



FEARNHILL SCHOOL



Fearnfile

Issue 611

02 May 2023

Everything Everywhere, All At Once!

This packed edition of Fearnfile is an example of just how much is going on in and around the school and how committed and engaged our students and staff are!

Year 7s had a trip last week to Mountfitchet Castle where they learnt about life in Norman Britain — as well as the importance of keeping their packed lunches safe from hungry goats (page 5).

Our sporting success grows as we celebrate Harry, Callum, Charlie and Riley and their performance in football and rugby (page 11).

Year 10 have been baking mille feuilles and you can see the pictures of the results on page 8, whilst there are some lovely new additions to our online art gallery with Year 7 paintings of insects inspired by Abby Diamond (page 9).

We are always encouraging our students to get involved in extracurricular clubs and activities. You can see just a sample inside on pages 10 & 11, with pictures of the 'hands-on' session with prehistoric artefacts run by the History Club. The updated timetable for this term shows the wide range of clubs available; there is something for everyone.

Homework is another area we have refreshed recently. There has been lots of research around its value and how to make it work for young people, and you can read inside on pages 6&7 about our updated approach. Our knowledge organisers are now fully updated for all subjects; just follow the QR codes to find out exactly what your children are learning.

Fundraising is always popular when it involves food, as the organisers of the waffle sale last week found



out (page 4).

Safety and wellbeing are central to our work and we had a powerful message from the police last week, when they visited to talk to our students about the dangers of knife crime. Jackie Murray of the CYP Gangs and Schools Team, pictured with me here, didn't hold back when talking about the devastating effect knife crime has on individuals and their families. Everyone needs to feel safe and to know what to do if they see or hear something that is not right. On the subject of safety, a gentle reminder that e-scooters are not legal and not allowed on the school site (page 11). Please do ask if you would like to know more.

I wish you a happy coronation weekend and thank you as always for your support!

Liz Ellis, Headteacher

Week beginning Tuesday 02/05 - week 1

Week beginning Tuesday 08/05 - week 2

Student Awards

w/e 31 March

Student of the Week	Zachary 8H	22 points
Form of the Week	8P	217 points
House of the Week	Pearsall	453 points
Teacher of the Week	Mrs Clifton, Art	193 points

w/e 21 April

Student of the Week	Amelie 11R	18 points
Form of the Week	7R	191 points
House of the Week	Pearsall	585 points
Teacher of the Week	Mrs Latimer, Maths	278 points

Student of the Term (Spring)

Gorst	Michaela 7Q	139 points
Howard	Summer 8H	129 points
Neville	Serbroop 7Q	133 points
Pearsall	Ella 8P	159 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!

Year Group House Cup Spring Term

	4th	3rd	2nd	WINNER
7	U 156	R 180	S 188	Q 196
8	N 143	G 154	P 158	H 176
9	9G - 134	9P - 138	9N - 184	9H - 199
10	10G - 2388	10P - 2500	10H - 3100	10N - 31900
11		11Q - 1965	11U - 2401	11R - 2476



