



# Aston St. Mary's Newsletter

Our value this half term is **Courage**

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

13<sup>th</sup> October 2023

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

## Diary Dates

**Monday 16<sup>th</sup> October** – Parent Teacher Consultations until 6:00pm  
**Thursday 19<sup>th</sup> October** – Parent Teacher Consultations until 7:30pm  
**Friday 20<sup>th</sup> October** – PTFA Sweet and Treat Jars  
**Monday 23<sup>rd</sup> – Friday 27<sup>th</sup> October** – Half Term Break  
**Monday 30<sup>th</sup> October** – E-Safety Day and Parent Workshop (evening)  
**Thursday 2<sup>nd</sup> November** - Photographer (Individual Photos)  
**Friday 3<sup>rd</sup> November** – Non-uniform (donations of chocolate for the Christmas Fayre please)  
**Friday 10<sup>th</sup> November** – Remembrance Service  
**Friday 10<sup>th</sup> November** – PTFA Uniform Sale  
**Friday 10<sup>th</sup> November** – Quiz Night (adults only)  
**Friday 17<sup>th</sup> November** – Children in Need  
**Sunday 19<sup>th</sup> November** – PTFA Family Bingo 2pm – 4pm  
**Thursday 23<sup>rd</sup> November** – Clothing Collection  
**Monday 27<sup>th</sup> November** – Occasional Day (school closed)  
**Friday 1<sup>st</sup> December** – Christmas Decoration Day  
**Friday 8<sup>th</sup> December** - Non-uniform (donations of bottles for the Christmas Fayre please)  
**Saturday 9<sup>th</sup> December** – PTFA Christmas Fayre 12 – 3pm  
**Monday 11<sup>th</sup> December** – Flu immunisations  
**Wednesday 13<sup>th</sup> December** – Christmas Dinner  
**Thursday 14<sup>th</sup> December** – Christmas Parties  
**Friday 15<sup>th</sup> December** – Reward Day  
**Monday 18<sup>th</sup> December** – Christmas Service  
**Tuesday 19<sup>th</sup> December** – Last day of term (1pm finish)

The last few weeks in school have certainly been busy! As you will see on the class pages, the curriculum has been enriched by some exciting onsite and offsite experiences. **Peartree Class** enjoyed a whole day workshop linking to their historical learning about **Nurturing Nurses**. **Danes and Puddlebridge Classes** have visited **Verulamium Museum** and **St. Albans Cathedral** to support their learning in History and RE and, this week, **Haffydown Class** have visited the **British Schools Museum** in Hitchin. We were very proud that the Haffydown children's **exemplary behaviour** and **excellent prior knowledge** was commended by museum staff. Thank you for your support in providing the most wonderful **costumes** for Peartree and Haffydown children for these experiences – they really did look wonderful!

Today we enjoyed our **Harvest Festival** celebration in church. It was lovely to welcome family and friends who were able to join us and thank you for all your **generous donations**.

Next week, we have our **Parent Teacher Consultation** meetings; these meetings, held early in the academic year, really are invaluable in ensuring that strong **home-school partnerships** are established in order to enable your child to make the best possible progress over the year ahead. Your child's books will be available in the school hall for you to enjoy prior to your appointment.

We wish everyone a happy and relaxing weekend.

## ACADEMIC YEAR 2023/2024

### AUTUMN TERM

**Monday 4th September 2023 to Tuesday 19th December 2023**

**HALF TERM Break** – Monday 23rd October 2023-Friday 27th October 2023

**Occasional Day:** Monday 27th November 2023 – SCHOOL CLOSED

### SPRING TERM

**Thursday 4th January 2024 to Thursday 28th March 2024**

**HALF TERM BREAK** - Monday 19th February 2024– Friday 23rd February 2024

### SUMMER TERM

**Tuesday 16th April 2024 to Friday 19th July 2024**

**Bank Holiday** – Monday 6th May 2024 – SCHOOL CLOSED

**HALF TERM Break** – Monday 27th May 2024 – Friday 31st May 2024

## 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



**A huge well done to Joyce and Heather in the school kitchen for achieving an excellent score in their recent Quality Audit. We are so lucky to have such excellent catering staff.**



