



FEARNHILL SCHOOL



Fearnfile

Issue 612

12 May 2023

Crowning Glory...

Welcome to this edition of Fearnfile. Following the coronation celebrations last week, I am delighted to share with you the remarkable skills of our library lead, Ms Thurlby.

She can knit anything; in the past we have had knitted foods, chess pieces, animals and she has excelled herself this time with a knitted crown (as well as a knitted FA Cup!). You can see these amazing creations on [page 6](#). They certainly draw customers into the library, which is always a great thing.

The coronation also meant a special 'fit for a king' menu in the canteen all this week – delicious!

On the subject of food, this week staff helped Year 11 raise money for their prom by taking part in a cake eating competition ([page 5](#)). Certain colleagues are clearly better (and faster!) at eating cake than others!

Year 11 are now in the final preparations for their GCSE exams, which in some subjects have already started. All library books should now be returned and they had a 'good luck' assembly on Friday. Each student received a personal card from senior staff to encourage and support them.

The year group have shown themselves to be remarkably mature and resilient over the past few months. Their attendance at the 'Period 6' extra sessions after school three times per week has been consistently excellent. We are sure they will do themselves and their families proud in the exams and look forward to welcoming many of them back into the sixth form in September. A reminder of key dates for years 11 and 13 can be found on [page 4](#), along with a general reminder of expected



behaviour for students in other years whilst the exams are running.

In other news, Year 8 have been busy with the Maths Challenge this week ([page 3](#)), while Year 11 have been into Letchworth on their local geography field trip, learning more about the factors affecting their home town ([page 3](#)).

Local success has been a theme as we congratulate Chloe Major in Year 8 on successfully captaining the team that won the East of England hockey shield ([page 8](#)). Well done Chloe!

Finally, a reminder that next week is Mental Health Awareness Week ([page 11](#)) and there will be a variety of activities and resources available for students, parents and carers and staff. We are very aware of the pressures young people face and are always looking for opportunities to support Fearnhill students and their community to succeed.

Thank you as always for your support.

Liz Ellis

Headteacher

Week beginning Monday 15/05 - week 1

Week beginning Monday 22/05 - week 2

Student Awards

w/e 28 April

Student of the Week	Summer 8H	20 points
Form of the Week	8P	219 points
House of the Week	Neville	487 points
Teacher of the Week	Mrs Lattimer, Maths	267 points

w/e 5 May

Student of the Week	Serbroop 7Q	13 points
Form of the Week	9N	120 points
House of the Week	Neville	349 points
Teacher of the Week	Mrs Lattimer, Maths	167 points

Have you got what it takes to be Student of the Week? Try your best in all lessons and extra-curricular activities and you could find yourself nominated and crowned!

Student of the Month March

Nahlya	10P	Art	Excellent quality work, valuable creative thinking & hard working.
Sahara	7S	Drama	Consistent excellent effort & group work in lessons.
Elle-May	10H	Drama	Consistent excellent effort & and group work in lessons.
Phoenix	7S	Music	Excellent performance on the piano.
Colette	10P	Music	Playing for all year 11 GCSE performances.

Student of the Month April

Tiannah	8N	PE	Outstanding time in 800m.
Fabio	11R	PE	Consistent hard work in GCSE lessons.
Rohan	8P	Art	Hits the expectations in every lesson and has made some lovely work
Grace	10G	Art	Great time management skills & a hard working ethic. Positive attitude, always
Riley	7Q	Drama	Great work in lessons.
Harry	11Q	Drama	Constant enthusiasm & effort.
Erin	9N	Music	Enthusiasm in lessons & some very insightful rap lyrics.
Mitchell	10H	Music	Playing for all year 11 GCSE performances.

Year 10 students enjoyed a careers event focussing on Law.

An Insight into Law was lead by Anglia Ruskin Law lecturer Pauline Hall who explained why law is important to everyone (even if they do not wish to study it), how the judicial system works and students were given the opportunity to argue their case in front of the judge whilst being in a simulated court room.

Look out for next week's Careerfile to see what our students thought of the experience.



Humanities



Year 11 Geography students swapped their classroom for Letchworth town centre to investigate how deprivation impacts people's quality of life.