Year 9 subject winners

Celebration Assemblies

	Year 7	Year 8	Year 9	Year 10	Year 11
English	Samuel 7R	Lilith 8G	Farrah 9N	Peter 10H	Jamie 11R
	Sophia 7R		TJ 9P	Tianna 10G	Amelie 11R
Maths	Phoenix 7Q	Demi 8G	Kirill 9N	Riley 10H	Neave 11U
	Faye 7R	Alex 8H	Michelle 9N	Pakeeza 10H	Mohammad 11R
Science	Ross 7R	Jaimie H	Cheryl 9G	Jasroop 10G	Lacey 11U
Spanish	Aariya 7Q	Skye 8G	Andrzej 9P	Anaise 10G	Rebekah 11U
French	Osama 7R	Lilith 8G	Rosie 9H	Ha Ta 10G	Lily 11U
History	Braedan 7T	Derya 8G	Ryah 9H	Matthew 10H	Charlie 11Q
Geography	Gabriella 7T	Lucy 8H	Dilith 9P	Ha Ta 10P	George 11R
PRE	Tommy 7R	Luke 8N	Tegan 9P	Charlie 10G	Harry 11Q
Design and Tech-	Rochae 7Q	Em 8P	Ryan 9G	Matthew 10H	Olivia 11U
Art	Thomas 7U	Lucas 8P	TJ 9P	Nahlya 10P	Sonny 11R
Food/Hospitality				Junior 10G	Alana 11U
PE	Ellis 7T	Summer 8H	Tegan 9P	Sian 10N	Oli 11R
Sport				Terry 10G	Finian 11R
Music	Ellis 7T	Derya 8G	Evelyn 9G	Riley 10H	Lacey 11U
Drama	Ben 7U	Lola-Rose 8P	Nuqi 9G	Amy 10P	Harry 11Q
Business				Junior 10G	Olivia 11U
Child development					Rebekah 11U
Computer Science	Cecelia 7R	Lucas 8P	Jensen 9H	Ahmed 10H	John 11R
Media Studies				Chloe 10G	Matilda 11Q
Dance		Madison 8G		Ayla 10N	

Award for being...

Kind	Confident	Self-aware	Resilient
Holly 7Q	Rochae 7Q	Riley 7Q	Trixie 7Q
Lucy 7R	Faye 7R	Cayden 7R	Alexa 7R
Mason 7S	Zachary 7S	Sophia 7S	Kyle 7S
Oakley 7T	Kian 7T	Sophie 7T	Rory 7T
Abigail 8H George 8G	Summer 8H Tilly 8G	Toby 8H Derya 8G	Mohammad 8H Skye 8G
Veer 8N Lilith 8P	Franky 8N Kelsey 8P	Riya 8N Rohan 8P	Goodness 8N Em 8P
Beau 9N	Charlie 9N	Luke 9N	Samuel 9N
Sacshi 9P	Charlie 9P	Ruby 9P	Luke 9P
Anaise 10G	Thomas 10G	August 10G	Jasroop 10G
Peter 10H	Zach 10H	Riley 10H	Anna 10H
Jamie-Leigh 10N	Harry 10N	Oliver 10N	Daniel 10N
Amy 10P	Callum 10P	Colette 10P	Sam 10P
Harrison 11Q	Harry 11Q	Matilda 11Q	Harry 11Q
Finian 11R	Jamie 11R	Amelie 11R	Ashden 11R
Lily 11R	Rebekah 11R	Olivia 11R	Wesley 11R

Year 11

Year 11 Leavers Hoodie

To mark the end of Key Stage 4, we would like to offer every student in Year 11 the chance to purchase a 'leavers' hoodie. These can be purchased directly from Fizz Hoodies online for £27.

There is a choice of four colours and an option of adult sizes. Each hoodie will have the Fearnhill Logo and School name stitched to the left breast and a '23' with every student's name printed inside on the back (see right). The name printed will be the one we have on the school register. There is also the option for your child to add a nickname to their purchase for an additional £4.

If your son/daughter would like to order a hoodie please place your order by Wednesday 3rd May via: <https://shop.fizz-group.co.uk> Unique ID: 25433YR11



Year 11 Prom 2023

We have great pleasure in inviting Year 11 students to their Prom on Friday 23rd June 7pm–11pm at Letchworth Hall Hotel.

This is a great opportunity for them to celebrate their time at Fearnhill School and mark the end of KS4 and the beginning of the next stage in their educational journey. This year group has been through a very challenging time and I would like to take this opportunity to thank and applaud them on the way they have conducted themselves and met the demands placed on them.

The cost of the evening is £27 to cover the venue hire, the cost of a DJ, decorations, a buffet and a photographer.

