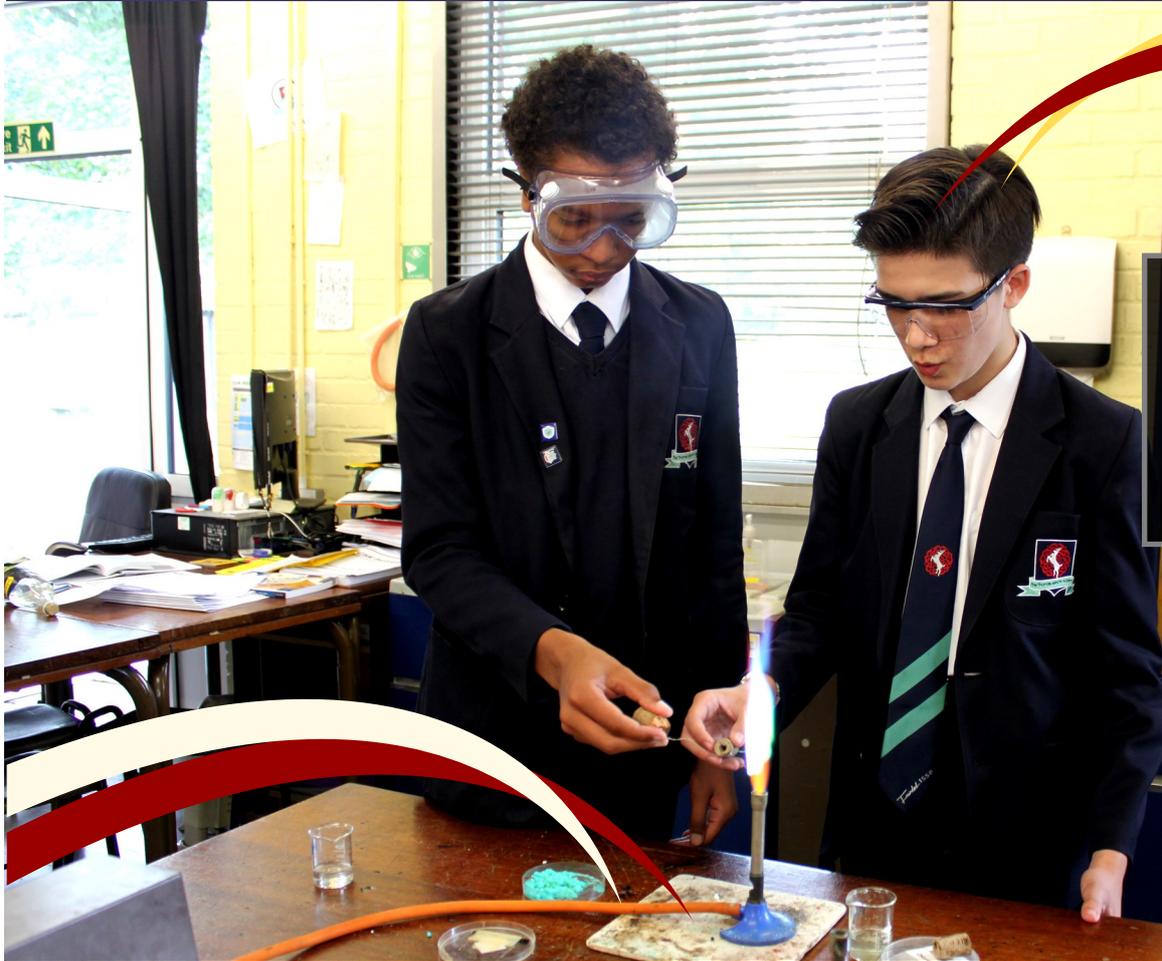


The Thomas Alleyne Academy

Issue 13 April 5th 2019



this issue

- Crisp Packet Recycling P.2
- Book Club P.2
- Student Success P.3
- Sixth Form News P.4&5
- Ghost Story Competition P.6
- Upcoming Events P.7



Founded 1558

HEADTEACHER'S UPDATE



Welcome to the latest edition of our academy newsletter. In this edition you can read about the fantastic recycling scheme we take part in, the many sporting successes and a special story by the winner of our ghost stories competition, Caitlen Bowden.

