

# News on the Nineteenth

WITH *God*  
ALL THINGS ARE  
*possible*

Wormley C of E Primary School (VC)  
Cozens Lane East, Wormley, Broxbourne, Herts, EN106QA

Tel: 01992 303331

Have Faith, Show Respect, Take Responsibility and Achieve

[www.wormleyprimary.co.uk](http://www.wormleyprimary.co.uk)

October 2024

## WE ARE A NUT-FREE SCHOOL

We do not allow nuts in our school as we have children with allergies to nuts and would be severely affected by exposure to them. Please check snacks, packed lunches, cakes and sweets when bringing them into school. Thank you.



## HARVEST FESTIVAL THANK YOU

This year, the Bishop of St Albans has chosen to support **Thrive: Nutrition and Sustainable Agriculture in Sri Lanka**

The appeal is being run in partnership with **The Leprosy Mission** to support a project which provides those affected by leprosy with the means to grow their own food and raise their standard of living.

Some of our Y6 pupils talked about this project.

We thought about the *patience* and *persistence* of farmers who provide us with all that we need to thrive. This linked well with our value for the half term.



Some of our Y4 pupils performed a dance for the Harvest and some of our Y2 pupils read their prayers.



We collected in the harvest gifts you donated which have been passed to our local food bank.

Our Nursery and Reception children held their harvest festival in school with Rev Ben. Thank you for all of your kind donations for the Wormley Food Bank.

## LIVING HISTORY DAY



We hope families of children in KS1 and KS2 enjoyed our **Living History** morning. The children really enjoyed preparing their museums and teaching you all that they have been learning in their historical enquiries.

## TERM DATES

HALF TERM

**Monday 28th -  
1st November**

Children return to school on

**Tuesday 5th November**

CHRISTMAS

BREAK

**Term ends - Friday 20<sup>th</sup>**

**December at 1:30pm**

Children return to school on

**Tuesday 7<sup>th</sup> January**

## LEARNING CONSULTATIONS

We look forward to welcoming you into school on  
**Tuesday 22nd October and Wednesday 23rd October**  
for a learning consultation with your child's teacher.



Please book an appointment via Arbor if you haven't done so already.

## HELLO YELLOW DAY - PROMOTING POSITIVE MENTAL HEALTH AND WELLBEING

*Together we stand brighter because with God all things are possible.*  
This year, we came together with thousands of schools, companies and communities to celebrate

**Hello Yellow Day** to show young people they're not alone with their mental health #HelloYellow #WorldMentalHealthDay

As part of the day's celebrations, each year group took a photo of the year group wearing yellow, every child planted a daffodil bulb and everyone watched a video about emotions.



[https://nhs.powtoon.com/public-powtoon/?public\\_link\\_token=DrAS-HYvGRuDjXlGfBNL1FuI-3J8dyVoW5yzBhX862M&mode=movie](https://nhs.powtoon.com/public-powtoon/?public_link_token=DrAS-HYvGRuDjXlGfBNL1FuI-3J8dyVoW5yzBhX862M&mode=movie)

In addition, the Wellbeing Champs made everyone a Hello Yellow Day book mark with positive affirmations. Our younger children took part in some yoga and some wrote reflective comments on stars for display.

## WHO IS IN CONTROL?

*Have you ever wondered whether you control your emotions or whether your emotions control you?*

We know that children struggle to control their emotions, especially big ones such as anger, fear, love.

We continue to teach the children how it helps to notice how we are feeling and do this by using

### **The Zones of Regulation.**

We encourage the children to start by noticing which zone they are in and naming their feelings.

Once we name our feeling, we can try and tame it.

The four zones are:

BLUE GREEN YELLOW RED



We remind the children to deploy their agents when they need them. For example, deploying **Agent Mindful** by taking some time to be quiet and still, or deploying **Agent Lifestyle** by spending time with a friend doing something they enjoy can help them to feel calm and happy.

We are happiest and most productive when we are in the **green zone**.

When children find themselves in the **red, yellow or blue** zone, they should deploy any of their agents to help them feel better and to get back into the **green zone**.



