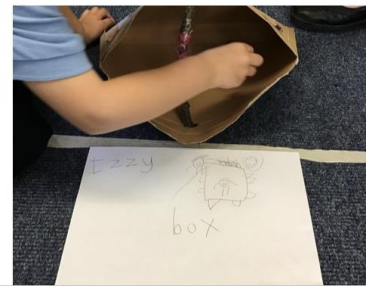
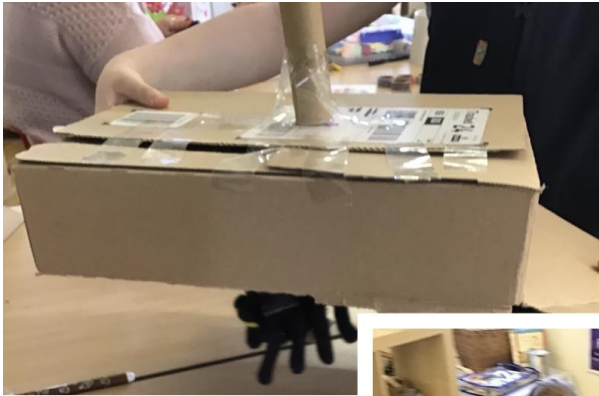
Thank you also to those who prepared and arranged the recent Mother's Day gifts. Becs (Izzy's mum) made all the wonderful presents and Charlotte bought the chocolate. Mrs Crowley, Lara (Ted and Orla's mum) and Helen (Tilly's mum) organised and sold the gifts in school last Friday. A big thank you to all involved.

Finally, well done to all the children – the PTFA were really impressed with everyone's manners as every single child said thank you when purchasing their Mother's Day gift.

Class News

Shackadell Class

Once upon a time Shackadell class learned all about different fairy tales! We have been having a lot of fun listening to and then retelling fairy tales. We enjoyed the 'Three Billy Goats Gruff' and spent time designing and making our own trolls and then using interesting adjectives to describe them. We also enjoyed learning about 'Little Red Riding Hood'. We made finger puppets and split pin puppets of some of the characters from the story as well as making wanted posters to help capture Mr Wolf. We also planned and made traps to catch the fairy tale baddies. These including some pit fall traps, sticky traps, box traps and snag traps. We used our design and technology skills to do this. We have fun creating mixed up fairy tales and adding our own twists to the stories!



Class News

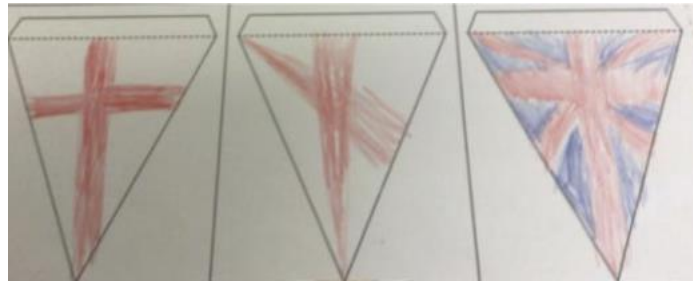
Peartree Class

Well, here we are at the end of the second term, and I can't believe how quickly it has flown by.

We have had our DT Day this week where we have been looking at different types of bunting. We then designed our own bunting using the theme of our geography topic 'The United Kingdom'. We even used the Chrome Books to design them. We used a running stitch around the edge of our bunting and then we used fabric pens or strips of fabric to create the design. Here are some of our lovely designs along with the finished product.



We will hang our bunting up to help decorate our school on the queen's birthday.



We really hope you have a lovely, restful Easter break and look forward to seeing you in the summer term.

Don't eat TOO many Easter eggs!

Class News

Orchard Class

During our poetry week in English, we were looking at the poem 'Into the Blue' by Hilda Offen. Hilda Offen talks about floating in the sky with her blue balloon and describes what she can see below her. The children had the chance to choose their own colour balloon and had the opportunity to 'float' around the playground holding their balloon in the air. The children were focussing on what they could hear and see, to be able to generate and build on their vocabulary, to write their own version of the poem. The children made great use of alliteration, similes and adjectives, before publishing and performing them.