## A Thought from Reverend Jenny

Society teaches us to prize independence yet God's made us for mutual, loving relationships, with Him and other people. We're inter-dependent not independent; we depend on others and they on us. The Dutch priest and spiritual writer, Henri Nouwen, understands this. He studied psychology in the 1960's, although many of his superiors in the Church thought this undermined the Christian faith. He wrote this prayer:

*'I so much want to be in control  
I want to be the master of my own destiny  
Still I know that You are saying:  
'Let me take you by the hand and lead you.  
Accept my love*

*And trust that where I will bring you  
The deepest desires of your heart will be fulfilled'.  
Lord, open my hands to receive Your gift of love.  
Amen.*



## House Points

**Canterbury**



**350**

**St. Paul's**



**344**

**St. Albans**



**422**

**Coventry**



**475**

# Notices

## OUR SCHOOL IS PART OF OPERATION ENCOMPASS

Operation Encompass is a national police and education early intervention safeguarding partnership which supports children and young people who experience Domestic Violence and Abuse and which is in place in every police force in England and Wales. Children were recognised as victims of domestic abuse in their own right in the 2021 Domestic Abuse Act.

Operation Encompass means that the police will share information with our school and **all** police attended Domestic Abuse incidents which involve any of our children PRIOR to the start of the next school day.

Any Operation Encompass information is stored in line with all other confidential safeguarding and child protection information.

As a staff we have discussed how we can support our children who are experiencing Domestic Violence and Abuse on a day-to-day basis and particularly following the Operation Encompass notification.

### Congratulations!

Congratulations to Joshua who has passed his Grade 2 piano exam with merit.

We are so proud of you.



## Attendance



Attendance continues to be a key priority across the school – so far this year attendance has been excellent at 98.6%. Haffydown Class deserve a special mention for having the highest score - with all other Classes close behind.

Haffydown: 99.6%  
Shackadell: 98.6%  
Puddlebridge: 98.5%  
Danes: 98.4%  
Peartree: 97.9%

**'Attend Today and Achieve Tomorrow'**



Please be reminded that we are nut-free in school. Packed lunches should not contain any products which contain nuts as we have a number of children with allergies.

Thank you for your support.

# Notices

## Free Childcare Parental Survey

The government has recently announced that they intend to expand the offer of free childcare for working parents to children aged from 9 months to 3 years old.

The rollout of the offer will be phased over the next couple of years as follows:

**April 2024** – 15 hours free childcare will be available to eligible working parents of two year old children from April 2024.

**September 2024** – 15 hours of free childcare will be available to eligible working parents of children aged from 9 months.

**September 2025** – 30 hours of free childcare will be available to eligible working parents of children aged from 9 months.

For more information, please visit <https://www.childcarechoices.gov.uk>



To be eligible parents/carers must meet the following criteria:

Both parents/carers are working (or the sole parent/carer is working in a lone parent family), and each parent/carer earns, on average, a weekly minimum equivalent of 16 hours at National Minimum Wage or National Living Wage (£167 per week) and less than £100,000 per year. Working includes both employed and self-employed.

Every Local Authority has a duty to ensure there is enough childcare in their area to meet parental demand. This consultation will provide vital information to ensure that Hertfordshire has sufficient childcare options in place to be able to deliver the additional free childcare from April 2024.

This survey is aimed for expectant parents and parents with children under 3.

