



# Aston St. Mary's Newsletter

Our value this half term is Forgiveness

[www.astonmarys.herts.sch.uk](http://www.astonmarys.herts.sch.uk)

31<sup>st</sup> March 2023

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

## Diary Dates

**Tuesday 18<sup>th</sup> April:** Children return to school for the summer term.

**Friday 28<sup>th</sup> April** – Coronation colours non-uniform day (Raffle hamper donations)

**Sunday 30<sup>th</sup> April:** Choir to sing at The Royal Albert Hall

**Friday 5<sup>th</sup> May** – Raffle, cake and uniform sale after school

**Monday 8<sup>th</sup> May:** School Closed – Coronation Bank Holiday

**Tuesday 9<sup>th</sup> May – Friday 12<sup>th</sup> May:** Year Six SATs assessments

**Friday 19<sup>th</sup> May** – Sports Day

**Thursday 25<sup>th</sup> May** – Open Morning

**Thursday 15<sup>th</sup> June** – Years Five and Six First Aid Training

**Friday 16<sup>th</sup> June** – Father's Day gifts (PTFA)

**Monday 19<sup>th</sup> – Friday 23<sup>rd</sup> June** – Year Six Bikeability Training

**Thursday 23<sup>rd</sup> June:** Shackadell Class to Paradise Wildlife Park

**Thursday 29<sup>th</sup> June:** Class photos

**Saturday 1<sup>st</sup> July:** PTFA Summer Fete and BBQ

**Wednesday 5<sup>th</sup> July:** Danes and Puddlebridge Classes to Wicksteed Park

**Thursday 6<sup>th</sup> July:** Haffydown and Peartree Classes to Stanwick Lakes

**Tuesday 11<sup>th</sup> and Wednesday 12<sup>th</sup> July:** Whole School Summer Production.

**Thursday 13<sup>th</sup> July:** Class Changeover Day and Secondary School Transition Day



As we reach the end of the Spring Term, we would like to **wish Mrs Crowley a very happy retirement.** As our longest serving member of teaching staff, she really will be greatly missed. Mrs Crowley has brought so much to the school and enriched so many lives. In particular, her contribution to music in the school has been phenomenal; her expertise and passion really has inspired so very many children over the years. **Thank you, Mrs Crowley!** On page three of this newsletter there is a beautiful message from Mrs Crowley.

It really was lovely that so many families and friends were able to join us in church today for our **Easter service** and also two weeks ago for our **Mother's Day service.** These really are special times when our school community are able to come together. This week has been another very busy week in school; on Monday, the children enjoyed sharing **Hot Cross Buns** in our special Easter breakfast morning worship. The rest of the day was spent enjoying a range of fun activities for **reward day.** This day is an important part of our behaviour policy where children are rewarded for their positive attitudes, friendship and attitudes to learning. Also on this day, staff meet to discuss and review **pupils' progress** over the term. This provides a valuable opportunity to celebrate the fantastic learning that happens across the school and to agree learning priorities for the term ahead.

As you will see from the **dates list**, we already have lots planned for the term ahead. We are now showing new dates in red as suggested by a parent (thank you!) – we hope this is helpful. New dates will continue to be added and all are subject to change.

We would like to wish our whole school community a very happy and relaxing Easter break; we hope that you are all able to enjoy some special family time together.

We look forward to welcoming the children back to school on **Tuesday 18<sup>th</sup> April.**



## ACADEMIC YEAR 2022/2023

### SPRING TERM

Thursday 5th January 2023 to Friday 31st March 2023

### SUMMER TERM

Tuesday 18th April 2023 to Wednesday 19 July 2023

**Monday 8<sup>th</sup> May: SCHOOL CLOSED Coronation Day**

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

### **INSET DAYS – SCHOOL CLOSED**

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 £3.25  
per meal**



**Merit Certificates** were awarded to:

Phoebie, Harrison, Max, Isadora, Isla, Ellis,  
Jack, Leo F., Orla, Leo D., Vaaris, Jayne,  
Samuel, Keely, Isabel, Stanley, Jasmine



**Shining Stars** were  
awarded to:

Izzy, Ethan O.,  
Jasmine



## Attendance



Attendance continues to be a key priority across the school - this is currently 96.7%. Puddlebridge Class deserve a special mention for having the highest score - with Peartree Class coming a very close second.