Payments towards the evening can be made, to any value over £3 and at any time, prior to the deadline of Friday 2nd June when the full amount must be paid. Payments can only be made online via Schoolgateway, we are unable to accept payment by cash or cheque. Please contact the finance office if you have any questions about payment via this method.

If you have any concerns about payment, please contact either Mrs Rainbow to discuss in confidence. If you have any other questions please contact Ms Brown via the pastoral office. **Mrs Martin**



The Year 11 Prom Fund received a waffle-y big boost with a lunchtime waffle sale. The event was a sell-out with students from all years snapping up hot waffles with ice cream, fruit, marshmallows, chocolate sauce, cream ... delicious!

School News

Year 7s travelled back in time over 900 years on their trip to Mountfitchet Castle, a unique open-air reconstructed Motte and Bailey castle. Students enjoyed the hand-on aspects of life in the medieval community—even if they did have to rescue their packed lunches from over-inquisitive goats and peacocks!



Homework Update

At Fearnhill, we are keen to ensure that students are supported to complete their homework without stress or difficulty and with this in mind, starting this term, KS3 students will be set compulsory homework tasks for English, maths and science only.

Any homework tasks set by teachers of other subjects is not compulsory but will offer students the opportunity to further challenge and expand their learning.

The evidence on home learning is clear: short focussed tasks that revise content taught in class are the most helpful to students' learning, and at Fearnhill, we are keen to support students' independence skills whilst ensuring that each task they are set is going to make a real difference to their progress. This is why we have invested in three online homework packages that have been launched successfully at lots of schools across the country. The tasks set for KS3 students are centred on essential skills and knowledge needed to support the curriculum but also in preparation for KS4.

Each homework task is set for 30 minutes; whilst this is a reduction in the compulsory homework, we do expect all students to complete each task every week.

For students who are keen to expand their learning and challenge themselves, there are opportunities to engage with the Fearnhill Super Curriculum. All tasks are linked to our reward system and students are encouraged to log their completed Super Curriculum tasks on their Fearnhill Student Portfolio during form time. The Fearnhill Super Curriculum is led by Miss Cotter and can be found here: <https://fearnhill.herts.sch.uk/learning/fearnhill-flyers/>

Last year, we launched the new Homework Club and this has been a huge success. Homework club is run by Mrs Cottenden every day from 3-4pm and on Monday, Wednesday and Friday lunch times. If you have any questions about the homework that has been set, you can email Mrs Cottenden homework@fearnhill.herts.sch.uk. Equally, students can find Mrs Cottenden if they need support with their homework or just turn up at homework club. **Mrs Nunneley, Assistant Headteacher**

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

Homework Update

Information about the KS3 online homework platforms.

Miss Christie, second in charge of English, writes:

All KS3 English homework takes place on an online platform which gives students instant feedback on their progress.

Years 7 and 8 are now using Sparx Reader, a program which supports them to read carefully and accurately for 30 minutes a week. The program assesses the reading level of each student individually and adapts the level of difficulty for every student, so everyone will be working at the level which will help them improve the most.

Research consistently links confident reading skills with improved exam results, but reading has also been proven to reduce stress, improve sleep, and improve communication skills. Reading is amazing!

Year 9 homework is set on a different online platform called Seneca. This is designed to consolidate what students have been learning in class, and to help them recall key pieces of information. Regularly completing Seneca homework will help students develop useful revision skills which they can apply as they move up the school.

Please encourage your children to ask their teachers early if they need any help, or to attend homework club - there is a specific English session every Monday lunchtime.

Miss Meechan, second in charge of Maths, writes:

What is Sparx Maths Homework?

- Sparx provides personalised homework to each child, with questions that are challenging yet achievable, and tailored to their learning needs.
- The majority of each week's homework will be based on recently learnt topics, but it will also include some questions from previous topics to help reinforce their learning.
- Students access their homework on their online Sparx account, where they'll get immediate feedback for each question about whether their answer was correct or they need to have another try.
- While homework is accessed online, it is predominantly a written homework, and students should record their work on paper. Sparx has a "bookwork checks" system to help students form this habit.
- Every question in Sparx has a support video attached to it so that your child can get help independently.