<https://surveys.hertfordshire.gov.uk/s/DTDN3R/>



# Notices

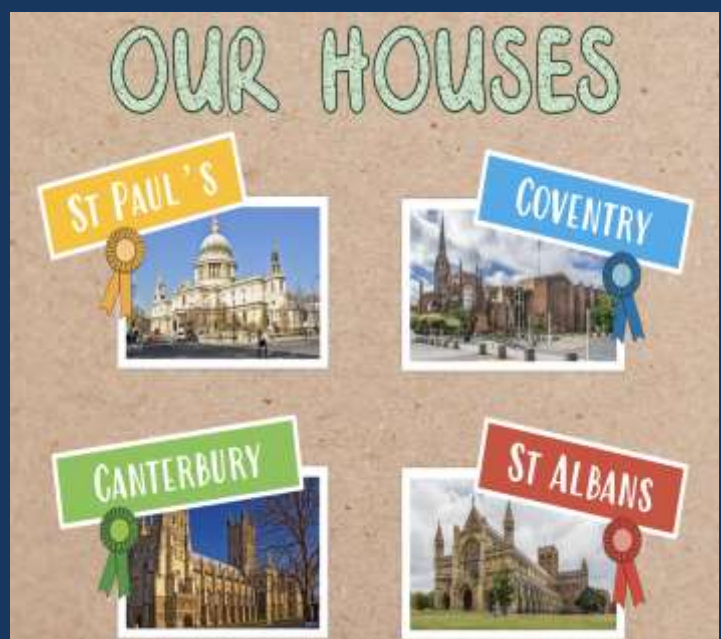
## Welcome to our New School Council

We would like to congratulate Isadora, Nathaniel, Teddy, Ella, Isabel, Stanley, Georgia and Cylah on their election to represent their year groups on our School Council this year. On Wednesday, we had a special assembly during which they were presented with their badges by the Rt Hon Stephen McPartland (Stevenage MP). This was also an opportunity for the children to learn more about the role of an MP within our government. Our new School Council will meet regularly with Mrs O'Brien to discuss ideas from their year groups about how to improve our school.



## House Teams – Celebrations of Learning

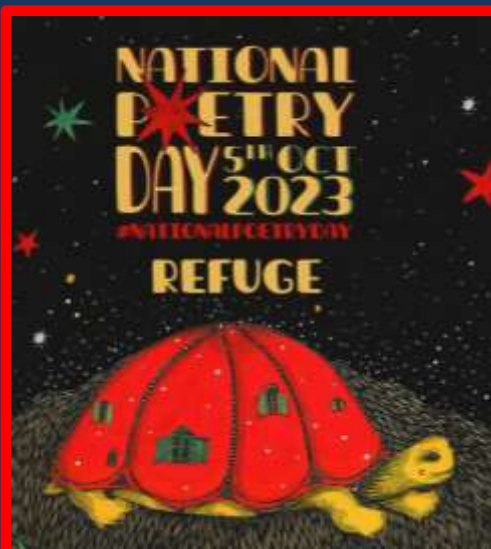
This term, we have introduced celebrations of learning for our House Teams as part of our daily worship. A different house has been selected each week to share some learning that they are proud of. It really has been wonderful to hear the children talk with such pride and enthusiasm about their learning across the curriculum. Yesterday, it was the turn of Coventry House – our final celebration for this half term. We look forward to hearing from representatives from each house again next half term.



To celebrate **National Poetry Day**, we started the year with a special assembly during which some of the pupils shared some of their favourite poems. Each class then prepared a performance of a poem to share with the school later in the day. You can enjoy watching these performances on our school website:



# National Poetry Day



We hope that you enjoy reading  
some of the poems written as part  
of our National Poetry Day  
celebrations.

People walking in the night,  
Why are they fleeing from their homes?  
In the dark dark night,  
Why are they fleeing from here?  
Hopping on tanks and on planes,  
Why are they running away from here?  
Is it because they're cold?  
Is it because they're scared of living here?  
No one can know why they are leaving.  
By: Aiden

Today	One day
The grass has died	The Sun will rise
My Shoes have died	The earth will sigh
The Sun has died	My Shoes will dance
The leaves have left	The leaves will laugh
The earth has died	The grass will rise
Today	One day
By Five	

Today,  
The rain has descended,  
The Earth has trembled,  
The trees have withered,  
And the sky has fallen today.

One day  
The rain will swim,  
The Earth will sing,  
The trees will flower,  
And the sky will fly one day.

By Darius

They have pushed down the trees,  
they have burnt down the homes.  
They have scared all the people,  
they have forced them to go.

Now the people have nowhere safe,  
they have nothing that's theirs.  
So we need to let them in,  
we need to share.

by  
Gabiella Burns

When I run and play I feel  
 I smell  
 I smell flowers.  
 I see children's  
 I hear a bird.  
 kind  
 kind  
 kind  
 I see clouds.  
 I smell the trees  
 I hear the bees.  
 I smell the grass

Day to Night.

There are cracks,  
There are spaces,  
someones left  
in my heart;  
There are questions,  
with no answers,  
One big puzzle,  
still not done.

There are shadows,  
but no light.  
Something missing  
from the world;  
There are nights,  
There are mornings,  
that will start,  
and will end.

