

LOVE-RESPECT-FLOURISH

St. Mary's Catholic School Newsletter

Issue 37 - 7th July 2023



Ready for the Challenge?

Mr Johnston - Headteacher



Assemblies this week have been led by Mrs Wilkin, Assistant Headteacher, who has set out her Summer Challenge for the students. This comes in two parts; the St. Mary's Award Summer Challenge and the Summer Reading Challenge; I hope that the students want to take up both!

There are a range of aspects to the Summer Challenge, and students must complete 8 of the 10 categories to qualify for their badge and house-points in September; it's a great way to keep your child active and engaged over the summer break! Full details and an evidence form can be found on pages 7 and 8 of this Headlines newsletter. They also include a Sumdog Maths challenge, Languages immersion, sports and fitness challenge, prayer and spiritual and a careers research challenge (amongst much more!). Students can pick and choose and make as much out of this as they would like, but must complete the form to gain their badge!

It was Sports Day last Friday afternoon, and we are yet to announce the winners of that, along with the House Cup—we will do these at the Final Presentation assemblies on the last day of the summer term, Wednesday 19th July (please note, we finish at 1pm for students).

This week, the Year 10 students who have completed their summer 'end of year' examinations. They are doing these in the main exams hall, under full examination conditions in order for them to get used to the environment and processes involved with actual GCSEs (which they will have completed by this time next year!). The exam papers were intended to challenge them and to consolidate the learning from this academic year; I am sure the results will give them an excellent platform to begin Year 11 in September. We wish Year 10s the very best of luck with their work experience next week, and look forward to hearing all about it.

Next Friday will be the last Headlines newsletter of the academic year. There is still so much happening at school, and learning taking place, so it is vital that all students maintain their attendance record until the very last day. Thank you in support of this.

God Bless.

Tom Johnston

Headteacher



St Francis of Assisi
CATHOLIC ACADEMY TRUST

UPCOMING EVENTS

Week Commencing Monday 10th July 2023

Year 10 Work Experience Visits All Week
Year 12 Enrichment Week

Tuesday 11th July 2023

Class 9T 7 9J Form Retreat

Thursday 13th July 2023

Year 6/7 Transition Day

Thursday 13th July 2023

Class 9B & 9K Form Retreat

Monday 17th July 2023

Year 7 Trip to Jump City
Year 8 Trip to Colchester Zoo
Year 9 Trip to Mud Challenge
Year 12 National Gallery Trip

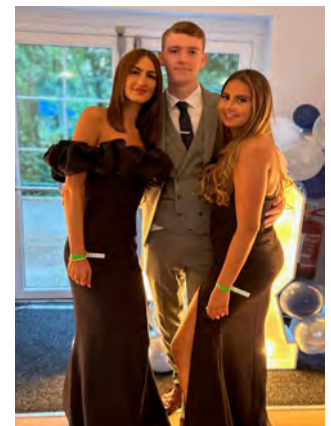
END OF TERM 19TH JULY 1PM

Start of Autumn Term 2023/4:

4th Sept (Y7&Y12)

5th Sept (Y8,Y9,Y10,Y11,Y13)

Year 13 Prom



Year 12 Visit to Oxford



Student Report ***During my time in Oxford***

When I first arrived at Oxford I found it quite amazing the number of different colleges from Queens College to Trinity College.

My favourite one was Queens College because of the high-quality buildings with their neoclassical architecture. In addition, the stigma that Oxford is an elite place and hence it will be more expensive is wrong. Queens College which gave almost all its students en-suites was cheaper than a standard accommodation at the University of Nottingham surprisingly.

Also, in Oxford, there seem to be a lot of weird traditions one I learnt about in Queens was Boars Head Gaudy which takes place on the 17th December. It is the procession of a boar's head accompanied by a big feast. Why you may ask? This is in remembrance of a student who triumphed over a boar. I find it amazing how much Oxford and even other colleges like Lincoln and Branose value their students by keeping up some of these frankly weird traditions.

