



Aston St. Mary's Newsletter



Our value this half term is Thankfulness

www.astonmarys.herts.sch.uk

16th December 2022

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

Diary Dates

Monday 19th December: Last multi sports session after school (in lieu of 28.11.22)

Tuesday 20th December: Christmas Services at 9:45am and 1:45pm (Shackadell nativity with Year Six narrators)

Wednesday 21st December: Term finishes at 1:00pm.

Thursday 5th January: Children return to school

Sunday 15th January: Deadline for primary school applications.

Tuesday 31st January: School nurse visit (Shackadell)

Tuesday 31st January: Year Four visit to Bayfordbury Observatory (5pm)

Thursday 2nd February: Year Five and Six visit to Bayfordbury Observatory (5pm)

Monday 13th-Friday 17th February: Half term break

Thursday 2nd March: World Book Day

Monday 13th March: Parent Teacher Consultations 3:30pm-6:00pm

Thursday 16th March: Parent Teacher Consultations 3:30pm – 7:20pm

Friday 24th March: Reward Day

Tuesday 28th March: Easter Breakfast

Friday 31st March: Easter Service. Egg rolling and decoration competitions. Term finishes at 1:00pm.

Merry Christmas



As we head towards the end of term, we would like to wish all of our families and very Happy Christmas. In the midst of all the preparations for Christmas, both in school and at home, it is important that we reflect upon the true meaning of Christmas. People all over the world will be celebrating the birth of Jesus Christ and sharing in the joy that this brings. Our value this half term is 'thankfulness'; at this time of year, it is particularly important that we are grateful for the lives that we lead and that we remember all those around the world who are not so fortunate as ourselves.

After a snowy start to the week, we have since enjoyed Christmas lunch, Christmas parties and reward day today. It was particularly special to be able to bring the whole school together for Christmas lunch on Wednesday after the previous two years when we had to have class 'bubble' celebrations. We look forward to our Christmas services in church next Tuesday; the children of Shackadell Class have been busy rehearsing and are very excited about their performance. It will also be wonderful to hear the Year Six bell ringers perform.

We would like to thank our whole school community for your continued support and to wish you and your loved ones a restful Christmas and a New Year of health and happiness.



ACADEMIC YEAR 2022/2023

AUTUMN TERM

Monday 5th September 2022 to Wednesday 21st December 2022

HALF TERM Break - Monday 24th October 2022 to Friday 28th October 2022

Occasional Day (School Closed) - Monday 28th November 2022

SPRING TERM

Thursday 5th January 2023 to Friday 31st March 2023

HALF TERM Break - Monday 13th February 2023 to Friday 17th February 2023

SUMMER TERM

Tuesday 18th April 2023 to Wednesday 19 July 2023

HALF TERM Break - Monday 29th May 2023 to Friday 2nd June 2023

INSET DAYS – SCHOOL CLOSED

Thursday 1st September 2022 and Friday 2nd September 2022

Monday 17th April 2023

Thursday 20th July 2023 and Friday 21st July 2023

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



Merit Certificates were awarded to:

Vaaris, Alice B, Leo D, Ellis, Maryam, Ollie, Theo, Lily-Rose, Orla, Jack, Alfie, Nyah, Cameron, Jessica, Finley, Rosie, Josh, Jayden, Mia, Ademidun, Ethan H, Ali, Finn, Keely, Amelie, James, Toby, Niamh, Ethan O, Theo, Jasmine



Shining Stars were awarded to:

Nathaniel, Tilly, Jadon

A Thought from Reverend Jenny:

Richard shared the story of The Bridge Builder, based on a poem by Will Dromgoole (1860-1934)

An old man was travelling a lonely highway one evening when he came to deep, wide, fast-flowing river. Unafraid, he went through it, and reached the other side safely. Then he turned, stopped and built a bridge to span the river.

A puzzled traveller asked the old man why he was wasting his strength building a bridge across a river he might never cross again. The old man replied; 'Friend, I am building this bridge for those who follow after me.'

'Sowing seeds of kindness always reaps a crop of heavenly blessings.'

'Success is knowing your purpose in life, growing to reach your maximum potential, and sowing seeds that benefit others.'

(John C. Maxwell)

Notices



We are delighted that our kitchen received a Five Star rating following a recent visit from the Food Standards Agency.

Well done to Joyce and Heather.



Parking for Christmas Services



You should have received your tickets for the Christmas services on Tuesday 20th December.