How can you help your child with their homework?

- Provide a quiet space for your child to focus on their homework each week.
- Encourage them to start their homework early so they can get help from their teacher before the deadline if they get stuck. To ensure no gaps form in your child's maths knowledge, homework is not marked as complete until all of the compulsory questions have been answered correctly.
- Check the weekly email you'll get from Sparx and praise your child for starting or completing their homework. Encourage them to finish it before the deadline if they haven't already done so.
- Try not to help your child with a question until they've had a go first. It is essential they try to complete their homework independently so that Sparx can give them questions that are at the right level for them. Remember they can watch the support videos if they need to.

Miss Cotter, second in charge of Science, writes:

All KS3 science homework takes place on an online platform called Educake. Educake quizzes are built and customised for your child's class. The program assesses the understanding of each student individually and gives students instant feedback on their answers as they progress through the quiz.

The quiz results page gives instant analysis of students' performance and makes it easy to identify areas of difficulty to focus on. The built-in algorithm then creates additional quizzes tailored for your child based on their areas of strengths and weaknesses which can be completed as further learning to maximise progress.

Research has shown that retrieval practice exercises such as Educake quizzes help to consolidate what students have been learning in class, and to help them recall key pieces of information. This is fundamental for building a strong knowledge base upon which more complex concepts can be explored.

Please encourage your children to ask their teachers early if they need any help, or to attend homework club - there is a specific science session every Wednesday lunchtime.

Library

With the new Sparx reading English homework, library lessons are changing. Students will no longer be tested and expected to read from an Accelerated Reader levelled selection.

During library lessons students are now free to choose any book fiction or non-fiction, they can also read a printed newspaper or go online and read about subjects that interest them.

We have also joined the Barrington Stoke Young Editors. Barrington Stoke have asked students to help edit their new books prior to publishing and feedback to help shape the final book. Please see Mrs Thurlby for more details.

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.



Join google classroom fbrxf to get started.



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://www.freerice.com)

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!)

Mrs Thurlby, Library & Literacy Assistant

Catering & Hospitality

Our Year10 catering students are working hard on their presentation skills this half term and have produced Mille Feuille with a delicate feathering icing technique. We had loads of fun and lots of success and are looking forward to more of the same. **Mrs Fullard**

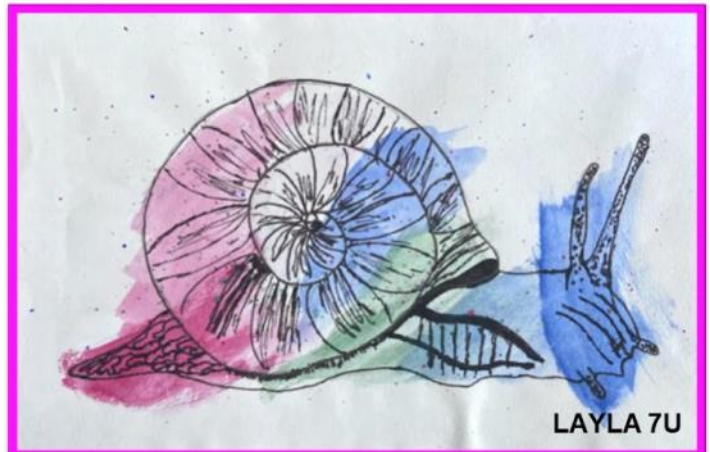
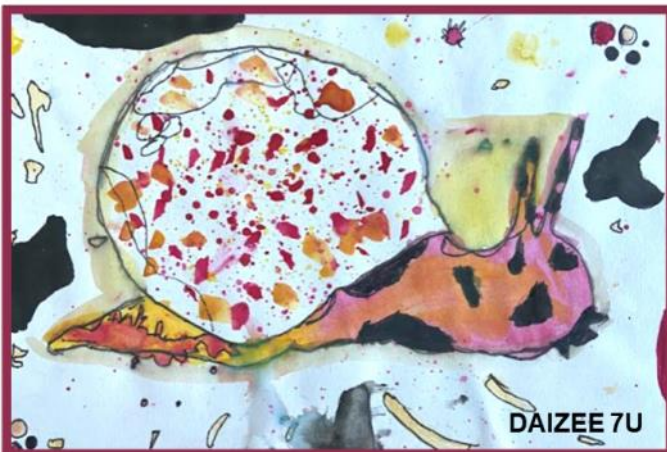