But the highlight of my day was the talk we had about getting into medicine in Oxford. I was given a change of perspective in seeing a real interview. One of the key things that I learnt was that the answer doesn't matter, it's the methodology of how you reach your answers. In my opinion, it seems to be like a maths problem where you need to show each vital step in your work. Overall what I learnt was the difference between learning and understanding, since learning you can forget you need to recall it. In Oxford, they teach you to understand and that is something you can't forget.

Thank you for this opportunity Miss McHugh.

Aloysius, Year 12



U16 Boys County League Success!



We are immensely proud of the Year 9 and Year 10 boys who represented the school in the U16 Hertfordshire County League Athletics Competition. The students qualified for the Plate Final thanks to the students demonstrating excellence in their individual and team events.



The Plate Final took place at Jarman Park in Hemel Hempstead, with the team competing against many private schools and they achieved 4th place!

Max, Kai and William won their individual track events and the 4x100m relay team consisting of William, Kai, Louis and Pascal won their respective race.

A very well done to all involved.

Mr Eddleston and Mrs Massey

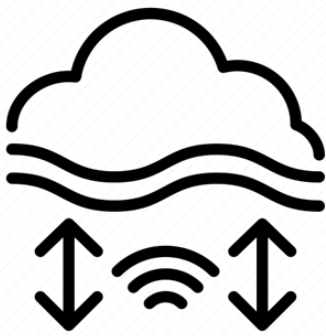


Learning outside the classroom in Geography



This term **Year 7** have been exploring Bishop's Stortford both inside and outside of the classroom.

This week some of the pupils gained their first experience of collecting primary data by investigating the landuse, environmental quality and accessibility. They gathered lots of data ready to analyse back in the classroom.



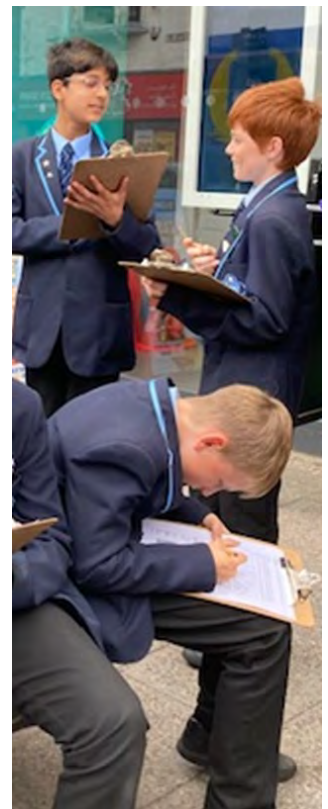
Year 8 have been deciding the best location for a picnic bench by examining the different microclimates across the school site.



Year 9 have been investigating plastic pollution and the impact of our activity on the school environment.



Fieldwork is such a great way to see how our learning in lessons links to the real world!



London U17 Gaelic Football



Congratulations to brothers Christopher M (Y12) and John M (Y11) who were selected to play for London U17 Gaelic Football Team in last weekend's international competition.

The boys were successful in their tournament beating New York and a regional team.

We are very proud of both boy's being represented to play at such elite level and representing the London team.



Student Lost Property ~ Visit the Student Hub!



We have various items of student property in our Lost Property Department.

We have jewellery, keys, water bottles, lunch boxes, uniform and the PE Department has items of sports kit.

Please encourage your child to visit the Student Hub during break or lunch time to reclaim anything which they may have lost

KS3 Fun Summer Challenges



There's lots going on this summer for our younger students, to keep them entertained, busy and challenged!

As a school we have our own Summer Reading Challenge, Sumdog Maths Challenge and Languages Immersion Activities; but out of school, there are so many other opportunities for students to take advantage of, and so I have put all of this together in a final Summer St Mary's Award, just for Years 7 to 9 (and current Year 6 students if they would like to take part in those activities relevant to them). Please see below for free activities that may be of interest.



