

Parent Post



Welcome to our End of Spring Term Newsletter

After another busy term supporting our wonderful families, we would like to wish you all a lovely peaceful Easter Break

Looking forward to next Term, please see our summer sessions which are available to book now.

As always, if you wish to access our free 1:1 support services please contact your school who will make a referral to us on your behalf or we can be contacted at:

Lead School Family Worker—Cheryl Bodrozic—cbodrozic@stanborough.herts.sch.uk or

Admin—Jo Fortune—jfortune@stanborough.herts.sch.uk



Welwyn Garden City & Hatfield Schools Partnership



www.wgc-hatfieldschoolspartnership.com

 <h3>Summer Term events for Parents & Carers via zoom</h3> <p>To book a place please email Jo at jfortune@stanborough.herts.sch.uk</p>		
25th April 9.30-12.00 Beginning the journey into SEN For Parents of Primary and Secondary aged Children	27th April 9.30-12.00 Behaviour For Parents of Primary aged Children	28th April - 19th May 9.30-11.30 (Weds only) 4 Week Anxiety in Children
11th & 18th May (2 session workshop) 9.30-11.30 Behaviour Secondary	27th May 9.30-11.45am School Family Worker Surgery 1:1 Appointment with a School Family Worker	15th June 9.30-11.30am YR6 School Transition to Stanborough School
15th June 12.30-3pm YR6 School Transition to Bishop's Hatfield Girls School	17th June 9.30-11.30am YR6 School Transition to Monks Walk School	17th June 12.30-3pm YR6 School Transition to Secondary School

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Fancy a coffee & chat?

NEEDING SUPPORT?
SCHOOL FAMILY WORKER
DROP IN SURGERY
APPOINTMENTS AVAILABLE

Thursday 25th March 2021
Appointments still available between 9.30 & 11.45am

Please book by 9am Weds 24th March:
 Contact Jo at jfortune@stanborough.herts.sch.uk

Easter Holiday Activity Days



FREE Fun Activity Days!
 including various sports, games and fun literacy sessions
 & **FREE Cooked Lunch!**

<https://sportinherts.org.uk/sport-for-social-change/fitfedread/>

Supporting families in Welwyn Hatfield



Hygiene & Food Banks

New Hygiene Bank!



We are proud to announce we now operate a Hygiene Bank with a selection of personal products available for families in need. Please contact your School Family Worker or use the contacts below to find out more:

Cheryl Bodrozic
cbodrozic@stanborough.herts.sch.uk

Jo Fortune
jfortune@stanborough.herts.sch.uk

Food Banks available in Welwyn Hatfield

HATFIELD
 Tuesdays 12-2pm
 Trussel Trust Hatfield
 Gracemead House
 Woods Avenue,
 Hatfield, AL10 8HX

WELWYN GARDEN CITY
 Wednesdays 9-11am
 New Zion Christian Fellowship
 140 Cole Green Lane
 Welwyn Garden City
 AL7 3JE


* Please contact school or your school family worker to obtain foodbank vouchers

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IT'S NEVER TOO LATE TO LEARN

ADULT COMMUNITY LEARNING FOR HERTFORDSHIRE RESIDENTS

BROWSE OUR COURSES STARTING ON MONDAY 12TH APRIL AT WWW.HERTFORDSHIRE.GOV.UK/HAFLSCOURSES









Online, real-time delivery this April

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10.00am to 12.00pm	Mindfulness Online course	Jewellery Making Made Easy Online course (9.30am start)		Intermediate Sewing Online course	
10.00am to 12.00pm		Family Fortunes Online course		Family maths - Key Stage 2 Online course	
10.00am to 12.00pm		Introduction to Digital Skills for Work Online course		Succeed & Get That Job Online course	
09.30am to 12pm	Essential Digital Skills Qualification (EDSQ)	A 2 day per-week course to gain a qualification in 10 weeks			
1.00pm to 3.00pm	Developing Self-Esteem & Resilience Online course	Improving Mind & Memory Online course	An Introduction to Health & Social Care Online course	Becoming a Midday Supervisor Online course	
1.00pm to 3.00pm		Photography for Beginners Online course		Family Health - An ESOL course Online course	
1.00pm to 3.00pm		Becoming a Classroom Helper Online course		Poetry for Beginners Online course	

Qualifications in English & Maths available throughout the weekdays, on Saturdays and in evenings. Please visit www.hertfordshire.gov.uk/englishandmaths to find out more.

Fully-funded courses in employability skills, digital skills, English & maths and low-cost arts & crafts and wellbeing courses

ACCREDITED QUALIFICATIONS



ESSENTIAL DIGITAL SKILLS QUALIFICATION (EDSQ - LEVEL 1)





10 WEEK COURSE - STARTS 19TH APRIL

This qualification is aimed at adults who have some experience of using digital devices and the Internet but who need to strengthen and further enhance their confidence in using information technology to enable learners to develop the digital skills they need for life, work, or further study.