We have loved our history unit "Nurturing Nurses" this half term. During golden time, many children have enjoyed using the role play area to dress up as Florence and practice their nursing skills on each other! Also linked to our history learning, in design and technology, we have been learning about the famous French chef Alexis Soyer who worked alongside Florence Nightingale to cook healthy meals for the soldiers. We tasted different soups before designing and making our own. Using the bridge and claw methods, the children were able to chop and prepare their vegetables safely for their delicious soups.



Have a wonderful Easter holiday.

Class News

Haffydown Class

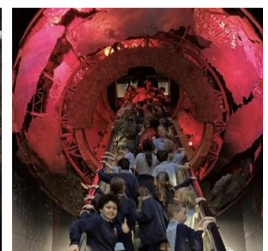
On Wednesday this week, a Viking came to visit, and he taught us about weapons, armour, religion, trading, longships and funerals. We had a scary welcome as he emerged from hiding as if in battle. Children helped re-enact important aspects of Viking life. We had children acting as fierce boars being hunted with spears and Norse Gods in the story of 'Thor's Lost Hammer'. Haffydown thoroughly enjoyed their day!



Class News

Puddlebridge and Danes Classes

Puddlebridge and Danes classes had a fantastic day out at the Natural History Museum to support our 'Extreme Earth' topic. We started the day by exploring the Volcanoes and Earthquakes exhibit where we got to view dramatic film footage, objects melted by lava flows, heat suits and seismographic equipment. We also got to experience an earthquake simulator, showing what it was like during the 1995 earthquake in Kobe, Japan.



In science, Year Five and Six have been learning about fossils and evolution so we visited the Fossil Marine Reptiles gallery. Here, we got to see specimens collected by Mary Anning and her brother Joseph in the early 1800s, Jurassic crocodiles, fossils that inspired stories of sea dragons and the skeleton cast of the giant ground sloth. We also visited the 'Evolution of Man' gallery.



Class News

Puddlebridge and Danes Classes

In the Mammals exhibit, we were amazed when we saw the enormous blue whale, extinct mammoths and giant elk, as well as giraffes, hippos and horses. There was just enough time at the end of the day to explore the dinosaur gallery and marvel at a range of prehistoric giants.



It really was a pleasure to take the children out; they showed such an interest in all the many exhibits and their behaviour was exemplary throughout the day.





**Natural Flair Coaching Ltd
Presents**



Natural Steps To Stronger, Safer Families

***A Protective Behaviours Approach to Emotional Wellbeing
Now offered as an online course***

An interactive and fun 6 week course, providing a safe place to explore feelings, be heard and understood, and put achievable goals in place for you and your family.
NOW AVAILABLE ONLINE

Funded by:

Hertfordshire County Council,
Family Services Commissioning



Topics covered include:

- What it means to feel safe - how do we know?
- Problem solving and resilience skills
- How to support our child's worries
- Why do we get triggered? Our 'unwritten rules'
- How to build and maintain an effective support network
- Strategies to stay in control of our emotions
- What is behind anger and how this impacts behaviour

Dates: Day and evening courses available

Wednesday 11th May - 9.30am to 11.30am
or

Thursday 19th May - 7pm to 9pm

(Each course is 6 sessions in total)

Venue: Available on your smart phone or laptop device in the comfort of your own home via a safe/secure link

This fun and inspiring online parent coaching course develops confidence, resilience and emotional wellbeing - It is packed full of strategies to support your family to manage their feelings and tips to support a calmer family life



Natural Flair
Coaching Ltd

Parents need to be referred onto this course or have a specific parenting need

For more information or to book a space please call

01992 446 051

Email: Bookings@natural-flair.co.uk



The Secrets of Parenting Teens and Building Resilience

A FREE 6 week course for parents and carers of children aged 11+
Funded by Hertfordshire County Council Children's Services **NOW AVAILABLE ONLINE**



Topics covered include:

- ♦ Teen development and the teen brain
- ♦ Building resilience/self esteem
- ♦ Temperament and its effects on behaviour
- ♦ Dealing with challenging behaviour
- ♦ Improving communication and relationships
- ♦ What is anxiety and how it is displayed in young people
- ♦ Looking at wellbeing and anxiety of teens and the impact on the wider family
- ♦ Tools for managing anxiety and conflict
- ♦ Setting boundaries and managing house rules/parenting styles and strategies
- ♦ The power of empathy in connecting with young people
- ♦ Tools for emotional health and wellbeing

ONLINE SESSIONS

Date: Thursday 12th May for 6 weeks
Time: 9.30am to 11.30am

Date: Monday 13th June for 6 weeks
Time: 7.00pm to 9.00pm

Parents need to be referred onto this course or have a specific parenting need
To book contact:

Vicky Knight (Course Manager)
Email: bookings@natural-flair.co.uk
or call 01992 446 051



Natural Flair

**Parent and Carer Support
Online Courses
Summer Term 2022**



TALKING FAMILIES

Our FREE 6 week course for parents and carers of children aged 0-12 will cover

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.