By Poppy

Imagine  
Imagine A world with War and hate,  
Imagine A world with guns and bombs  
Imagine,  
Revising for your life,  
What safety is needed,  
Imagine,  
Screaming and crying in the sun,  
Seeing people lying dead on the floor!  
Imagine,  
Imagine a world with war and hate,  
Imagine a world with guns and bombs  
Imagine,  
Imagine a world with NO war and hate,  
Imagine a world with NO guns and bombs,  
Loving each other, caring for each other imagine  
Imagine

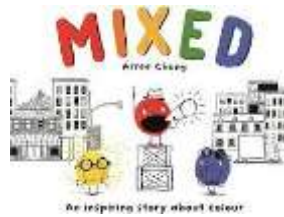
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# Class News

## Shackadell Class

Shackadell class have been learning all about colours and colour mixing. We read a fantastic book called 'Mixed' by Arree Chung.



It tells a story of a city of Blues, Reds and Yellows who do not get along. Eventually, a Blue mixes with a Yellow and they create a beautiful baby - Green! After this the city becomes a wonderful mix of colours. We explored all of the colours we could create using just blue, red and yellow paint. We also used water and food colouring to experiment with how these would mix together on a piece of kitchen towel.



We were also able to apply our colour mixing skills to create self-portraits. We spent a lot of time looking at ourselves and celebrating our uniqueness.



# Class News

## Peartree Class

In Peartree class, we have been learning about how some significant nurses changed the history of nursing for the better. We have learned about Edith Cavell who helped allied and enemy soldiers during World War One. Mary Seacole and Florence Nightingale helped change hospitals and they looked after soldiers during the Crimean war.

We had a workshop based on what Florence did to change the hospitals and the way nurses were trained. We learned all about the jobs people signed up to do, such as - nurses, doctors, cleaners, laundry, cooks and gardeners. We then applied for jobs in Scutari hospital and had a go at all of them. We even had to pretend to be wounded soldiers.



We also made sashes for the nurses, we wrote cards for wounded soldiers, made lockets to remember our loved ones and made candle holders for our candles. Finally, we had to sort out some missing luggage and solve clue to find out which suitcase belonged to which person. We had such fun and everyone dressed up and looked the part.





# Class News

Total books read  
by Haffydown  
collectively =  
223/1000



## Haffydown Class



In Maths, we have been securing our understanding of place value and number magnitude. We have been plotting numbers on number lines and working to represent numbers with different resources.



In English, Haffydown have worked hard to create their own versions of The Paper Bag Princess, but from the Dragon's point of view. We have compiled their work into a class book to showcase their neat handwriting and imaginative story writing.

On Tuesday, we had a very engaging and immersive trip to the British Schools Museum in Hitchin. The wonderful museum staff brought our learning to life in the Lancastrian school lesson, the guided tour of the headmaster's house and during the interesting artefact handling sessions. Although we had such a fun, exciting day, we were very pleased to be back in our Haffydown classroom where we could finally speak and laugh!



We could not be prouder of Haffydown for conducting themselves so beautifully. They behaved, as usual, with beautiful manners, kindness and respect. They demonstrated their school and home learning when they were asked questions and upheld our school values all day. Fantastic trip Haffydown, well done!

# Class News

## Danes and Puddlebridge Classes

On Wednesday 4<sup>th</sup> October, Danes and Puddlebridge classes spent the day in St Albans. Our morning was spent visiting Verulamium Museum to support our learning about **Roman Britain**.



During our visit, we had time to explore the museum as well as taking part in a workshop session, which was perfect for bringing to life the topic of **Roman Empire and its impact on Britain**. The children were able to gain knowledge about the archaeologists who undertook the original excavations of the Verulamium. The children handled genuine artefacts to build a picture of daily life in the town. They considered the similarities, differences, continuity and changes between Roman times and their own lives.



The children were excited to see genuine Roman mosaics as we have been learning about these in our Art lessons.



# Class News

## Danes and Puddlebridge Classes

We enjoyed lunch in the park before walking to St Albans Cathedral. Here, we learnt about the story of Alban, the first recorded Christian martyr in Britain. A few children were chosen to dress up and re-enact the events of the 3<sup>rd</sup> or 4<sup>th</sup> century.



In groups, we were taken on guided tours of the cathedral and learnt all about the nave, font, and the different chapels inside the cathedral. During our tours, we were interested to see the shrines of St Amphibalus and St Alban. We learnt about what happens during a baptism and considered why Christians would choose to be baptised. Some of us even shared memories of our own baptisms.