I have been delighted to share our many successes this term with students in our celebration assemblies this week. Well done to all our badge winners – you can see the names of our bronze, silver and gold winners inside. Our Year 11 and 13 students have a busy few weeks ahead as they prepare for their summer examinations. A number of students will be in and working over the Easter break and I would like to thank the staff who are giving up their time to provide this additional support.

Ellen Buckley, science teacher, leaves us this term as she is relocating. We wish her all the very best, particularly as she will be welcoming a new addition to the family in her new home. We look forward to welcoming her replacement, Captain Samuel Bouchnak. Laura Dowle, our inclusion manager, also leaves for sabbatical leave. Laura is our designated senior lead for child protection. While she is away from us this role will be fulfilled by Devon Woolley, Assistant Headteacher – please contact Mr Woolley with any concerns linked to the safety of our students outside of school.

Mark Lewis

CRISP PACKET RECYCLING SCHEME

Thank you to everyone who has been bringing in crisp packets for the Terracycle recycling scheme - we have sent off quite a few big boxes already this year - in total we have raised £21.44 for the school!

Terracycle have now expanded the collection to include nut , pretzel , popcorn packets and Pringles cans.

Please encourage your students to put their packets in the recycling boxes - they are in the canteen, library, D block, reception & S3.

If you would like to have a collection point somewhere else in the school please let me know where.

Thank you for your support with this recycling incentive.

A big thank you also goes to Tom D'Gama in Year 8

and his family for the greatly appreciated donations of crisp packets for our fund raiser. He has recruited his parents at their place of work to support our drive. Any one else wishing to support our school in this effort, please send in empty crisp packets and Pringle Tubes (which would normally go into land-fill).



BOOK CLUB

These are photo's taken of members of our Thursday lunchtime Book Club attending the North Hert's Book Awards 2019. Whereby, students from up to 10 local schools read in advance a selection of recommended shortlisted books and then voted for their favourite. We then met the winning author of last year's vote, The Red Ribbon by Lucy Adlington. We shared a question and answer session in which the author declared one of our students, Christian Stemate had asked her a very interesting question that she had not been asked before.

Anyone with an interest in reading or improving their reading, or hoping to join us in future

reading adventures are welcome to join us every Thursday lunch break, they can bring their lunch with them and eat it in the Library on those occasions only. Application forms are available in the Library.



SPORTING NEWS AND STUDENT SUCCESS

Football

As many of you are aware, on Tuesday 26th March the Year 8 boys football team played in the Schools North Herts Cup Final hosted at St. Christopher School in Letchworth against Highfield School. It is with great pleasure that I can inform you that TAA beat Highfield 5-2 in what was a well contested game of football.

This is a fantastic achievement for the Year 8 team, being able to compete and beat schools in our area with larger numbers on roll, and supposedly being more prestigious footballing schools, is one that we all should be extremely proud of. This is potentially one of the first TAA teams to win the cup or it is

certainly the first time in a very long time.

Please if you see any of the boys listed below can you congratulate them on a great season and a superb cup final win!

Callum Scutchings
Liam Scott
Justin Biri-Twum
Harry Craig
Ben Palmer
Luke Bradley

Keane Hewitt
Billy Brown
Arthur McDowell
Noah Canavan
Rio Cardines
Sufyaan Kamali

Karting Club

Saturday 30th March
Round 7 - Buckmore Park

The TAA team had a day of great racing from all the drivers even if some didn't get the results they hoped for. They all did amazingly well considering we had a day full of engine troubles, flat tyres, crashes and karts needing adjustments. Thankfully all our drivers came home fighting fit with smiles on their faces and showed great team spirit rallying around one another to help.



