



# FEARNHILL SCHOOL



## Fearnfile

Issue 613

26 May 2023

### You can't beat being here!

Welcome to this edition of Fearnfile. We are putting special focus on attendance during the next few issues. You will be aware from the national news that school attendance figures are not as good as they should be across the UK, and we need to be clear about the consequences of this for young people. It's very simple – if you attend school regularly, you will succeed! Here at Fearnhill we work tirelessly to support students to attend regularly and we always follow up on absences carefully. Of course people get ill sometimes, but if it's a bit of a sniffle or a minor ache, students need to get themselves into school. There are a few statistics in this edition – check them out on [page 5](#)!

In other news, Fearnhill continues to shine in sports. Ryan Ellis has been named as player of the year in the U14 group at Letchworth Rugby Club; well done Ryan! Year 9 also enjoyed a House football tournament which saw Howard narrowly win ([page 7](#)). Year 10 students have been out on a careers trip to Knebworth and our extracurricular clubs go from strength to strength; you can see the results of the Science Club's dissection of owl pellets on [page 9](#).

We are always moving forwards, and as Year 11 and 13 are now well into their GCSE and A Level exams ([page 4](#)), we are also welcomed our new Year 7 students for a transition evening on Wednesday. It was a glorious



evening with everyone able to sit outside and take full advantage of our beautiful grounds whilst our deputy head Mr Spencer and Head Students Lewis and Chenai welcomed everyone. It was their chance to meet the rest of the year group, learn their way around the school and find out more about the big adventure they have coming up as they become Fearnhill Students. Those currently taking their exams are an example to everyone with their mature, serious and focused approach. We know they will do well. Of course during the exam period there are changes to the way students can move around the school to protect the exam environment, so thank you for reminding your children of this.

Enjoy a peaceful (and sunny!) half term break.

**Liz Ellis, Headteacher**



**Week beginning Monday 15/05 - week 1**

**Week beginning Monday 22/05 - week 2**

# Student Awards

## w/e 12 May

Student of the Week	Demi 8G	12 points
Form of the Week	7Q	174 points
House of the Week	Gorst	462 points
Teacher of the Week	Mrs Cross MFL	207 points

## w/e 19 May

Student of the Week	Lucy 7R	13 points
Form of the Week	7R	174 points
House of the Week	Neville	510 points
Teacher of the Week	Miss Cotter Science	196 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!**

## Science

**8P and 8H were tasked to make a DNA model. They were asked to be as creative as possible by using different ways to create the double helix shape and to show the 4 bases of DNA -adenine (A), cytosine (C), guanine (G) and thymine (T).**

I was so impressed with their models and the brilliant ideas of showing DNA in a model form!! Well done to all entries! *Ms Castle*

Winners:

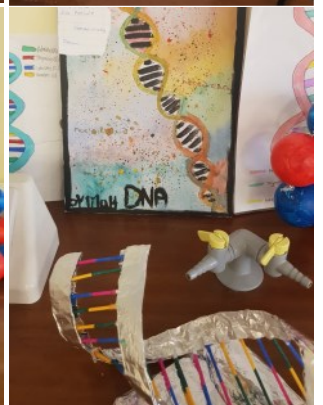
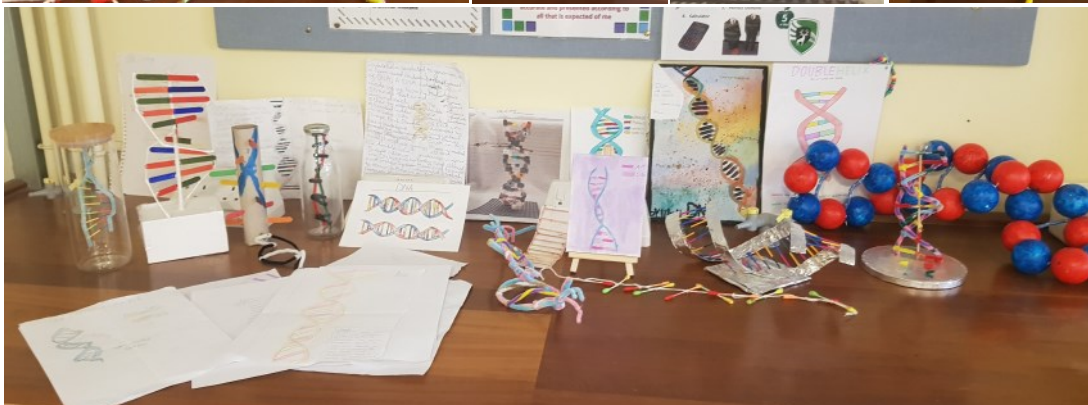
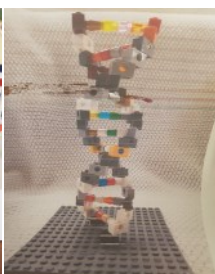
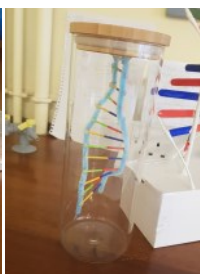
Most accurate: Jamie H, Ella B, Jack G