Parking for these services will be available on centre field from 8:30am.



Queen's Platinum Jubilee Silver Birch Tree

Last Friday, the school council were invited to plant a Silver Birch Tree on the cricket field to celebrate the Queen's Platinum Jubilee. The ground was hard, but they managed to get it planted. Please have a look when you are on the cricket field.



Notices

Christmas Sweatshirts

Wow! Mrs Crowley has been busy! An incredible total of 174 Christmas sweatshirts have been sold making a grand total of £918. It really has been wonderful to see so many children wearing these to school for our Christmas events. Thank you to Mrs Crowley for your hard work and dedication.



Thank You!

We would like to say a very big thank you to our wonderful PTFA for organizing such a wonderful Christmas Fair. It was so lovely to see so many families there on the day.

An impressive total of around **£1500** was raised.

Thank you to everyone involved. What a fantastic team!

Notices

Christmas Lunch

Christmas lunch really did feel extra special this year as it was the first time since 2019 that we had been able to celebrate with the whole school together in the hall. There was such a lovely atmosphere, lots of happy faces and lunch was delicious. We were very impressed by the children's table manners – thank you for your support in encouraging your children to work on this important life skill at home. We have never before had such clean tabletops and with hardly a crumb on the floor!



A Musical Performance

What a fantastic start to the day we had on Wednesday! We were treated to a violin performance by Simon Baggs (Alice's dad). Simon is a professional musician who has played in many shows and films including Lord of the Rings. As well as playing three pieces, Simon also answered many great questions from children across the school. He was most certainly inspirational; we have many budding musicians in school, and it was wonderful to hear them talk afterwards about how he had raised their own musical aspirations. Opportunities like this form an important part of our children's personal development and enrich their cultural capital. Thank you so much Simon.



Thank you to all the parents who kindly arrived at school on Tuesday with shovels in order to help clear some of the snow to make the school site safe. Your help really was greatly appreciated.

The Dressing Of Our Christmas Tree

This year we were thrilled to all be able to take part in another Aston St Mary's tradition, the dressing of the Christmas tree. We had a wonderful time together, listening to a story, learning about the birth of Jesus and dressing our tree with symbolic lights and colours.



Remember:

Blue decorations are used to remind us that Jesus is our Prince of Peace.

Silver decorations stand for his life without sin.

Red decorations represent his passion.

Green stands for the hope of a new life with God.

Gold represents the great love that he has for each one of us.

Purple is a sign of royalty – Jesus is the King of the world.

Lord Jesus, help us to remember that it is only because you came as a baby on the first Christmas Day that we can look forward to this Christmas with such excitement.

Lord, Mary prepared for the coming of Jesus by filling her home with love.
Help us to do the same.

Dear God,
We are beginning to look forward to the birthday of Jesus. Help us to prepare fully by thinking about how we can help others so that we may become more like Your Son,
Jesus.
Amen

Class News

Shackadell Class

Shackadell class have loved the very cold weather this week and have been taking full advantage of it! We spent time exploring the school's grounds and hunting for signs of frost and ice. We were fascinated watching the ice melt under our fingertips and couldn't believe the whole tuff tray had also iced over! Winter had finally arrived! In Forest school, we spent time making some ice decorations. We used some recycled pots and found some natural things from around the Shackadell garden. We cut up some bits of greenery, used small leaves, seeds and sticks. We placed them in the pot, added a cup of water and gave it a stir. Then we added some magic glitter which was biodegradable which means it doesn't harm the environment. We added a piece of string to hang it up and then left them in the garden to wait for them to freeze! We loved this activity very much.

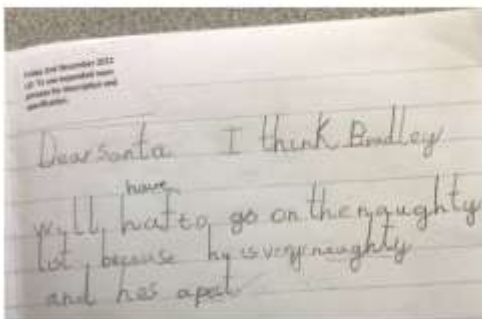
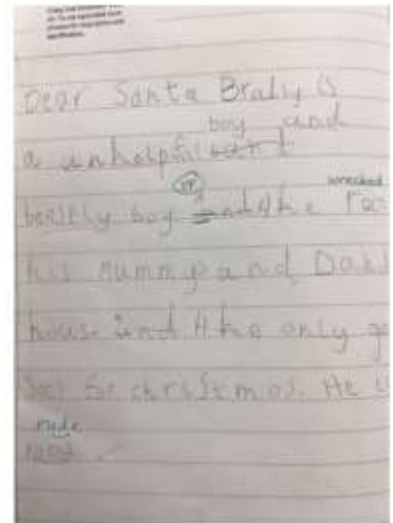