We are fortunate to have Letchworth Garden City on our doorstep as an interesting example of an urban area with large disparities in levels of deprivation. The GCSE exam specification requires the students to complete an investigation into their human topic or urban areas. After some secondary data investigation into levels of deprivation, two locations – Jackman's Estate and Broadway – were chosen.

The year group was divided into two groups and students had an hour and a half at each location to complete a number of investigations at 4 different points within either Broadway or Jackman's Estate. The investigations included an environmental quality survey and questionnaires.

The students were a credit to Fearnhill School and were polite and courteous throughout the investigation.

We made it back in time for lunch a little tired with some sore feet, with some people clocking over 19,000 steps.

A massive thank you goes to Miss Cottenden, Miss Lynn and Miss Hughes for their help and support. *Nick Fowler, Head of Humanities*

Maths

A massive well done to Tilly, Abigail, Sasha, Defne, Derya, Em, Max and Ryan in Year 8 who took part in Heat 3 of the Hertfordshire for Learning Year 8 Team Maths Challenge.

There were two general mathematics rounds, a memory round and an estimation round. The two teams scored a very respectable 163 and 147 points.

Great mathematical thinking and amazing teamwork all round. *Miss Lattimer*



Year 11 Summer Term Arrangements

With the GCSE exam season upon us, the following arrangements have been put in place for students for the rest of the term.

- Students are expected to attend all lessons in full uniform until Friday 9th June. This provides the maximum teaching time in each subject and revision/exam prep will be incorporated into this time.
- Every morning between 8:00-8:45am there will be a revision breakfast session for students who have an exam that morning.
- From Monday 12th June students are only expected to attend their exams and timetabled revision sessions. Students MUST SIGN IN AND OUT at reception, they are not expected to go to their form rooms.
- The first exam is on Monday 15th May (PRE) and exams run until Wednesday 21st June (Hospitality & Catering). Students MUST be available until the contingency day which is Wednesday 28th June.
- Please be aware that some afternoon exams may finish after school hours whilst others finish before the end of the school day. Students may leave school once they have been dismissed from their afternoon exam, even if this is before the end of the normal school day.
- Receiving results: GCSE results will be available on Thursday 24th August. Results are available to collect from the main school hall from 8.30am until 10.30am, students will also have a post-results consultation with senior members of staff - further details will be shared nearer the time.
- Students have received a hard copy timetable which includes forms for collection of results (should they be unable to attend) and postage of exam certificates. If you have any queries regarding this, please contact the exams office (exams@fearnhill.herts.sch.uk).

The year 11 leavers assembly is on Thursday 22nd June at 10am. This is an opportunity for the year group to celebrate the last 5 years with peer awards being issued, shirts signed and good times remembered. If students have purchased a Leavers hoodie, these will be given out after the assembly on this day.

The year 11 Prom is on Friday 23rd June. The Prom is held at Letchworth Hall Hotel. Year 11 students who are invited to attend the prom must arrive at 7pm for a 7:15pm start. The Prom will end at 11pm.

The 6th Form induction will take place on Wednesday 5th and Thursday 6th July for all students intending to stay on into the 6th form. Further invitation letters will be sent to those students nearer the time.

We wish all our students every success in their forthcoming exams and will continue to support them in any way we can. If you have any queries regarding these dates/events then please do not hesitate to contact the school.



Examinations

GCSE examinations period begins on 15 May and runs through till the end of June.

Exams take place in the Main Hall, Drama studio and Music corridor. Students will be expected to find alternative walking routes to get to their lessons. Drama and Music lessons will be allocated alternative classrooms.

It is imperative that if you see the 'no entry' sign that students DO NOT enter the area.

Anyone seen/caught walking through a 'No Entry' sign will instantly be issued a L1 by any members of staff.

Queue along the science corridor for Break and Lunchtime access to the canteen.



Prom Fundraising



A huge thanks from the Year 11 Prom Committee to the hardy teachers who each forced down a family-sized swiss roll - against the clock - all in the name of fundraising! Congratulations to Mr Fox who won against hot favourite Mr Turner, Ms Straughn, Mr Williams, Mr Fowler and Mr Cordwell.

Humanities

Year 8 are just coming to the end of their topic on Rivers and Flooding. We finish the unit with a look at Water and Conflict. As the world develops and population increases there is an increasing demand on water as a resource. This combined with the increased stresses from climate change - conflict for this resource will only grow.

