

News on the Nineteenth



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

September 2023

The school gates close at 8:55am. After this, children will be marked as late - unauthorised absence



WELCOME

We would like to welcome **new members of staff**:
Mrs Linnard (our cover teacher); Ms Brown (an EY practitioner in YN); Mrs Brunton (our SEN specialist teacher) and Mr De Silva (our PE coach)

I hope you were able to come and meet your child's teacher last week. It is important to build home school partnerships as soon as possible to support the children's wellbeing and academic development.

We have also shared our revised **Home School Agreement** with you via email. This sets out our school's rights and our responsibilities.

TERM DATES

HALF TERM
Monday 23rd - 27th October

CHRISTMAS BREAK

Term ends - Wednesday 20th December 1:30pm
Children return to school on **Monday 8th January**

OUR VALUE OF THIS HALF TERM IS FAITH

This half term we will be learning about the value of faith. This is one of our core values. We will be thinking about the meaning of faith - *to have complete trust or confidence in someone or something.*

We will be asking children to consider whether they have faith in themselves, in others, in God.

On Mondays, our vicars will share some stories from the Bible and on Tuesdays we will think about ourselves, linking the value to PSHE and the first Jigsaw Unit: **Being Me in My World**

This includes lessons on self-identity, group identity, responsibilities, consequences, teamwork and introduces the Jigsaw Charter.

On Fridays, our Pupil Worship Leaders will celebrate children who have been deploying their agents.



MESSY CHURCH

All families are invited to attend Messy Church on **Tuesday 17th October**.

Messy Church is a form of church for children and adults that involves **creativity, celebration** and **hospitality**. Our messy church sessions typically include a welcome, creative time to explore a biblical theme through getting messy; a short celebration time involving story, prayer, song and similar; and a sit-down meal together at tables.

It's fun and its free. You can attend if you have a religious belief or if you do not - all welcome

Come along to the KS2 hall at 3:25 (a family member must bring their child - no unaccompanied children).





A PARENT'S GUIDE TO RENAISSANCE ACCELERATED READER (Y2-Y6)

Our school has purchased [Accelerated Reader](#) for children in Y2-Y6. Accelerated Reader is a computer program that helps teachers manage and monitor children's independent reading practice. Your child picks a book at his own level and reads it at his own pace.

When finished, your child takes a short quiz on the computer. (Passing the quiz is an indication that your child understood what was read.)

Accelerated Reader gives children, teachers, and parents feedback based on the quiz results, which the teacher then uses to help your child set goals and direct ongoing reading practice.

Children using Accelerated Reader choose their own books to read, rather than having one assigned to them. This makes reading a much more enjoyable experience as they can choose books that are interesting to them.

Teachers help your child choose books at an appropriate readability level that are challenging without being frustrating, ensuring that your child can pass the quiz and experience success.

If your child does not do well on the quiz, the teacher may help your child:

- Choose another book that is more appropriate.
- Ask more probing questions as your child reads and before your child takes a quiz.
- In most cases, children really enjoy taking the quizzes. Since they're reading books at their reading and interest levels, they are likely to be successful. This is satisfying for most children. Best of all, they learn and grow at their own pace.

How does the school determine my child's reading level?

Teachers determine your child's reading level with a *Renaissance Star Reading test*. Star Reading is a computerised reading assessment that uses computer-adaptive technology. Questions continually adjust to your child's responses. If the child's response is correct, the difficulty level is increased. If the child misses a question, the difficulty level is reduced. The test uses multiple-choice questions and takes approximately 15 minutes. Your child will receive a *ZPD range* after taking a Star Reading test. In independent literature-based reading, ZPD is the range of books that will challenge a child without causing frustration or loss of motivation.

How can you help your child become a better reader?

As with anything, performance improves with practice. Encourage your child to read at home. Create a *culture of reading* in your household by reading with your child, starting a home library, visiting your local library or book store on a regular basis, letting your child see you reading, and discussing books that each of you has read. When reading with your child, stop and ask questions to be sure your child is comprehending what is read.