Most creative: Toby L using Lego!

Most artistic: Lilah P and Bruna F

Most informative: Jordan A and Toby N

Special mentions for effort: Defne E, Abi M, Jeorjana A and Summer B, Ellie-May C, Harrison DF and Lucy W





# Humanities

**The Year 12 Geography students have just completed their module 'Regenerating Places'.**

As part of their studies, students visited Stevenage who are in the middle of their £1bn regeneration programme. The aim of the scheme is to deliver a mixed-use town centre reflecting the aspirations of its people, businesses, and recognising its new town heritage and spirit.

The Stevenage 'Even Better' regeneration project has a communications department who were fantastic. They produced a bespoke session for us taking us through their ideas, plans and hopes for the whole regeneration project. The morning included:

- Intro & brief history of Stevenage/new town,
- The need to regenerate:
- Town centre challenges
- Modernising transport
- Strengthening their science reputation
- Maximising business/education facilities
- Introducing new green spaces, nature and sustainability
- Reigniting their night-time economy
- Increasing the number of people living/working in the town
- Health / public services in the town
- How they manage our regeneration programmes and
- How successful is the regeneration?

We were fortunate enough to have a tour around a number of regeneration sites in all stages, including those sites to be regenerated, those sites being regenerated and those sites where regeneration is complete, plus we went into the Stevenage Borough Council Chambers, the place where the majority of big decisions get made.

The students reinforced their learning of the topic and gained incredible insight into a wonderful, local case study.

The student's behaviour was impeccable and they asked some very relevant and pertinent questions, so a massive well done to them.

Nick Fowler, Head of Geography



# Careers



**A group of Year 10 students attended a Generation Stevenage careers event at Knebworth Barns.**

This event took the shape of a traditional careers fair providing students with the opportunity to meet with a wide range of local employers and providers.

Look out for the next edition of Fearnfile for a full report.

# Year 11 Summer Term Arrangements

A reminder of revision sessions arranged for after half term:

## Revision sessions from Monday 12th June 2023

Date	Time	Event
12th June	09:00	<b>English Language Exam Paper 2</b>
	11.15-13.00	Business revision session
	13.30	<b>Business Paper 2 GCSE Exam</b>
	14:00	Science (Chemistry) revision session
13th June	09:00	<b>Science- Chemistry Paper 2</b>
	11.15-13:00	Spanish Revision session
	13:30	<b>Spanish Writing Exam</b>
	14:00	Maths revision session
14th June	09:00	<b>Maths Calc Paper 3</b>
	13.30	<b>Music- Appraising</b>
15th June	14.00	Science (Physics) revision session
16th June	09:00	<b>Science Physics</b>
	11.15-13:00	Geography revision session
	13:30	<b>Geography Paper 3</b>
21st June	09:00	<b>Catering Exam</b>



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## 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.**





# Attendance

Fearnhill School is keen to promote improved attendance for our students and to raise awareness of the importance of good school attendance.

The impact of missed school, whether through days off or through being late to school, should not be underestimated. Time out of school has a far bigger impact than you may realise. For example you may think that 90% attendance is good but that is 19 days lost and 95 lessons missed each year. Over 5 years that's 95 days lost and 475 missed lessons!