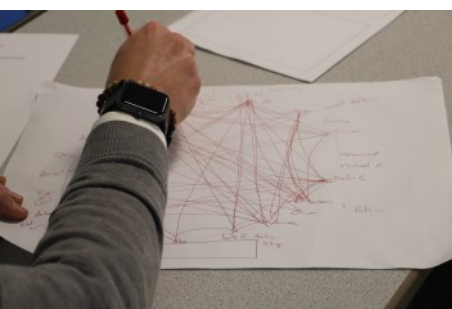
The Year 8s have been studying the Omo River and Lake Turkana in Ethiopia and Kenya. Climate change has caused Lake Turkana to retreat from Ethiopia into Kenya. This has caused conflict and violent fighting between 8 million nomadic tribes people in the area. Ethiopia's solution to this problem is to build a dam on the Omo River. This will have a huge negative impact on the water flow to Lake Turkana and therefore the tribal people of Kenya.

The question to debate is whether a country (Ethiopia) has the right to dam the river that flows, but does not end within their country. Of course there is no easy answer or solution but communication and cooperation is preferred to conflict.

The year 8s completed a Harkness Circle debate. This is a debate style used in Ivy League Colleges in the US. The teacher will not say anything but put the question for debate on the board. The students for homework have prepared arguments for and against the dam construction. They sit in a circle and are given their role in the debate - either for and against. The teacher then maps the debate, see below. This highlights those students that lead, talk too much, talk too little, listen, do not listen... This will then be fed back and used for the next Harkness Circle.

It is a wonderful opportunity for students to learn and practise those 'soft' life skills that are so important to success.

Nick Fowler, Head of Humanities



Coronation

The King's Coronation was celebrated in school with the canteen bedecked in bunting and a lunchtime menu fit for a king!

Our amazingly talented librarian Mrs Thurlby also rose to the challenge producing some very regal props which were greatly enjoyed by the students.



Word of the Week



Sumptuous - something extravagant and luxurious.

Discerning - having or showing good judgement.

Library

The Library is open before school from 8am and after school until 4pm.

You can also visit the library during break and lunch times to read a book, do some homework on the computer or play a card or board game (sorry, no computer games!)

Year 11 and 13 students will need to return books to the library before their last day on the 14th June.

If it is a revision book that is still needed it can be kept longer but please speak to Mrs Thurlby.

Crochet Club is running out of wool so if you have any you no longer need it would be much appreciated.

What can I read in a library lesson?



- ❖ Any book in the library or from home
- ❖ Any of the papers/magazines in the library
- ❖ Young Editors Google Classroom
- ❖ Read on the computers, do some research, find out what is in the news or play word based games.
<https://wordlewebsite.com/wordle-unlimited>
or
freerice.com

SORRY YOU'RE LEAVING
year 11s & 13s





If you have any revision books which you will no longer need, the library would love to look after them for you.

Please bring to school on signoff day.

Thank you 😊

Years 7 & 8 - Barrington Stoke need our help!
Read their new books before they are published, then fill in a questionnaire to let the authors know what you think and how they could improve their writing.



Young Editors
FROM BARRINGTON STOKE
www.youngeditors.barringtonstoke.co.uk

Join google classroom ffbrrxf to get started.

Catering & Hospitality

Year10s have continued their focus on presentation and upskilling with a baked New York cheesecake with streuzel and caramelised peaches . . . Delicious!



Congratulations to Chloe Major who took part in the East of England County Hockey Championships.

Not only was Chloe captain of her team, she led them on to win the East Region Plate.

Brilliantly played Chloe!