We wrote our own prayers on paper doves which will be put on display in the cathedral.





# Parenting When Separated Programme



*A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.*

Parenting when separated can be challenging and confusing. Drawing on international long-term evidence, the Parents Plus 'Parenting when Separated' Programme is a six-week course that highlights practical steps parents can take to help their children cope and thrive, as well as coping successfully themselves.

Topics include:

- Solving co-parenting problems in a positive way that focus on the needs of children.
- Cope with the emotional impact of separation and learn stress management techniques.
- Help your children cope with the impact of the separation both emotionally and practically.
- Enhance communication with their children and with their children's other parent.



The 'Parenting When Separated' course does not propose to find magic answers but hopes to help parents to gain the support of other parents who may have similar experiences and to find down-to-earth solutions for difficult situations. The focus of the course is positive and aims to build on your strengths as a parent and what you are already doing right.

## **Who should attend**

The course is free to attend and is open to separated parents from all backgrounds. Both mothers and fathers, resident and non-resident parents are welcome to attend this course. Both parents of the same children are welcome to attend though we recommend you attend separate groups.

## **Course details**

The course consists of six group sessions for up to 12 parents, each session will last 2 hours 30 minutes with a 15 minute break. We will meet all parents for an individual introductory meeting prior to the group starting to discuss your goals for the course.

## **How to register**

Referrals will be used to create a mixed group of up to 12 parents, you will be contacted to offer a course date for your area.

Spaces still available:

In Person at The Shephall Centre, Stevenage

On a Thursday, starting 2nd November until the 7th December

From 10 – 12:30

If a parent would like to attend one of the scheduled dates, please add this in the any further information section at the end of the referral form.

You can be referred by a professional or you can scan the QR code



# What's on for Families Stevenage– Autumn 2023 (4<sup>th</sup> Sep-29<sup>th</sup> Dec)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Baby Group</b> St Nicholas & Martin's Wood FC 10.45am – 12.15pm (Not 25 <sup>th</sup> December)	<b>Self-Weigh Station</b> Friends Meeting House Bedford 11.00am-2.00pm (Not 24 <sup>th</sup> October and 26 <sup>th</sup> December)  <b>Broadwater FC</b> 4.00-5.30pm weekly <a href="#">Booking via Eventbrite</a> (Not 24 <sup>th</sup> October and 26 <sup>th</sup> December)	<b>Self-Weigh Station</b> Broadwater FC 9am - 12pm weekly <a href="#">Booking via Eventbrite</a>	<b>Self-Weigh Station</b> Bridge Road FC 9am - 12pm weekly <a href="#">Booking via Eventbrite</a>		
	<b>Baby Group</b> Friends Meeting House 1pm – 2.30pm <b>Free drop in weekly</b> (Not 24 <sup>th</sup> October and 26 <sup>th</sup> December)	<b>Active Rhyme Time</b> Broadwater FC 9.30am - 10.15am <b>Free drop in weekly</b> (Not 20 <sup>th</sup> 27 <sup>th</sup> December)	<b>Physical Fun</b> St Nicholas & Martin's Wood FC 1.30pm - 2.30pm <b>Free drop in weekly</b> (Not 21 <sup>st</sup> 28 <sup>th</sup> December)		
	<b>Infant Feeding Social Support Group</b> St Nicholas FC 9.30am - 11.30am <b>Free drop in weekly</b> (Not 24 <sup>th</sup> October and 26 <sup>th</sup> December)	<b>Welly Walk</b> Fairlands Valley Park 10.30am - 11.30am Until 18 <sup>th</sup> October <a href="#">Booking via Eventbrite</a>	<b>Baby Group</b> Broadwater FC 1pm – 2.30pm <b>Free drop in weekly</b> (Not 21 <sup>st</sup> & 28 <sup>th</sup> December)		