## APPLICATIONS FOR SECONDARY SCHOOL

Please be aware that the deadline for applications to secondary schools is fast approaching. Parents/carers need to make an application online or on paper by the closing date of **Thursday 31st October 2024**.

Hertfordshire County Council recommend that parents complete it by **Friday 25<sup>th</sup> October**, so that if there are any queries, they can be dealt with by the Admissions Team ahead of the deadline.

Parents/carers should apply online at [www.hertfordshire.gov.uk/admissions](http://www.hertfordshire.gov.uk/admissions) or alternatively if you cannot access the internet, you can request a printed version of the website information and application from the Admissions and Transport Team by contacting your Process Admissions Officer ([sonia.cousins@hertfordshire.gov.uk](mailto:sonia.cousins@hertfordshire.gov.uk) / 01992 555150 x 25150 ).

## MESSY CHURCH

We hope those who attended Messy Church this week enjoyed the activities and tea cooked by Mr Emmett and Mrs Harris.

Our theme was **loving** and **servicing**.

Making the necklaces was the most tricky - trying to thread through the tiny holes on the crosses!

Our next Messy Church is on **Tuesday 10th December**.

Our theme will be **The Nativity**.

Everyone is welcome. The event is **FREE** for families as a gift.

If you would like to volunteer to run an art or craft activity or to help in the kitchen preparing tea, we are looking for **MESSY MUMS** AND **MESSY DADS**!

Please let us know if you are interested.



## WE ARE ALL ROLE MODELS FOR OUR CHILDREN

Our school has worked hard to develop a very nurturing, non-threatening environment within school for our young, innocent and impressionable pupils.

This is recognised by our **Wellbeing Award**.

We are very proud of this award.

We do not believe in exposing children to situations which cause fear and trauma. This is very damaging to young minds.

We recently reviewed our **Rights and Responsibilities Behaviour Policy** which explains in detail our therapeutic approach to behaviour. You can read the policy by following the link

[https://wormleyprimary.co.uk/wp-content/uploads/Copy-of-Behaviour-Policy\\_Rights-and-Responsibilities-2022-2025V2.docx.pdf](https://wormleyprimary.co.uk/wp-content/uploads/Copy-of-Behaviour-Policy_Rights-and-Responsibilities-2022-2025V2.docx.pdf)

In addition, we recently reviewed our **Class and Playtime Charters** in line with our Rights and Responsibilities Policy.

**All children have 3 rights:**

**To be safe and healthy**

**To be respected and treated equally**

**To learn and achieve**

These rights are in line with the rights of UNICEF.

For each right, the children have identified their **responsibilities** and the **positive choices** they must make to protect everyone's rights.

These are on display in the classrooms, corridors and playgrounds, and the children are held accountable to them.



## RESPECT FOR STAFF

Staff all have a right to be treated with respect. As some of our caring and compassionate parents pointed out this week, writing unkind and unfair things on a class WhatsApp group isn't respectful to school staff. Our doors are always open so if anyone has any questions or concerns, they are welcome to come in and ask or share.

Please be a good role model to your children. Treat others as you wish to be treated.



## ANTI-BULLYING WEEK

The theme for Anti-Bullying Week 2024 is **Choose Respect**.  
The week takes place from **Monday 11th November to Friday 15th November**.

We teach the children about bullying using the word **S T O P**  
Bullying is when someone treats another person unkindly  
**Several Times On Purpose**

All children can be unkind sometimes but bullying is something that is targeted and repeated with the intention to cause harm. We will not tolerate bullying.



**Odd Socks Day** will be on **Tuesday 12th November**

We wear odd socks to show that we all belong  
# I see you, I hear you, you belong.

## PERSONAL, SOCIAL AND HEALTH EDUCATION

### AT WORMLEY CofE PRIMARY SCHOOL



Here at Wormley CofE Primary, we use a fantastic scheme called **Jigsaw**. Jigsaw is a spiral, progressive scheme that perfectly connects pieces of Personal, Social and Health

Education, emotional literacy, social skills and spiritual development. Every half term, each year group focuses on a particular unit that prepares our children for life, helping them really know and value who they are and understanding how to relate to others in this ever-changing world.