PE SPORTS CLUBS/PRACTICES Summer Term 2023



	Athletics	Cricket	Rounders	Dance	Badminton/ Table Tennis	Other
Mon		Yr 7 MTR Yr 8&9 OSD				Yr 11 Sport Elevate in I3 1:25-1:55pm LBN
Tues				KS3 Dance 1:25-1:55pm JMN		Yr 11 GCSE Elevate in B2 1:25-1:55pm SSN
Weds	All Yrs SSN/OSD/MTR					
Thurs			Yr 7&8 LBN Yr 9-11 SSN		All Yrs 1:25-1:55pm OSD	Yr 9 Football AWS
Fri	Running All Yrs 3:00-3:30pm MTR					GCSE PE Practical in Sports Hall 1:25-1:55pm OSD

SSN = Ms Straughn LBN = Ms Balchin OSD = Mr Shepherd MTR = Mr Turner JMN = Mrs Martin AWS = Mr Williams

All Clubs/Practices will take place after school, unless stated otherwise, from 3:00-4:00pm

Extracurricular Activities



**FEARNHILL
SCHOOL**

Extracurricular Activities Summer Term 2023

Day	Club	Year	When	Where
M o n d a y	Cricket	7-9	After school	PE
	Dungeons & Dragons	7-13	After school	Lib
	Fearnhill Boys Choir (FBC)	7-11	Lunch	MU1
	History	7-11	Lunch	H2
	Homework	7-11	Lunch & after school	Inclusion
	Sport Studies Elevate Theory Session	11	Lunch	PE
T u e s d a y	Craft	7-11	After school	Lib
	Dance	7-9	Lunch	PE
	Gardening	7-9	After school	Library
	Homework	7-11	After school	Inclusion
	GCSE PE Elevate Theory Session	11	Lunch	PE
	Science	7-9	Lunch	S3
W e d n e s d a y	Art/Photography	7-9	After school	T5
	Athletics	7-13	After school	PE
	Drama	7-13	After school	Drama
	Homework	7-11	Lunch & after school	Inclusion
	Reading	7-11	After school	Lib
	Sustainable Society	7-13	Lunch	H1
	Ukulele Jam	7-13	Lunch	MU2
T h u r s d a y	Badminton/Table Tennis	7-13	Lunch	PE
	Debating Society	7-13	Lunch	English
	Fearnhill Voices	7-13	Lunch	MU1
	Football	9	After school	PE
	Homework	7-11	After school	Inclusion
	Jigsaw Puzzle/Lego	7-11	Lunch	Inclusion
	Rounders	7-11	After school	PE
F r i d a y	Basketball	7	After school	PE
	Chess	7-13	Lunch	M4
	Christian Union	All	Lunch	H4
	GCSE PE Elevate Practical Session	11	Lunch	PE
	Homework	7-11	Lunch & after school	Inclusion
	Psychology Masterclass	10-13	Lunch	H5
	Relax it's Friday (Colouring & audio)	7-11	After school	Library
	Running	7-13	After school	PE

Thought of the Month



**“There’s no reason to look back
when you have so much to look forward to”**

Knowledge Organisers

At Fearnhill, we believe in the power of knowledge. Teachers in every subject have put together a Knowledge Organiser which has all the key knowledge students need to learn to understand that topic.

In school, they are used in lessons to support learning as a reference and as a way of checking answers. Knowledge Organisers (KO’s) are also an excellent homework tool for self-quizzing and revising.

KO’s have been updated on our website for this half term and can be accessed by clicking on the QR codes below:



Year 7



Year 8



Year 9



Year 10



Year 11



Year 12



Year 13

Student Support

Representatives from Herts County Council's Services for Young People held a lunchtime drop-in session in the Library on Wednesday. They were promoting all the local services on offer for young people.

Services for
Young People

Please see their website www.servicesforyoungpeople.org/ or Mrs Tollervey for further information.

Mental Health Awareness Week 15-21 May 2023

The official theme for 2023's Mental Health Awareness Week is anxiety – how it can affect people living with severe mental illness, what external factors can trigger this strong response, and what we can do to support our peers.

Everyone can feel anxious, but there are ways to help if you become overwhelmed. If you feel you need help please see Mrs Tollervey, Student Support Coordinator and Mental Health Lead.

Mental
Health
UK

Feeling anxious?

Try these 10 minute techniques



5,4,3,2,1 Grounding

Name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste.

Adrenaline Burn-Off

Undertake something physically active for 10 minutes to burn off the excess adrenaline your body is making.



Progressive Muscle Relaxation

In a quiet place, take a slow deep breath in, tensing an isolated muscle and then slowly breathing out to relax it. Start at your feet and work up through the body to your eyes.

To learn more about anxiety, visit:
mentalhealth-uk.org/aboutanxiety

'Just'
Anxiety?

Mental
Health
UK

Feeling anxious?