Reading with your child, no matter what the child's age, is an important part of developing a good reader, building a lifelong love of reading and learning, and creating a loving relationship between you and your child. Make learning a family affair!

PARENTS GUIDE FOR MYON

We are very excited to offer the use of 'myON' for pupils within KS2. MyON is a digital library with thousands of ebooks for children to choose from and it links with our in-school reading system/library. The digital books available can be tailored to children's interests and will allow your child to read books independently, or together as a family, at any time you choose. There is open access to many genres and age ranges.

The myON website allows your child to interact with books by highlighting sections, annotating with virtual post-it notes and listening to text. Part of the website has a 'news' section where there will be



current child-friendly news articles for your child to access. Children can choose to read the book themselves or have it read for them. Your child's teacher can view the books they have read and see how long they have read for too. Once your child has read a book, they can 'take a quiz' - exactly like they do in school - their myON account links to their in-school Accelerated Reader account where children accrue points and are working towards becoming a 'Word Millionaire' where they have read a million words or more!

HISTORY TERM

This term, all year groups will be learning about aspects of British History. Each year group has a visit or a workshop for the children to experience 'living history'.



Y1 will be learning about toys and games from the past. Perhaps you have a toy from your youth that you could show the children?

Y2 are learning all about the Great Fire of London. On **Tuesday 19th September**, they will go back in time to the bustle of London in 1666 where a fire burns in a Pudding Lane bakery. The children start the morning by becoming apprentices on the streets of London, learning skills common for workers of the era: leather working, metal working, sewing, etc. They learn all about the spread of the fire as they work.



Y3 are learning all about The Celts. The Celtic Harmony Camp, with its 7 Iron Age roundhouses and native woodland, is a wonderful place to visit, learn and develop knowledge of British history. It is the UK's largest reconstructed Prehistory settlement, in a beautiful woodland setting, just on our doorstep! The trip was on **Wednesday 13th September** and the children had a wonderful time.

Y4 are learning all about life in Britain during The Roman Invasion. For their workshop, they arrive in 60 AD: the Romans occupy Britain and unrest grows. The widowed Iceni queen, Boudica, seeks to overthrow Roman rule - as do the Trinovantes. In her fury, Boudica wipes out whole communities. No one knows where she might strike next.

Their workshop is **Monday 25th September**. Don't forget to dress for the occasion!



Y5 journey to an Anglo-Saxon village on **Monday 2nd October**. One of England's great archaeological sites, West Stow has extensive indoor galleries and a stunning recreation of an Anglo-Saxon village. Children will be able to explore history and nature, watch a film, dress up as an Anglo-Saxon and meet the rare breed of pigs and chickens.

Y6 children will have the opportunity to experience life as a Viking on **Wednesday 20th September** with an exciting Viking workshop in school.

Remember Viking attire for the day if possible!

In the afternoon, they will look at the Dark Ages from a historical perspective, using archaeology to understand how we have learned about the historical tasks they performed in the morning.





THE SUMMER READING CHALLENGE
 The theme for this year's Summer Reading Challenge was
Congratulations to all the children who completed the Challenge by Saturday 2nd September.
 They were awarded a medal, certificate, and a pencil.
We are very proud of everyone who achieved this challenge!

ROCK ON WITH ROCK STEADY LESSONS IN SCHOOL

It's a delight to share that Rocksteady lessons are continuing in our school next year.



Learn to play in a band: Learning an instrument should be fun. Your child can choose from the electric guitar, keyboard, drums or vocals and enjoy playing in a happy, supportive environment with their friends.

Lead by real musicians: Your child's music teacher should also be their role model. Which is why all Rocksteady Band Leaders are carefully chosen, extensively trained musicians who know how to inspire a life-long love of playing music.

In school time: Lessons are 30 minutes long and take place in school time with all instruments provided, making it hassle-free for parents.