### AUTUMN 1 - BEING ME

**Year 1:** Feeling special and safe, being part of a class, rights and responsibilities, consequences.

**Year 2:** Hopes and fears, safe and fair learning environment, rights and responsibilities, choices.

**Year 3:** Setting personal goals, self-identity and self-worth, rights and responsibilities, rewards and consequences, responsible choices.

**Year 4:** Being a class team, class citizenship, democracy, rewards and consequences, having a voice, group decision making.

**Year 5:** Planning the year, being a citizen, rewards and consequences, democracy, how behaviour affects groups.

**Year 6:** Planning the year, global citizenship, universal rights, choices, consequences and rewards, anti-social behaviour, role-modelling'

Next half term, Autumn 2, our Jigsaw unit will be **Celebrating Difference**. This unit will focus on how we are all different, accepting and valuing difference, understanding different cultures, bullying behaviours and knowing what to do in a bullying situation, using kind words and treating others with respect.

## MOBILE PHONES

Pupils are **not** permitted to have mobile phones in school.

The parents of any year 6 pupils, who are walking to or from school without an adult, can request that their child bring a phone into school. A request form will be sent home. There are strict requirements for the children to follow.

Once the request form has been completed and returned, a child can bring their phone to school, however it must be handed in at the start of the day and collected again once school has finished. The phones **must not** be used on the school premises which includes the playground before and after school.

**Any phones being misused will be confiscated. Any child involved in cyber-bullying will have this privilege removed.**



## WORMLEY CofE PRIMARY SCHOOL PTA

We have an active PTA to organise social events and fund-raise for the school.

If you would like to learn more or would like to join the PTA please email [PTA@wormleyprimary.co.uk](mailto:PTA@wormleyprimary.co.uk)  
It's a fabulous way to meet members of our community and serve the children of our school.

## INSTRUMENTAL TUITION

If you would like your child to learn to play a musical instrument, we can arrange lessons from a peripatetic teacher in school.

Guitar Piano Flute

**Option 1:** 11 x 30 minute lessons of individual tuition per term (currently £264.00 per term)

**Option 2:** 11 x 20 minute lessons of individual tuition per term (currently £176.00 per term).

Call 01992 411060 option 4

## DROP EVERYTHING AND READ (DEAR) AFTERNOON

It was lovely to see so many parents of children in KS1 who were able to drop everything and come in to read with their children. Some of our Y6 pupils also came down to KS1 to read with the children too.



The children told me they really loved it!

## NURSERY / RECEPTION TOURS

If you are looking for a place in Wormley Primary School's Nursery or Reception, there are a number of dates for tours on a Wednesday morning next half term.

Please contact the office for more details.

## HAILEYBURY TURNFORD

Please read the latest Haileybury Turnford News by following the link below:

<https://sway.cloud.microsoft/yFIC48WFWPo7i6EV?ref=Link>

## HEALTHY EATING

Please ensure to pack healthy food options in packed lunches.

We know that if the children eat healthily, they will be in a better place for learning and achieving their best. Too much sugar gives them highs and lows in mood, too much salt dehydrates their body.

**A healthy packed lunch should include:**

- A good proportion of starchy food e.g. bread, wholegrain role, tortilla wrap, pitta pocket, chapatti, pasta, rice, salad
- A portion of lean meat, fish or alternative e.g. chicken, tuna, ham, egg, cheese, beef, beans, hummus, soya
- Plenty of fruits and vegetables e.g. apple, satsuma, handful of cherry tomatoes, carrot sticks, small tub of fruit salad, box of raisins
- Dairy food e.g. reduced fat cheese, yoghurt, fromage frais
- A drink e.g. water, yoghurt drink, unsweetened juice
- Choose crisps & snacks low in salt and fat (2 examples below)



Snacks should be **FRUIT** or **VEGETABLES** ONLY.

For further information on food in school please follow this link <http://wormleyprimary.co.uk/lunch/>

## HERTFORDSHIRE MUSIC SERVICE AND THE PRACTICE ROOMZ

### Fully funded music rehearsal space



Hertfordshire Music Service, in partnership with The Practice Roomz, is offering a fully funded rehearsal space for musicians up to the age of 21. The space is available daily between 4.00pm and 6.00pm - book now to avoid disappointment.