Try these 5 minute techniques

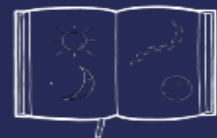


333 Rule

Identify 3 objects around you of varying sizes. Identify 3 sounds. Identify 3 things you can touch or move.

Box Breathing

Close your eyes and imagine a square shape. Slowly breath in, hold, breath out, hold, for 4 seconds each. With each step, slowly draw the lines of the square. Repeat as needed.



Distraction Techniques

Consciously practicing distraction techniques can help ease anxiety.

- Doodling or mindful colouring
- Drinking cold water
- Listening to music

To learn more about anxiety, visit:
mentalhealth-uk.org/aboutanxiety

'Just'
Anxiety?

Student Support

Students can find Mrs Tollervey & Ms Brown and their teams upstairs next to Homework Club.



We are proud to offer the National School Breakfast Programme - offering all students a free, healthy breakfast.

Breakfast Club is in the Canteen every morning from 8am or you can collect your free bagel from the SSC



DIVERSITY GROUP

WEEK 1
WEDNESDAY
LUNCHTIME
II

Let's help the school feel more welcome and diverse! We talk about:

- Class
- Religion
- Race
- Gender identity
- Sexuality
- Mental and physical ability
- And much more!



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many devices which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

10 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

AVOID CHEAP OPTIONS

A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: it tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.

TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hurling panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to resist if muggers demand their watch. If you manage to track a stolen device, pass that information to the police: location data isn't always accurate, so you could end up wrongly accusing someone.

STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'hard fall' detection, which sends a text message to selected contacts along with a map showing the wearer's location.

USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.

Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *BBC Newsnight*, *Radio 5 Live* and the *ITV News at Ten*. He has two children and writes regularly about internet safety issues.



NOS
National Online Safety
#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.05.2023

External Opportunities

Parent & Carer Courses Summer Term 2023



TALKING FAMILIES

Our FREE 6 week course for parents and carers of children aged 0-12 will cover

- 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.



Thursdays 9.45 - 11.15am

20th Apr - 25th May

Online Course 577

Thursdays 8 - 9.30pm

20th Apr - 25th May

Online Course 579

Tuesdays 8.00 - 9.30pm

6th Jun - 11th Jul

Online Course 580

Wednesdays 9.45 - 11.15am

7th Jun - 12th Jul

Online Course 578

TALKING TEENS

Our FREE 6 week course for parents and carers of children aged 12-19 will cover

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



Wednesdays 7.45 - 9.15pm

19th Apr - 24th May

Online Course 581

Wednesdays 7.00 - 9.00pm

7th Jun - 12th Jul

FACE - TO - FACE

COURSE

Welwyn Course 582

Ridgeway Academy

Pre-booking essential

To check eligibility and book a place, please contact

Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

Quoting the Course ID

Page 1 of 2

Parent & Carer Support TALKING ASD & ADHD Workshops Summer Term 2023



For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



TECH USE

- How your child's diagnosis increases vulnerability online.
- What you can do to support any difficulties with online behaviour.
- Recognising when something is wrong.
- Managing difficult conversations with confidence.
- Setting and maintaining boundaries for online use.
- Teaching your child to develop their own methods of regulating internet use and staying safe.

Monday 19th June

7.30 - 9.30pm

Workshop 587 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-587-for-parents-carers-in-herts-registration-567952730907>



SIBLING STRUGGLES

- What to do if your children are fighting or arguing
- How to deal with jealousy
- Recognising the pressures & worries on siblings of a child with ASD/ADHD
- Helping your children develop a network of support
- Helping your children to communicate with each other without conflict
- Managing your own difficult feelings and helping your children to manage theirs
- Where to access further help and support

Monday 22nd May

9.30 - 11.30am

Workshop 585 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-sibling-struggles-for-parents-carers-in-herts-585-registration-565201231097>

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.