**Puddlebridge: 98.1%**

Peartree: 98.0%

Danes: 96.6%

Shackadell: 96.2%

Haffydown: 94.3%

**'Attend Today and Achieve Tomorrow'**

## A Thought from Reverend Jenny:

We long for an end to war, for the world to be at peace. 'It is not enough to not do evil. My Christianity is something more positive. There are many who say, "But I don't kill, I don't steal, I don't do anything bad to anyone." That's not enough. You are still lacking a great deal.' (Archbishop Oscar Romero)

'Peace is not the product of terror or fear.

Peace is not the silence of cemeteries.

Peace is not the silent result of violent repression.

Peace is the generous, tranquil contribution of all to the good of all.

Peace is dynamism. Peace is generosity.

It is right and it is duty.'

(Archbishop Oscar Romero)

'If you want others to be happy, practice compassion.

If you want to be happy, practice compassion'.

(Dalai Lama)



# A Message from Mrs Crowley

I first came to Aston St Mary's 32 years ago as a colleague I had worked with at another school asked me if I would do some supply teaching. I had a baby at the time and was only doing an odd day or two supply teaching while my parents looked after my baby daughter Lara.

As soon as I walked into the school, I felt the warm atmosphere and saw happy staff and well cared for children. I loved it from the start. Joyce Williams, the headteacher, was really lovely and welcoming. It is for this reason that I chose the school to send my own children Lara and Alexander. Now my precious grandchildren are here, and my youngest granddaughter will start in September. It is still, and always has been, a wonderful school with caring staff. There is nowhere I would rather they went to school.

I did work at another school for a few years while my children were young. One day a week and then two days but when the headteacher, Wendy Dellar, told me that there was a part time job available in the reception class when my son Alex was in year one, I was eager to apply. I then worked 60-70% of the timetable with Key Stage One children until my grandson Ted was born seven years ago when Mrs Winwood gave me the chance to teach music throughout the school one day a week. I have been able to look after my grandchildren part time and also teach piano since then.

I have loved my time teaching. When you are a teacher, it is not just a job! You care for the children as if they are your own. You celebrate their successes; you are sad when they don't achieve what they are aiming for. You share their joys and their sadness exactly as you would for your own children. It is the most rewarding job that you can have. When I bump into someone, I taught over 20 years ago and they tell me what they are doing with their lives, I share their pride! It is an emotional job and at times overwhelming. The staff here put their heart and soul into this school and the children so sometimes it can be physically and mentally exhausting! I would not have wanted any other job.

I have worked with the best! Mrs Dean and Mrs Lale were both students with me and were obviously brilliant teachers so were quickly employed by the school. We have the best staff here. Mrs Evans has worked with me for 23 years - she is the most amazing teaching assistant and friend. Mrs Winwood has looked after me and given me lots of opportunities to expand the music in the school, I will always be very grateful for this.

I have so many happy memories, performing in the staff pantomime at the village hall, school performances, dressing up days, school trips, church services. My time at Aston has been amazing. I will still be around to teach the choir and a few piano lessons. I will still be on the PTFA. This is my family, and I am not ready to completely leave it, my grandchildren are here, and I will come to school events to see them.

If you see me about when you are out and about, please do come and say hello and let me know how you are doing. I am interested and love to see children I have taught as they grow up!

I have been lucky to work with such lovely families and children!

Thanks for everything xx



*It really is hard to imagine Aston St. Mary's without Mrs Crowley, which is why we are delighted that, whilst wishing her a happy retirement, we are not really saying goodbye! We will look forward to seeing her around school in her many roles as piano teacher, choir leader, grandparent and as part of the PTFA. Thirty-two years is certainly a long time and what a lot of young lives have been inspired by such a wonderful and talented teacher! Thank you, Mrs Crowley, for everything you have done for the school and its pupils during your time here. We really will miss you.*

# Notices

## **Breakfast Club**

### **Could you run our breakfast club?**

We are looking for someone to run our breakfast club.

Children arrive from **8:00am** each morning to enjoy some breakfast (toast and cereals) together before enjoying some quiet activities in the hall (Lego, board games, colouring etc) until school begins at **8:45am**.

Numbers vary on a daily basis (usually between **2** and **8** children). Your own child/children would, of course, be welcome to attend with you.

Please speak to Mrs Winwood or email [closed@astonmarys.herts.sch.uk](mailto:closed@astonmarys.herts.sch.uk) if you are interested.