We are thrilled to announce a new partnership between Hertfordshire Music Service and The Practice Roomz, designed to provide your children with an incredible opportunity to enhance their musical skills.

Through this collaboration, your children can access a professional music studio for free, Monday to Friday from 4.00pm to 6.00pm.

Key details:

**Who:** all students from [merge school name]

**What:** free access to a professional music studios

**When:** Monday to Friday, 4.00pm to 6.00pm

**Where:** The Practice Roomz, Unit 6 Pond Close Industrial Estate, Walkern Road, Stevenage, SG1 3QP



To take advantage of this fantastic offer, please contact **The Practice Roomz** directly to book sessions. See the information and contact details - or scan the bar code.

This partnership will greatly benefit your children by providing them with a dedicated space to practice, record, and develop their musical skills.

Daily  
4.00pm - 6.00pm  
The Practice Roomz, Stevenage, SG1 3QP  
No cost - scan the QR code, and quote TPRHMS24 when filling in the booking form  
Scan me for more  
01438 488681  
www.thepracticeroomz.com

### HABS CHRISTMAS APPEAL

**HABS Christmas Appeal:** Since 2013 we have been supporting families in our community who may find the financial pressure of the festive season all too much. Our Christmas appeal started 11 years ago with 1 little boy in Wormley who had not enjoyed gifts or a festive meal for over 3 years due to financial hardship. Fast forward to 2023, when HABS were able to support over 500 children with sacks of presents and over 200 families with a voucher to buy a festive meal and funding towards heating. We can only continue to support the amount of children and families we do with the continued support and donations from our schools, local community and businesses. We would be grateful if you could share the attached poster and video within your school community and on your parent boards to spread the word and be part of this heart warming tradition. No donation is too small. We really could not do this without your continued support.



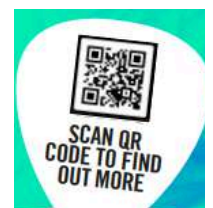
Many Thanks The HABS Team.

### ROCKSTEADY ROCK BANDS

Are you looking for a fun activity to boost your child's confidence and support their overall journey through primary school?

Your child could play in their very own ROCK BAND!

Rocksteady lessons support wellbeing, grow confidence and build resilience, all in a fun and inclusive environment. Each lesson will build on your child's individual learning and motivational style, and they'll get to play real music in their own band from the very first lesson!



84%

parents say Rocksteady lessons supports their child's confidence

97%

children say they enjoy attending lessons or wish they could do more

100%

head teachers say Rocksteady lessons have a significant impact on children

“LIFE CHANGING IMPACT ON YOUR CHILD'S CONFIDENCE AND SOCIAL SKILLS”



Wellbeing Resource of the Year 22/23  
Education Today Awards

Fun and Rewarding Music Lessons for Your Child  
rocksteadymusicschool.com/info-for-parents

### THE BENEFITS OF ROCKSTEADY LESSONS FOR YOUR CHILD:

- Supports wellbeing
- Grows confidence
- Builds resilience
- Inclusive environment
- Fun and rewarding
- Learn to play in a band
- Lessons led by real musicians
- Unique, child led lessons
- Exam-free qualification
- During the school day
- End of term concerts
- Certificates and stickers
- Instruments provided

#### Celebrating success

Rocksteady includes lots of opportunities to celebrate your child. In addition to regular praise, concerts, stickers and certificates of achievement, your child could leave primary school with an official music qualification without ever taking a single exam!

Every child at Rocksteady who is on the programme long enough, gets to participate in our exclusive Ofqual regulated, 'Music Performance in Bands' qualification accredited by Trinity College London, at no extra cost.

Learning at their own pace, your child will work through a curriculum of up to 300 skills, during their weekly band rehearsals and will automatically achieve the qualification when they've demonstrated the required number of skills - no exams or testing, just fun and progression.