HAPpy Camps

The summer holiday camps funded by Hertfordshire County Council are proving popular so far. And although 80 per cent of sessions are now booked - there are still around 8,000 HAPpy activities available to book. Many have places available in the later weeks of the summer holiday.

There are more than 180 camps funded by Hertfordshire County Council, coordinated by Herts Sports Partnership and the Hertfordshire Community Foundation, and run by over 80 different providers. HAPpy Camps, which deliver healthy food and fun activities during the school holidays, are free for children who are eligible for benefits related free school meals. There are more than 42,000 sessions running across Hertfordshire between July 25 and August 31.



London

- ♦ Watch the pelicans being fed at St James' Park, daily at 2.30pm
- ♦ Visit the Science Museum, Natural History Museum and Victoria & Albert Museum, then walk up past the Royal Albert Hall to Hyde Park
- ♦ Join free art and modelling workshops at the Tate Modern
- ♦ Visit less well known museums: Try the underground postal museum, ragged school museum or design museum for something a bit different!



Lark in the Park

A series of free and fun events will take place at parks across Broxbourne throughout the summer. Every weekday until Friday, September 2 – excluding Bank Holiday Monday – children will help choose and design the activities, with options including water fights, nerf wars and laser tag. There will also be football, rounders, dodgeball, basketball, tennis, archery etc. It will run from **2pm to 4pm every weekday in Grundy Park on Monday, Cedars Park on Tuesday, Cheshunt Park on Wednesday, Barclay Park on Thursday and Fishers Close Park on Friday.**



KS3 Fun Summer Challenges



Students have had assemblies this week to tell them all about the Summer St Mary's Award, but please watch out for separate emails detailing the Sumdog, Languages and Reading schemes, which can be submitted separately as well as within the St Mary's Award.

Example ST MARY'S AWARD: 2023 SUMMER CHALLENGE

Name

To win a badge, you must complete at least 8 of the 10 challenges. Hand your sheets in to Mrs Wilkin first week back in September.

Challenge	Detail (examples- you write your own!)	Dates
READING CHALLENGE	Summer Reading Challenge Book 1: Book 2:	
SUMDOG CHALLENGE	Sumdog Summer Challenge completed (at least 1000 coins over the summer break). Housepoints and pencils to be won as well!	
LANGUAGE IMMERSION CHALLENGE	Complete the language immersion booklet and hand it in to your language teacher in September to win House Points and a Language pencil.	
SPORT AND FITNESS	20/7 Long walk Lee Valley CP 31/7 Swimming 5/8 and 8/8 Jogging	
KINDNESS AND FRIENDSHIP	I emptied the dishwasher, cleaned the car and listened patiently when my sister was upset.	
PRAYER AND SPIRITUAL LIFE	I prayed for a sick relative and for peace in Ukraine. I attended Mass.	
CAREERS RESEARCH	I researched what a Data Scientist job involves and what qualifications you need.	
LEARN A NEW SKILL	I learnt how to grow salad leaves in a small space and how to marinate chicken for a BBQ.	
PLAN & COOK A MEAL	I cooked the following main and dessert that I had never cooked before:	
PHOTOGRAPHY COMPETITION	Entered with a picture of me sitting on the top of a hill reading.	

My powerpoint will be available on the school website for future reference and the **St Mary's Award form to be completed and handed/mailed to me during the first week of school in September (see next page).**

There are lots of housepoints, pencils and badges to be won, as well as an enriching time to be had.

I wish all of you and your families a very happy summer holiday when it finally arrives!

Mrs Wilkin





KS3 Fun Summer Challenges



ST MARY'S AWARD: 2023 SUMMER CHALLENGE

Name _____ Form _____

To win a badge, you must complete at least 8 of the 10 challenges*.]

Hand your sheets in/email them to Mrs Wilkin first week back in September.

Challenge	Details	Dates
READING CHALLENGE		
SUMDOG CHALLENGE		
LANGUAGE IMMERSION CHALLENGE		
SPORT AND FITNESS		
KINDNESS AND FRIENDSHIP		
PRAYER AND SPIRITUAL LIFE		
CAREERS RESEARCH		
LEARN A NEW SKILL		
PLAN & COOK A MEAL		
PHOTOGRAPHY COMPETITION		

- * Sumdog not available for year 9s, who therefore need only complete 7 aspects.

St Mary's Summer Reading Challenge



This year we are challenging all students to read two books over the summer break, for a chance to win five house points in September. The reading challenge was launched in assemblies this week and details are available from English teachers, AR teachers and the librarian.

Students read two books of their choice, they write a short review of each, and (for Year 7 and Year 8) do the book quiz on Accelerated Reader in September.

For KS3 students we have prepared a list of recommended titles, with the books listed according to their AR colours, but children do not have to choose from these suggestions. The important thing is for them to keep reading over the summer holiday, not just to maintain skill levels, but for their mental health and wellbeing.

Any books borrowed now from the library are due for return on 5th September, so please encourage your children to choose two books they will love to read over the break.



St Mary's Summer Reading Challenge 2023 KS3

Read two books over the holidays.

Choose books from your AR reading range colour: ask your English teacher / Mrs Frino if you're unsure of your colour.

Write a review on the next page, quiz on each book on Accelerated Reader and receive **five house points** in September! Here are some ideas. Books marked with * have been nominated for / won awards. Your books don't have to be from this list.

Non-fiction and Biography

'Race to the Frozen North' by Catherine Johnson
'I am Malala' by Malala Yousafzai
'Lightning Mary' by Anthea Simmons
A football biography by Matt Oldfield

Graphic novels and humour

'Ghosts' by Raina Telgemeier*
'The Sad Ghost Club' by Lize Meddings*
Any Alex Rider graphic novel by A Horowitz
'Dogs Don't Tell Jokes' by Louis Sachar
'A Good Day for Climbing Trees' by Jaco Jacobs
'The Astonishing Future of Alex Nobody' by K Gilby Smith
'Wed Wabbit' by Lisa Evaris*
'Catherine, Called Birdy' by Karen Cushman*

War / History

'Illegal' by Eoin Colfer
'The Boy at the Back of Class' by Onjali Rauf
'Nisha's War' by Dan Smith
'Bone Talk' by Candy Gourly*
'I Must Betray You' or 'The Fountains of Silence' by Ruta Sepetys*
'How I live now' by Meg Rosoff*

Real life / Empathy stories

'Girl, Missing' by Sophie McKenzie
'Mocking Bird' by Kathryn Erskine
'No Fixed Address' by Susin Nielsen
'Boy, Everywhere' by A.M. Dassu*
'Needle' by Patrice Lawrence*
'Pig Heart Boy' by Malorie Blackman*
'A Monster Calls' by Patrick Ness*
'What Not to Do if You Turn Invisible' by Ross Welford
'When Shadows Fall' by Sita Brahmachari*
'The Light in Everything' by Katya Balen*

Animals / Survival stories

'Girl, Boy, Sea' by Chris Vick*
'The Explorer' by Katherine Rundell*
'Echo Mountain' or 'Beyond the Bright Sea' by Lauren Walk*
'Hatchet' by Gary Paulsen*
'King of the Cloud Forests' by M Morpurgo
'The Midnight Zoo' by Sonja Hartnett*

Horror / Thriller

'The Haunting of Aveline Jones' by Phil Hickey
'Murder Most Unladylike' by Robin Stevens
One of the 'Robin Hood' series by Robert Muchamore
'The Dead Ways' or 'Twelve Minutes to Midnight' by Christopher Edge
'Where the World Ends' by G McCaughyean

Adventure / Fantasy

'The London Eye Mystery' by Siobhan Dowd
'Inkheart' by Cornelia Funke
'Mia and the Lightcasters' by Janelle McCurdy*
'Silverfin' by Charlie Higson
'Northern Lights' by Philip Pullman*
An action story by Andy McNab

Top Tips for Encouraging Reluctant Readers...



Reading for pleasure is possibly the single most important activity your child can do to improve achievement in school.

Research has shown that reading helps cognitive development; a recent IoE study revealed that students who read at home do 'significantly better' across the curriculum – including 9.9% better in maths – than students who don't read. Linked to this is the fact that reading is the best way to improve vocabulary, essential for success in every subject.

Reading also has social and emotional benefits. It increases self-esteem and studies show that students who read are more empathetic. Growing up is tough: reading can help young people explore complex problems from the safe fictional world of a book.

The problem, of course, is convincing young people of the importance and joy of reading. I understand how difficult this can be in a world of electronic distractions.

Here are some tactics to try with students at home:

~ Find books with a connection to something they love. If they are football fans, look for footie fiction for teens – try *Booked* by Kwame Alexander; *Football School Star Players* by Bellos; or Dan Freedman or Tom Palmer's books. If they like military/action/war, then try the *Dog Tag* series by CA London or Andy McNab's teen books. If they like to watch Youtubers, try Zoella's book club. And if they are into gaming, try fast-paced chapter books or 'choose your own adventure' stories. (Tip: try teen/YA author Alex Scarrow's books – he was a professional video-game developer before he turned to writing; or Jeff Norton's *MetaWars* series, billed as 'a video game you can read').

Have a look on our website for our 'KS3 Reading Recommendations' list: <http://www.stmarys.net/assets/Uploads/Files/Curriculum/Recommended-Reads-KS3.pdf>

~ Any type of reading is helpful, so try graphic novels. Graphic novel versions of *The Recruit* by Muchamore, *Silverfin* by Higson and *Stormbreaker* by Horowitz are popular. Likewise, it is absolutely fine to read *Wimpy Kid* books if this is what sparks the interest of your reluctant reader.

~ Try Barrington Stoke books: these are produced with tinted pages, special fonts and spacing, thicker paper and editing to reduce comprehension barriers and/or issues resulting from dyslexia: <https://www.barringtonstoke.co.uk/>

~ If your child is ready, you might select a 'grittier' book, then verbally hum-and-haw about whether or not they are old enough to read the book. Tell them maybe they should wait six months as 'there is some language and some blood'. Pretty soon they will be begging you for the book, and you can eventually give in, saying 'since you are now in Year ..., I guess it is okay'. Charlie Higson's *Enemy* series is a gritty series written for teens, as is *Zom-B* by Darren Shan.

~ Visit the library with your child when you go into town. Ask your child to meet you in the library and then take your time selecting a book to read yourself.

~ Try a 'phone free' hour every day.

~ Be enthusiastic about what they are reading: Ask them to describe a character or to read aloud an exciting bit. You might read a teen/YA book yourself; the plot-driven nature of many of these books means they are relatively easy reads – perfect after a day at work.

~ Let your children see you reading for pleasure, and talk about what you read and how you choose books.

~ If you have younger children, ask your older (reluctant reader) child to read aloud to the younger child. This is a big confidence booster and it helps with sibling bonding. Michael Morpurgo is a particularly good shared read, as his books have something for everyone; I highly recommend *Kensuke's Kingdom* for sibling read-alouds. If there are no younger siblings, reading to a pet for 10 minutes a day can work well!?

~ Continue to read aloud to your children (even if they are fluent readers). It can be an opportunity to encourage children to read things that they wouldn't normally read.

~ Offer incentives: for example, a summer reading rewards programme - if they read a certain number of books or pages, they could get taken on a special trip to a theme park. This works well for summer or times when a 'breakthrough' is required but try not to always rely on it as it can lead to children only reading for rewards and not pleasure.

~ Another idea is to find the book version of a movie: *Stormbreaker*, *Eragon*, *Harry Potter*, *The Book Thief*, *I am Number Four*, *The Princess Diaries*, *The Chronicles of Narnia*, *Percy Jackson*, *The Hunger Games*, *Divergent*, *Maze Runner*, *Fault in Our Stars*, *Twilight* and *Inkheart* and *Wonder* are all films based on children/YA books. Both of you can read the book, go to the movie together -- then discuss the differences.

~ Have them pick up a device – an e-reader! Then check with your local library about borrowing e-books or try the Kindle daily deal.

~ Try audio books: libraries have free, downloadable audio books plus Audible has a wide range of teen books. Many teens like the idea of being able to do something active while listening to a book. By listening to an audio book, your teen will pick up new vocabulary, hear complex sentence structures and engage with stories.

~ Listening to audio books as a family is another good idea. Sharing a story together is a fabulous way to bond or while away hours spent travelling in the car to staycations?

~ Visit a bookstore and allow your child to select a book of their choice. The visually appealing marketing and layout of best-selling books can attract even reluctant readers.

~ Try biographies/autobiographies that interest your child, for example, *Maddie Diaries* by Ziegler & *The Greatest* (Muhammed Ali) by Walter Dean Myers.

~ Non-fiction books linked to a child's interests are a great way to spark a desire to read.

Gentle encouragement works best.





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School Transport ~ Barkers Bus Service



SCHOOL TRANSPORT

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<https://www.stmarys.net/vacancies>



Parent & Carer Courses Autumn Term 2023

FREE Courses open to parents and carers living in Hertfordshire



Parents of teens

Talking Teens, a free 6 week course for parents and carers of children aged 12-19

- 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.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



Mondays 7.45-9.15pm

11th Sep to 16th Oct

Online Course ID 603



Wednesdays 7.45-9.15pm

13th Sep to 18th Oct

Online Course ID 604



Tuesdays 7.45-9.15pm

31st Oct to 5th Dec

Online Course ID 605



Parents of children with Additional Needs

A free 6 week course for parents and carers of children with any kind of additional need.



- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Understand motivation.
- Increase your child's resilience.
- Manage different needs in your family.

Talking Additional Needs & Talking Families for AN courses

Tuesdays 9.45-11.15am

12th Sep to 17th Oct

Online Course ID 597



Wednesdays 8.00-9.30pm

13th Sep to 18th Oct

Online Course ID 595



Tuesdays 9.30-11.30am

31st Oct to 5th Dec

FACE TO FACE Course 596

St Albans Fire Station



Booking essential. Please Quote the Course ID

To check eligibility and book a place, please contact Supporting Links on: **07512 709556** or **bookings@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

Page 1 of 2

For Dads

A free 6-week course for dads & male carers

- Increase confidence in your parenting.
- Improve listening and communication skills.
- Develop your dad-child relationship now and for the future.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.
- Be the dad you want to be.



Talking Dads and Talking Families for Dads courses

Wednesdays 7.45-9.15pm

13th Sep to 18th Oct

Online Course ID 602

1-12yrs



Tuesday 7.45-9.15pm

31st Oct to 5th Dec

Online Course ID 606

12-19yrs



Parents of 0-12-yr-olds

6-week course for parents and carers of children aged 0-12



Tuesdays 8.00-9.30pm

12th Sep to 17th Oct

Online Course ID 600

1-12yrs



Mondays 7.00-9.00pm

30th Oct to 4th Dec

FACE TO FACE Course 599

The Oval Community Centre, Vardon Rd, Stevenage SG1 5RD

Thursdays 9.45-11.15am

2nd Nov to 7th Dec

Online Course ID 598

12-19yrs



Talking Anger in Families

6-week course for parents and carers of children aged 0-19



- Understand why children and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.

Wednesdays 8.00-9.30pm

1st Nov to 6th Dec

Online Course ID 601

1-12yrs



Booking essential. Please Quote the Course ID

To check eligibility and book a place, please contact Supporting Links on: **07512 709556** or **bookings@supportinglinks.co.uk**



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

Page 2 of 2



Talking Anger in Families

We can help you break the cycle of anger



Wednesdays 8.00 - 9.30pm

ONLINE ID:601

1st, 8th, 15th, 22nd, 29th November & 6th December



Our FREE 6 week course for parents and carers of children aged 0-19 will help you to:

- Understand why children and adults get angry.
- Recognise the early signs of anger.
- Develop strategies to handle anger in yourself and others within your family.
- Reduce conflict and arguments.
- Encourage positive behaviour.



PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

'It was a brilliant course and has made a huge difference'

Booking essential

Please quote the course ID

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

'It has taught me new skills to deal with anger in my family'



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

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

COURSES FOR DADS



Talking Families For Dads of children 0-12yrs

Wednesdays 7.45 - 9.15pm ID 602

13th, 20th, 27th September, 4th, 11th & 18th October 2023

Talking Dads: For Dads of children 12-19yrs

Tuesdays 7.45 - 9.15pm ID 606

31st October, 7th, 14th, 21st, 28th November & 5th December 2023

A FREE 6-week course for fathers and male carers to be supported to:

- 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.



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bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

'The course has given me the confidence to know that I can break out of the cycle and make things different for my child.'



This course is provided free to parents by Hertfordshire County Council's Targeted Parenting Fund

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.



COURSES FOR Parents of Children 0-12 years



TALKING FAMILIES

Mondays 7.00 - 9.00pm Face to Face ID:599
The Oval Community Centre, Vardon Rd, Stevenage SG1 5RD
30th October, 6th, 13th, 20th, 27th November & 4th December 2023

Our FREE 6-week course for parents and carers of children aged 0-12 will help you to:

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children
- Develop strong parent/child relationship now and for the future

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

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This course is provided free to parents by Hertfordshire County Council's Targeted Parenting Fund

'It has taught me new skills to deal with family life'



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COURSES FOR Parents of Children 0-12 years



TALKING FAMILIES

Tuesdays 8.00 - 9.30pm ONLINE ID:600
12th, 19th, 26th September, 3rd, 10th & 17th October 2023

Mondays 7.00 - 9.00pm Face to Face ID:599
The Oval Community Centre, Vardon Rd, Stevenage SG1 5RD
30th October, 6th, 13th, 20th, 27th November & 4th December 2023

Thursdays 9.45 - 11.15am ONLINE ID:598
2nd, 9th, 16th, 23rd, 30th November & 7th December 2023

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- Encourage positive behaviour
- Build your child's self esteem
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bookings@supportinglinks.co.uk
www.supportinglinks.co.uk

'It has taught me new skills to deal with family life'



This course is provided free to parents by Hertfordshire County Council's Targeted Parenting Fund



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

COURSES FOR Parents of Children with Additional Needs



TALKING FAMILIES for Additional Needs: 2-12yrs
Tuesdays 9.45 - 11.15am ONLINE ID:597
12th, 19th, 26th September, 3rd, 10th & 17th October 2023

TALKING ADDITIONAL NEEDS: 2-19yrs

Wednesdays 8.00 - 9.30pm ONLINE ID:595
13th, 20th, 27th September, 4th, 11th & 18th October 2023

Tuesdays 9.30 - 11.30am @ St Albans Fire Station ID:596
31st October, 7th, 14th, 21st, 28th November & 5th December 2023

Free 6-week courses for parents and carers of children with additional needs. Diagnosis is not required. We will help you to:

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict, anger and arguments.
- Improve Emotional Regulation
- Explore sensory needs.
- Motivate, encourage and support your child.
- Increase your child's resilience.
- Manage the different needs within your family.

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

'I have been on a few courses to help me with my son, this was by far the most helpful.'