## **E-Safety Reminder**

E-Safety is an important part of both our PSHE and computing curriculums; keeping children safe in our online world has to be a key priority. Please continue to vigilant at home in monitoring what your child is accessing when on their devices. For example, YouTube and other video sharing sites are increasingly popular with young children – but do we know what they are watching and whether the content is appropriate? Please remember that anyone can post online – this is where ‘Stranger Danger’ takes on a whole new meaning.

A useful interactive site for 4-7 year-olds to learn about keeping safe is from the CEOP Education at the National Crime Agency website:

[https://www.thinkuknow.co.uk/4\\_7/](https://www.thinkuknow.co.uk/4_7/)





# Notices

**WINNING KITCHEN TEAM OF THE WEEK:**

**ASTON ST. MARY'S**



**EAT THEM  
TO DEFEAT THEM**



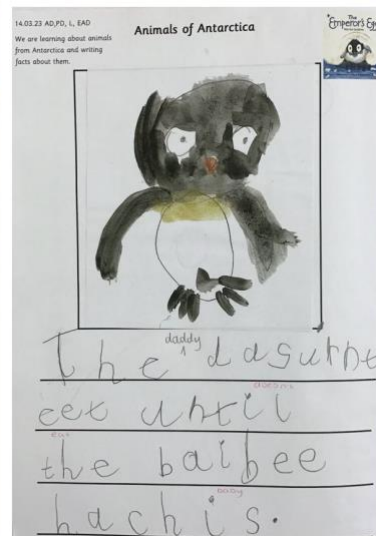
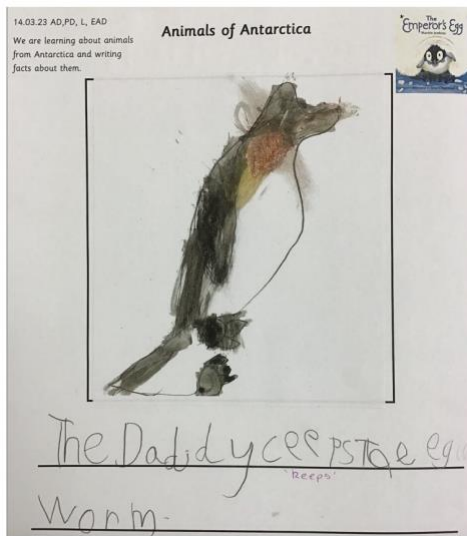
We always knew we had a winning kitchen team - but how wonderful to have it recognised!

Our children are very lucky to enjoy such healthy and delicious meals each day - and always served with a smile!

# Class News

## Shackadell Class

We have been learning all about different places around the world in Shackadell class. We spend a lot of time in forest school each week looking at our weather, climate, landscapes and the animals that are native to our countryside. We are very blessed to have such a wonderful school field and that we can watch squirrels and many different types of birds from our own classroom window. These last two weeks, we have been learning all about some other places around the world with weather, climates and animals that are different to ours. We spent a week learning about Antarctica and especially about emperor penguins. We made fact files and used watercolour paints to create our own pictures. We were fascinated to learn all about how the daddy penguins care for the eggs. After this, we learned all about Africa - a contrasting continent. We looked at some of the animals that you would find on Safari in some parts of Africa. We really enjoyed another Julia Donaldson story 'The Ugly Five' and learned a new skill - digital drawing! We used a stylus and a paint app to create our images. It was difficult but we worked really hard on our pictures!





# Class News

## Peartree Class

Here we are at the end of another term. Didn't that go quickly? Here are some of the things we have been up to this half term.

In science, we have been looking at different materials and their properties. We were given an investigation to find the best material to make an umbrella for Teddy. We tested paper, plastic, fabric and foil by dripping water onto the material and observing the results. We found out that foil and plastic were waterproof and could keep Teddy dry. However, the foil could easily be torn so would not be strong enough. We then answered a higher thinking question: Would a table make a good umbrella?

Sam was very brave as Mrs Baker tipped water onto the table. We discovered although the table was waterproof and, thankfully Sam remained dry, but it was too heavy to be used as an umbrella.



In DT, we are going to be designing and making a healthy salad. We evaluated some existing products and scored them out of five as to what they looked, smelt and tasted like. We were all very brave.



# Class News

## Puddlebridge Class

We have had such a busy few weeks in Puddlebridge! In English, we have been enjoying our new learning sequence based on *The Promise* by Nicola Davies. The book tells the story of an unnamed girl who makes a promise to plant acorns across the grey and barren city that she lives in. We have retold the story in our own words as free verse poems, using imagery and language inspired by the author. This story has taught us about the importance of doing what we can to look after the environment.