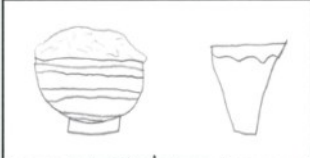


# attendance MATTERS

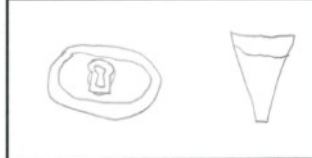
Percentage	Days (by end of July)	Hours/Lessons missed
100%	190 Days at School	0 Lessons missed
99%	2 Days Missed	10 Lessons missed
98%	4 Days Missed	20 Lessons missed
97%	6 Days Missed	30 Lessons missed
96%	7.5 Days Missed	37.5 Lessons missed
95%	9.5 Days Missed	47.5 Lessons missed
94%	11 Days Missed	55 Lessons missed
93%	13 Days Missed	65 Lessons missed
92%	15 Days Missed	75 Lessons missed
91%	17 Days Missed	85 Lessons missed
90%	19 Days Missed	95 Lessons missed
89%	21 Days Missed	105 Lessons missed
88%	23 Days Missed	115 Lessons missed
87%	25 Days Missed	125 Lessons missed
86%	27 Days Missed	135 Lessons missed
85%	28.5 Days Missed	142.5 Lessons missed
84%	30.5 Days Missed	152.5 Lessons missed
83%	32 Days Missed	160 Lessons missed
82%	34 Days Missed	170 Lessons missed
81%	36 Days Missed	180 Lessons missed
80%	38 Days Missed	190 Lessons missed
70%	47 Days Missed	235 Lessons missed

Students in Y7 have been talking about food and drink in their French lessons. To show off all they learned on the topic they wrote and drew a storyboard to discuss what they eat and drink at different mealtimes. Some fantastic French (and art work!) was produced.

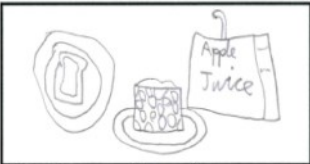
Qu'est-ce que tu manges et bois?



Au petit déjeuner je mange des céréales avec du lait. Je bois du yaourt et bois.



Au déjeuner je mange un sandwich au jambon et des chips. Je bois du jus d'orange.



Après le collège je mange un sandwich et une tranche de gâteau et je bois du jus de pommes.

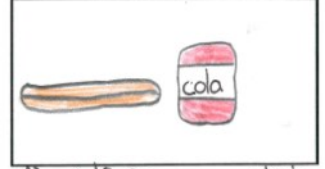


Au dîner je mange de la viande avec des frites. Je bois du jus d'orange.

Qu'est-ce que tu manges et bois?



Au petit déjeuner je mange du yaourt et je bois du lait.



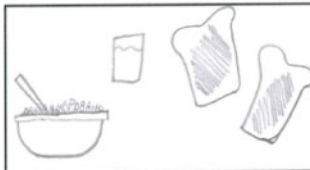
A midi je mange de la baguette et du jambon et je bois du coca.



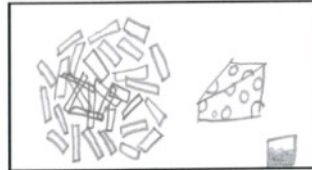
Pendant la récré je mange du yaourt et je bois du jus d'orange.



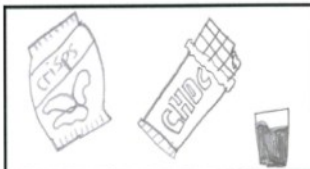
Au dîner je prends des pâtes et du fromage et je bois de la limonade.



Au petit déjeuner je mange des céréales, du pain grillé. Je bois de l'eau.



A midi je mange des pâtes avec du fromage et je bois jus d'orange.



Après le collège je mange des chips ou du chocolat. Je bois du jus d'orange.



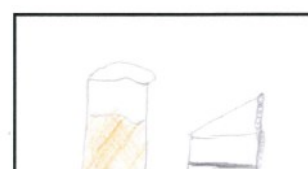
Au dîner je mange des saucisses et des frites. Je bois de l'eau.



Au petit déjeuner je mange des céréales et je bois du lait.



Au déjeuner je mange pâtes et je bois de l'eau.



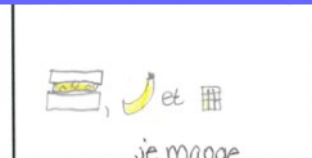
Après le collège je mange du gâteau et je bois jus d'orange.



Au dîner je mange poulet, du riz et je bois de la limonade.



Au petit déjeuner je mange des céréales avec du lait et du pain grillé.



Au déjeuner je mange du pain avec du fromage et de fruits et du chocolat.



Après le collège je mange du yaourt et je bois du jus d'orange.



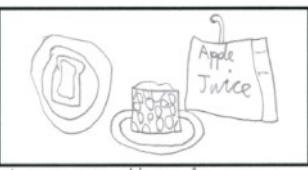
Au dîner, je mange de la pizza avec des frites et de la salade.