Class News

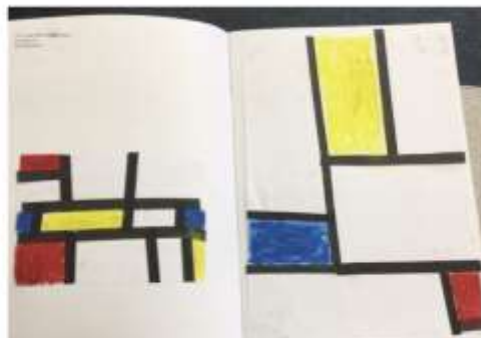
Peartree Class

We have finally made it through to Christmas. I hope you all had a lovely day in the snow this week. I would like to take this opportunity to say goodbye to Miss Lewis and wish her all the best as she continues her training.

We have been very busy in our English lessons, and we have looked at the books 'The Santa Trap' and 'The Jolly Christmas Postman'. We have been focussing on letter writing and we wrote a letter to Santa about the very 'bossy, beastly Bradley Bartleby'.



In art, we have been learning about primary and secondary colours. We like looking at the Dutch artist Piet Mondrian's artwork where he uses squares and rectangles and primary colours. We used charcoal and oil pastels to recreate our own versions. Stevenage Town Centre was based on Mondrian's artistic style and is going to be revamped in the near future.



I wish you all a very Merry Christmas and look forward to seeing you in the new year.

Class News

Haffydown Class

Haffydown has had a busy couple of weeks, now with Christmas is on its way there is a lot of excitement. The classroom is looking very festive, and the class elf has been causing mischief already!

Following the theme of Christmas, the children designed a felt Christmas tree for DT. They took their time to research, design and finally make their Christmas trees. The results are wonderful, and it is fantastic to see such a variety of ideas. The children should be very proud of themselves.



In English, we have started our new book 'The Emperor's Egg' which we will be reading next term. The book fits with our new Geography topic, Antarctica, where the children will be learning all about the coldest place on Earth. I think spending time in the snow will give them a good idea of how cold it can get!

I also wanted to share some home learning from Monday, the children were asked to create a stained-glass version of the nativity scene.



Well done Haffydown for a great term, I hope you have a restful holiday and a happy new year!

Class News

Puddlebridge Class

What a fantastic Autumn term we have had in Puddlebridge! We have all been working so hard and are looking forward to a restful Christmas holiday.

In English, we have been learning how to build tension in our writing. These included detailed descriptions, physical reactions of the character, clues to excite the reader and short, sudden sentences. Inspired by *The Secret Garden* by Frances Hodgson Burnett, we wrote our own narrative in which a character discovered their own secret garden.

One day, Tulip went blackberry picking and pushed back a row of blackberries to get to the next row. When she noticed something glinting in the sunlight. She walked over to it... it was a KEY! in a DOOR! She was bursting with curiosity she decided to try it. Tulip turned the key and showed with all her might... and... it worked!

Tulip gasped at the scene. She saw a pond, a fountain, a bench and all kinds of beautiful flowers (including tulips). *WELL DONE!*

I walked up to the room. It was very empty, except for one thing, the wardrobe. I climbed in, hoping I would teleport to a far off land like Narnia. Nothing happened. I tried pulling a handle. I looked down, all the hairs on my neck stood up on end. There was ~~nothing~~ there. I started falling very fast. 5 minutes later I woke up, I must have landed on something soft but no time to talk about that, I looked up and gasped. I pinched myself to make sure I wasn't dreaming. "ow!" I exclaimed.

None, definitely not dreaming. I got up and saw all kinds of flowers and hedges shaped in some kind of spiral shape. In the middle is a huge fountain with a small pond around it. I walked round the corner and saw something small, it was a dog, a small dog, a small dog but nonetheless. I ran away I saw a strange looking statue. Now I just need to get out.

Over the term, we have become experts on Ancient Egypt. We were able to explore this further in our most recent DT project, where we were tasked with designing and making a functional shaduf (a device used to lift water). All of the teams worked so well together which had a huge impact on the success of our shadufs.