With regular live performances: Playing on stage is a huge confidence booster. With termly concerts at school assemblies, your child will be able to show off their progress to friends, teachers and parents with the rest of their band.

And happily affordable: Rocksteady is one of the most hassle-free ways to learn an instrument on a rolling subscription that you can cancel at any time. It's risk free too - cancel in the first month and you'll get a full refund.

Email: info@rocksteadymusicschool.com Call: **0330 113 0330** (Calls are charged at local rate)

PRESCHOOL/NURSERY PLACES

There are still some limited places in **Preschool** and **Nursery** afternoons.

Please email admissions@wormleyprimary.co.uk if you are interested in a place here at Wormley.

SENCo CONTACT

Our SENCos this year, Mrs Hawkins (EYFS/KS1) and Mrs Drake (KS2), can be contacted via email senco@wormleyprimary.co.uk.

Both of our SENCos teach half of the week but have timetabled Wednesday afternoons to meet with parents / carers.

WORKING TOGETHER TO IMPROVE SCHOOL ATTENDANCE

Please see below the recent document regarding school attendance from the DfE
 Being in school and having the best attendance possible underpins all the many benefits of school for your child, such as their learning, wellbeing and wider development. For some children, attending school every day will be harder than for others. This is why schools and local councils are committed to working together with families to solve problems and support your child's school attendance. This guide covers two areas:



Department for Education

- Parents' responsibilities for school attendance and what you need to do when your child needs to be absent.
- How schools and local authorities will work with you to support your child's attendance.

Parents' responsibilities What are my responsibilities for my child's attendance?

As a parent, you are legally responsible for making sure your child gets a suitable fulltime education, usually from the age of 5 to 16. For most parents, this will mean making sure your child is in school every day except when:

- Your child is too ill to go to school.
- You have permission for a leave of absence from your child's school for them not to attend. You should only ask for this in *exceptional* circumstances.
- Your religious body has a day especially for religious observance.

Whilst some absence is unavoidable, it is important that your child is in school every day they can be for their learning, wellbeing and development.

If my child needs to be absent from school, what do I need to do?

You should contact their school as early as possible on the first day of absence to explain why. If you do not, your child's school will contact you on the first morning of their absence to find out why your child is not in school. All parents can request a 'leave of absence' for their child which gives them permission to be absent from school. Your child's school has the final say over whether to approve the request and for how long your child can be absent.

My child has a short term illness. Do they have to go to school, and will I be penalised if they don't?

If your child is ill, read the NHS advice (below) to help you decide whether they can go to school. If they are too ill to attend, you are not breaking the law and will not be penalised. You should let the school know as soon as possible on the first day of absence and schools must record such absences as authorised. If the absence due to illness is ongoing or frequent you should speak to child's school to see what support can be put in place.

Do I need to provide medical evidence to support my child's illness related absence?

If your child is too ill to attend school, schools must record these absences as authorised. In the majority of cases medical evidence is not needed, but schools may ask you for evidence where:

- Your child is regularly absent because of illness, to assess how they can help your child by putting the right reasonable adjustments in place.
- In a small number of cases where they have reason to believe your child was not too ill to attend and a conversation cannot resolve the issue.

*Evidence can be appointment cards, prescriptions, or notes of previous consultations (including from the NHS App)

What should I do if my child needs a dental or medical appointment in school time?

To avoid disruption to your child's attendance, medical and dental appointments should not be booked during the school day whenever reasonably possible. When they are, you should ask the school in advance for a leave of absence and collect them as close to the time of the appointment as possible and return them to school for the rest of the school day afterwards.

My child is struggling to attend because of an issue in school. Who can help us?

The first step is to talk to your child's school about why your child is missing school, and what help the school can give. You should still do everything you can to help your child attend as much as possible whilst waiting for help and support to be put into place. Information on who in school you can contact for help, including the school's senior leader responsible for attendance, can be found in the school's attendance policy on its website or available in hard copy from the school.