I Once lived in a gloomy grey city,  
Where nothing was green  
People were dressed in dull clothes,  
And nobody ever smiled.

I Once saw a little old lady Who was dressed in black  
I jumped and snatched bag  
But she held on with the strength of heroes

I Once opened the bag,  
And I held a forest in my arms.  
In the morning, I kept my promise,  
So I planted, planted, planted.  
I Once travelled from

I Once travelled from darker city to darker city,  
planting, planting, planting.  
They turned from being colourless,  
To So shades of green.

I Once was walking through an alley at midnight,  
When a boy snatched the bag out of my hands  
I smiled and whispered to him,  
"If you promise to plant them, I'll let go"

Once, I lived in a city  
where the yellow rain blew  
settling against the buildings  
my heart was as dead as the trees in the park  
I was mean, horrible and evil

I met an old, frail lady in a dark shop  
she was an easy victim but when I went for the bag  
she held on with the strength of heroes, we pulled  
the bag to and fro until finally I said I plant  
them for she made a deal and then I ran, ran, ran

I opened the bag and saw lots of acorns  
my heart changed that fateful day, and  
I slept with the pillow, my bag of acorns  
with leafy wishes in my head

I began to keep my promise in the morning  
and I planted by roadsides, roundabouts and among trees  
I planted by bus stops, parks, and under street lights  
I planted, planted, planted  
green spread like a song

I was far away in more  
colourless cities when in  
one city a boy grabbed my bag  
I smiled and made the old bargain

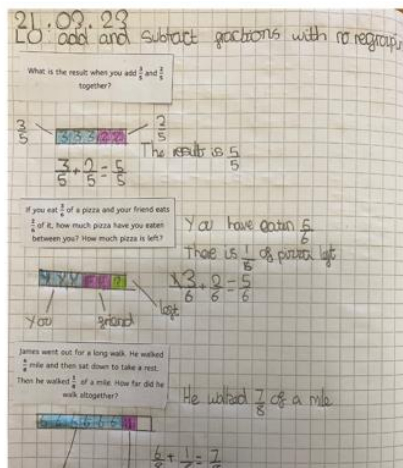
I once lived in a city  
Where nothing was green  
Everyone stole, and stole over me  
Home No one ever, ever, ever had fun  
Life was dull

And then one night  
I spotted a delicate and alone woman  
An easy victim  
We pulled her bag to and fro with all our force  
I just couldn't help it she let go

Where was the good and morning?  
Her bag was full of acorns  
And then my heart changed  
I changed the shrunken trees  
And I planted, planted, planted

And slowly, slowly, slowly everything changed  
The city was greenly alive  
It was as colourful as ever  
And then  
I planted in other colourless cities until everyone plants

And then one night  
A bagging boy  
Who stole, stole, stole  
snatched my bag and pulled to and fro  
And so I continued the old bargain



In Maths, Year 4 have been using multilink to support their learning about fractions. We have explored a number of strategies that we can use to add and subtract fractions. Year 5 have enjoyed learning about area. They started off by estimating area using objects from around the school; some even used metre sticks to estimate the area of the playground. The children are now becoming increasingly confident in applying the formula length x width to find the area of different rectilinear shapes.

This half term, we have thoroughly enjoyed researching, designing, and building electric vehicles. This was a challenging task that required us to do a lot of problem solving but we all managed it in the end and are so proud of our final outcomes. We couldn't wait to take them home and show off what we had made.





# Class News

## Danes Class

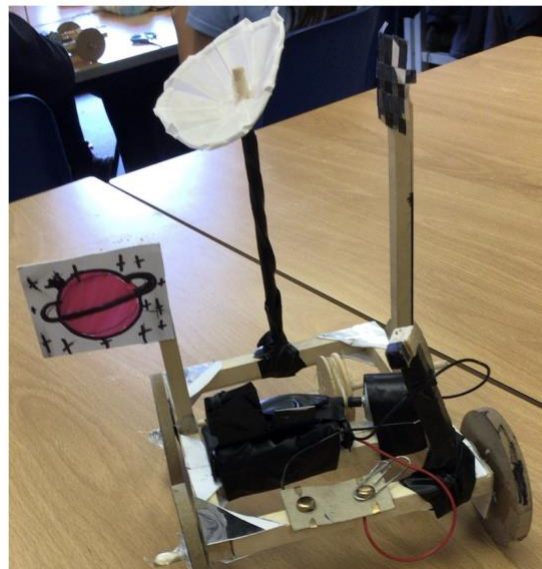
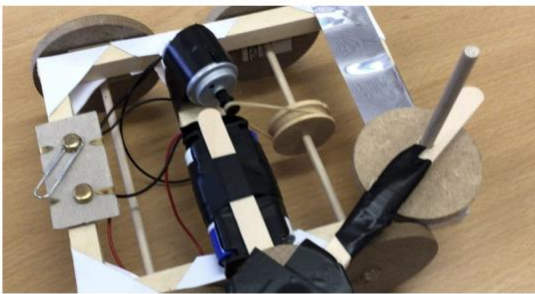
Danes class have worked incredibly hard this term. Year Six have been busy preparing for their SATs assessments in May; they should feel very proud of the progress that they are making. Their hard work will help to ensure that they are well-prepared for their secondary schools in September.