Wednesdays 9.45-11.15am

20th Apr-25th May

Course 503

Tuesdays 8.00-9.30pm

21st Apr-26th May

Course 504

Tuesdays 8.00-9.30pm

7th June-12th Jul

Course 505

TALKING TEENS

Our FREE 6 week course for parents and carers of children aged 12-19 will cover

- The Teen Brain: the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



Wednesdays 7.45-9.15pm

20th Apr-25th May

Course 506

Pre-booking essential

To check eligibility and book a place, please contact
Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

Quoting the Course ID

Parent & Carer Support TALKING ASD & ADHD Workshops Summer 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

- 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.

RESPONDING TO ANGER

- 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.

info@supportinglinks.co.uk
www.supportinglinks.co.uk

Follow on:



Tuesday 3rd May

9.30-11.30am

Workshop 510 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-510-registration-300778415337>

Tuesday 28th June

7.30-9.30pm

Workshop 511 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-511-registration-302365111187>

Monday 25th April

7.30-9.30pm

Workshop 513 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-513-registration-297914449137>

Wednesday 13th July

9.30-11.30am

Workshop 512 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-512-registration-302300818887>



Workshops are open to parents and carers living in Hertfordshire

TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.



Dads,
Step-Dads,
Stay at
home Dads,
Working
Dads...

Wednesdays 7.45-9.15pm
20th Apr-25th May
Course 508

Thursdays 7.45-9.15pm
9 Jun-14th July
Course 509

TALKING ADDITIONAL NEEDS

(previously Understanding Behaviour in your child with Additional Needs)

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.



Diagnosis
not
essential

Thursdays 9.45-11.15am
7th Jun-12th July
Course 500

Wednesdays 8.00-9.30pm
8th Jun-13th Jul
Course 502



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a webcam and microphone. We will help you get set up if you haven't used Zoom before. No special skills are needed.

Courses are open to parents and carers living in Hertfordshire

Pre-booking essential

**To check eligibility and book a place, please contact
Supporting Links on:**

07512 709556 or bookings@supportinglinks.co.uk

Quoting the Course ID

www.supportinglinks.co.uk

These courses are provided free to parents by
Hertfordshire County Council



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ADD-vance

The ADHD and Autism Trust

Website: www.add-vance.org
Email: herts@add-vance.org
Phone: 01727 833963



FREE ONLINE SUMMER 2022 WORKSHOPS FOR PARENTS/CARERS

We are again delighted to offer our full programme of workshops, funded by Hertfordshire County Council. These interactive workshops will be delivered via Zoom and can be accessed via a PC, laptop, tablet or smartphone. For more details and to book your FREE ticket, please see <http://add-vance.eventbrite.com/> or visit our [website](http://www.add-vance.org).