If your child is struggling to attend because of something that is happening at school, their school is expected to work with you (and your child if they are old enough) to overcome the issues. You should agree a set of joint actions with the school that you have all developed together to support your child. This will often include a commitment to support you and your child by working together or help you to access support services in exchange for an agreement from you (and your child if they are old enough to understand) to take part in the support offered.

My child has a long term illness, special educational needs or a disability that is impacting their attendance. What help is available?

If your child is regularly absent from school because of illness (regardless of whether it is mental or physical) or special educational needs or a disability, they have the same right to a suitable full-time education as any other child. You should work with your child's school to discuss the reasons and make sure the right support is in place. All schools are expected to provide support in these cases. More information can be found in your child's school's policy on supporting pupils with medical conditions. Schools are expected to:

- Work with you to make reasonable adjustments to help your child attend. These could include adjustments to uniform, transport, routines, access to support or lunchtime arrangements.
- Ensure your child receives the right pastoral care and in certain cases consider a time-limited phased return to school where appropriate, for example for those who have anxiety about school attendance.
- Work jointly with other services including your local council and health services.
- For pupils with a long-term medical condition - either physical or mental - schools are also expected to make attendance support a key feature of any individual healthcare plan.
- For pupils with Education, Health and Care plans - ensure access to any provision is outlined within the plan.

To make this work, it is important that you are open and work with your child's school by sharing written information. This will help agree the right support and take an active part in agreeing and putting in place the solution.

If your child has an Education, Health and Care plan, and is out of school for more than 15 days, we expect the school to inform the local council who is responsible for your child's plan. This is to ensure that they are aware of the situation and to seek their support for your child where necessary.

Where can I get help if my child is too anxious to go to school?

Attending school usually helps to protect your child's mental health, for a range of reasons including giving them a chance to be with friends and to benefit from learning. However, some children can be anxious or worried about going to school, particularly around the start of the new year or joining a new school or class. This is a normal emotion, and not necessarily indicative of an underlying mental health condition. If their anxiety continues and becomes an attendance issue, you should speak to your child's school together with your child about why they are anxious and what can be done. You can find some useful advice at Young Minds, to help work through likely reasons together with your child, what to do and how to make sure that you get the right support if there are more serious issues.

Support isn't working because my child's current school place is not suitable for their needs. What can I do?

Your first step is to discuss it with your child's school to see if extra support can be given. If you are still having problems you can apply for a place at a different school or schools. Your local council will be able to provide details on how to apply. It is important that you don't take your child out of their current school in the meantime - your application for another school may not be successful, for example, if it is full for that particular year group. If your child has an Education, Health and Care plan then it is helpful to discuss the best way forward with both your school and your local council's SEND team.

What action you can take if your child's current school place is not suitable for their needs?

If you have applied for a place at a school and it does not offer your child a place, you have the right to appeal this decision. Advice for parents and guardians on school admission appeals - GOV.UK (www.gov.uk).

Mainstream education isn't working for my child. Can I get help with an alternative provision? Your first step is to discuss it with your child's school to see if extra support can be given. If you are still having problems you should discuss them with your local council. In many cases additional support can be provided to help a child remain in mainstream school. In a small number of cases where a child would not receive a suitable, full-time education without alternative provision, your local council is responsible for putting that in place.

Your local Special Educational Needs and Disabilities Information Advice and Support Service (SENDIASS) will be able to offer advice and support.

Can my child's school force me to remove my child from school and home educate?

If your school has asked or is putting pressure on you to remove your child from school to home educate, this is known as off-rolling. Off-rolling is the practice of removing a pupil from the school roll without using a permanent exclusion, when the removal is primarily in the best interests of the school, rather than the best interests of the pupil. This includes pressuring a parent to remove their child from the school. While it may not always be unlawful, Ofsted and the Department believe that off-rolling is never acceptable. Elective Home Education should always be a positive choice taken by parents without pressure from their school.

Will my local council take legal action against me?