### ACTIVITIES THIS HALF TERM

Give your child an awesome October half term with our Sport or Arts / Crafts courses

Your child will meet new friends, play loads of games, have an action packed day and be in a safe environment,

All courses are led by experienced primary PE teachers

Sessions from **Monday - Friday from 9am - 3pm or 4.15pm**

You can book individual days and sibling discounts are available as well as payment via TFC / childcare voucher

Course at: **Wormley CofE Primary School (Broxbourne)**

**CHALLENGE**  
SPORT & EDUCATION

**OCTOBER HALF TERM**  
Multi Sport & Art & Craft Holiday Courses  
5 - 11 Yrs

TO BOOK: search

<https://activities.bookpebble.co.uk/supplier/challenge-sport-education-109ebed2-78ac-4473-acd1-02589a9d1485>

or via telephone on 07719 315 932

**SUPER STAR SPORT**

# ACTIVITY CAMP

HALLOWEEN SPORTS | FOOTBALL & GYMNASTICS | NINJA WARRIOR | FANCY DRESS | AND MUCH MORE!

**St Catherine's Primary School**  
Haslewood Avenue, Hoddesdon, EN11 8HT

28<sup>th</sup> Oct - 1<sup>st</sup> Nov

Full Day: 9AM - 3PM  
£27 per day  
£120 for the week

Half Day: 9AM - 12:45PM  
£16 per day  
£75 for the week

Early drop off & Late pick up AVAILABLE!

**To Book:** Visit [www.superstarsport.co.uk](http://www.superstarsport.co.uk) & click 'Book Now'  
For more information call 01992 766 707  
Email [info@superstarsport.co.uk](mailto:info@superstarsport.co.uk)  
\*There is a 4.5% platform fee on every booking

HALF DAY | FULL DAY

**SUPER STAR SPORT**

## OCTOBER SPORTS CAMP SCHEDULE

**St Catherine's Primary School**  
Haslewood Avenue, Hoddesdon, EN11 8HT

28<sup>th</sup> Oct - 1<sup>st</sup> Nov

MONDAY	HALLOWEEN SPORTS DAY	<ul style="list-style-type: none"> <li>Broomstick Benchball</li> <li>Creepy Cricket</li> </ul>	<ul style="list-style-type: none"> <li>Doctor Dodgeball</li> <li>Hero Hockey</li> </ul>
TUESDAY	NINJA WARRIOR DAY	<ul style="list-style-type: none"> <li>Obstacle Courses</li> <li>Camouflage Hideout</li> </ul>	<ul style="list-style-type: none"> <li>Agility Training</li> <li>Strength &amp; Team Games</li> </ul>
WEDNESDAY	FOOTBALL OR GYMNASTICS DAY	<ul style="list-style-type: none"> <li>Brazilian Soccer</li> <li>Football Tournaments</li> </ul>	<ul style="list-style-type: none"> <li>Team Routines</li> <li>Balance &amp; Jumping Challenges</li> </ul>
THURSDAY	FANCY DRESS DAY	<ul style="list-style-type: none"> <li>Best Dressed Competition</li> <li>Monster Dance Battle</li> </ul>	<ul style="list-style-type: none"> <li>Pumpkin Bowling</li> <li>Superhero Battle Royal</li> </ul>
FRIDAY	SPOOKTACULAR FRIDAY	<ul style="list-style-type: none"> <li>Skeleton Scavenger Hunt</li> <li>Vampire Volleyball</li> </ul>	<ul style="list-style-type: none"> <li>Frankenstein Football</li> <li>Ghost Dodgeball</li> </ul>

Welcome to our October camp schedule, each day you can expect a number of different themed sports, games & activities!

**TO BOOK:** Visit [www.superstarsport.co.uk](http://www.superstarsport.co.uk) & click 'Book Now'

FULL DAY | HALF DAY

### HERTFORDSHIRE CHILDREN AND YOUNG PEOPLE'S NEURODIVERSITY SERVICE DIRECTORY

To find out more about support available, please follow this link:

<https://www.hertfordshire.gov.uk/microsites/local-offer/media-library/documents/hertfordshire-neurodiversity-service-directory-june-2024-pdf-191kb.pdf>

#### Hertfordshire Children and Young People's Neurodiversity Service Directory

The services below provide a combination of early intervention and more specialist neurodiversity support. Click the service name to be redirected to more information.