Art

Year 7 have been working on beautiful paintings of insects inspired by the work of Abby Diamond.

You can see more brilliant artwork on the Gallery page of the school website:

www.fearnhill.herts.sch.uk/learning/fearnhill-art-gallery/



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

Extracurricular Activities

A new term means the opportunity to sign up for some new clubs!

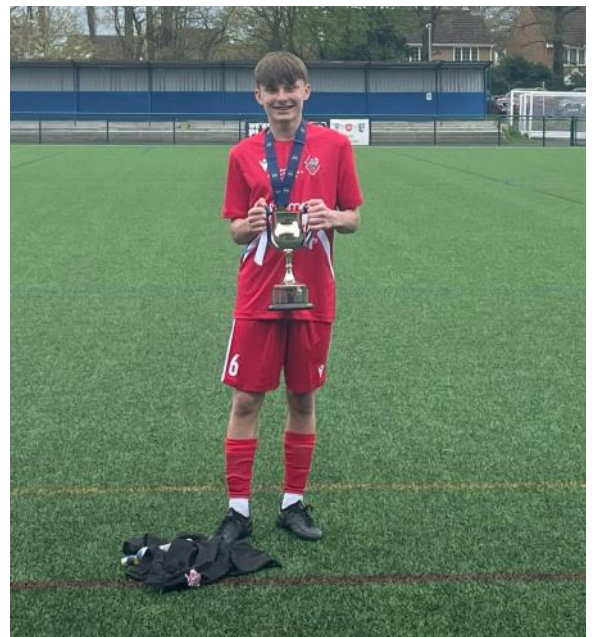
Students can choose from a huge range of activities from sports such as Cricket, Football, Rounders and Table Tennis. Why not find your voice through Drama, Choir or Debating? If you prefer something more cerebral there's History Club, Psychology Masterclass or Science. Want to indulge your creative side? Try Photography, Art or even Ukelele Jam. Get in touch with nature and our planet through Gardening or Sustainable Society. And that's not all. In short there's something for everyone— even the chance to get up close to some neolithic stone tools in History Club (below).



Sport

Congratulations to Year 10 student Harry Davies, a member of Baldock Town FC who beat London Colney in the finals of the U15 Hertfordshire County Cup. The Baldock team won 3-1, with Harry (right) scoring one of the winning goals. This is the first time a Baldock youth team has won the cup.

There was winning form from Fearnhill students on the rugby field, too, with success in the Harrow Tournament for Letchworth Rugby Club Under 15s. Congratulations to Fearnhill students Charlie Simmons, Callum Pattison and Riley Mann who competed in the Rugby10s matches.