If your child is absent from school without permission or a valid reason, you are likely to be breaking the law. Where this happens, your child's school or your local council will speak to you to understand the reasons. If your child hasn't attended because they are struggling to, both your child's school and your local council are expected to put the right support in place to help you. If you do not take part in that support, or it doesn't work because more structured formal support is needed, then your child's school or your local council may:

- Invite you to agree to a parenting contract. This is not a punishment or a criticism of your parenting. It is a more formal action plan that sets out what you will do to improve your child's attendance and what your child's school and/or your local council will do to support this.
- Apply to the family court for an education supervision order to ensure you and your child receive advice, assistance and direction to make sure they receive a suitable full-time education.

If you do not make any efforts to improve your child's attendance or it is clear you have knowingly allowed your child to be absent without good reason - for example, taking your child on holiday in school time without permission - your local council may prosecute you to protect your child's right to a full-time education. Even during this process, you have the opportunity to accept and engage in voluntary support (such as an early help assessment) or formal support (such as a parenting contract or education supervision order) to prevent the case from going to court. If found guilty you may be given a parenting order, community order, a fine of up to £2,500 or in very exceptional circumstances a sentence of up to 3 months in prison.

DEPARTMENT FOR EDUCATION AND NHS GUIDANCE FOR CHILDREN'S ATTENDANCE

Is my child too ill for school?



It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell. It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason. If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

If unsure, please check below:

Coughs and colds: It's fine to send your child to school with a minor cough or common cold. But if they have a fever, keep them off school until the fever goes. Encourage your child to throw away any used tissues and to wash their hands regularly.

High temperature: If your child has a high temperature (38 degrees celsius or more), keep them off school until it goes away.

Chickenpox: If your child has chickenpox, keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.

Cold sores: There's no need to keep your child off school if they have a cold sore. Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

Conjunctivitis: You don't need to keep your child away from school if they have conjunctivitis. Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

COVID-19: If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school. Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities

Ear infection: If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

Hand, foot and mouth disease: If your child has hand, foot and mouth disease but seems well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

Head lice and nits: There's no need to keep your child off school if they have head lice. You can treat head lice and nits without seeing a GP. Let the school know.

Impetigo: If your child has impetigo, they'll need treatment from a GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.

Ringworm: If your child has ringworm, see your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.

Scarlet fever: If your child has scarlet fever, they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics. Let the school know.

Slapped cheek syndrome (fifth disease): You don't need to keep your child off school if they have slapped cheek syndrome because, once the rash appears, they're no longer infectious. Let the school know.

Sore throat: You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it goes away. A sore throat and a high temperature can be symptoms of tonsillitis.

Threadworms: You don't need to keep your child off school if they have threadworms. Speak to your pharmacist, who can recommend a treatment. Let the school know.

Vomiting and diarrhoea: Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

In addition to respiratory illnesses, we are aware that more children may be absent from school due to symptoms of anxiety than before the pandemic. Worry and mild or moderate anxiety, whilst sometimes difficult emotions, can be a normal part of growing up for many children and young people. Being in school can often help alleviate the underlying issues. A prolonged period of absence is likely to heighten a child's anxiety about attending in the future, rather than reduce it.

Good afternoon,

I wanted to update you on 'The Big Ambition' survey. As we approach the General Election, I am clear that it is a crucial moment to take children and young people's voices to policymakers and the Government, to make sure they are heard. That is why, through 'The Big Ambition' survey I want to hear from children and young people about their schools, communities, family life, and the wider world. I am also asking what they want for their future, their hopes, dreams, and aspirations.

This survey is for all children and young people aged 0 to 18. Children aged 6 to 18 can complete the survey themselves. For those who may need additional support or for children under six parents and other adults can complete the survey on their behalf.

The survey can be completed using this link: www.childrenscommissioner.gov.uk/thebigambition

Through this link there is an easy read version and different questions based on the age of the child or young person.

Yours sincerely,

Dame Rachel de Souza, Children's Commissioner for England



COURSES FOR FAMILIES

The 6 week courses are fully funded by HCC for families in Hertfordshire. Please take a look - the courses are for any family wanting to improve their parenting skills.