Swimming

I have been racing over the last few weekends and have won gold on the 400 freestyle with 14 second personal best, silver on the 200m breaststroke, 3.5 second personal best and bronze on the 200m freestyle with a 6.5 second personal best. I have also swam the 50m freestyle, 100m freestyle, 50 and 100m breast stroke and the 50m butterfly and have achieved personal best times in all events. - Imola Y8



Results

Class 15
Sean Conway 16th

Class 11
Alfie Heaps 3rd
Julian Saunders
5th
Molly Heaps 8th
Mathew Hawkins 13th

Class 7
Molly Nicholas-Biles 6th



Class 8
Cameron Kingham 1st

Class 12
Molly Nicholas-Biles 1st

Running

Well done to Charlie Grayson who after being injured for quite some time ran the Milton Keynes 5K and secured 3rd place! Congratulations Charlie.

Music

A huge congratulations goes to the following students who have worked hard to pass their graded music exams this term, and thank you to their teachers and parents for supporting them!

Harry Chapman Grade 1 piano
Emma Chapman Grade 3 flute with merit
Paul Evangelista Grade 3 drumkit with distinction
Stefan Adam Grade 4 piano
Sarah Knell Grade 5 clarinet
Emma Chapman Grade 5 Music Theory with Merit

SIXTH FORM NEWS

UCAS Fair – ExCel, London



On Tuesday 26th March we visited the UCAS Fair at London's ExCel. The event was one of the largest organised with all universities

represented including other exhibitors such as the British Army, MetFilm Limited, Pearson Education, UCFB (Qualifications in Sports Industry and Football), Google, EY (Ernst Young Accountants), PwC (PriceWaterhouseCoopers, Accountancy and Finance), GSM, BIMM, Digital Institute Student Finance and many more. Our students visited the university stands and spoke to admissions tutors about degree and apprenticeship courses, accelerated degree courses and attended talks on Student Finance and Personal Statement Workshops and budgeting. These events form part of the enrichment programme organised for our students to prepare them for higher education and careers.

Specialist Guidance and Education:

Some of our students have already decided their career pathways and plans and to that end we fully support and guide all our students to achieve and succeed. For our students interested in a medical career we booked an Access to Medicine Course at The Royal College of Psychiatry. Students were given talks by junior doctors and specialists

and consultants. Students were given talks on Extended Medical Degree Programmes, Intercalated Degrees and factors to consider when choosing a university and postgraduate employment. All students received a certificate and free stethoscope at the end of the conference.

GSK Leaders in Science Programme - Lottie Burtenshaw:

In November 2018, Year 12 students studying STEM subjects were given the opportunity to take part in the Leaders in Science programme (LiS) organised by GSK apprentices. The programme included a visit to GSK and a talk with current apprentices. The aim of this programme is to make science workshops to deliver to primary schools and present to year 5 and 6 classes. In recognition for completing this programme Thomas Alleyne students achieved a bronze CREST Award (CREST Awards help school students to undertake projects in science, technology, engineering and maths (STEM) related areas). On the 13th and 20th March we visited Almond Hill Primary School and presented our workshops to each year. Our workshops included, 'properties of materials', 'forces' and 'Doggy DNA'-where the children randomly picked genes for certain traits and drew their own dog. These workshops encouraged the children to become involved in science practicals, which they might not usually do in school. It also helped expand their knowledge in specific parts of science, for example, inheritance and forces, which they will learn more about in secondary school.

A Q&A session followed at the end of the presentations about science in general and secondary school. This is particularly important for

the Year 6's as they will be attending secondary schools in September 2019 (many of them having chosen Thomas Alleyne as their first choice) so we were able to provide them with first-hand knowledge about the excellent learning and extra-curriculum programme provided.

Visit to Whipsnade Zoo - Lottie Burtenshaw



On 21st March A Level Biology students visited Whipsnade. ZSL Whipsnade Zoo, formerly

Whipsnade Wild Animal Park, is a zoo and safari park located at Whipsnade, near Dunstable in Bedfordshire. It is one of two zoos that are owned by the Zoological Society of London (ZSL), which is a charity devoted to the worldwide conservation of animals and their habitats.