## Courses & Workshops for Parents – Autumn 2023 (2<sup>nd</sup> September-29<sup>th</sup> December)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>First Aid</b> Broadwater FC September 25 <sup>th</sup> 1.00pm-3.00pm <a href="#">Booking via Eventbrite</a>	<b>Introduction to Solid Foods</b> Friends Meeting House November 28 <sup>th</sup> 10.45am-12.15pm  Friends Meeting House December 12 <sup>th</sup> 1.00pm-2.30pm <a href="#">Booking via Eventbrite</a>	<b>Preparing for Parenthood</b> St Nicholas & Martin's Wood FC 6.30pm – 8.30pm 13 <sup>th</sup> September 11 <sup>th</sup> October 15 <sup>th</sup> November 13 <sup>th</sup> December <a href="#">Booking via Eventbrite</a>	<b>Introduction to Solid Foods</b> Friends Meeting House September 7 <sup>th</sup> 1.00pm-2.30pm <a href="#">Booking via Eventbrite</a>	<b>First Aid</b> St Nicholas & Martin's Wood FC October 27 <sup>th</sup> 10.00am-12.00pm <a href="#">Booking via Eventbrite</a>	<b>Preparing for Parenthood</b> St Nicholas & Martin's Wood FC 9.30am - 11.30am 14 <sup>th</sup> October 16 <sup>th</sup> December <a href="#">Booking via Eventbrite</a>
<b>Introduction to Solid Foods</b> Broadwater FC September 18 <sup>th</sup> 1.30pm-3.00pm <a href="#">Booking via Eventbrite</a>	<b>Becoming Dad</b> Friends Meeting House 15 <sup>th</sup> December 6.30pm-8.30pm (For more information & to book on please contact Caroline on 07759 140573)	<b>Introduction to Solid Foods</b> St Nicholas & Martin's Wood FC October 4 <sup>th</sup> 1.00pm-2.30pm  Broadwater FC October 18 <sup>th</sup> 10.45am-12.15pm <a href="#">Booking via Eventbrite</a>	<b>Introduction to Solid Foods</b> Broadwater FC November 2 <sup>nd</sup> 1.00pm-2.30pm <a href="#">Booking via Eventbrite</a>	<b>First Aid</b> St Nicholas & Martin's Wood FC November 17 <sup>th</sup> 10.00am-12.00pm <a href="#">Booking via Eventbrite</a>	<b>Bumps &amp; Babies</b> 10.00am-11.30am Broadwater FC, Stevenage 23 <sup>rd</sup> September Chestnut Tree FC, Letchworth 21 <sup>st</sup> October Oughton FC, Hitchin 25 <sup>th</sup> November Rayston FC 16 <sup>th</sup> December  <b>Free drop in</b>
<b>Introduction to Solid Foods</b> St Nicholas & Martin's Wood FC November 12 <sup>th</sup> 10.45am-12.15pm <a href="#">Booking via Eventbrite</a>			<b>Becoming Dad</b> Oughton FC 6.30pm-8.30pm 23 <sup>rd</sup> November (For more information & to book on please contact Caroline on 07759 140573)	<b>First Aid</b> Broadwater FC December 8 <sup>th</sup> 10.00am-12.00pm <a href="#">Booking via Eventbrite</a>	<b>Becoming Dad</b> Chestnut Tree FC 9am-12pm 30 <sup>th</sup> Sep (For more information & to book on please contact Caroline on 07759 140573)
					<b>Becoming Dad</b> Friends Meeting House 9am-12pm 7 <sup>th</sup> Oct (For more information & to book on please contact Caroline on 07759 140573)

## Session Descriptions – Stevenage District

### Active Rhyme Time

Fun, active rhymes and songs for your baby & toddler. A great way to meet other families and develop your child's growing communication and physical skills.

\*\* The activities and content of the sessions are planned for children aged 0-18 months \*\*

### Baby Group

An opportunity to meet other families with young babies in a supportive, stimulating and friendly environment. During the session you can play and discover more about your baby's development and support your wellbeing.

\*\* The activities and content of the sessions are planned for children aged 0-18 months \*\*

### Bumps & Babies

An opportunity for new and expectant parents to meet other families going through this new and exciting experience. This will help you to start to build your social network and give you the chance to speak to a friendly member of the Family Support team.

### Becoming Dad

For expectant and new fathers, designed to provide them with tailored information and support as they make the transition to full time fatherhood. Designed to build their confidence around hands on baby care, bonding and attachment, healthy relationships, support breastfeeding and mental health (for men and their partners).