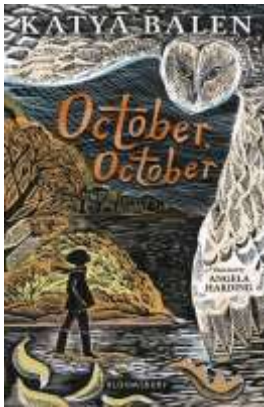
PIC-COLLAGES

Class News

Danes Class

Danes class have had a fantastic term and should feel very proud of their learning. Everyone has made great progress; this is a real credit to the children as they really do make the most of every single lesson. We have had an exciting term including a day trip at the beginning of the term to The British Museum and our PGL residential. In school we have covered an exciting and varied curriculum; we are now coming to the end of our historical based theme 'The Awesome Egyptians'. This also included cross-curricular work in English, science, art and DT.

Next term, we will have a geographical focus 'Everyone's Earth' which will link to our learning in science about 'The Earth in Space'. We are very excited about our trip to Bayfordbury observatory one evening early in February.



We have enjoyed reading a fantastic range of books this term, including titles such as:



The children continue to be encouraged to read as widely as possible – our recent recommended read 'October October' by Katya Balen has now been enjoyed by lots of children in the class.

Danes class thoroughly enjoyed a day off timetable to make Christmas decorations on Thursday 1st December. They particularly enjoyed creating 'The Aston Express' which is being used for children across the school to post their Christmas cards to each other. There is a carriage for each class – we are sure that you will agree that it looks wonderful!

We also made some beautiful decorations for our classroom.



Wishing everyone a very Merry Christmas and a relaxing break.



Welcome! Winter 2022

To our Winter edition of the Schools Stay Safe Newsletter.
Read on for advice on ways to stay safe for you and your family.

Lithium Batteries and E-Scooters

You may be thinking about buying an E-Scooter for your child this Christmas, but did you know that private e-scooters are currently illegal for use on public roads and cycleways, even though they are widely available for sale? There is currently a lack of regulation of these vehicles, meaning there are no minimum vehicle standards or battery specification.

Most modern mobile devices such as mobile phones use lithium-ion batteries. Lithium-ion is the most common form of battery because it can store the most energy in the smallest space.

Because of their tendency to catch fire, lithium-ion batteries must be looked after:

- Only buy batteries from a reputable manufacturer.
- Unplug devices when they are fully charged to avoid overheating.
- Store batteries in a cool dry place.
- It is recommended that you do not charge items such as mobile phones or tablets under pillows or on beds.
- Avoid charging devices overnight when anyone is asleep.
- You should not charge anything in a corridor or room that provides your only way out of your home.
- Ensure there is a working smoke alarm in every room where charging takes place and charge in a location where you can close a door to prevent smoke spread.
- In the event of a fire, leave immediately and do not attempt to extinguish the fire yourself.

E-bikes and e-scooters fire safety guidance
nationalfirechief.org.uk/

Hertfordshire Fire and Rescue Service



Road Safety and Drink Driving

As the party season approaches and we plan our Christmas parties, we ask that you are mindful of the dangers that drink driving poses. Just one drink can impair coordination, slow your reactions, and distort your judgement.

Drink driving is illegal and puts lives at risk. It is not possible to say how much alcohol you can drink and stay below the limit. The way alcohol affects you depends on:

- your weight, age, sex, and metabolism (the rate your body uses energy)
- the type and amount of alcohol you're drinking
- what you've eaten recently
- your stress levels at the time

So, if you're driving, it's better to have none for the road.

Here are a few pointers to ensure you can enjoy your night safely.

- Consider allocating a designated driver for the night. You can rotate amongst groups of friends.
- Do not drink any alcohol if you are the designated driver rather than risk it.
- Book and take taxis if you are going to drink alcohol. Make sure your friends do the same.
- Use public transport where you can and if it is safe for you to do so.
- Do not get into a car with anybody you suspect has drunk too much no matter how much pressure you feel under.
- Tell somebody who has drunk too much not to drive, you could save their life.
- Inform the police if you suspect somebody is driving under the influence.



Hertfordshire Fire and Rescue Service

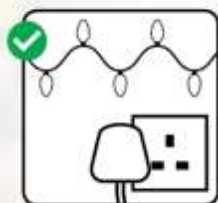


Christmas Fairy Lights and decorations

We all love a pretty Christmas decoration and fairy lights at this time of year, but did you know unsafe use of such items as fairy lights can cause fire.