Date	Time	Topic
Thursday 21 st April	10 – 11.30 am	Diagnosing ADHD and/or Autism
Monday 25 th April	10 – 11.30 am	Understanding ADHD
Monday 25 th April	7 – 8.30 pm	Tips & Tools for Sleep
Tuesday 26 th April	10 – 11.30 am	Caring for Your Child (and Yourself)
Thursday 28 th April	10 – 11.30 am	Tips & Tools to Build Self-Esteem
Tuesday 3 rd May	10 – 11.30 am	Working in Partnership with School
Wednesday 4 th May	10 – 11.30 am	Tips & Tools to Support Communication
Thursday 5 th May	7 – 8.30 pm	Understanding Autism
Monday 9 th May	10 – 11.30 am	Applying for an EHCP
Tuesday 10 th May	10 – 11.30 am	Understanding PDA
Wednesday 11 th May	10 – 11.30 am	Tips & Tools to Teach Emotional Literacy
Thursday 12 th May	7 – 8.30 pm	Tips & Tools for Toileting
Monday 16 th May	10 – 11.30 am	Preparing for an EHCP Annual Review
Wednesday 18 th May	10 – 11.30 am	Understanding ADHD in Girls
Thursday 19 th May	10 – 11.30 am	Tips & Tools to Support Learning
Monday 23 rd May	7 – 8.30 pm	Support for Dads
Wednesday 25 th May	10 – 11.30 am	Understanding Autism in Girls
Thursday 26 th May	10 – 11.30 am	Tips & Tools to Manage Everyday Change
Monday 6 th June	10 – 11.30 am	Supporting Siblings
Wednesday 8 th June	10 – 11.30 am	Understanding Challenging Behaviour
Thursday 9 th June	7 – 8.30 pm	Tips & Tools to Manage Anger
Friday 10 th June	10 – 11.30 am	Tips & Tools for Self Harm
Monday 13 th June	10 – 11.30 am	Supporting Transition into Primary School
Wednesday 15 th June	10 – 11.30 am	Understanding Sensory Differences
Thursday 16 th June	7 – 8.30 pm	Tips & Tools to Manage Sensory Differences
Monday 20 th June	10 – 11.30 am	Supporting Transition into Secondary School
Tuesday 21 st June	10 – 11.30 am	Understanding Anxiety
Wednesday 22 nd June	10 – 11.30 am	Tips & Tools to Support Puberty
Thursday 23 rd June	7 – 8.30 pm	Tips & Tools to Manage Anxiety
Monday 27 th June	10 – 11.30 am	Tips & Tools for Positive Behaviour
Tuesday 28 th June	10 – 11.30 am	Preparing for Adulthood 14+
Thursday 30 th June	7 – 8.30 pm	Understanding Neurodiverse Teens
Monday 4 th July	10 – 11.30 am	Tips & Tools to Teach Social Skills
Tuesday 5 th July	10 – 11.30 am	Thinking About College
Thursday 7 th July	10 – 11.30 am	Thinking About University

'I feel so much better prepared for the future'

'I finally understand my child!'

'I have some great new ideas to try at home'

ADD-vance will only use your data for the administration of the workshops and anonymised reporting to funders.

We will not pass your personal information on to any third parties.

Please note you may be contacted by our funders, Hertfordshire County Council, for feedback following the workshops.



ADD-vance

The ADD-vance ADHD and Autism Trust
Passionate about Understanding, Embracing and Celebrating Neurodiversity

FREE ONLINE Introductory 6-Week Courses for Parents/Carers

Understanding ADHD and Autism

This interactive course is designed for parent/carers of children aged 5 to 14 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 and already in reception). The Early Years course is for parents/carers of children aged 2 – 5 yrs.

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

- Understanding ADHD, Autism and related conditions
- Building your child's self-esteem
- Understanding anxiety and anger triggers
- Reducing meltdowns and other behaviours which challenge
- Developing positive behaviour strategies
- Working collaboratively with school
- Knowing your rights and how to advocate for your child
- Reducing your own stress levels
- Managing the needs of siblings
- Improving communication as a family
- Connecting with other families and sharing experiences
- Signposting to useful resources and local support networks.

Courses will be delivered online via Zoom with a maximum of 14 participants. They will run as a series of 2-hour sessions over six weeks. The sessions are designed to be interactive and participants will be expected to attend every session with video/audio. Earphones are recommended if you have children in the same room with you. **The sessions will not be recorded so attendance at all 6 sessions is essential.**

The sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology.

Tuesdays	19 th April to 24 th May	9.30 – 11.30 am	Early Years Course
Wednesdays	20 th April to 25 th May	7 – 9 pm	
Fridays	22 nd April to 27 th May	10 am – 12 pm	
Wednesdays*	8 th June to 13 th July	10 am – 12 pm	
Wednesdays*	8 th June to 13 th July	7 – 9 pm	Dads/male carers only

*Bookings open on 14th May at 8 am

For more information and to book your FREE place please visit our course page on [eventbrite](https://www.eventbrite.com).

These courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only



WORKSHOPS / COURSES SUMMER TERM 2022 - JUNE / JULY

Understanding Autism Workshop	Tuesday 7 th June	11:00 - 12:00
ASD and Tourettes Talk	Thursday 9 th June	18:30 - 20:00
Talking SENSory - Signs, Signals and Solutions Workshop	Tuesday 14 th June	19:00 - 21:00
PDA, ODD and ADHD 'Understanding The Difference' Workshop	Thursday 16 th June	10:00 - 12:00
EHCP - New Application Workshop	Thursday 16 th June	19:00 - 21:00
Understanding Specific Maths Difficulties (Dyscalculia)	Friday 17 th June	10:00 - 12:00
Understanding Autism and ADHD Workshop	Monday 20 th June	19:00 - 21:00
Therapeutic Thinking - What Lies Beneath Behaviour? Workshop	Tuesday 21 st June	10:00 - 12:00
Navigating the SEND World Workshop	Thursday 23 rd June	19:00 - 21:00
Sleep Tight Course - 4 weeks - East Herts Residents	Friday 24 th June	10:00 - 11:30
Mental Health in Neurodiverse Children/Young People Workshop	Tuesday 5 th July	18:00 - 20:00
Navigating the SEND World Workshop	Thursday 7 th July	10:00 - 12:00
Autism and Complex Needs Workshop	Thursday 14 th July	10:00 - 12:00



www.spaceherts.eventbrite.co.uk

All workshops and courses can be booked via Eventbrite
and will be posted on our social media in due course

For further information please email: training@spaceherts.org.uk or check Eventbrite & our FB pages

All workshops and courses are subject to change, correct at time of printing

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS

REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

WORKSHOPS / COURSES SUMMER TERM 2022 - APRIL / MAY

Understanding ADHD Workshop	Wednesday 20 th April	11:00 - 12:00
Sleep Tight Course - 4 weeks - DSPL3	Thursday 21 st April	10:00 - 11:30
EHCP 'Annual Review' Workshop	Thursday 21 st April	19:00 - 20:30
Sleep Workshop	Monday 25 th April	10:00 - 12:00
PDA, ODD and ADHD	Wednesday 27 th April	10:00 - 12:00
Navigating the SEND World Workshop	Thursday 28 th April	19:00 - 21:00
ADHD Skills Building 4 Week Course (4 sessions)	Tuesday 3 RD May	18:30 - 20:30
Anxiety and SEND Workshop	Wednesday 4 th May	10:00 - 12:00
Anger and Conflict Workshop	Friday 6 th May	10:00 - 12:00
Talking SENSory - Signs, Signals and Solutions Workshop - DSPL5	Monday 9 th May	09:30 - 11:30
ADHD Skills Building 2 Day Course - DSPL3 - TBC	Monday 9 th May	09:30 - 14:30
Talking SENSory - Signs and Signals Workshop	Tuesday 10 th May	10:00 - 12:00
Navigating the SEND World Workshop	Monday 16 th May	10:00 - 12:00
ADHD Skills Building 2 Day Course - DSPL3 - TBC	Monday 16 th May	09:30 - 14:30
Talking SENSory - Solutions Workshop	Tuesday 17 th May	10:00 - 12:00
Supporting Learners With Demand Avoidance Workshop	Thursday 19 th May	18:00 - 20:00
Autistic Girls Workshop	Monday 23 rd May	10:00 - 11:30
Puberty and Neurodiversity Workshop	Tuesday 24 th May	10:00 - 12:00



www.spaceherts.eventbrite.co.uk

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All workshops and courses are subject to change, correct at time of printing

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS

REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

Stevenage - DSPL Area 2

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes

Supporting Children with Anxiety

for parents of children attending schools in and around Stevenage

Tuesdays 9.30am – 11.00am

26th April, 3rd May & 10th May 2022

THE OAK SUITE, PEARTREE SPRING PRIMARY SCHOOL.

Hydean Way, Stevenage, Hertfordshire, SG2 9GG.



- What is Anxiety and how does it present in children?
- Underlying causes of Anxiety in children
- Effective ways to understand and support your child
- Tools and Strategies to help manage anxiety

A short programme for parents & carers led by Jo Ann from the DSPL2 High Needs Service. This programme will give an insight into anxiety in children, giving tools and strategies to help support them effectively.

Chat to other parents, share experiences and leave with new ideas....