TALKING FAMILIES

For dads, step-dads and male carers of children 0-12 years

- Increase your confidence in parenting
- Develop secure relationships with your child
- Improve listening and communication skills
- Develop strategies for dealing with anger and conflict
- Learn how to enforce boundaries

Online **Wednesday evenings 7.45pm - 9.15pm 13, 20, 27 Sept, 4, 11 & 18 Oct 2023** ID: 602

For Dads, Step-Dads and male carers of children 12-19 years

Online **Tuesday evenings 7.45 - 9.15pm 31 Oct, 7, 14, 21 & 28 Nov and 5 Dec 2023** ID: 606

COURSES FOR DADS

Talking Families For Dads of children 0-12yrs
Wednesdays 7.45 - 9.15pm ID 602
13th, 20th, 27th September, 4th, 11th & 18th October 2023

Talking Dads: For Dads of children 12-19yrs
Tuesdays 7.45 - 9.15pm ID 606
31st October, 7th, 14th, 21st, 28th November & 5th December 2023

A FREE 6-week course for fathers and male carers to be supported to:

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

"The course has given me the confidence to know that I can break out of the cycle and make things different for my child."

PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

Booking essential
Please quote the course ID
To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk
www.supportinglinks.co.uk

This course is provided free to parents by Hertfordshire County Council's Targeted Parenting Fund

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

COURSES FOR Parents of Children 0-12 years



TALKING FAMILIES

Mondays 7.00 - 9.00pm Face to Face ID:599
The Oval Community Centre, Vardon Rd, Stevenage SG1 5RD
30th October, 6th, 13th, 20th, 27th November & 4th December 2023

Our **FREE** 6-week course for parents and carers of children aged 0-12 will help you to:

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children
- Develop strong parent/child relationship now and for the future

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

Booking essential
Please quote the course ID
To check eligibility and book a place, contact Supporting Links on:

07512 709556

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This course is provided free to parents by Hertfordshire County Council's Targeted Parenting Fund



'It has taught me new skills to deal with family life'

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

TALKING FAMILIES

For parents of children 0-12 years

- Manage challenging behaviour
- Encourage positive behaviour
- Build your child's self-esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings
- Develop strong parent/child relationships

Face to face **Monday evenings 7.00 - 9.00pm 30 Oct, 6, 13, 20, 27 Nov and 4 Dec 2023 ID: 599**

The Oval Community Centre, Vardon Road, Stevenage, SG1 5RD

Booking for courses is essential.

Please quote the course ID

Contact Supporting Links by phone on **07512 709556** or

email: bookings@supportinglinks.co.uk

SUPPORTING LINKS CORSES FOR CHILDREN WITH SEND

PARENT & CARER SUPPORT: TALKING ASD & ADHD

Free workshops for parents and carers of children aged 2-25 years with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

School Avoidance



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.
- Where to access further help and support, both locally and nationally.

Thursday 19th October

9.30 to 11.15am

Workshop 607

Book via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-607-registration-629197084417>

Tech Use



- What you can do to keep your child safe online.
- Why it is so hard for them to switch off and what you can do to help.
- What you can do to support any difficulties with behaviour when your child is playing.
- The effect of using their devices as a reward or consequence.
- Managing difficult conversations with confidence.
- Teaching your child to develop their own methods of regulating device use and staying safe.