Booking essential
Please quote the course ID
To check eligibility and book a place, contact Supporting Links on:
07512 709556
bookings@supportinglinks.co.uk
www.supportinglinks.co.uk

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COURSES FOR Parents of Pre-teens and Teens

TALKING TEENS

Mondays 7.45 - 9.15pm ONLINE ID: 603
11th, 18th, 25th September, 2nd, 9th & 16th October 2023

Wednesdays 7.45 - 9.15pm ONLINE ID: 604
13th, 20th, 27th September, 4th, 11th & 18th October 2023

Tuesdays 7.45 - 9.15pm ONLINE ID: 605
31st October, 7th, 14th, 21st, 28th November & 5th December

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

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



PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

"Our home is no longer a battlefield. I am less stressed and my teenager speaks to me more. Thank you!"

Booking essential
Please quote the course ID
To check eligibility and book a place, contact Supporting Links on:
07512 709556
bookings@supportinglinks.co.uk
www.supportinglinks.co.uk



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TALKING ASD & ADHD WORKSHOP:

TECH USE

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



WEDNESDAY 15th November 2023
9.30 - 11.15am

We will help you to learn about:

- What you can do to keep your child safe online.
- Why it is so hard for them to switch off and what you can do to help.
- What you can do to support any difficulties with behaviour when your child is playing.
- The effect of using their devices as a reward or consequence.
- Managing difficult conversations with confidence.
- Teaching your child to develop their own methods of regulating device use and staying safe.

An online parenting workshop delivered to your home via Zoom



Open to parents and carers across Hertfordshire

Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-608-for-parents-in-herts-registration-629208608887>

Or contact Supporting Links
QUOTING REFERENCE SL608

01442 300185

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

Follow on:



"I now understand why we have been getting into so much conflict."
"Thank you for all your advice. Tech is such a tricky issue to navigate."



This workshop is provided free to parents by Hertfordshire County Council.



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TALKING ASD & ADHD WORKSHOP:

SCHOOL AVOIDANCE

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



THURSDAY 19th October 2023
9.30 - 11.15am

We will help you to learn about:

- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.
- Where to access further help and support, both locally and nationally.

An online parenting workshop delivered to your home via Zoom



Full details on how to access and use this will be offered.

Open to parents and carers across Hertfordshire

Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parents-in-herts-607-registration-629197084417>

Or contact Supporting Links
QUOTING REFERENCE SL607

01442 300185

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

Follow on:



This workshop is provided free to parents by Hertfordshire County Council



"This is a really stressful time for my family and this workshop did help. Helpful visuals, full of information to use and I do think I will be able to move things forward."

TALKING ASD & ADHD WORKSHOP:

THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



TALKING TEENS
22nd November 2023
7.30 - 9.15pm

We will help you to learn about:

- 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.
- Where to access further help and support, locally and nationally.

An online parenting workshop delivered to your home via Zoom



Open to parents and carers across Hertfordshire

Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parents-in-herts-609-registration-629219070177>

Or contact Supporting Links
QUOTING REFERENCE SL609

01442 300185

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

Follow on:



"I found the 'teenage brain' fascinating. Lots of penny dropping moments!"



This workshop is provided free to parents by Hertfordshire County Council.



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Parent & Carer Support TALKING ASD & ADHD FREE Workshops



Autumn 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



- What you can do to keep your child safe online.
- Why it is so hard for them to switch off and what you can do to help.
- What you can do to support any difficulties with behaviour when your child is playing.
- The effect of using their devices as a reward or consequence.
- Managing difficult conversations with confidence.
- Teaching your child to develop their own methods of regulating device use and staying safe.

Wednesday 15th November 9.30 to 11.15am

Workshop 608

Book via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-608-for-parents-in-herts-registration-629208608887>

School Avoidance



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.
- Where to access further help and support, both locally and nationally.

Thursday 19th October 9.30 to 11.15am

Workshop 607

Book via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parents-in-herts-607-registration-629197084417>

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.

Wednesday 22nd November 7.30 to 9.15pm

Workshop 609

Book via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parents-in-herts-609-registration-629219070177>

Workshops provided free to parents by Hertfordshire County Council's Targeted Parenting Fund

Workshops are open to parents and carers living in Hertfordshire

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