In English, we produced a class book of our final copies of our non-chronological reports about the imaginary planet, Pandora. To read some of our reports, please scan the QR code.

SCAN ME




In Design and Technology, we have thoroughly enjoyed making our electric vehicles. Some of us chose to make Moon Buggies and others made Mars Rovers. These proved to be quite a challenge; we had to adapt our designs in order to solve problems during construction. We had great fun testing our vehicles – one of the design criteria was that they could travel across different terrain, so we tested them on carpet, floor, the playground and even grass. Our final task was to evaluate our vehicles; this gave us time to reflect upon what we had learned, what went well and the changes we had made.



Thursday 23<sup>rd</sup> March 2023  
L.O: To evaluate my Moon Buggy.  
My design and make task  
First of all we had to draw our moon buggies and mine had a satellite, seat and numberplate. My finished model had all of them.  
Construction  
When we made our frame we used a jinx framework. I used glue to stick everything together and after waiting for a bit I found it dried really strongly. For the framework we cut the wood with a hacksaw. To make sure it was really strong we cut out some triangles of card. About a week later it was time to add everything else. We hot glued the wheels and taped on the battery and motor. I also added a pulley and switch. Finally I decorated with a flag, seat and satellite.  
Problems and Improvements  
One of my problems was that when I tried it my buggy didn't move because I needed a bigger pulley. One of my improvements was when my wheel was wobbly I fixed it with hot glue.

L.O: to evaluate my Mars rover 23/03/23  
My Task  
My task was to make a working Mars Rover that looked authentic. A couple weeks ago we started the framework I found it difficult because the PVA glue wasn't sticking but in the end I had to be patient.  
Construction  
Building the pulleys and motor and switch was difficult but I could wrap my head around it in the end. (I still needed to look at the model to see which way round the wires go.)  
Problems and Improvements  
One of my problems was my rubber band kept falling off so we had to put my motor to make sure it was tight enough. The PVA glue wasn't sticking on the bobbins on the bottom. I had to hot glue and my wheels and had to shape my squares.  
Testing my Vehicle  
My vehicle worked well on the playground, carpet, hall floor, table and slope but did not work grass or outdoors.  
Reflection upon learning  
Next time I might not use any hot glue to make it harder. I might also bend my paperclip sooner as it would stop midway through testing.

Thursday 23<sup>rd</sup> March 2023  
L.O To evaluate my mars rover  
My Design And Make Task  
I decided to a Mars Rover with lots of details like a satellite or a little bucket for rock samples. It also has a working switch, pulley and motor. Just like my design.  
Construction  
Firstly I started make my jinx framework. Which looks like this  
  
then I used some string for axis after that I started to try to glue the wheels on, then I started to attach the battery and motor. Whilst I was doing that I made a switch, connected it all up and then started to decorate.  
Problems And Improvements  
One of the main problems are that it doesn't move forward it mostly just spins. Also I am happy that my switch is attached after many goes.  
Testing my Vehicle  
After testing my buggy I realised that it does not work and starts in circles. I also saws falling apart which was really the decoration gone.  
Reflection Upon Learning  
During this topic I've learnt patience is key. I'm also learnt about jinx framework.