### Families Feeling Safe

This 5-week course is to support a family's emotional wellbeing. To enable mothers, fathers & carers to improve relationships and communication, build on strengths and support networks, develop problem solving skills to help them feel safe, express feelings in a responsible way and improve emotional wellbeing. *Speak to the team.*

### Family Toolkit

For families with children aged 2 to 5 years old. A great course to learn some new ideas about how to manage children's behaviour and get the best out of family life. *Speak to the team.*

### First Aid - E25

This 2-hour face to face session will provide parents-to-be, parents and carers with important First Aid information and advice on such topics as baby/child resuscitation, treating head injuries, choking and burns. *Book via Eventbrite.*

### Grow It, Cook It, Share It

This 6 week family growing and cooking course teaches families about fruit and vegetables that can easily be grown and eaten at home through supervised gardening and simple cooking sessions.

### Infant Feeding Social Support Group

These sessions will allow parents to ask questions, seek support and to meet other families in a relaxed friendly environment. *For Specialist Breastfeeding Support please call 0300 123 7572, select your area, then choose option 1 to talk to a Health Visitor.*

### Introduction to Solid Foods

NHS guidelines recommend introducing solid foods to your baby around 6 months. Join us when your baby is 4-6 months so you can know the signs that show your baby is ready for food and get information in line with NHS guidelines.

### Parenting Puzzle

For parents/carers of children aged 3 to 8 years to understand how emotions can influence actions and offer practical ways of guiding children so they learn to manage their feelings and control their behaviour. *Speak to the team.*

### Physical Fun

A fun, active session where you can meet other local families and enjoy lots of fun games & play opportunities to support your child with their physical development.

\*\* The activities and content of the sessions are planned for children aged 18 months+ \*\*

### Self-Weigh

An opportunity to check your baby's weight as well as talk to staff from the Family Support Service on a variety of health promotions and parenting support topics. *Book via Eventbrite.*

### Special Educational Needs & Disabilities Drop In

These sessions provide an opportunity to discuss any concerns or issues you may have, an opportunity to meet families within your local area and provide a friendly ear. We will share information on support groups and courses and keep you up to date with key information.

### Welly Walk

Join us on a fun welly walk, through the park and the woods. Develop your child's knowledge of the outside world and enjoy outdoor activities with friends.

*Please wear appropriate clothing for the weather to keep warm and dry.*

## IMPORTANT INFORMATION –

We have a maximum number of spaces in the sessions that are on a first come first served basis. Please arrive promptly to minimise disappointment. The number of spaces available are based on the size of the venue, health and safety guidance and Covid risk assessments for the buildings. Parents and carers are responsible for supervising their children throughout the sessions.

To keep us all safe, please do not attend centres or sessions if you are feeling unwell. We will continue to maintain high standards of cleaning and ensure good ventilation within our centres. Hand sanitiser will also be available. Please continue to be respectful of people's personal space. Staff and families may wish to use a face mask within the centre.

For NHS appointments please be aware a mask must be worn

www.hertsfamilycentres.org  
0300 123 7572

## Centre Address

Bridge Road Family Centre, Woodmick primary School Site, Bridge road East, Stevenage SG1 2NU  
Broadwater Family Centre, Longmeadow Primary School Site, Oaks Cross, Stevenage, SG2 8LT  
Chestnut Tree Family Centre, Garden City Academy Site, Railburn Way, Letchworth Garden City, SG6 2JZ  
Friends Meeting House, 21 Cuttys Lane, Stevenage, SG1 1UP  
Oughton Family Centre, Oughton Primary & Nursery School Site, Mattock Road, Hitchin, SG5 2NZ  
Rayston Family Centre, Burns Road, Rayston, SG8 1SD  
St Nicholas & Martin's Wood Family Centre, The Oval Community Centre, Vardon Road, Stevenage, SG1 5RD

## BOOKING VIA EVENTBRITE

For all Session except Preparing for Parenthood - <https://hertsfamilycentres.eventbrite.co.uk>  
Preparing for Parenthood link - <https://www.eventbrite.co.uk/o/speaking-for-better-209417862922>







# Family Support Service

**FIND OUT WHAT'S ON OFFER FOR FAMILIES**



**Building Life Chances**  
CREATING OPPORTUNITIES

## How to sign up

You need to sign up to access the Family Centre Service. It's FREE to sign up and quick and easy to do.



To sign up, please scan the QR code or visit [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)  
our friendly team will then contact you.