E-scooters

We are aware that there are a small number of students who have recently brought e-scooters on to the school site. We need to remind you that these are illegal; you can see the exact legal wording and guidance below:

'E-scooters are classed as motor vehicles under the Road Traffic Act 1988. Which means the rules that apply to motor vehicles, also apply to e-scooters including the need to have a licence, insurance, and tax. It's not currently possible to get insurance for privately owned e-scooters, which means it's illegal to use them on the road or in public spaces. If you're using a private e-scooter you risk the vehicle being seized under S.165 Road Traffic Act 1988 for no insurance and if you don't have a licence, or the correct licence, or are riding without insurance you could face a Fixed Penalty notice and parents will also be liable for this for allowing their children to use them. E scooters can cause serious harm to another person whilst riding an e-scooter the incident will be investigated in the same way it would if you were riding a motorcycle or driving a car. ' **Mr Phillips**

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 games which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

FORTNITE

CHAPTER
4

AGE RESTRICTION
PEGI
12

Fortnite may be something of a veteran in gaming terms (having launched back in 2017), but it remains massively popular – with more than 250 million people playing online every month. That's partially due to the competitive nature of its player-vs-player combat, its pop culture crossovers and its constantly shifting map. Significant updates are rolled out with each new version of the game – known as 'chapters' – and within these sit shorter 'seasons', which bring more subtle changes. The latest iteration, Chapter 4 Season 2, adds a cyberpunk-themed city and anime-style areas, for example, along with new weapons and characters.

WHAT ARE THE RISKS?

ALWAYS ONLINE

There's no single-player offline mode in Fortnite: it can only be played online. Internet access can sometimes be an issue when you're out and about (both in terms of connectivity and using up data), so you may find that dedicated young Fortnite players are often less enthusiastic about trips away of a certain length – such as days out and holidays – than you might have expected.

IN-GAME COSTS

Fortnite is free to download and play, but it does offer various additional purchases – cosmetic skins, rare weapons and so on – which don't really impact on gameplay, but can cost quite a significant amount. These items are bought with game's currency, V-Bucks – which can be earned through playing, but are also often purchased from the game's store for real-world money.

POP CULTURE REFERENCES

Part of Fortnite's appeal is its ongoing crossovers with other popular franchises, ranging from movies and TV shows like *The Walking Dead* to comic book characters including Batman to other games such as *Street Fighter*. This means you could find your child asking questions about the creature from *Alien* or who Geralt from *The Witcher* is a little sooner than you'd possibly anticipated.

CROSSPLAY AND PARTY CHAT

Fortnite is popular with vast numbers of gamers – of various ages. Crossplay lets friends play with and against each other, regardless of whether they're on an Xbox, PlayStation or PC – while party chat allows them to communicate during the game. This chat feature can also, therefore, put youngsters at risk of hearing inappropriate language from older players in the heat of virtual combat.

VIRTUAL VIOLENCE

At its core, there's no avoiding that Fortnite is about shooting other players to eliminate them. That said, there's no blood or gore: the violence is generally rendered in a cartoonish style, and there are frequent comical touches to lighten the mood (fishing mini-games, for example). The machine guns, shotguns and other weapons often look and behave realistically, however, so discretion is advised.

FREQUENT UPDATES

The game's developers release content in 'seasons' that usually run for around ten weeks. Each fresh update sees items added to the in-game store, changes to the environment's map and a different over-arching theme (such as 'medieval', 'pirates' or 'party'). These regular renewals help to hold players' interest – but also give young gamers plenty of reasons to keep returning to their screens.

Advice for Parents & Carers

MATCH GAMING TIMES

Younger players tend to want to play Fortnite alongside their friends. With this in mind, it could be worth speaking to the parents and carers of your child's social group and trying to coordinate their gaming around certain hours of the day. Safety in numbers is obviously a factor here, but it will also help your child feel that they're getting adequate opportunity to socialise with their friends online.

SET SPENDING LIMITS

Fortnite's rotating store is a not-so-subtle mechanism for coaxing players into splashing out on those sought-after items before they disappear again for weeks. This could potentially lead to surprise outlays on your card if your child is tempted into an impulse purchase. You could consider setting up a prepaid card for them to use – or ensuring that any online purchases require adult authorisation.