PLEASE REGISTER IN ADVANCE BY CONTACTING JO ANN BY EMAIL

j.nilssen@peartreespring.herts.sch.uk

PLEASE REGISTER YOUR INTEREST BY Thursday 31st March.

SPACES WILL BE LIMITED.



DO YOU HAVE CONCERNS ABOUT YOUR KIDS' HEALTH HABITS?

JOIN OTHER LIKEMINDED PARENTS IN STEVENAGE FOR A SET OF FREE WORKSHOPS TO HELP YOU LEVEL UP YOUR FAMILY'S LIFESTYLE :

- 1.5 hour group BeeZee Lite sessions with our team of Nutritionists and Family Wellbeing Co-ordinators
- Informal, inclusive and non-judgemental atmosphere
- Share challenges and tips with other families like yours
- Get advice tailored to YOUR family
- Detailed action plan to take away
- Check back in one month later

*To be eligible for this free service your child must be between 5-15 years and have a BMI <91st centile (we can help you work this out if you're not sure)

Sign up for free at www.beezeebodies.com/lite or call the team on 01707 248648

WE CAN HELP GET YOUR FAMILY'S HEALTH AND WELLBEING ON THE RIGHT TRACK.



GROUP	INITIAL WORKSHOP	FOLLOW UP WORKSHOP
1	Tuesday 29th March 10:00 - 11:30am	Tuesday 26th April 10:00 - 11:30am
2	Thursday 31st March 10:00 - 11:30am	Thursday 28th April 10:00 - 11:30am

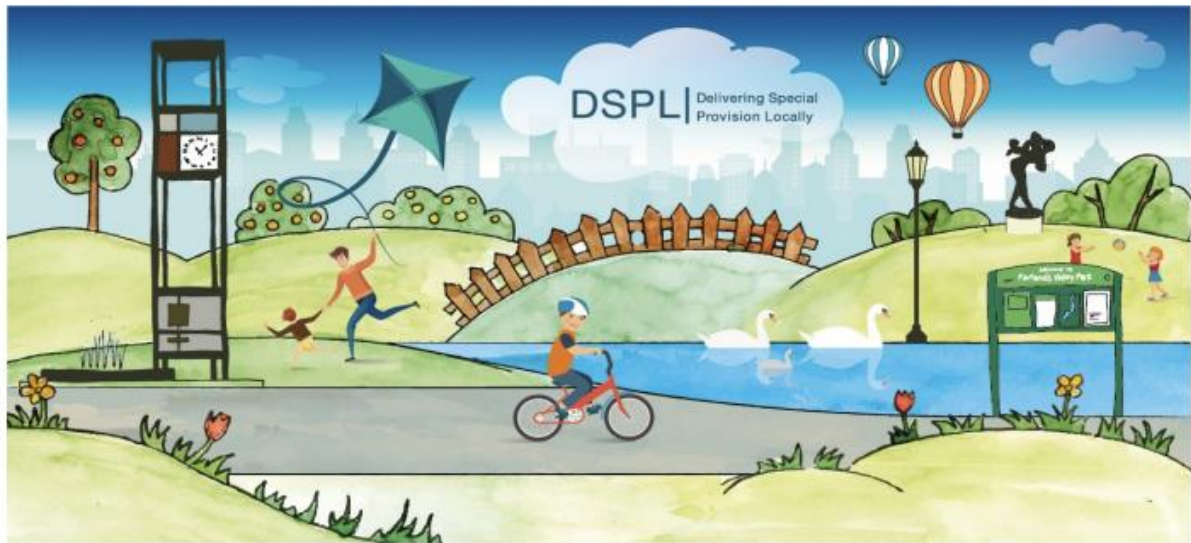
BEDWELL COMMUNITY CENTRE, STEVENAGE



beezeebodies.com/lite

01707 248648





Drop in Parent/Carer Coffee morning

We hope you come along and join us for a coffee and a chat.

Date: Wednesday 27th April 9am-10.30am

Location:

The Oak Suite,
Peartree Spring Primary School,
Hydean way,
Stevenage,
SG2 9GG.



If you have any questions email: dspl2@peartreespring.herts.sch.uk

Stevenage - DSPL Area 2

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes

DSPL2 covers the areas of;

Stevenage, Aston, Benington, Datchworth,
Graveley and Knebworth and Walkern