Wednesday 15th November

9.30 to 11.15am

Workshop 608

Book via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-608-for-parentscarers-in-herts-registration-629208608887>

The Teenage Years

For parents and carers of children aged 11-25yrs



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

Wednesday 22nd November

7.30 to 9.15pm

Workshop 609

Book via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-609-registration-629219070177>

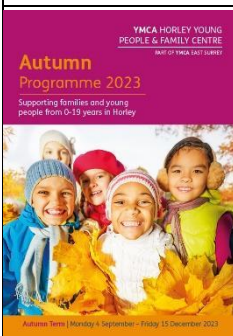
Workshops provided free to parents
by Hertfordshire County Council's
Targeted Parenting Fund



Hertfordshire

Workshops are open to parents and carers living in Hertfordshire

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



FAMILY LIVES AUTUMN PROGRAMME

Anxiety around ADHD Online Workshop

Tuesday 7 November, 9.30am - 11.30am

This 2- hour workshop is for parents and carers who suspect or have received a recent diagnosis that their child has ADHD. The workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

Less Shouting, More Cooperation (6 weeks) Online group

Thursday 5 October to 16 November, 7.00pm - 9.00pm Via MS Teams

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6- week group to learn how you can change the way you communicate with your child, respond better and feel more in control

The sessions will cover:-

- *Exploring what helpful discipline is*
- *Recognising the triggers and responding more effectively*
- *Learning new parenting tools to challenge children's behaviour*
- *How to negotiate and implement effective boundaries and family agreements*
- *How to hold boundaries and gain co-operation*

Sorting Out Family Arguments (6 weeks) Online group

Wednesday 8 November to 13 December, 9.30am - 11.30am Via MS Teams

Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family.

Sessions will cover :

- *How parents and children can be affected by conflict*
- *Strategies in handling and resolving conflict and anger*
- *Parents' role when there is sibling rivalry and jealousy, fostering cooperation rather than competition*
- *Effective communication, implementing boundaries and how to negotiate*

Dads Together (6 weeks) Face to Face group

Tuesday 7 November to 12 December, 7.30pm - 9.30pm

Canary Club, Fishponds Road, Hitchin, SG5 1NU

As a dad do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6- week group to learn how you can change the way you communicate with your child, respond better and feel more in control

The sessions will cover:-

- *Exploring what helpful discipline is*
- *Recognising the triggers and responding more effectively*
- *Learning new parenting tools to challenge children's behaviour*
- *How to negotiate and implement effective boundaries and family agreements*
- *How to hold boundaries and gain co-operation*

If you would like to attend one of these excellent courses, you can fill out a form using this link

[https://forms.office.com/pages/responsepage.aspx?id=_1v8xmMHAKWkdxzUTU-
XK840q_kSeSxIkVCyL2Nx05IUMUxB5IY5ODJCQjczVzRCNVE2VURDWVJLRS4u](https://forms.office.com/pages/responsepage.aspx?id=_1v8xmMHAKWkdxzUTU-
XK840q_kSeSxIkVCyL2Nx05IUMUxB5IY5ODJCQjczVzRCNVE2VURDWVJLRS4u)

Or contact Louise Voyce | Senior Services Administrator (Greater London & Home Counties) | Family Lives Direct: 0204 522 8700

Office: 15-17 The Broadway, Hatfield, Herts, AL9 5HZ

Hours: Monday, Tuesday, Thursday, Friday 9.00 - 5.30 & Wednesday 9.00-11.30



AUTISM & ADHD SUPPORT
for parents/carers of children with
ADHD and/or on the Autistic Spectrum

Angels provide individualised, professional expertise and advice for the families of autistic children and children with ADHD (and those awaiting diagnosis). Come along to our meetings to chat with other parents, share ideas and experiences and gain information, advice and strategies.

We provide:

- Parent support group meetings and workshops in Stevenage, Letchworth and Online.
- Online evening support group meetings
- One-to-one service to support you in a personalised way with any issue around your child/young person's conditions, including support with meetings and forms.
- A private moderated Facebook group just for members.

Scan the QR code and complete our online membership form to access our FREE support.



Note for Professionals:

If you are a professional working with families and would like to learn more about Angels, then please contact The Angels Team on info@angelssupportgroup.org.uk

Follow Angels Support Group on Social Media



www.angelssupportgroup.org.uk

Registered Charity No. 1117059

WISHING YOU ALL A VERY HAPPY AUTUMN TERM

"Jesus Christ is the same yesterday and today and forever." Hebrews 13:8