Christmas is a magical time of year and with some careful planning it can stay that way!

- Check your Christmas tree lights carry the British Safety Standard sign.
- Never place candles near your Christmas tree or materials that can catch light easily.
- Decorations can burn easily – so don't attach them to lights or heaters.
- Keep candles, lighters, and matches out of children's reach. Never leave burning candles unattended.
- Never overload electrical sockets.
- Always switch Christmas lights off and unplug them before you go to bed.



Hertfordshire Fire and Rescue Service



Family Escape Plan for your loved ones.

At Christmas it's great to have the family come over and stay!

Have you thought about how you would all escape in the unlikely case of a fire? It only takes 5 minutes to run through your escape plan and can save lives!

- Be prepared by making a plan of escape.
- Make sure everyone knows how to escape.
- Make sure exits are kept clear.
- The best route is the normal way in and out of your home.
- Think of a second route in case the first one is blocked.
- Take a few minutes to practise your escape plan.
- Review your plan if the layout of your home changes.
- Keep door and window keys where everyone can find them.



Hertfordshire Fire and Rescue Service

We work closely with Hertfordshire Police and Safer Neighbourhood Teams to ensure our local communities feel safe in their homes and when out and about. The below website offers items for you to purchase to keep your personal belongings safe and ensure you are protected against theft.

<https://www.protect.uk/index.php/>

If you need any further information or advice on any of these topics, please feel free to call our friendly staff at your local station

- **Stevenage Fire Station**
01438 202500
Stevenage.fire@hertfordshire.gov.uk
- **Hitchin Fire Station**
01462 444800
Hitchin.fire@hertfordshire.gov.uk
- **Royston Fire Station**
01763 822100
Royston.fire@hertfordshire.gov.uk
- **Baldock Fire Station**
01438 647313
Baldock.fire@hertfordshire.gov.uk

- Hertfordshire Fire and Rescue Service
- Hertfordshire Fire and Rescue Community Safety

Family Lives Spring Term Programme



Worried about your child? Join our free online and face to face groups and get support to help your child feel more confident and happier. The groups are for six weeks and delivered via Microsoft Teams or face to face.

Getting on with your Teens / Pre-teens

Face to Face in Hatfield

Tuesday 21st February to 28th March 2023
from 9.30am to 11.30am

Bringing up Confident SEN Children

Online Wednesday 25th Jan – 8th March 2023
from 7.00pm to 9.00pm

Bringing up Confident ADHD/ASD Children

Online Tuesday 21st Feb – 28th March 2023
from 7.00pm to 9.00pm

Bringing up Confident ADHD/ASD Children

Online Thursday 26th Jan to 9th March 2023
from 7.00pm to 9.00pm

**For more information, contact
Louise on 0204 522 8700/8701 or
email services@familylives.org.uk**

We build better family lives together

www.familylives.org.uk



Find us on Facebook @FamilyLivesHertsandBeds



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722.
Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.

Parenting Courses

Our local Family Centre can help if you feel you might need a little bit of extra parenting support, they can offer the following parenting courses over a variety of dates and times:

Families Feeling Safe – this is a 9-week course to help you to recognise and build on your own strengths in communicating with others; understanding and managing your children's behaviour; expressing feelings and making safe choices.

Family Toolkit - if you have children aged between 2 and 5 years old, this 4-week course will help you to understand the connection between feelings and behaviour, different elements of parenting and lots more.

Parenting Puzzle - for parents/carers with children aged 3 to 11 years. This course will enable you to understand how emotions can influence actions and offers practical ways of guiding children so that they learn to manage their feelings and control their own behaviour.

You can speak to a member of our team on 0300 123 7572 to find out if one of these courses would be helpful for you and your family. Take a look at our timetables on the What's On pages for the latest dates. Visit the Family Centre website to find out more.

Mental Health Support for Hertfordshire's Children and Young People



If your child or teenager is feeling low, anxious, or generally struggling, there are lots of services available to help them all year round. Please always encourage them to talk and ask for help if they need it.