The day began with two workshops on animal classification and conservation, topics in our A Level Biology specification. They provided insight into how zoos and conservation groups like ZSL's 'EDGE (Evolutionarily Distinct and Globally Endangered) Programme' chose which animal species require the most attention and help. We explored the zoo and all its inhabitants. I personally enjoyed the lions, African hunting dogs and also attended a talk about elephants. The animals are truly beautiful and ZSL's conservation work around the world has had a remarkable impact. In Ghana for example the Togo slippery frog now has a protected safeguard habitat and is being monitored by ZSL's scientists. We were also able to conduct practical field work in biodiversity along a belt transect, investigating

abiotic factors; an insight into how factors such as temperature, light intensity and soil pH change across a hill. It was a brilliant and informative day ending with us looking at more animals and a trip to the zoo gift shop.

Career Preparation

Over the next few weeks during form time our students will be accessing a free online course developed by the University of Sheffield (a Russell Group University). Students will log online and complete the course in preparation for employment. The 'How to Succeed at: Writing Applications' will cover a comprehensive range of related topics:

Analysing job adverts and course descriptions, researching the organisation, promoting yourself through positive writing, mastering applicant tracking systems, creating a personal brand and dealing with gaps in your application.

CVs and Covering Letters

Making a positive impression

Creating an effective CV

Developing a professional online profile

Selling yourself in your covering letter

Exploring sample CVs and covering letters

Application forms and personal statements

How to approach application forms

Structuring your responses with the STAR technique (Situation, Task, Action, Result)

Responding to competency-based, strength-based, motivational and situational judgement questions

How to write a brilliant personal statement

Learning these topics will help to enhance our students' skillset and allow them to manage their applications for higher education/employment with confidence.

GHOST STORY COMPETITION

This half term pupils in Year 8 had the opportunity to write ghost stories as part of their English studies. We had amazing entries from every class, the best of which were forwarded on for judgement by class teachers. We have a lucky competition winner who will receive a £10 voucher to enjoy, and we also have some runners up whose fantastic work is highly commended. They are: Holly Mealing, Sofia Barnes, Olivia Harris, Sarah Knell, Saiyuri Naicker and Amelia Edgar. Ultimately the winner was... Caitlin Bowden in 8D1. Her work was chosen as the best overall for its many strong features, however, special attention should be paid to her concise writing (Caitlin managed to keep to the two page limit), excellent use of sentence structure and the creation of an effective narrative structure. Well done Caitlin. Look out for next half-term's creative writing competition which will be run by Mr Fox, and open to all pupils!

Lilly was starting to get annoyed. Rain was dripping down her neck and her hair and dress were drenched. She was so desperate to get home that she didn't think it was odd at all when her next door neighbour, Mr Kevinson, walked up to her and told her that her mother and partner were running late and had requested he pick her up. Nor did she think it was odd when he said he was going to use the washroom, and would she mind ever so much showing him the way? Lilly, of course, agreed. Things became slightly odd when, in the washroom – outside the door, Mr Kevinson started fumbling around in his pocket. Things went from odd to terrifying when he pulled out a knife. Then there was nothing, just darkness, and a meat cleaver in thirteen year old Lilly Thompson's chest.

Now here we are, almost 100 years later, with another girl waiting outside. This time it's Poppy Eldrige waiting for her, late as per usual, friend Elody Jackson. She stood outside The Thomas Alleyne school gates, sighing and checking her watch. Just as her irritation started to turn to anger, Elody arrived. She didn't look at all like she had rushed or anything or was even sorry for being late. Instead she just said 'Hey, were you waiting long? Oops I guess, I had to grab a few things.'

Poppy sighed, Elody's few things were a giant duffle bag and a mini suitcase.

'So, my sister told me the gate is locked, and there's no other doors we can use, so

Elody explained, gesturing to the great big iron gates '..... I guess we're going over'. Poppy was horrified. Climbing, and basically any form of physical activity, were not her strong point. However, Elody, in the moments Poppy was thinking about it had swung her legs over the top and was clambering down. Poppy threw the luggage over, and, to her great surprise, they made it over. Then Poppy, not without banging her knees and arms quite a few times, climbed over and entered school.

They had decided the Library was the best place to stay, and were sat on beanbags, talking and eating crisps. Suddenly, the door creaked open, and echoey footsteps filled the air. Elody squealed (as quietly as she could) 'Oh my god, one of the teachers must've stayed back late. Hide!'