USE UPDATES AS REWARDS

Fortnite's seasonal updates are free – but each also brings the option of a 'battle pass', unlocking exclusive rewards for playing the game and completing set challenges. The passes cost around £8 (and are available as part of larger bundles) and can be an effective reward to young Fortnite fans for good behaviour or academic performance, or as an incentive for chores like tidying their room.

BE WARY OF SCAMS

The immense popularity of Fortnite with more trusting younger audiences means that there's no shortage of scammers looking to fraudulently obtain passwords and other personal data through techniques like phishing. As the developers point out on many of Fortnite's loading screens, they never ask for a player's account password outside of the game: make sure your child knows this.

ENJOY FORTNITE TOGETHER

Fortnite also offers split-screen gameplay, meaning that two people can play simultaneously via the same TV or computer. That's ideal for siblings or when your child's friends visit – but it also offers you an opportunity to spend time doing something fun with your child, while also being able to make sure they're playing the game safely. Who knows, you might even teach them a thing or two!

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site *GOLive* and has worked in the gaming media for around four years. A long-time gamer, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including *iD* and *Technikrad*.



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.04.2023

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

Numbers are limited so must be **pre-booked** by emailing
healthyhub@north-herts.gov.uk or calling **01462 474111**



External Opportunities

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

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Funded mental health workshops, advice and support for Parents and Carers in Hertfordshire



Nessie is funded by Hertfordshire County Council to support parents/carers of children and young people with emotional and mental health issues. The aim of this work is to help parents/carers develop a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support; useful strategies and practical tools.

What we offer:

- **Free online and face-to-face workshops on a range of mental healths that affect children and young people**
- **Parent Support line**
Tel: 07932 651319
(open Thursdays 9 am - 12 pm or by appointment)
- **Private moderated Facebook support groups:**
- **NESSie Parent/Carer Support Group**
- **1-1 support and advice sessions**
- **Peer support groups:** A confidential group, where parents will have an opportunity to share their experiences, support each other through challenges, and identify coping strategies.

For more information, please [CLICK HERE](#)



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<https://nessieined.com/>

Helping children and young people thrive

NESSIE IN ED CIC. Company registered in England & Wales number: 11719406



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)

DEVELOPMENT THROUGH DRAMA

One of the greatest life skills we can give our children is the ability to communicate confidently.

ROLEPLAY is vital to a child's development and increases social interaction, problem solving and communication skills. Through imaginative plays, we explore emotions and feelings which helps to boost **WELL-BEING** and **SELF-AWARENESS**.

WE GUARANTEE YOUR CHILD WILL DEVELOP EXCELLENT SOCIAL SKILLS THEY WILL NEED IN EVERYDAY LIFE.

- SPEAK & MOVE CONFIDENTLY
- ANSWER IN FULL SENTENCES
- FEEL GOOD IN THEMSELVES
- IMPROVE CONFIDENCE & ENTHUSIASM
- INCREASE SELF-ESTEEM
- ACT IN PLAYS
- WORK IN GROUP SITUATIONS
- MEET NEW FRIENDS
- DISCUSS SOCIAL ISSUES
- IMPROVE LISTENING SKILLS
- ENCOURAGE ENGLISH LANGUAGE

Our internationally acclaimed Drama Academy benefits tens of thousands of children around the world each week. Each class follows a curriculum designed by worldwide experts.

CLASSES ACROSS HERTFORDSHIRE AND CAMBRIDGESHIRE
Amy Hill – Principal, Helen O'Grady Drama Academy Cambs-Herts
Tel: 07834 197816 Email: Cambs-herts@helenogrady.co.uk
Classes at The Mrs Howard Memorial Hall (Many other local areas available)
For children aged 4-18
www.helenogrady.co.uk

40 YEARS
OF THE HELEN O'GRADY
DRAMA ACADEMY 1979 - 2019

Thought of the Month



“You can win big battles by winning small victories at a time”

Calendar

Summer Term 2023

May Bank Holiday Monday 1st May 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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