The services listed on Just Talk's webpage are all free and don't need a professional referral, so they can be contacted directly by young people and/or their parents/carers. Services listed include Hertfordshire's new With YOUTH Digital Wellbeing Service for ages 5-18, parents and carers and many more, so please take a look: www.hertfordshire.gov.uk/mentalhealthsupportforhertsyongpeople



ADD-vance
The ADHD and Autism Trust



SUPPORT GROUPS

FREE ONLINE SUPPORT GROUPS FOR HERTS PARENTS/CARERS

ABOUT THE GROUPS

ADD-vance runs regular support groups which provide an opportunity for you to meet other local parents and discuss individual concerns with two specialist ADD-vance coaches. We welcome parents and carers who have a formal diagnosis for their child, as well as those who do not have a formal diagnosis but would like to learn more about neurodiversity.

TIME AND PLACE

General Primary Aged Children Support Group
Tuesday 10/01/23 - 1-2 pm

General Secondary Aged Children Support Group
Tuesday 17/01/23 - 1-2 pm

Support Group for Parents of 16-24 year olds
Tuesday 24/01/23 - 7.30-8.30 pm

General Early Years Support Group
Tuesday 31/01/23 - 10-11 am

PDA Support Group
Tuesday 07/02/23 - 1-2 pm

ALL ONLINE VIA ZOOM

01727 833963

herts@add-vance.org

<http://www.add-vance.org/>

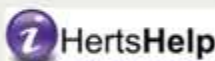
Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>

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

Help to manage the cost of living

Find out what support you can get with the cost of living.

HertsHelp



If you need help, contact HertsHelp – trained advisors are here to offer free, confidential assistance. They can put you in touch with relevant services and local support.

0300 123 4044
info@hertshelp.net
www.hertshelp.net

Help for households

Help is available for every household

Find out more: gov.uk/helpforhouseholds

Central government is offering support with energy bills, transport, childcare and household costs.

Also includes:

- [Council Tax rebates](#) advice
- [discounts and offers](#)

[See what you're eligible for](#)

Citizens advice

citizens advice

- Crisis intervention including energy advice.
- Welfare benefit appeals support.
- Debt advice.
- Universal Credit support.
- 1 to 1 budgeting advice.
- Employment advice.
- British Sign Language advice.

[Contact Citizens Advice in Hertfordshire](#)

Money advice >

Energy and heating support >

Food support (including food banks) >

www.hertfordshire.gov.uk/costofliving

Parenting ADHD Skills

3 week online course

Tuesdays 24th Jan-7th Feb, 19:00-21:00

Increase your knowledge of ADHD and build a toolbox of strategies to support family life.



spaceherts.eventbrite.co.uk



Sleep Tight

3 week online course

Mondays 20 Feb - 6th March, 10:00-12:00

Build a toolbox of strategies to help overcome sleep issues and help everyone in the family have improved sleep

Explore common challenges with sleep - how SEND affects sleep and sleep affects SEND

Identifying and Managing Sleep Problems

Sleep hygiene, bedtime routines, positive bedtimes and sleep friendly bedrooms



spaceherts.eventbrite.co.uk





Autism | ADHD
Neurodiverse Conditions



SPRING TERM 2023

FREE ONLINE WORKSHOPS

Wednesday 11th January	19:00-20:00	Puberty and Neurodiversity
Thursday 12th January	19:00-20:00	Understanding ADHD
Monday 16th January	10:00-12:00	Navigating the SEND World: Post 16
Monday 16th January	19:00-21:00	Autistic Girls
Tuesday 17th January	18:30-20:00	Anger and Conflict
Wednesday 18th January	10:00-12:00	ADHD in Girls and Women
Thursday 19th January	19:00-21:00	Navigating the SEND World: 0-16
Friday 20th January	10:00-12:00	PDA, ODD and ADHD
Monday 23rd January	19:00-20:30	Tourettes
Wednesday 25th January	10:00-12:00	Behaviour as Communication: A Therapeutic Approach
Wednesday 25th January	19:00-20:00	Understanding Autism
Thursday 26th January	19:00-21:00	EHCPs: New Application
Friday 27th January	10:00-12:00	Anxiety and SEND
Monday 30th January	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Tuesday 31st January	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Friday 3rd February	10:00-12:00	Navigating the SEND World: 0-16
Monday 6th February	10:00-12:00	Sensory Signs, Signals and Solutions
Thursday 9th February	18:30-20:00	Mental Health in Neurodiverse Children and Young People
Friday 10th February	10:00-12:00	EHCPs - Annual Reviews
HALF TERM		
Monday 20th February	18:30-20:00	Specific Literacy Difficulties including Dyslexia
Wednesday 22nd February	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Thursday 23rd February	19:00-21:00	Navigating the SEND World: 0-16
Friday 24th February	10:00-12:00	Behaviour as Communication: A Therapeutic Approach
Tuesday 28th February	10:00-12:00	Navigating the SEND World: Post 16
Thursday 2nd March	10:00-11:30	Tourettes
Friday 3rd March	10:00-11:00	Understanding ADHD
Wednesday 8th March	10:00-12:00	Autistic Girls
Wednesday 8th March	19:00-21:00	ADHD in Girls and Women
Friday 10th March	10:00-12:00	PDA, ODD and ADHD
Tuesday 14th March	10:00-12:00	Navigating the SEND World: 0-16
Tuesday 14th March	18:30-20:00	Supporting Learners with Demand Avoidance
Thursday 16th March	19:00-21:00	Sensory Signs, Signals and Solutions
Friday 17th March	10:00-12:00	Sleep Workshop
Monday 20th March	10:00-12:00	Anxiety and SEND
Friday 24th March	10:00-12:00	No Two Brains are the Same. What is Neurodiversity?
Monday 27th March	19:00-21:00	EHCPs: Submission to Finalisation
Tuesday 28th March	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Wednesday 29th March	10:00-11:00	Understanding Autism