They crouched down behind a bookshelf. The voice said something, but they couldn't quite make it out, and soon the footsteps died away. Out of nowhere, with a loud thud, a book fell on to Poppy's head. The girls huddled over and read the title: 'The Ghost Of Thomas Alleyne's – The Lilly Thompson Hauntings'.

'I'm a bit freaked out after reading that book, aren't you?' asked Poppy. 'I mean, what if something happens? I'm starting to think staying overnight at school wasn't such a good idea'.

'Oh don't be such a baby.' Elody teased. 'Hang on, I need to go to the toilet'.

'Are you kidding?' Poppy hissed, but Elody just laughed and opened the door to the toilets. As soon as their feet crossed the threshold, they heard it.

A girl. Pleading. Begging. 'No Mr Kevinson, no, please!'

A gruff male laugh. The sound of a knife. Cutting skin. Breaking bones. Killing.

Elody ran. She was sure Poppy was behind her, and she couldn't think straight. Her feet slapping on the icy pavement, the cool night air failing to calm her racing heart. She couldn't get the sight, or what she swore she saw, out of her head. A dead girl with her body hacked. Suddenly, she heard a blood curdling scream that sent shivers down her spine. She checked behind her but Poppy was gone.

By Caitlin Bowden



Upcoming Events

Wednesday 24th April 2019

First day back (normal time)

Thursday 2nd May 2019

Year 9 Pathfinders Day—Visit to UofH

Friday 10th May 2019

Year 11 Leavers' Assembly

Monday 13th May 2019

GCSE Exams begin

Friday 24th May 2019

Fun Run

STUDENT SUCCESS

Congratulations to the following students who received badges in the end of term celebration assemblies:

BRONZE

Anna Baksa, Ella Smeeton, Lucas Lewis-Price, Natalie Redmon, Nathan Thompson, Taiah Brooks, Zak Marsh, Ainsworth Coutart, Lucy Baldock, Tyler-James Hays, Daniel Bourne, Emma Fade, Justin Biri-Twum, Milli Davies and Tolu Ogunmiloyo.

SILVER

Imola Josza, Nicholas, Cozens, Toby Dale-Smith, William Trail, Rose Bigley and Sophie Hampshire.

GOLD

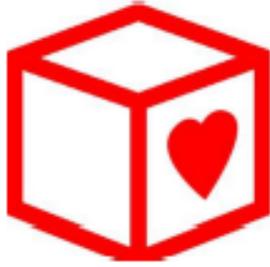
Ella Houghton

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ISSUE 13 APRIL 2019



The Red Box Project Stevenage

Problem: In the UK, some young people in our schools are finding it difficult to access menstrual products.

Result: Tearful panics in the loo. Wadded up toilet roll. Anxious embarrassment. Missed lessons. Missed education.

Solution: Individuals from the community sponsor and stock a red box filled with sanitary products and spare pants. The Red Box will support disadvantaged young people throughout their entire period.

The box is kept at school with the pastoral team. Plain paper bags are included for discretion. Of course, our schools are already on the case and stock a limited supply of menstrual towels to cover emergencies, but what makes this project special is that we aim to ensure enough supplies to get them through their entire period.

Want to take part in The Red Box Community?

This is an informal group of friends, colleagues or neighbours who sponsor a red box in a nearby school. Backed up by some light fundraising, this is a simple, affordable way for the community to work together to solve a straight forward problem.

Would you like to help in other ways?

- Donate to our 'GoFundMe' fundraising page. The price of one coffee would support one young person through their period
- Donate in kind. Add a packet or two of normal flow with wings sanitary towels to your grocery shop or run a collection for us – The Thomas Alleyne Academy donation box is based in reception.
 - Donate via our Amazon Wishlist
 - Fundraise!

This is a simple scheme, made with love for the young people in our community.

Why?

We believe that a young person's education shapes their future and their dignity is our responsibility.

For more information please contact Gerry at *The Red Box Project, Stevenage*

theredboxprojectstevenage@gmail.com

The Red Box Project, Stevenage on Facebook. @RedStevenage on Twitter

STOP PRESS: Great News! The Government have just announced that they intend to fund free sanitary products within schools from September 2019! However, we are not there yet, so in the meantime The Red Box Project volunteers continue to quietly ensure that no young person misses out because of their period. We hope you will join us. Thank You 

Raise a free £5 donation for our school

with



To help us raise more, **John Lewis & Partners** are giving us an **EXTRA £5 donation** for every parent who shops with them for the first time using easyfundraising.