# **ASTON LAWN TENNIS CLUB**

## **JUNIOR TENNIS COACHING**



**6-week Tennis coaching courses will be starting in Aston on 18<sup>th</sup>-20<sup>th</sup> April. There are a few spare places in the following classes:**

<b>Day</b>	<b>Time</b>	<b>Age</b>	<b>Cost</b>
<b>Tuesdays</b>	<b>15:45-16:15</b>	<b>3-4 years</b>	<b>£30</b>
<b>Tuesdays</b>	<b>16:15-16:45</b>	<b>5 years (Rec)</b>	<b>£30</b>
<b>Wednesdays</b>	<b>15:30-16:00</b>	<b>6-7 years</b>	<b>£30</b>
<b>Wednesdays</b>	<b>17:00-18:00</b>	<b>10-11 years</b>	<b>£48</b>
<b>Thursdays</b>	<b>16:00-16:30</b>	<b>4 years</b>	<b>£30</b>
<b>Thursdays</b>	<b>16:30-17:15</b>	<b>5-6 years (Yr 1)</b>	<b>£39</b>

**The class for 8-9 years old is currently full, but you can add your child to our waiting list if interested.**

**Club Membership is £5 per annum for under 11s. Rackets will be provided for use during the lessons.**

**If you are interested, please contact the club at**

**[AstonLawnTennisClub@gmail.com](mailto:AstonLawnTennisClub@gmail.com)**





# Welcome! Spring 2023

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

## Be Arson Aware!!

Advice to help you reduce the threat to your home and neighbourhood:

- Reduce access to your property for trespassers and opportunist arsonists.
- Secure your boundary, repair or block gaps in hedges, walls or fences.
- If you have gates close and lock them.
- Secure sheds, garages, and other outbuildings with padlocks or similar.
- Fit external lighting to alert you to intruders.
- Manage your refuse so there are no fuel sources for opportunists. Clear any rubbish from garden, behind sheds etc.
- Store wheelie bins securely, away from property and out of sight.
- Put bins out on collection day only and bring them back in asap.
- Large items like furniture, old vehicles or rubble provide a fuel source, contact your local council for advice on removal of bulky waste.



Hertfordshire Fire and Rescue Service



## Smoking and Vaping – are you safe?

In recent years, e-cigarettes have become a very popular stop smoking aid in the UK.

However, using the wrong charger can lead to an increased risk of fire.

We strongly recommend the following:

- Buy products from reputable dealers.
- Never leave a vaping device charging unattended, and never leave them charging overnight – especially next to your bed.
- Never use a vaping device close to medical oxygen, flammable emollient creams or airflow mattresses.
- Do not buy counterfeit goods as batteries and/or chargers are unlikely to have overcurrent protection and could lead to batteries exploding.
- Never use damaged equipment or batteries. Fire is not the only risk posed by vaping products and the liquid they contain can be highly toxic.



Hertfordshire Fire and Rescue Service



## Cooking Safely for you and your Family

Leaving your cooking unattended is the biggest cause of kitchen fires. You should consider the following advice to stay safe:

- Avoid cooking when under the influence of alcohol.
- Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and saucepan handles out of their reach to keep them safe.
- Make sure saucepan handles don't stick out so they don't get knocked off the stove.
- Take care if you're wearing loose clothing as they can easily catch fire.
- Keep tea towels and cloths away from the cooker and hob.
- Spark devices are safer than matches or lighters to light gas cookers because they don't have a naked flame.
- Double check the cooker is off when you've finished cooking



Hertfordshire Fire and Rescue Service



## Are you aware of Staywise?

Staywise is an interactive website packed full of fun activities from the UK's leading emergency services and safety-focused organisations, making it easy for you to find trusted activities that provide learning opportunities to help keep you safe.

There's lots to do on there for children and they are learning as they play!



## Have you tested your smoke detector lately?

Do you have a night-time routine?

Would you know how to escape in the unlikely event of a fire?

We encourage you to book yourself a free safe and well visit today. The local station numbers are at the bottom of this newsletter.

Don't forget, the visit is **free**!

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:

- **Hemel Hempstead Fire Station**  
01442 867132  
HemelHempstead.fire@hertfordshire.gov.uk
- **St Albans Fire Station**  
01992 507450  
StAlbans.fire@hertfordshire.gov.uk

- Hertfordshire Fire and Rescue Service
- Hertfordshire Fire and Rescue Community Safety
- [www.hertfordshire.gov.uk/fire](http://www.hertfordshire.gov.uk/fire)

Hertfordshire Fire and Rescue Service



**ADD-vance**  
The ADHD and Autism Trust



# **UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS**

## **FREE INTRODUCTORY 6-WEEK COURSE FOR PARENT/CARERS**

### **ABOUT THE COURSE**

This interactive course is designed for parents & carers of children aged 2 to 5 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism

### **TIME AND PLACE**

#### **Thursdays**

20th April to 25th May 2023

9.30 - 11.30 am

ONLINE VIA ZOOM

☎ 01727 833963

✉ [herts@add-vance.org](mailto: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 courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only





**ADD-vance**  
The ADHD and Autism Trust



# **UNDERSTANDING ADHD & AUTISM**

## **FREE INTRODUCTORY 6-WEEK COURSES FOR PARENTS/CARERS**

### **ABOUT THE COURSE**

This interactive course is designed for parents & carers of children aged 5 to 11 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 & already in reception).