spaceherts.eventbrite.co.uk



FREE ONLINE SPRING 2023 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time
Diagnosing ADHD and/or Autism	Parents/carers	Thu	5.1.23	10:00 - 11.30
Understanding ADHD	Parents/carers	Mon	9.1.23	10:00 - 11.30
Caring for Your Child (and Yourself)	Parents/carers	Tues	10.1.23	10:00 - 11.30
Tips & Tools to Build Self-Esteem	Parents/carers	Wed	11.1.23	10:00 - 11.30
Tips & Tools for Sleep	Parents/carers	Wed	11.1.23	19:00 - 20:30
Working in Partnership with School	Parents/carers	Mon	16.1.23	10:00 - 11.30
Tips & Tools to Support Communication	Parents/carers	Wed	18.1.23	10:00 - 11.30
Understanding Autism	Parents/carers	Wed	18.1.23	19:00 - 20:30
Applying for an EHCP	Parents/carers	Mon	23.1.23	10:00 - 11.30
Understanding PDA	Parents/carers	Tue	24.1.23	10:00 - 11.30
Tips & Tools to Teach Emotional Literacy	Parents/carers	Wed	25.1.23	10:00 - 11.30
Tips & Tools for Toileting	Parents/carers	Wed	25.1.23	19:00 - 20:30
Preparing for an EHCP Annual Review	Parents/carers	Mon	30.1.23	10:00 - 11.30
Understanding ADHD in Girls	Parents/carers	Tue	31.1.23	10:00 - 11.30
Tips & Tools to Support Learning	Parents/carers	Wed	1.2.23	10:00 - 11.30
Support for Dads	Parents/carers	Mon	6.2.23	19:00 - 20:30
Understanding Autism in Girls	Parents/carers	Tue	7.2.23	10:00 - 11.30
Tips & Tools to Manage Everyday Change	Parents/carers	Wed	8.2.23	10:00 - 11.30
Half Term				
Supporting Siblings	Parents/carers	Mon	20.2.23	10:00 - 11.30
Understanding Challenging Behaviour	Parents/carers	Tue	21.2.23	10:00 - 11.30
Tips & Tools to Manage Anger	Parents/carers	Wed	22.2.23	19:00 - 20:30
Supporting Transition into Primary School	Parents/carers	Mon	27.2.23	10:00 - 11.30
Understanding Sensory Differences	Parents/carers	Tue	28.2.23	10:00 - 11.30
Tips & Tools for Self Harm	Parents/carers	Wed	1.3.23	10:00 - 11.30
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	1.3.23	19:00 - 20:30
Supporting Transition into Secondary School	Parents/carers	Mon	6.3.23	10:00 - 11.30
Understanding Anxiety	Parents/carers	Tue	7.3.23	10:00 - 11.30
Tips & Tools to Support Puberty	Parents/carers	Wed	8.3.23	10:00 - 11.30
Tips & Tools to Manage Anxiety	Parents/carers	Wed	8.3.23	19:00 - 20:30
Tips & Tools for Positive Behaviour	Parents/carers	Mon	13.3.23	10:00 - 11.30
Preparing for Adulthood (14+)	Parents/carers	Wed	15.3.23	10:00 - 11.30
Understanding Neurodiverse Teens	Parents/carers	Wed	15.3.23	19:00 - 20:30
Tips & Tools to teach Social Skills	Parents/carers	Mon	20.3.23	10:00 - 11.30
Thinking About College?	Parents/carers	Tue	21.3.23	10:00 - 11.30
Thinking About University?	Parents/carers	Wed	22.3.23	10:00 - 11.30

Stay safe in winter – the dangers of frozen waters

Over the last few days Hertfordshire Fire & Rescue have attended water and ice incidents where people have been at risk of falling through frozen lakes and rivers due to rescuing a pet or not seeing the dangers of such activities.