Shop before
14th April



If 20 parents
shopped with
John Lewis & Partners
our school could
raise £100

Not signed up to easyfundraising yet?



Find us

Search for us on
easyfundraising and
support our school



Create an account

Or login if you've already
registered



Start shopping

Click on
John Lewis & Partners
on easyfundraising and
shop as normal



Raise £5

Our school will receive
a FREE donation from
John Lewis & Partners

Find us on easyfundraising to start:

<https://www.easyfundraising.org.uk/causes/thomasalleyneacademy/>

You can also raise donations with over 3,600 other retailers including:



kik

Kik (or Kik Messenger) is a free messaging app used by 300 million people worldwide that lets users exchange messages, photos, videos, GIFs and webpages via a Wi-Fi connection or data plan. Kik is unusual in that your child can sign up without a phone number and then find and message other people via just their username. Kik is aimed at anyone aged 13 years and older – the app says teens between 13 and 18 years old will need parental permission but it does not verify ages.



AGE RESTRICTION
13+

1 new message

What parents need to know about

Kik



CHILD SEXUAL EXPLOITATION & GROOMING

Police in the UK have warned that Kik has featured in 'more than 1,100 child sexual abuse cases in the last five years' and that 'children are at risk' on the app. Offences involving the app include child sexual exploitation, grooming, and image violations. Kik has also been identified by US police as being used by sex predators, and they say it is responsible for several recent incidents involving children, including the murder of a 13-year-old girl by a man she met via Kik.

FAKE OR ANONYMOUS PROFILES

What makes Kik unique to most other private messaging apps is the fact that it doesn't require a phone number as it works through Wi-Fi instead. By using a username, your child can avoid sharing personal information with others on Kik, but on the flipside, this makes it far easier for people to remain anonymous or to create a fake persona.

SEXUAL PREDATORS

Some people may use Kik with the intention of targeting children. Typically, this is a subtle and a potentially dangerous individual who will initially portray themselves as a friend who 'understands' a child. They may also lie about their age and it's possible that your child could be manipulated by a stranger into doing regrettable or illegal activities, and maybe even meeting them in real life.

JOINING PUBLIC GROUPS

As soon as Kik is downloaded, your child can join public groups to chat with up to 49 others about anything from music, to sports, to travel by searching for topics they are interested in. However, groups can include inappropriate names and content. There are also private groups on Kik that can be joined by scanning a group Kik code or if they're added by someone on their contact list.

SEXTING



Due to the general ease of sharing photos and videos, sexting has been reported on the app. These messages can be screen-captured or copied at the press of a button, which could lead to further dangers, such as blackmail and cyberbullying. It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves.

KIK 'BOTS'

Users can add 'bots' to their friends list and communicate with them on the app. 'Bots' are automated software programs built into the app that mimic conversation – developers, brands and Kik can create 'bots' to communicate with any Kik user who has opted to start a conversation with them. Kik has been associated with 'pornbots' and 'spambots', which try to lure users into clicking on links or porn websites by using suggestive and often personalised messages.

VIDEO CHAT

Your child can take part in a live video chat with their friends in a one-to-one chat, or with up to six friends at a time in a private group chat. There is the danger that conversations can be recorded and shared without their knowledge, and with live video conversations, your child is at risk of seeing or hearing content that is inappropriate, sexual or violent.

PERSONAL OR COMPROMISING USERNAMES

As Kik works with usernames and not phone numbers, some people may search for clues as to who someone is in real life, based on their name. For example, if your child uses their real name or something similar, strangers could potentially find out their identity and even start looking for them on other social media platforms.



Top Tips for Parents

1 new message

CHOOSING A USERNAME

When setting up a Kik account, ensure that your child knows the importance of a secure username and why it shouldn't contain ANY clues as to who they are in real life – especially their first or last name. Get them to choose a username that is hard to guess, using a combination of letters and numbers.