Covered within the qualification:

- Using devices and handling information - using hardware and software, searching and navigating.
- Creating and editing - using apps to enter and edit information, capturing/saving multimedia.
- Communicating - sending and receiving communications.
- Transactions - e-commerce and buying online
- Being safe and responsible online - protecting your data, etc.

At the end of the course you'll need to sit an online exam and pass to achieve this level 1 qualification.

01992 556194

WWW.HERTFORDSHIRE.GOV.UK/HAFLS

Fully-funded for Herts residents







ACCREDITED QUALIFICATIONS



MATHS & ENGLISH FUNCTIONAL SKILLS QUALIFICATIONS





FULLY-FUNDED

WITH NO COSTS FOR HERTFORDSHIRE RESIDENTS

Has your position changed or become redundant as a result of the pandemic? Did helping your children with their school work prove difficult in certain areas? Are you lacking qualifications in English or maths?

We have the perfect online course for Hertfordshire residents - you could have a Functional Skills qualification by July 2021!

To get more information on the courses and times, visit our website.

01992 556194

WWW.HERTFORDSHIRE.GOV.UK/ENGLISHANDMATHS







Family Support from our Local Partners



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger in your primary aged child with ASD or ADHD

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

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



This course will enable you and your family to:

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

"I now understand that the way I reacted didn't help my children's anger! I now have the right techniques for me and my children and the whole house has calmed down."



Funded by Hertfordshire County Council and free for parents living in Hertfordshire and parenting children of primary school age with a diagnosed condition and those awaiting diagnosis

Where: Online via Zoom

When: Tuesdays 6.30-8.30pm

April 20th, 27th

May 4th, 11th, 18th, 25th

Only 12 free places available. Places must be booked via Eventbrite on our website www.familiesinfocus.co.uk

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Families In Focus CIC
LOOKING FORWARD TOGETHER

A Complete Guide to Parenting Children with ALL Special Educational Need

This course is free for all parents living in Hertfordshire and caring for a child aged 2 - 11 inclusive of those awaiting diagnosis or with a diagnosis of Special Education Needs, Autism, ADHD & associated needs.

Lesley and Francine are parents, experienced and qualified trainers too.



Topics include:

- ✓ Gain greater understanding and answer the question 'Why does my child do that?'
- ✓ Learn a range of strategies and solutions, to better manage behaviours that challenge
- ✓ Gain more understanding of anger triggers and strategies to reduce angry meltdowns
- ✓ Learn how to support siblings living with a sister/brother with additional needs / challenging behaviours
- ✓ Learn communication techniques to reduce 'emotional traffic jams' and improve your child's emotional regulation
- ✓ Learn techniques to manage stress, conflict and so much more

"I would highly recommend all parents of children with Autism go on this course - you'll be amazed how much you learn, and it's great that both Lesley and Francine are parents too, so really do understand"



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

Where: ONLINE via Zoom

When: Tuesdays 6.30-8.30pm

April 20th, 27th

May 4th, 11th, 18th, 25th

June 8th, 15th, 22nd, 29th

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

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Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling Anger in Your Family

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

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



This course will enable you and your family to:

- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand more about Autism and ADHD
- ✓ Understand the root causes or triggers of anger in your family
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- ✓ Gain skills to manage your family's emotional regulation
- ✓ Meet other parents in a calm, judgement-free group

"A great non-judgemental space and to be with others who 'get it' and my family is so much calmer and less anxious and meltdowns have reduced"



Funded by Hertfordshire County Council and free for parents living in Hertfordshire and parenting children of primary school age with a diagnosed condition and those awaiting diagnosis

Where: Online via Zoom

When: Wednesdays 9.30-11.30am

April 21st, 28th

May 5th, 12th, 19th, 26th

Only 12 free places available. Places must be booked via Eventbrite on our website www.familiesinfocus.co.uk

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Families In Focus CIC
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"This course is so helpful and learnt empathy and declarative language work so well with my whole family and communicating in a much clearer way and working as a team with my partner successfully"



Funded by Hertfordshire County Council and free for parents living in Hertfordshire and parenting children of primary school age with a diagnosed condition and those awaiting diagnosis

Where: Online via Zoom

When: Wednesday lunch and learn - 12-2pm

April 21st, 28th

May 5th, 12th, 19th, 26th

Only 12 free places available. Places must be booked via Eventbrite on our website www.familiesinfocus.co.uk

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Support continued...

Living Well courses for wellbeing and recovery

Our 'Living Well' courses have been designed to support people make positive changes to their lives. Informed by psychological principles, these self-help courses support you to identify unhelpful thinking patterns and behaviours, whilst offering new helpful coping strategies.