**ALL SESSIONS MUST  
BE ATTENDED**

### **TIME AND PLACE**

#### **Tuesdays**

18th April to 23rd May

10 am - 12pm

Walsworth Community Centre, 88 Woolgrove Road,  
Hitchin, SG4 0AU

#### **Understanding ADHD & Autism For Dads**

#### **Wednesdays**

19th April to 24th May

7 - 9 pm ONLINE Via Zoom

☎ 01727 833963

✉ [herts@add-vance.org](mailto:herts@add-vance.org)

🌐 <http://www.add-vance.org/>

**Book your FREE ticket on <http://add-vance.eventbrite.com/> or  
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**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 18/04/23 - 1-2 pm

#### **General Secondary Aged Children Support Group**

Tuesday 25/04/23 - 7.30 - 8.30 pm

#### **Parents of 16-24 yr olds Support Group**

Tuesday 02/05/23 - 7.30-8.30 pm

#### **School Anxiety Support Group**

Tuesday 9/05/23 - 1-2 pm

#### **PDA Support Group**

Tuesday 16/05/23 - 1-2 pm

#### **General Primary Aged Children Support Group**

Tuesday 23/05/23 - 7.30 - 8.30 pm

**ALL ONLINE VIA ZOOM**

☎ 01727 833963

✉ [herts@add-vance.org](mailto: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 open to residents of Hertfordshire only





## FREE ONLINE SUMMER 2023 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time
Diagnosing ADHD and/or Autism	Parents/carers	Tue	25.4.23	10:00 - 11:30
Understanding ADHD	Parents/carers	Wed	26.4.23	19:00 - 20:30
Understanding PDA	Parents/carers	Tue	02.5.23	10:00 - 11:30
Understanding ADHD in Girls	Parents/carers	Wed	03.5.23	10:00 - 11:30
Understanding Autism	Parents/carers	Wed	10.5.23	19:00 - 20:30
Support for Dads	Parents/carers	Mon	15.5.23	19:00 - 20:30
Understanding Challenging Behaviour	Parents/carers	Tue	16.5.23	10:00 - 11:30
Tips & Tools to Manage Anger	Parents/carers	Wed	17.5.23	10:00 - 11:30
Tips & Tools to Manage Everyday Change	Parents/carers	Tue	23.5.23	10:00 - 11:30
Half Term				
Supporting Transition into Primary School	Parents/carers	Tue	06.6.23	10:00 - 11:30
Supporting Transition into Secondary School	Parents/carers	Wed	07.6.23	19:00 - 20:30
Understanding Sensory Differences	Parents/carers	Tue	13.6.23	10:00 - 11:30
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	14.6.23	10:00 - 11:30
Supporting Siblings	Parents/carers	Tue	20.6.23	10:00 - 11:30
Understanding Neurodiverse Teens	Parents/carers	Wed	21.6.23	19:00 - 20:30
Tips & Tools to Support Puberty	Parents/carers	Thu	22.6.23	10:00 - 11:30
Understanding Anxiety	Parents/carers	Tue	27.6.23	10:00 - 11:30
Tips & Tools to Manage Anxiety	Parents/carers	Wed	28.6.23	10:00 - 11:30
Communication Workshop	Audience	Day	Date	Time
Communicating with your child when talking is too much	Parents/Carers	Wed	19.4.23	10:00 - 11:30
Communicating with your child when talking is too much	Parents/Carers	Wed	14.6.23	10:00 - 11:30

"What a fantastic workshop - thank you so much! I've taken away a wealth of information"

"That was so amazing, I have done many training sessions about ASD through my work but that was the most honest & informative session I have ever had"

"Absolutely incredible workshop, it has been extremely beneficial to my child"

**HCC Funded Workshops** - Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

**Communication Workshop** - the 2nd half of this workshop will be recorded and sent to all those that ATTEND on the day.

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

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



## Handling anger in your primary aged child with ASD or ADHD

Funded by HCC and FREE, this six session CANparent Quality Award evidence-based course is for parents living in Hertfordshire and parenting children from 2 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too, with 20+ years personal and professional experience.



"I feel empowered by the tools we were shown on this course and was at a real loss as to how to help my families anger and didn't know what to do. Others judged our family but not judged at all here. Emotional intelligence makes so much more sense now and I love the gentle but firm ideas we learnt each week."

This course will enable you and your family to:

- ✓ Gain understanding of Autism and ADHD and how behaviours can be affected
- ✓ Attain awareness of a child's sensory world and the affect on behaviour
- ✓ Understand how anger and other emotions live in your family
- ✓ Increase your understanding of triggers that cause angry outbursts
- ✓ Learn healthy anger management strategies for children and parents to reduce angry outbursts
- ✓ Discover creative ways to support children to 'let go' of anger safely
- ✓ Gain effective empathic communication techniques to reduce angry outbursts
- ✓ Meet and share experiences with other parents



Funded by Hertfordshire County Council

Where: Online via Zoom

When: Monday lunchtime 12-2pm  
June 5th, 12th, 19th, 26th  
July 3rd, 10th

Only 12 free places available. Email bookings@familiesinfocus.co.uk with name and date of course

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Funded by Hertfordshire County Council

Where: Online via Zoom

When: Thursday mornings 9.30-11.30am  
June 8th, 15th, 22nd, 29th  
July 6th, 13th

Only 12 free places available. Places must be booked by emailing bookings@familiesinfocus.co.uk

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## Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20+ years personal and professional experience.



"I was in a quite low place when I joined this course but each week I took away ideas to help me understand why my child was so angry and it's amazing that things are so much more brighter now and highly recommend this to understand not only children's anger but yours too!"

This course will enable you and your family to:

- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand the root causes or triggers of anger in your family
- ✓ Learn proven and effective strategies that will reduce anger in your family
- ✓ Discover new ways to communicate to calm and prevent anger... before it occurs!
- ✓ Learn safe and creative ways for children to 'let go' of pent up emotions safely
- ✓ Create a calm family environment so all can talk about their emotions safely
- ✓ Gain skills to manage your family's emotional regulation
- ✓ Meet other parents in a calm, judgement-free group



Funded by Hertfordshire County Council

Where: Online via Zoom

When: Wednesday mornings 9.30-11.30am  
June 7th, 14th, 21st, 28th  
July 5th, 12th

Only 12 free places available. Places must be booked by emailing bookings@familiesinfocus.co.uk with name and date of course

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Funded by Hertfordshire County Council

Where: Online via Zoom

When: Wednesday evenings 6.30-8.30pm  
June 7th, 14th, 21st, 28th  
July 5th, 12th

Only 12 free places available. Places must be booked by emailing bookings@familiesinfocus.co.uk with name and date of course

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Families In Focus CIC  
LOOKING FORWARD TOGETHER

# Sleep Solutions

for parents of primary aged children living in Hertfordshire

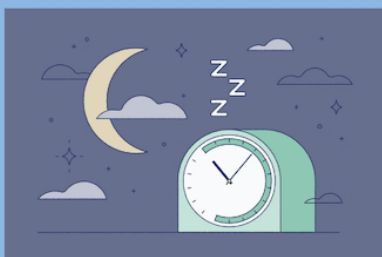
A proven evidence-based, behavioural approach to help families get a better nights sleep

In small interactive groups with trained and experienced facilitators this course covers:

- Understanding the stages of sleep
- Understanding how and why sleep deprivation may impact on children's learning and behaviours
- Identify the causes of sleep difficulties
- Tips and ideas that help children get to sleep and stay asleep
- Understand more about common sleep problems like night terrors and nightmares
- Learn to use empathic communication and respond to children's emotional needs
- Support to create a family friendly routine to aid healthy sleep for all

Parents that have completed the course tell us:

*"I have learnt so much more than I thought I would and have been wonderfully supported whilst on the course to make some small changes that have meant that sleep is now something we can all enjoy!"*



**Online via Zoom**

**Friday mornings from 9.30am to 11.30am**

**June 9th 16th 23rd 30th & July 7th 14th**



Funded by  
Hertfordshire County  
Council and free for  
parents living in  
Hertfordshire

**Limited free places available. Email Francine & Lesley at Families in Focus to receive booking information and secure your free place:**  
**[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)**

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