## What's on:

To see a timetable of our sessions and courses please visit our website, [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)

## Get in touch...

**we're here to help support you**  
**Call: 0300 123 7572**

Follow us on social media by searching for 'Hertfordshire Family Centre Service'



Sign up to receive our newsletter packed with useful information via [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)

On behalf of:  Hertfordshire  
Delivered by:  Hertfordshire  
 InspireAll  
 Hertfordshire Community Foundation  
 YMCA

April 2022

## Welcome to the Hertfordshire Family Support Service

Hertfordshire's Family Centre Service is made up of the Public Health Nursing Service (Health Visitors and School Nurses) and the Family Support Service. Our purpose is to support children and families to have the best start in life, develop well and thrive. This leaflet provides you with details of what the Family Support Service offers and how to access it.

### What does the Hertfordshire Family Support Service offer?

We provide families with children aged up to 11 years with a wide range of services, information and support on key areas relating to family life.

Pregnancy, birth and the first 24 months can be tough for many mothers and fathers. Developing friendships with other new parents has lots of benefits; we provide a number of opportunities for new parents to meet before and after having a baby. We offer several free, fun drop in sessions for you and your child to attend including Parent Cakes, Baby Group, Active Rhyme Time, Physical Fun and other activities during holiday time. Please see our What's On Guide for up to date information [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org). We are also supporting local Parent and Toddler Groups, you can find listings of these on our website.



We're always here for you, our HUBs are open weekdays from 8am - 6pm. If you need any extra support we can offer the following:

- **Worries about your child's learning and development.**  
We can help with fun activities for your family to enjoy at home or more structured workshops.
- **Your child's additional needs.**  
Did you know that we can help families with Children with Special Educational Needs and Disabilities (SEND) by providing information, advice and guidance?
- **Feelings of isolation.**  
Are you feeling lonely or isolated from your local community? We are here to help.
- **Your own wellbeing and confidence.**  
We can support you via one-to-one sessions or through parenting groups.
- **If you are experiencing domestic abuse.**  
Support around developing healthy relationships is available.
- **Challenges with your child's behaviour.**  
We can support you via one-to-one sessions or parenting groups. To find out about groups please look at the Hertfordshire Parenting Directory <https://directory.hertfordshire.gov.uk> or our Facebook pages.



- **Accessing childcare.**  
Your 2 year old child could be entitled to 15 hours free early education, depending on your circumstances, we can support you to apply and find a space.
- **Volunteering opportunities.**  
Are you interested in volunteering? Our volunteers can gain new skills and experience that can lead to further training or employment opportunities.
- **Adult learning.**  
We work with lots of local organisations to provide workshops and courses for self-development, well-being and confidence as well as qualifications and training.

In addition we provide a wealth of information on our district social media channels, search for 'Hertfordshire Family Centre Service'. Our website also lists what's on in your area [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org).

### Who provides the support?

The team is made up of highly skilled and trained staff, many of whom have worked directly with children and families.

We are passionate about all children being supported to reach their full potential, as well as supporting parents to do the most important job there is!

### What do I need to do next?

If you have a child or children under 11 years old please sign up with us. It's free and quick and easy to do! Thousands of families across Hertfordshire are already signed up and accessing our services. Please see 'how to sign up' for further details. Once you've signed up with us, we will contact you.

### How do I ask for support?

You can ask for support by contacting us by telephone on 0300 123 7572 or via our Facebook or Instagram accounts.





# Tune ToGether

An Autism Awareness Chill and Chat Session  
Facilitated by Jessica Kuffour and Dami Rock

A time to chat about Autism and related conditions.  
A time to listen, ask questions and share experiences from various perspectives.

**Episode 19**  
**Monday 9th October 2023**  
**7.30pm-8.30pm BST via Zoom**

Everyone is welcome.  
These sessions may be of particular interest to Parents, Educators and Neurodivergent Adults.  
There's no fixed agenda so we will just flow with you and whatever comes our way. We will make sure the tribe has what we need.  
Come find your tribe here with us.

**Come let's talk.**  
Bring your own drinks, come zoom with us with your camera on or off.  
Let's tune in together.

**To register for this free event please visit: [www.tuneintoasd.com](http://www.tuneintoasd.com)  
or email: [letstalk@tuneintoasd.com](mailto:letstalk@tuneintoasd.com)**

## Tune to ASD



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