These digital courses will be run via Zoom, giving you all the benefits of face-to-face support from your own homes. Each group will be no more than 15 participants and facilitated by our experienced workers at Mind in Mid Herts.

Developing Self-Compassion: supporting you to combat self-criticism and develop self	12 th April - 3 rd May (2.30pm - 4pm)
Building Courage: developing strategies to help you tackle anxiety	14 th April - 5 th May (5pm - 7.30pm)
Eating Well: gaining an understanding of healthy eating and how healthy eating can fight issues such as stress	15 th April (5pm - 8pm)
Feeling Well: supporting you to understand and effectively manage depression	22 nd April - 13 th May (2.30pm - 4pm)
Learning to Relax: equipping you with the understanding & skills to manage stress effectively	24 th April (10am-1pm)
Being Assertive: gaining an understanding of assertive communication and behaviour	27 th April (5pm-8pm)
Building Wellbeing and Resilience for front line workers: gaining an understanding of ways to build wellbeing & resilience	1 st May (10am-1pm)
Becoming Active: understanding the impact of physical activity and overcoming barriers to exercise	1 st May (5pm-8pm)
Getting Ready for the Workplace: understanding your own readiness for work to support you development & confidence	12 th May - 16 th June (2pm-3.30pm)
Staying Well at Work: supporting you to build resilience and understand what impacts on your wellbeing at work	26 th May - 30 th June (5pm-7.30pm)
Staying Calm: understanding anger and developing strategies to effectively manage it	27 th May - 17 th June (2.30pm-4pm)
Sleeping Well: exploring strategies to help you to improve sleep	29 th May (10am-1pm)
Coping with Loss: supporting you to understand types of loss and significant changes	7 th June - 28 th June (2.30pm-4pm)
Being Assertive: gaining an understanding of assertive communication and behaviour	19 th June (5pm-8pm)
Learning to Relax: equipping you with the understanding & skills to manage stress effectively	15 th June (5pm-8pm)
Returning to Work: equipping you to build confidence returning to work after poor mental health	26 th June (10am-1pm)

Book:

Bookings: www.mindinmidherts.org.uk
Enquiries: training@mindinmidherts.org.uk
Donations can be made via mindinmidherts.org.uk



Autism | ADHD
Neurodiverse Conditions

Welcome to
"Lending SPACE"

SPACE Equipment Lending Library will be open in April.
We will be lending out sensory, practical and educational
resources to families who live in Hertfordshire with children
and young people with additional needs

For enquires please email: lending@space.herts@gmail.com

#lendingSPACE



SUPPORTING FAMILIES IN HERTFORDSHIRE WITH AUTISM | ADHD | NEURODIVERSE CONDITIONS
Equipment Lending Library: 2021-22



B•You(th)

Calling all 13-16 year olds?

What is B•You(th)?

We run free healthy lifestyles courses for kids and adults. But we get that the things you want to know are different to 5 year olds and 50 year olds! So, with the help of young people like you, we created B•YOU(th) – a place for 13-16 year olds to discuss the health & wellbeing topics that matter to them.

Our wellbeing coaches and nutritionists can support you to:

Eat healthier! Get more active! Create and maintain a healthy routine! Look and feel your best!

As we get to know each other, we would love to hear about any passions, ideas, issues or concerns you have. Our goal is to talk about things you are interested in and that reflect you, and your generation. We will support and encourage you to learn together and offer opportunities to help others, by doing some good in the world. [Join us!](#)

Sign up to be part of our next B•YOU(th) group, starting on Wednesday 28th April 2021 for 8 weeks (with the opportunity to carry on if you love it!).

When? Wednesdays 18:00 – 19:15

Where? on ZOOM

How much? Free!

Sign up here: <https://beezeebodies.com/programs/byouth/>

We've got a new online advice service!

Just go to www.whcab.org.uk and click on the virtual drop-in link. You'll enter a virtual reception and an adviser will see you as quickly as possible.



We can help with debt, benefits, employment, housing and much more.

We're open Monday, Tuesday and Thursday from 10 am to 3 pm.



DSPL | Delivering Special
Provision Locally
Achieving quality outcomes

Please keep in touch with what support is available
in your area at: <http://www.dspl5.co.uk/>

This Easter

things are looking much happier



Monday 29 March to Friday 9 April

HAPpy Holidays are here!

Hertfordshire County Council has joined forces with Herts Sports Partnership to organise a fun and exciting programme for children aged 5 to 16 during the forthcoming Easter Holidays!

Over 1000 free places are available at holiday activities taking place across the county for children on free school meals. These can be booked through the HAPpy Holiday Activity Finder from Monday 22 March.

To book on for free, ask your child's school for the unique code.

In addition, we have a huge variety of online ideas for simple activities that will help keep your family moving for the recommended 60 minutes each and every day!

Book activities at
sportinherts.org.uk/hafhappy

in partnership with:

