

LOVE-RESPECT-FLOURISH

St. Mary's Catholic School Newsletter

Issue 19 - 9th February 2024



Support with Mental Health and Resilience

Mr Johnston - Headteacher

We all need to know that no matter how hard life becomes, there is someone there who can support us, and look out for us. As a school, we are fortunate that our Catholic values underpin our duty to respond and act to show love, and to support each other and we are able to draw comfort from our faith and the example of Christ. Our ethos is lived out each day in school and teachers and all staff support the children in a range of ways each day, sometimes through small conversations and 'pick-me-ups' or at other times through more formal pastoral or safeguarding systems and procedures. At all times, though, student safety and wellbeing is our paramount concern: there is always someone the students, or parents, can turn to if they need support or are worried about someone else. We are more than happy to help and support in whatever way we can.



In order to support students, staff and parents, we have invited Daniel Sarginson, former England Rugby League player, to run workshops for the students on 28th February. His highly recommended talk covers: awareness of mental health, managing emotions and vulnerability, exploring identity and self-worth, resilience strategies, motivation and support and will be delivered to all students in Years 9-13.

We would welcome parents of ALL students in the school that evening at

7-8.30pm to hear his talk aimed at parents including ways to support your children at home as they are growing up and going through the inevitable ups and downs of the teenage years and beyond.

Please do click [here](#) to register for your place. I look forward to seeing you there!

Have a good weekend. God Bless.

WHO CAN I TALK TO IF I HAVE A CONCERN AT SCHOOL?

If you have a problem or are worried about anything at school, you can talk to **ANY of these trusted adults** on the same day:

- Your Form Tutor
- Your Learning Coordinator
- Miss McHugh (Designated Safeguarding Lead)
- Mrs Hayden (Mental Health Lead)
- Any member of the Senior Leadership Team
- Any member of the teaching staff
- Any member of the Student Hub Team
- Any member of the Learning Support Team
- Report it on the school website using this QR code:



DON'T GO HOME WITHOUT HAVING SPOKEN TO SOMEONE!!

UPCOMING EVENTS

Wednesday 14th February 2024
Ash Wednesday Liturgies in school

Monday-Friday
19th-23rd February 2024
HALF TERM

SKI TRIP

Students Return to School
Monday 26th February 2024



Click [here](#) for ways to help your child stay safe online

More information on Page 8



St Francis of Assisi
CATHOLIC ACADEMY TRUST



Sixth Form Spiritual Leader Inspires!



Jaymie S



Aspirations:

To find my place, learn more about myself as a child of God and be more forgiving towards others

My faith journey so far has helped me to be more at peace with myself and others, accepting the good and bad, and reflecting on life as it comes.

Being a part of St Mary's Catholic School develops and deepens my spiritual growth by being able to speak so freely about my beliefs with not only the RE teachers but the entire school, as well as being given support from everyone around me, helping me learn a lot about my religion.

Bible Verse that inspires me the most is.....

Exodus 15:2

"My strength and my song is the Lord, for he has saved me. He is my God, and I wish to praise him, the God of my father, and I wish to exalt him"

My understanding and interpretation of this is....

Today, Exodus 15:2 encourages personal empowerment, gratitude, and resilience amid challenges, particularly for those with differing beliefs. Emphasizing mindfulness and ethical decision-making leads individuals to recognize God as the ultimate source of strength, influencing actions with integrity, compassion, and justice in both personal and professional lives. These principles guide individuals toward a positive and purposeful way of living in a world marked by stress and uncertainty, allowing them to find inner strength in their faith to overcome obstacles.

We can put this into our daily action by.....

Starting each day with gratitude and praise for God's strength. Turning to prayer during challenges, maintaining a positive mindset, and serving others. Building a secure relationship with God through Bible reading and fellowship. Letting this verse guide our actions, embodying the message of relying on God as our strength and salvation.



Inter House Saint Logo Competition



I'm delighted to share with you the new House Logo's as created by our younger students.

The designs were originally submitted as Art work by the winners of our Year 7 and Year 8 Inter House Logo Competition!

Our older students have since created their wonderful work into graphic designs. The new House Logo's will now sit proudly around our school site, inspiring our students of the heroic lives of our Saints, and the example they set.





Hertfordshire School Cross Country Championships

Hertfordshire School Cross Country Championships Student, Isla K, Year 7



Well done Isla!

Following on from Isla's win at the District Cross Country event back in November, on Saturday 3rd February she competed in the County Championships which was held in St Albans, where she finished 6th out of 52 runners in the Pre Junior Girls Division.

With this amazing result Isla has now qualified to represent Hertfordshire in a National event in March.

There was a great atmosphere at the park and it was lovely cheering Isla on with her family throughout the race.

We are very proud of all the hard work Isla is putting into her running and pushing herself week in week out.

Roll on March for the next competition!





Year 11 Trip to Cambridge

On Tuesday 30th January I had the pleasure of taking six of our brilliant female mathematicians to St Johns college, Cambridge. The girls were a real credit to the school and have written reports of their time.

Thank you for a fabulous day girls!

Ms Anderson
Assistant Subject Leader Maths



Student Reports...



Marie S

On Tuesday, we had the incredible opportunity to go to St John's College in Cambridge university for the girls in maths day. The day was filled with taster sessions from two of the university's professors, a tour of the college and a Q&A with women who have studied or are studying maths at Cambridge. It was an incredibly interesting and inspiring day.

Anice C

This Tuesday, six of us went to St John's College in Cambridge University for a Y11 Girls in Maths event. It was a fun and informative day, with two hour-long taster sessions by two professors. The first professor introduced the idea of Maths being useful for predictions, and mentioned different theories and equations that were discovered with Mathematics, to only be proven scientifically many years later. The second professor talked about Geometry and Shapes, and explained how the vertex, edges and faces of 3D shapes

can be connected. It gave us a good sense on how lectures in Universities will be like if we study Maths, being intriguing and very fascinating. It was a wonderful experience and I will never forget it.

Evie H

The Maths trip was an unforgettable experience, it really helped me to think about my future, especially my future to do with Maths. We were offered interesting lectures and a very helpful Q and A from current students/alumni, and both were incredibly informative and enjoyable. My favourite bit however was when we were offered a tour of St John's College by a current student there, the tour was truly inspiring, and it only increased my desire and ambition to go to Cambridge.



Molly G

We went to St John's college at Cambridge University for a day, to learn about taking maths post A-levels. We attended two taster lectures, which were fascinating, and definitely made me want to consider doing maths for longer. I had no idea that maths had that variety of content at degree level. Also, we toured around St John's college, which is full of beautiful buildings. I've never seen my friends take that many pictures. The day ended with a Q&A panel with some alumni as well as current maths students. This gave me a good insight into student life, as well as what careers a maths degree can lead to (some were more unexpected than others). Overall, it was a great day, and I wouldn't have missed it for anything.



Academy Trust Writing Competition

Dear diary.

Today I shook the hand of the same man which will try to kill me tomorrow. Today I believed that there is still hope out there. It was the 24th of December, Christmas eve, but no-one was singing Christmas carols, there was no hope left in us, no souls, nothing just the cold... barely any people leave the trenches unscathed. It was so cold that our feet were covered in frozen mud and our fingers have gone numb because of the cold. I could see the frost on my coat.

The commander of our battalion was still asleep. So we got a couple more minutes of time before we attacked the Germans. I could hear them from here, not having a clue. They were saying something in a tune that reminded me of a song, then it hit me, they were singing a Christmas carol! Just like the ones I did not expect to hear, a fellow comrade to my right knew German and looked at me with utter surprise.

"They are singing holy night!" he mumbled to me "Can you hear it as well?" he asked.

I nodded in reply and before we knew it, we were singing along in English, a chorus of German and English carols erupted from the trenches that immediately lightened up the damned place. When we all finished singing, we felt closer together and realised that we are all the same people down in our hearts.

Suddenly a young boy, about 19 years of age, stood on the parapet of the trenches he had a mousy look to himself, and he was shaking in fright and cold. Everybody looked around themselves in shock at what was happening, we could not pull him back down or we would have put ourselves in risk of being shot down. From the other side of the trenches a young German joined him. He was wearing a long overcoat and a tin helmet that masked his identity. In a scared manner he walked into the middle of no man's land and flinched at even the slightest rustle. Our boy walked over to him confidently and shook hands with him. They both turned around and walked to their trenches, he called us and told us: "We got ourselves a Christmas truce!"

In shock we clambered out of the trenches one by one to see the Germans doing the same. We played a football match and drew; we shared rations and had a small tea party. But most importantly we recognised each other as equals.

Prior to Christmas, St Mary's along with our partner Primary Schools, ran our first trust-wide writing competition.

The stimulus was 'Christmas 1914'.

Our students took to it with gusto and produced some lovely pieces of work.

Here is just a small selection of some of the wonderful pieces submitted.

We hope to display more in our new celebration display cabinet, in the English Department.



There once was a...

There once was a time where there was peace in war
Where killings were no more
A time of peace, a song of sweet
Where the warmth of singing was to make your day complete

Your usual lullaby of bombs and gunshots is no more,
The songs of Christmas never seem to bore,
Instead they unite nations into one
They play until the football game is done

A picture from a loved one shows you they care
With a biscuit to spare .



Academy Trust Writing Competition



24th December 1914

Dear diary,

It has been a long time since I signed up for the army with my mates to fight for England, I don't know how many months it has been since the war started, there was no point in counting. I want the war to end so I can go to my beautiful wife back home – I miss her so much; I would do anything to see her again. War has been an absolute hell for me, some weeks ago, I witnessed my brother get shot by a German soldier; my heart felt like it was ripped out at that moment. I guess I had to move on though. It is now Christmas eve and all us boys were sat shivering in the trench, preparing for the worst. It was strange at first when we heard the Germans singing silent night, but we Brits soon sang along too just for some Christmas cheer.

25th December 1914

It is now Christmas day, and we are all still shivering like crazy as it had snowed overnight. We don't hear any gunfire for quite some time and one of my mates thinks it is a good idea to walk over No-Man's land to the Germans (I mean what does he think he is doing?! Is he crazy or something!?). But to my surprise, the Germans don't fire at him, and everyone eventually joins him on No-Man's land. Us Brits and the Germans walk out the trenches and have a light-hearted game of football against each other. We had a blast, it was so fun, we made some friends with the Germans (who would have thought!). After that we went back to our own trenches and had a laugh with our mates.

26th December 1914

The Christmas truce (as we call it) has been good, no one has died for 3 days. Yesterday, enemy met enemy for the first time, and we even played a bit of football together, I am enjoying the peace while it lasts.

Many years ago now it was, when my son went away to war, it was Christmas Day, the ~~happy~~ ~~that~~ memory that remains most vivid in my head. The one day that brought joy and ~~was~~ unity. ~~This~~ This occasion showed that the Christmas spirit can overcome everything. A little laughter can get you through the toughest of times.

Christmas Eve 1914, it was late at night and my son told me that they started singing Silent Night. He had said that you could feel the air brush past you, and every breath you took of the fresh, crisp breeze, you felt tranquility spread throughout your body – It was like spreading butter on toast and ~~make~~ making sure it reaches all the edges.

The night had passed – full of serenity. When the sun then ~~came~~ ~~overcame~~ the darkness, it was then that the real magic occurred. Peace. Both sides put aside their differences and came together. Maybe it was just for a game of ~~for~~ sports, or maybe that spirit ~~hasn't~~ hasn't yet been put out.

This is the story of the best and most latest Christmas.





Safer Internet Day 2024



On Tuesday 6 February and this week, Mr Palmer has been leading Assemblies marking Safer Internet Day 2024.

Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers and more, to help to create a better internet.

This year the national campaign will be focusing on change online; this includes:

- Young people's perspective on new and emerging technology
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act online and offline

Using the internet safely and positively is a key message that we promote at St Mary's Catholic School, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages that we deliver throughout the year.

Your child will have been led through an Assembly throughout the week that are designed to enhance their knowledge of how to stay safe online and we encourage the students to access their Form Tutor to discuss any concerns that they may have regarding their own use of the internet.

We would be grateful if you could support us by continuing the conversation at home. To help you with this, the UK Safer Internet Centre has created some free activities and information for parents and carers which are available at: saferinternet.org.uk/SID-parents.

Weekly in our headlines there will be a page regarding the various forms of social media e.g. Snapchat, Tik Tok, Instagram, gaming and other topical issues to ensure you as parents are fully informed. Please do email any concerns or queries you may have so we can work in partnership with you as parents to keep our young people safe online.

*Kindest regards
Miss D McHugh
Designated Safeguarding Lead*



What Parents Need to Know About...

Image DEMO: Purchase from www.A-PDF.com to remove the watermark

Sexting occurs predominantly on, but is not exclusive to these apps...

Snapchat

Tinder

WhatsApp

Kik

Did you know?
IT IS ILLEGAL TO TAKE,
MAKE OR SHARE AN
INDECENT IMAGE OR
VIDEO OF A CHILD UNDER
THE AGE OF 18 – EVEN IF
IT IS CONSENSUAL

Sexting involves sending and receiving explicit messages, images or videos of a sexual nature. This content is usually uploaded on a mobile device, which can then be uploaded onto social networking sites and shared further. They can be sent to or from a friend, boyfriend, girlfriend, or someone your child has met online. Sexting is often described as the new flirting for children – but it is illegal for anyone under the age of 18, with police forces in England and Wales recording 6,238 underage "sexting" offences in 2016-17, a rate of 17 a day.

What parents need to know about SEXING

BREAKING THE LAW

Sexting is illegal if you share, make, take or distribute an indecent image or video of a child under the age of 18. It is an offence under the Protection of Children Act (1978), the Criminal Justice Act (1988), and under Section 67 of the Serious Crime Act (2015). Sexting or 'youth produced sexual imagery' between children is still illegal, even if they are in a relationship and any images are shared consensually.

CHILDREN THINK IT'S HARMLESS

Many young people see sexting as 'banter' or a joke, an easy way to show someone they like and trust them, or just a cool thing to do. But they may not realise the consequences of sharing personal information and how it can be potentially harmful to them in the future.

REGRETTING THEIR ACTIONS

Although some children are willingly exchanging images, many may regret sharing the messages, images and videos after they have sent or uploaded them. Once it's out there, there's no going back, and your child may feel ashamed, vulnerable, worried or anxious about images resurfacing later, especially if a relationship or friendship has broken down. 'Sexting' was the most viewed information and advice topic on the Childline website in 2017, showing the need for people to get help.

BULLYING, COERCION & BLACKMAIL

Your child may feel pressured into sexting, so they don't come across as boring, or think it's a way to show someone they care for them. They may feel under pressure to give in to repeated requests or feel obliged to share sexual messages and imagery. Sexting can also expose young adults to the risk of being exploited by predators or sexual predators, who then use images to extort additional photos, sexual favours, and sometimes money from victims.

SHARING

Once a photo or video is out there, there's no way of knowing how many people have saved it, tagged it or shared it. Children like to show off to their peers and suddenly, an image has gone beyond its intended recipient, to classmates, friends, and even strangers. Once an image or video has been shared online, there's nothing to stop it being archived and repeatedly shared.

Top Tips for Parents

TALK TO YOUR CHILD

Encourage open dialogue about appropriate information to share with others both online and offline, discuss the word 'sexting' and ensure that they know what it is and what it involves. Show that you understand that sexting can reflect natural adolescent curiosity about nudity, bodies and exploring their sexuality, but explain why it's important to think twice before sharing something. Show that you are approachable and understanding.

DISCUSS THE LEGALITIES

Children and young people may not realise that what they are doing is illegal. Ensure that your child understands that when they are aged under 18, it is against the law for anyone to take or have a sexual photo of them – even if it's a selfie, and even when the activity is consensual.

EXPLAIN THE REPERCUSSIONS

Let your children know that once they have sent a message, they are no longer in control of it, and the messages, images and videos that they may intend to share with one individual may end up where the whole world can have access to them. Even if they completely trust someone, other people using their phone might accidentally see it. And, later in life, it may affect their online reputation, especially if universities, employers or future partners access the imagery.