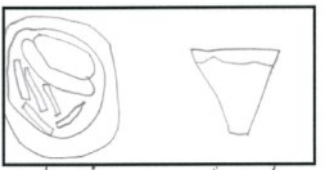
Au petit déjeuner je mange des céréales avec du lait. Je bois du yaourt et bois.



Au déjeuner je mange un sandwich au jambon et des chips. Je bois du jus d'orange.



Après le collège je mange un sandwich et une tranche de gâteau et je bois du jus de pommes.



Au dîner je mange de la viande avec des frites. Je bois du jus d'orange.





## 9H - Howard - were the winners of the inaugural Fearnfile Five-a-side year 9 football tournament.

They beat Pearsall 2-0 in the final with both goals coming from Ronnie L who was player of the tournament with 6 goals in his 4 games.

Goal of tournament was scored by Taylor H from his own touch line playing in goal!

An honourable mention to Pearsall who won all the games in the group stage but couldn't clinch a win in the final!

**Right: Congratulations to Ryan E (9G) who was awarded the Letchworth Garden City Rugby Football Club Under 14 Player of the Year. Ryan was presented with his trophy at an Awards Night by Mark Kendall, Head Coach of the Under 14s.**



## 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



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## 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



# 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.

*Mrs Thurlby, Library & Literacy Assistant*

## 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](https://freerice.com)

# Science

Students in Science Club have been dissecting owl pellets. The students were fascinated to find lots of skulls and other mouse bones - I will keep the evidence if anyone wants to come and have a look. *Ms Jennings*

## What are Barn Owl pellets?

- Barn Owls are unable to digest the fur and bone of their prey, which they usually swallow whole.
- The indigestible parts are regurgitated (coughed up through the beak) in the form of an owl pellet.
- After feeding, producing a pellet takes 6 hours or more.
- After each night's hunting an owl regurgitates 1 or 2 pellets.
- Barn Owl pellets are typically about the size of a man's thumb and black when fresh.
- Pellets often contain the remains of 4 or 5 small mammals.
- Pellet dissection can tell you exactly what an owl has eaten.

<https://www.barnowltrust.org.uk/barn-owl-facts/barn-owl-pellet-analysis/>



# Maths



27 Year 8 students took part in the UKMT Junior Math's Challenge, completing problem solving questions aimed at encouraging mathematical reasoning, precision of thought and fluency in mathematical techniques. Nine of the students received a Bronze Award – Luke P, Tilly P, Lilah P, Arianah T, Derya E, Zack W, Alexei W, Em P and Lucy W. Well done to all of those who participated!

## 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

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

## Homework Club



Years 7-11

Monday-Friday

In Inclusion

With Mrs

Cottenden

# 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 issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about INFLUENCERS

In today's digital age, social media influencers play an increasingly significant role in shaping the opinions, interests and behaviours of our children. While many of these individuals can have a positive effect, influencer culture can also present certain risks – such as encouraging consumerism, affecting self-esteem and blurring trustworthiness. To help ensure a safe online environment for young people, it's vital to maintain open communication, set sensible boundaries, promote a healthy self-image and teach digital media literacy. Our guide delves deeper into all of these.

### WHAT ARE THE RISKS?

#### HEIGHTENED CONSUMERISM

A major way that influencers make money is through brand partnerships and sponsored content. As a result, children who follow them may be exposed to a steady stream of advertising; this can lead to materialistic attitudes, unrealistic expectations and an increased desire to have the latest products. Many influencers have built huge brand empires around their large, impressionable following.

#### THE SOFT SELL

Some influencers aren't always transparent about the motivations behind their posts, blurring the lines between genuine recommendations and paid-for promotions – and young people sometimes find it difficult to distinguish authentic content from advertising. Many major social platforms have taken steps to make sponsored content and ads easier to identify, but it remains an area of concern.

#### PRIVACY CONCERNS

Inspired by their favourite influencers, children may start sharing more of their own lives online – which could reveal personal information or details about their daily routine. This openness can put them at risk of cyberbullying or even predatory behaviour. This is exacerbated by live streaming, which gives young people no time to consider the potential consequences of saying too much.

#### UNDERMINING SELF-ESTEEM

Many influencers share images and videos of themselves and their activities, which are often painstakingly curated and edited to present an idealised version of their life. Children who follow these influencers may develop distorted expectations about body image and the concept of beauty, which can potentially lead to negative self-esteem and even mental health issues.

## Advice for Parents & Carers

### KEEP TALKING

Chat to your child about the content they consume on social media and the influencers that they like. Encourage them to think critically about what they see and hear online, and listen to any concerns they might have. Maintaining this line of open, honest communication can help your child to make informed decisions about which individuals they follow and what content they engage with.

### SET SOME BOUNDARIES

Agree age-appropriate boundaries for your child's social media use, including time limits and privacy settings (the two major operating systems on mobile devices, Android and iOS, have these controls baked in). Try to keep an eye on your child's online activity and discuss it regularly with them – including reminding them of the potential risks that can arise from following influencers.

### SUPPORT A HEALTHY SELF-IMAGE

Reinforce your child's awareness that real life isn't usually as picture perfect as it may appear on social media – and how some content (particularly that of influencers) is often curated, staged or edited to look more glamorous. If possible, highlight examples of other influencers who share authentic, relatable material which acknowledges their imperfections and struggles as well.

### PROMOTE MEDIA LITERACY

Talk to your child about the concepts of sponsored content, advertising and potential influencer bias. Teach them to critically evaluate the information they're presented with online and to consider the possible reasons behind content creation. This can help young people develop the skills to make healthier decisions about the influencers they choose to follow and the content they consume.

### Meet Our Expert

A former director of digital learning and currently a deputy headmaster and DSL, Brendan O'Keefe's experience and expertise gives him a clear insight into how modern digital systems impact the experience of children, staff and parents – and which strategies help to ensure that the online world remains a useful educational tool rather than a minefield of risks.



**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: 24.05.2023



# Student Support

## GREAT DREAM

Ten Keys to Happier Living



### GIVING

Do things for others



### DIRECTION

Have goals to look forward to



### RELATING

Connect with people



### RESILIENCE

Find ways to bounce back



### EXERCISING

Take care of Your body



### EMOTIONS

Look for what's good



### AWARENESS

Live life mindfully



### ACCEPTANCE

Be comfortable with who you are



### TRYING OUT

Keep learning new things



### MEANING

Be part of something bigger

**ACTION FOR HAPPINESS**

Happier • Kinder • Together

Action for Happiness is a registered charity (1175160) [actionforhappiness.org](http://actionforhappiness.org)



**Action for Happiness** is a movement of people taking action to create a happier and kinder world, together. Join us and be part of it.

What actions will you take to create happiness?


Try the **FREE 10-day online program** to boost your happiness



Join the Program

[10daysofhappiness.org](http://10daysofhappiness.org)



# Thought of the Month



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



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# 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**  
20<sup>th</sup> Apr - 25<sup>th</sup> May  
**Online Course 577**

**Thursdays 8 - 9.30pm**  
20<sup>th</sup> Apr - 25<sup>th</sup> May  
**Online Course 579**

**Tuesdays 8.00 - 9.30pm**  
6<sup>th</sup> Jun - 11<sup>th</sup> Jul  
**Online Course 580**

**Wednesdays 9.45 - 11.15am**  
7<sup>th</sup> Jun - 12<sup>th</sup> 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**  
19<sup>th</sup> Apr - 24<sup>th</sup> May  
**Online Course 581**

**Wednesdays 7.00 - 9.00pm**  
7<sup>th</sup> Jun - 12<sup>th</sup> 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](mailto:bookings@supportinglinks.co.uk)

Quoting the Course ID

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## 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 19<sup>th</sup> 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 22<sup>nd</sup> 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](mailto:info@supportinglinks.co.uk) [www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

Workshops are open to parents and carers living in Hertfordshire

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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](http://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](http://www.healthforkids.co.uk/hertfordshire)



[www.healthforteens.co.uk/hertfordshire](http://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**  
18<sup>th</sup> Apr - 23<sup>rd</sup> May  
**Online Course 583**

**Wednesdays 7.45 - 9.15pm**  
7<sup>th</sup> Jun - 12<sup>th</sup> 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**  
18<sup>th</sup> Apr - 23<sup>rd</sup> May  
**Online Course 576**

**Tuesdays 9.45 - 11.15am**  
6<sup>th</sup> Jun - 11<sup>th</sup> 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](mailto:bookings@supportinglinks.co.uk)**

Quoting the Course ID

[www.supportinglinks.co.uk](http://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



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# External Opportunities

## Join us at Triangle Tribe!



We are looking for families with teens aged 12 to 16 to join us for Triangle Tribe this summer:

- Surviving the zombie apocalypse
- Is it Edible or Deadible...?
- Ancient fire skills
- Bushcraft/carving from wood
- Triangle Tribe cook-out

Two 5 week programmes - choose from  
2nd-30th June or 7th Jul-4th Aug

**Friday evenings**  
[www.trianglegarden.org](http://www.trianglegarden.org)



**6.30-8.30pm**  
**2nd-30th June,**  
**7th July-4th Aug**

Triangle Community  
Garden, Ransom's Rec,  
Hitchin SG5 1RB

**Cost: £10/5 week block,**  
**£5/sibling, adults free**  
**Book online via**

[trianglegarden.org/events](http://trianglegarden.org/events)  
The Triangle Garden is a thriving  
community garden, created and  
cultivated by people of all ages and  
abilities. It aims to enable people to  
**Connect, Grow, Enjoy!**

This initiative is  
a CultureWood  
collaboration  
with funding  
from Herts  
Community  
Foundation



## Community wellbeing days from the North Herts Healthy Hub INCLUDING FREE REFRESHMENTS

### Hitchin at 9.30am

**New Location!**

Christchurch, Bedford Road, Hitchin,  
SG5 1HF

**28 April** - Fun with food for under 5s  
with the Creative Chefs

**30 June** - Fun with food for under 5s  
with the Creative Chefs

**26 May** - Fun with food for under 5s with  
the Creative Chefs



### Letchworth at 9.30am

**Mrs Howard Memorial Hall**  
Norton Way South, Letchworth Garden City  
SG6 1NX

**4 April** - Creative crafts with the Creation Station  
(suitable for children aged 10 and under)

**18 April** - Dance and movement workshop for  
under 5s with BEEE Creative

**2 May** - Pottery painting for adults with Glazed  
Creations

**16 May** - Managing anxiety and building courage  
with Mind in Mid Herts for adults

**30 May** - Creative crafts with the  
Creation Station (suitable for children  
aged 10 and under)

**13 June** - Beginner's adult yoga  
taster session

**27 June** - Dance and movement  
workshop for under 5s with  
BEEE Creative



### Royston at 10am

**Market Hill Rooms**  
Fish Hill, Royston SG8 9DW

**5 April** - Creative crafts with the Art in Martins  
(suitable for children aged 10 and under)

**19 April** - Low impact exercise for adults

**3 May** - Fun with food for under 5s with the  
Creative Chefs

**17 May** - Flower arranging  
taster session for adults  
with Bloom

**7 June** - Dance and movement  
workshop for under 5s with  
BEEE Creative

**21 June** - Pottery painting  
for adults with Glazed  
Creations



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

Numbers are limited so must be pre-booked by emailing  
[healthyhub@north-herts.gov.uk](mailto:healthyhub@north-herts.gov.uk) or calling 01462 474111



University of  
Hertfordshire **UH**

## SPARK YOUR CREATIVITY

Did you know the University of  
Hertfordshire runs creative  
summer schools and short courses?

**8-12**  
**Kids &  
Teens**  
**13-17**

Fashion  
Photography  
Graphic Design  
Adobe Software  
Contemporary Arts  
Digital Comic  
Gaming

**Adult**  
**Short  
Courses**

Adobe Softwares  
Graphic Design  
Photography  
Art Therapy  
3D Printing  
Visual Arts  
Fashion  
Media  
CAD

- [go.herts.ac.uk/creativeshortcourses](http://go.herts.ac.uk/creativeshortcourses)
- 01707 285327
- [ad-shortcourses@herts.ac.uk](mailto:ad-shortcourses@herts.ac.uk)
- On Campus and Online (adults only for online)



INVITATION TO

## NORTH HERTS PRIDE PICNIC Letchworth Festival

BRING A  
PICNIC



BROADWAY  
GARDENS

**SATURDAY 10TH  
JUNE (12-3)**

Love Conquers all



[OURPICNIC@YAHOO.COM](mailto:OURPICNIC@YAHOO.COM)

## Vacancies

Are you a team player, well organised and a good communicator? We have two support roles to fill.

### **Attendance & 6<sup>th</sup> form Administrator plus IT Network Manager**

See our website for details  
[www.fearnhill.herts.sch.uk](http://www.fearnhill.herts.sch.uk)

*Closing date 2nd June*



## 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](mailto: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.**

## Follow Us



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[facebook.com/fearnhillschool](https://facebook.com/fearnhillschool)