- Telephone support
- Online/virtual support
- Face to face support
- Referral required

Support for: ● Parents and carers ● Professionals ● Children and young people

<p><b>ADD-vance</b> – Support for families affected by ADHD, Autism or related conditions and the professionals who support them.</p> <p>☎️🌐●●●</p>	<p><b>Early Years SEN Health Visitors (E&amp;N Herts)</b> - Support with understanding your child's needs, information on services and accessing support for families with children aged 0-4.</p> <p>👤●</p>	<p><b>ISL (Integrated Services for Learning)</b> – Multi-professional service helping schools, setting and families to improve outcomes for children and young people.</p> <p>☎️👤●●●</p>
<p><b>Angels</b> - Support for families of autistic children and/or children who have ADHD (and those awaiting a diagnosis)</p> <p>☎️🌐●</p>	<p><b>Educational Psychologists</b> – Support for learning, development and emotional wellbeing of children and young people.</p> <p>👤●●●</p>	<p><b>Lending Space</b> – An equipment lending library for families with children and young people with SEND. Also offer advice, a listening ear and signposting.</p> <p>👤●●●</p>
<p><b>Ask SAL!</b> – A SEND Advice Line for Inclusion for SENCOs and other school professionals.</p> <p>☎️●</p>	<p><b>ESC (Education Support Centre)</b> – Provide alternative education for children of statutory school age who cannot attend mainstream school because of illness, exclusion, or any other reason.</p> <p>👤●●</p>	<p><b>Local Offer</b> – A Hertfordshire website advertising what special educational needs and disability services are available and who can access them.</p> <p>🌐●●●</p>
<p><b>Autism Herts</b> – Deliver a range of services to support Autistic people aged 16+ and their carers.</p> <p>☎️●●●</p>	<p><b>Families in Focus</b> – Provide online therapeutic parenting courses.</p> <p>👤●●</p>	<p><b>Nessie</b> – Offer therapeutic support to children and young people, training for professionals and webinars and support for parents and carers.</p> <p>☎️👤●●●</p>
<p><b>Courses and workshops</b> – Parenting support for parents and carers</p> <p>👤🌐●</p>	<p><b>Family Support Workers (DSPL/LSP)</b> – Local support offered on a range of different topics.</p> <p>☎️👤🌐●●●</p>	<p><b>Neurodiversity Support Hub</b> – An advice line offering support, signposting and guidance about a whole range of things relating to ADHD and Autism. WhatsApp chat also available.</p> <p>☎️👤●●</p>
<p><b>Digital Webinars</b> – Online webinars for parents, carers, young people and professionals.</p> <p>🌐●●●</p>	<p><b>Homecare</b> – Support in the home for disabled children with complex needs.</p> <p>👤👤●</p>	<p><b>OSB (Overnight Short Breaks)</b> – A service for children with disabilities and complex health needs, offering them an overnight stay in a suitable setting, giving parents and carers a break from their caring responsibilities.</p> <p>👤●</p>
<p><b>DSPL (Delivering Special Provision Locally)</b> – There are 9 DSPL areas providing support to schools and families.</p> <p>☎️🌐👤●●●</p>		



## Understanding my Autism/ADHD

- Open to Hertfordshire children aged 7-16
- Post or Pre-diagnosis
- Online or face-to-face
- Visit: [thetoolbox.mindler.co.uk](http://thetoolbox.mindler.co.uk)



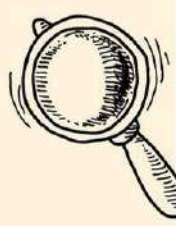
## Cogs APP

- Young People aged 14+
- Providing support and information on Autism and ADHD
- No diagnosis required.
- **Free access**
- To sign up, visit [thetoolbox.mindler.co.uk](http://thetoolbox.mindler.co.uk)



## Digital Webinars

- On demand webinars
- Topics relating to Autism, ADHD and the SEND world
- Available on the Hertfordshire Local offer.



## Hertfordshire Neurodiversity Support Offer

## Toolbox Live Chat

- Receive real-time support and guidance for children and young people (CYP) with Autism or ADHD.
- Access expert advice tailored to their feelings and concerns.
- **No diagnosis** required.