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

Workshops are open to parents and carers living in Hertfordshire

Page 1 of 2



Hertfordshire
Family Centre
Service



**Want to know more about the
Public Health School Nursing
team in Hertfordshire?**

Check out our platforms:



<https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx#>

www.hct.nhs.uk/our-services/school-nursing



07480 635 050

Confidential text message service ran by the school nursing team for 11-19 year olds. Text in any health and wellbeing concerns



@hct_schoolnursing

@teenhealth.hct



@HCT_SchoolNurse



Q Hct SchoolNursing



www.healthforkids.co.uk/hertfordshire



www.healthforteens.co.uk/hertfordshire



School nursing duty number

0300 123 7572

9am - 5pm Monday to Friday
(excluding bank holidays)

TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:



Dads,
Step-Dads,
Stay at
home Dads,
Working
Dads...

- 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.

Tuesdays 7.45 - 9.15pm

18th Apr - 23rd May

Online Course 583

Wednesdays 7.45 - 9.15pm

7th Jun - 12th Jul

Online Course 584

TALKING ADDITIONAL NEEDS

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.



Tuesdays 8.00 - 9.30pm

18th Apr - 23rd May

Online Course 576

Tuesdays 9.45 - 11.15am

6th Jun - 11th Jul

Online Course 575

Courses are open to parents and carers living in Hertfordshire

Pre-booking essential

To check eligibility and book a place, please contact

Supporting Links on:

07512 709556 or bookings@supportinglinks.co.uk

Quoting the Course ID

www.supportinglinks.co.uk

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



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



Page 2 of 2

External Opportunities

WANT TO MAKE A ALBUM?

HERTS SHAPED BOX

IS THIS FOR YOU...?

AGED 13 - 17.

LIVE IN NORTH HERTS.

INTERESTED IN... MUSIC?

SONGWRITING?

RECORDING?

ARTWORK?

GET IN TOUCH & SIGN UP VIA:

INSTA@HERTSSHAPEDBOX
OR EMAIL
HERTSSHAPEDBOX@GMAIL.COM



- YOUTH MUSIC PROJECT
- FREE DROP-IN SESSIONS

FREE WORKSHOPS AT

INTERNATIONAL
GARDEN CITIES
EXHIBITION, LETCHWORTH



**North
Herts
Council**



**Building
Life
Chances**

CREATING OPPORTUNITIES



HITCHIN BELLES FOOTBALL CLUB

NEW PLAYERS WANTED
OPEN TRIALS for Players in Current School
Years 8 & 9



Teams are run by
FA Qualified
Coaches with 7
teams between the
current U13s and
U14s age group

Trial dates:
Thursday evenings
11th May
18th May
25th May
1st June

Venue:
The Priory
School, Hitchin
SG5 2UR

Established
teams adding
players to their
squad

We are looking for players with experience,
however, a good attitude, a desire to learn and
a team player is more important.



To come to a trial, please register your
interest at hitchinbells.com/play



**ACCREDITED
CLUB**
PART OF ENGLAND FOOTBALL

Wilbury Community Cafe

This Saturday at Wilbury Hall & St Thomas church
Bedford Road 10am - 12:30pm

Refreshments and bakery to enjoy after taking your
pick of the Food Rescue & Community Larder.

Pennies & Pounds, the uniform bank, Lego table

Local selling tables, arts and crafts,

Tech service and repairs of your laptop and computers

Bike service and repairs

It's Eurovision weekend!

We'll be having some of Eurovision's best
and cheesiest numbers played for
everyone's entertainment & option to
boogie this Saturday!

INVITATION TO NORTH HERTS PRIDE PICNIC Letchworth Festival

BRING A
PICNIC



BROADWAY
GARDENS

SATURDAY 10TH
JUNE (12-3)

Love Conquers all



OURPICNIC@YAHOO.COM

Vacancies

Come and join Fearnhill School!

We're looking for a **Teacher of English** and a **Teacher of Science** to join our wonderful, dedicated team in September.

See our website for details.

www.fearnhill.herts.sch.uk



FEARNHILL
SCHOOL

Calendar

Summer Term 2023

Half Term Monday 29th May – Friday 2nd June 2023

Return to school Monday 5th June 2023

Inset Day Monday 3rd July 2023

End of Term for students Friday 21st July 2023

Term dates for 2022/3 and 2023/4 are available on our website

Contact Us

01462 621200

admin@fearnhill.herts.sch.uk

Fearnhill School

Icknield Way

Letchworth Garden City

Hertfordshire SG6 4BA

Please ensure that we have your current address, mobile phone number and email address.

Any updates can be sent to the Main Office.

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