SHARING USERNAMES

Explain to your child that sharing usernames on social media channels, such as Twitter, Instagram or Facebook, will make it visible to people they might not know – and they'll be able to message your child. If your child joins a group, anyone within that group will be able to see their username. Your teen will have a Kik Code that's unique to them and lets your child connect with anyone that scans the unique code; encourage your child not to share their Kik Code with anyone they don't trust.

DEACTIVATING ACCOUNTS

If your child is under 13, you can submit a deactivation request to Kik by emailing support@kik.com. Use the subject line 'Parent Inquiry' and include your child's Kik username and age in your message. If your child is over 13 and you want to close your account, you will need access to the email address registered to their account before you visit <https://ws.kik.com/deactivate>.

FIND GENUINE FRIENDS

The Kik app includes an optional feature that your child can turn on to help find real friends on Kik. The feature works by checking for accounts in Kik that match an email address or phone number stored in contacts (on a smartphone). If the app finds a match, it will notify both your child and their friend with a Kik message.

SHOW HOW TO BLOCK & REPORT

Teach your child how to block and report users on the app. Kik's 'block' feature lets users block all contact with another user, without revealing to the other user that they've been blocked. The blocked user's name will no longer appear in contacts in Kik. Your child can also report a group if they think it's offensive or being used for abuse. Some users of Kik have reported that they receive sexually explicit, automated messages over the app – this is when automated spam bots have been created to distribute explicit images and texts using the service. Your child can use the 'Report' feature to report spam. Once reported, there is the option to keep or remove the chat from the conversation list. If conversations are saved, Kik will automatically block the spam account but save the chat history.

DON'T TALK TO STRANGERS

If your child knows not to talk to anyone they don't know in real life, the risks of using Kik are drastically lowered. Alternatively, if any stranger happens to send your child a message, teach them to ignore it.

COMMUNICATION IS KEY

If your child sees something disturbing, pornographic, deviant or otherwise troubling, they may be left confused and in need of somebody to explain it to them. As such, tell your child that you are always there to help them if they need it, and if they start acting differently to normal, calmly ask them why.

AVOIDING UNEXPECTED IMAGES

Kik censors images from strangers to limit low content being shared by surprise. The app will blur all photos in messages when users who have never interacted before contact each other for the first time. Users can only share unblurred images after they have both approved each other.

USING A VALID EMAIL

According to Kik, it is really important for users to provide a valid and accessible email address when registering their account. This will help to make sure your child is able to receive important emails from the service, such as a link to reset their password, when they need them.

MUTING OR LEAVING A CHAT

If someone has said something inappropriate to your child through Video Chat, they can mute the user or leave the Video Chat. Tap on the person's Video Chat bubble and a mute icon will appear. When a child mutes themselves, their microphone will be disabled and nobody else in the chat will be able to hear them.

1 new message

SOURCES:
<http://www.bbc.co.uk/news/health-20160716-parent-needs-to-know-about-kik>
<https://www.kik.com/wh/faq-articles/1152006389386-Keep-your-Kik-account-private>
<https://www.bbc.co.uk/news/uk-45566276>



1 new message



National Online Safety

A whole school community approach to online safety

www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061





FREE 'Magic Breakfast' for ALL Students!

When we return to school after the Easter break we will be introducing a fantastic new free breakfast provision! A delicious, healthy breakfast will soon be available every day, offering every student great fuel for learning.

Research has shown that students who have a healthy breakfast achieve more at school – make sure they don't miss out!

A range of tasty food including cereals and top quality bagels will be on offer to all students, free of charge! More details will follow soon.

Open to *all* students, and it's totally free!

If any parents/grandparents/carers would be able to volunteer to help at breakfast, please email Kbailey@tas.herts.sch.uk. We would really welcome your support.



After more
than 30 years
we still have to
talk about
seatbelts.

Please just
wear it.



Most people do wear their seatbelts but still nearly ten per cent choose not to – help them make the right decision for themselves and others. If you have friends or family, who still do not realise how important it is to belt up, have that conversation and make sure they know how much you value their safety, and everyone else's in the vehicle. Please make sure children are secured in the most appropriate car seat for their age and height. For more on seatbelts and car seats go to www.hertfordshire.gov.uk/seatbelts



SPACE in partnership with the ADHD Foundation are pleased to offer ...

SUPPORTING YOUR CHILD'S / YOUNG PERSON'S MENTAL HEALTH CONFERENCE

Dr Tony Lloyd CEO - ADHD Foundation
Emma Weaver - A specialist Neurodevelopmental Children's
Early Years Therapist & Trainer

Date: Tuesday 14th May
Arrival from: 9am
Workshop Time: 9.45am - 2.30pm
Place: Cheshunt Marriott Hotel
Halfhide Ln,
Broxbourne
EN10 6NG

Refreshments, Light Lunch & delegate pack will be provided
Please ensure you register your car on arrival at reception

This conference for parents and carers of children with SEND will focus on issues such as anxiety, depression, improving sleep, nutrition and emotional resilience.

An activity based interactive training programme will enable parents and carers to identify when their child is struggling and how to enable their child to develop daily habitual lifestyle changes and stress reduction strategies to support their emotional well being. The training will have a particular focus on developing the skills to reduce learner anxiety relating to school homework and exam related anxiety.

Limited spaces available, charge payable in advance:
Parent/Carers £27.50 per place for the day

TO BOOK YOUR PLACE PLEASE GO TO:
<https://spacehertsevents.typeform.com/to/KkD5x2>



Families in Focus CIC

How to get your child with SEN to Sleep

When a child doesn't sleep well it can impact the whole family. Sleep plays a vital role in physical, emotional and mental well-being and impacts learning and behaviour.

Our kind, gentle, holistic approach gives you and your child the skills needed to maintain a life time of healthy sleep.

Trained by The Children's Sleep Charity we offer a behavioural approach and effective sleep support that is safe and based on the latest research.

- Understanding the stages of sleep and the impact of sleep deprivation on children's behaviour, learning, health & mood of whole family.
- Identifying & understanding the causes of children's sleep difficulties including sensory hypo/hyper sensitivities.
- Understanding and managing sleep disturbances including nightmares and night terrors
- Strategies to manage common sleep issues
- Positive Parenting: establishing a positive, sleep inducing bedroom environment and routine to aid self-settling and healthy sleep.



When:

Thursdays

9.30am to 11.30am

September 12th 19th

October 3rd 10th

Where

**Peartree Spring School
Oak Suite
148 Shephall Green,
Stevenage
SG2 9GG**

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes



Families In Focus CIC
A Community Interest Company

FREE for parents caring for children under 11 years old with any additional needs and living in

Stevenage **DSPL2 area**

Email bookings@familiesinfocus.co.uk or

Visit our website www.familiesinfocus.co.uk

Writing 2019 Competition

ALCS



The CILIP Carnegie
& Kate Greenaway
Children's Book
Awards

WELCOME TO THE 2019 ALCS CKG
SHADOWING SCHEME WRITING COMPETITION!

WHAT'S UP ☆

Take part in the **ALCS CKG 2019 Writing Competition** by writing a diary entry from the point of view of your favourite book character.

Devised by the **Authors' Licensing and Collecting Society (ALCS)** for the **CILIP Carnegie and Kate Greenaway Shadowing Scheme**.

This year we want you to get inside the mind of your favourite book character. We want you to take a character you love, and think about an important day in their fictional lives and write a diary entry from their point of view in no more than 300 words.

You'll need to think about what they might be thinking and feeling, any characters they may interact with, where they might be and what they're planning to do next. Each sentence should reveal a little bit more about the character and their background.

Also think about what makes that character interesting. Are they kind? Are they cheeky? Perhaps they're always having adventures!

Make sure you remember the **five Ws** too: **who, what, when, where and why**? Also think about **how**. In the example of Hansel and Gretel:

Dear Diary,
Hansel and I (who) have been in the woods (where) for almost three days now! (when) I can't believe our wicked stepmother would trick us like that. (why) We did come across the most wonderful house though, (what) it's made of gingerbread and gumdrops. I wonder who lives there...

PARTY FRIDAY

WOW! ☆

I LOVE YOU!

COOL ☆