## The Toolbox

- Dedicated website for young people to gain support on ADHD and Autism.
- Signposting to services and interventions in Hertfordshire.
- Self-help tools and interactive livestreams available.
- Visit: [thetoolbox.mindler.co.uk](http://thetoolbox.mindler.co.uk)

## Support Hub

- **No diagnosis** required to access this support.
- Available to **parents, carers, and professionals.**
- Evening appts available to book.
- **Call or WhatsApp** the team on **01727 833963**



## DELIVERING SPECIALIST PROVISION LOCALLY (DSPL)

Come along to a Coffee Morning with other parents and carers of children with Special Educational Needs and Disabilities (SEND).

This will be a welcoming space to connect with others, share experiences and gain insights into various topics that matter to you.

A range of professionals will be there to offer advice and support.

**Where:** Middleton School SG12 9PD

**When:** 26th November 10-11:30am



## PARENT AND CARER SUPPORT SPRING TERM 2025

Free to parents and carers in Hertfordshire

### TALKING TEENS

6, weekly sessions for parents and carers of children aged **12-19**, covering:

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



**Wednesdays 7pm - 9pm**  
**26th Feb - 2nd Apr**  
**Face to Face: ID 707**  
**Gade Community Room**  
**Oakleaf Primary School,**  
**Hemel Hempstead**

**Tuesdays 7.45 - 9.15pm**  
**7th Jan - 11th Feb**  
**Online Course: ID 708**

### TALKING ANGER in FAMILIES

6, weekly sessions for parents and carers of children aged **0-11**, supporting you to:

- Understand why teens and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



**Wednesdays 7.45 - 9.30pm**  
**8th Jan - 12th Feb**  
**Online Course: ID 705**

### TALKING DADS

6, weekly sessions for dads & male carers, sharing information on:

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



**Mondays 7.45 - 9.15pm**

**6th Jan - 10th Feb**

**Online Course: ID 710**

0-19yrs

**Thursdays 7.45 - 9.15pm**

**27th Feb - 3rd Apr**

**Online Course: ID 711**

0-11yrs

**Wednesdays 7.45 - 9.15pm**

**26th Feb - 2nd Mar**

**Online Course: ID 712**

12-19yrs

## TALKING FAMILIES

6, weekly sessions for parents and carers of children aged **0-12** sharing tips on:

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



**Tuesdays 9.45 - 11.15am**

**7<sup>th</sup> Jan – 11<sup>th</sup> Feb**

**Online Course ID 703**

**Tuesdays 8.00 - 9.30pm**

**7<sup>th</sup> Jan – 11<sup>th</sup> Feb**

**Online Course ID 704**

**Tuesdays 8.00 - 9.30pm**

**25<sup>th</sup> Feb – 1<sup>st</sup> Apr**

**Online Course ID 702**

## TALKING ANXIETY in TEENS

6, weekly sessions for parents and carers of children **12-19**, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety.
- Reduce stress and tension.
- Encourage resilient behaviour.



**Mondays 7.45 - 9.30pm**

**24<sup>th</sup> Feb – 31 Mar**

**Online Course ID 706**

## TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children with any additional need.

Your child does not need a diagnosis.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



**Tuesdays 9.45 - 11.15am**

**25<sup>th</sup> Feb – 1<sup>st</sup> Apr**

**Course ID 701**

**2-19yrs**

**Wednesdays 7.45 - 9.15pm**

**8<sup>th</sup> Jan – 12 Feb**

**Online Course ID 709**

**12-19yrs**

Booking essential.

Please Quote the Course ID

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

**07512 709556 or [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund

Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request.



### HALF TERM

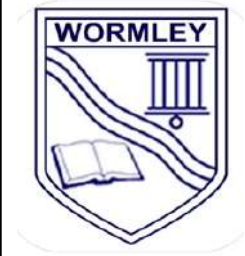
We wish you all a wonderful half term.

We hope you get to enjoy some lovely Autumn walks - just as the conkers are falling.

We look forward to welcoming you back to school on

**Monday 30<sup>th</sup> October.**

**Wishing you a lovely break**



## STAY IN TOUCH

Please make sure you have:

- accepted **Tapestry** (YN-Y1)
- joined Wormley's **Twitter/Facebook** group
- visited the **school website**