Children and pets are particularly at risk when tempted to play on the ice formed on open water, and adults can find themselves at risk in attempting to save them.

Taking a nice walk in cold weather with your family, friends or dogs in tow can be really refreshing, just make sure you know some simple tips on how to stay safe in winter.

Areas with frozen lakes, ponds, canals and reservoirs can be beautiful places to visit during the winter months but all too often many people risk their lives by venturing onto frozen water.

Here are some useful tips to help you know what to do in an emergency.

Teach children not to go on the ice

Teach children not to go onto the ice under any circumstances.

Don't go on the ice to rescue a dog

Don't go onto ice or into the water to rescue a dog, move to somewhere that the dog will be able to climb out and call them towards you.

Keep dogs on their leads

Keep dogs on their leads when near ice and don't throw sticks or toys onto the ice.

Only use well-lit areas

Time your walks to make the most of the daylight; if you need to walk in the evening only use well-lit areas or take a route not alongside water.

Keep back from the edge

When walking alongside water keep back from the edge.

Please visit the RLSS website on this link, to see useful tools on how to get your children talking about winter water safety: [Winter Water Safety | Royal Life Saving Society UK \(RLSS UK \)](#)



Winter Safety Tips

Stay safe this winter

Taking a nice walk in cold weather with your family, friends or dogs in tow can be really refreshing, just make sure you know some simple tips on how to stay safe this winter.

Areas with frozen lakes, ponds, canals and reservoirs can be beautiful places to visit during the winter months but all too often many people risk their lives by venturing onto frozen water. Drowning Prevention Charity the Royal Life Saving Society UK (RLSS UK) have these useful tips to help you know what to do in an emergency.

In winter, children and pets are particularly at risk when tempted to play on the ice formed on open water, and adults can find themselves at risk in attempting to save them.

Take note of these 3 tips:

1. Teach children not to go on to frozen water under any circumstances
2. Children and pets are particularly at risk when tempted to play on the ice
3. Pets should be kept on leads when near frozen water and owners refrain from throwing objects onto ice for them to retrieve

www.rlss.org.uk

The dangers of frozen waters

If you see someone fall through the ice:

1. Shout for assistance, get help also by phoning the emergency services (call 999 or 112)
2. Do not walk or climb onto the ice to attempt a rescue
3. Shout to the casualty to 'keep still' and offer reassurance to keep them calm
4. Try and reach them from the bank using a rope, pole, tree branch, clothing tied together or anything else which can extend your reach
5. When reaching from the bank, lie down to avoid being pulled onto the ice
6. If you cannot reach them, slide something which floats; such as a plastic bottle or football, across the ice for them to hold onto to stay afloat whilst help is on the way
7. If the casualty is too far away, do not attempt to rescue them. Wait for the emergency services while calming and reassuring the casualty

After the casualty has been rescued from the ice:

1. Make sure the ambulance is on its way
2. Lay the casualty flat, check for normal breathing and begin resuscitation if necessary
3. Prevent them from getting colder by covering them with warm clothing, blankets etc
4. Get them out of the cold under cover or create some shelter around them
5. Until the casualty is in a warm place, do not undress them
6. Do not rub their skin, do not apply hot water bottles and do not give an alcoholic drink
7. Keep them wrapped up so they warm up gradually

If you fall through the ice:

1. Keep calm and shout for 'help'
2. Spread your arms across the surface of the ice in front of you
3. If the ice is strong enough, kick your legs to slide onto the ice
4. Lie flat and pull yourself towards the bank
5. If the ice breaks, work your way to the bank breaking the ice in front of you anyway
6. If you cannot climb out, wait for help and keep as still as possible. Press your arms by your side and keep your legs together. Keep your head clear of the water
7. Once you are safe, go to hospital immediately for a check up

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