HOW TO REMOVE IMAGES

If an image has already been shared, either your child or yourself should speak to the person that the image was shared with and ask them to delete it. You can also use the report button on a website where the image was posted. Speak to your child's school, as they may be able to confiscate phones if they know that they have sexual imagery stored. If you believe the child was forced into sending the message, report this to the police. You or your child can also report the content to CEOP with one of their child protection advisors (Child Exploitation and Online Protection Command).

BLOCKING AND STOPPING SEXING

Show your child how to use the block button on their devices and favourite apps to stop people sending them unwanted messages. You can also set up parental controls with your internet service provider or on your child's phone to stop them from accessing harmful content.

HAS YOUR CHILD RECEIVED A SEXUAL IMAGE?

Firstly, reassure your child that they have done the right thing by speaking to you about the incident. Ask them if they requested the image or if they received it unwillingly. If the image has been sent to your child by an adult and you are concerned about sexual exploitation or grooming, contact CEOP immediately.

SOURCE: NSPCC (2015) *Report Under Pressure: What's Affecting Children in April 2013 - March 2014*. <http://nsppcc.org.uk/globalassets/documents/annual-reports/under-pressure.pdf>. Last accessed on 26/07/18.
THE CONVERSATION CO. (2016) *Teenagers are sexting says new research*. www.92170.com/news/teenagers-are-sexting-says-new-research.
NSPCC (2017) *Report Under Pressure: What's Affecting Children in April 2013 - March 2014*. <http://nsppcc.org.uk/globalassets/documents/annual-reports/under-pressure.pdf>. Last accessed on 26/07/18.

**National
Online
Safety**

A whole school community approach to online safety
www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061



St Mary's Catholic School Careers Bulletin

WHAT IS A DEGREE APPRENTICESHIP?

Frequently Asked Questions



What is a degree apprenticeship?

Degree apprenticeships are exactly what they say - an apprenticeship programme that leads to a full degree-level qualification. This could be a bachelor's or master's degree, or an equivalent professional qualification.

Who are they for?

Degree apprenticeships can be for new recruits into apprenticeships (for example, those leaving school) or they can be for an existing employee who is looking to upskill or retrain in their job role.

How long do they take to complete?

Degree apprenticeships will typically take between 2 - 6 years to complete, depending on the level and programme. The apprentice will split their time between working and studying with a training provider.

How much do they cost?

The apprentice will not be required to pay towards the cost of the training, this will be funded by the employer and/or government. The apprentice will earn a salary throughout their apprenticeship, which means they are being paid to learn and will not incur student fees.

How do you find a degree apprenticeship?

Degree apprenticeships are still relatively new and the number of vacancies is expected to increase each year. Top places to look include:

Find an Apprenticeship

www.gov.uk/apply-apprenticeship

This is the government website where you can set up an account to search, apply and receive alerts for different apprenticeship vacancies.



Higher & Degree Listing

<https://amazingapprenticeships.com/higher-degree-listing/>

Twice a year, a listing of higher and degree apprenticeship vacancies is published on the Amazing Apprenticeships website containing a wide selection of opportunities and links to apply. Look out for this in November and February.

Discover more about apprenticeships:
www.amazingapprenticeships.com





St Mary's Catholic School Careers Bulletin

APPRENTICESHIP LEVELS EXPLAINED

Ranging from intermediate to degree level



Apprenticeship levels range from level 2 (intermediate) through to level 7 (master's level) in more than 1,500 different job roles.

There are four types of apprenticeship

- Intermediate (level 2)
- Advanced (level 3)
- Higher (levels 4 and above)
- Degree (levels 6 - 7)



Intermediate apprenticeships

Intermediate apprenticeships are typically considered to be the same level as five GCSE passes.

Intermediate apprenticeships are a fantastic way to get started with your career in an entry level role within an organisation.

Advanced apprenticeships

Advanced apprenticeships are considered to be the same level as two or three A level passes. Many individuals who have completed their A levels or other level 3 qualifications will undertake an advanced apprenticeship as it will enable them to gain experience in the workplace and undertake a variety of different tasks.

Higher apprenticeships

Higher apprenticeships include qualifications at levels 4 and above. They can be suitable for those looking to progress from level 3 qualifications, including advanced apprenticeships.

Degree apprenticeships

Degree apprenticeships are offered by universities and other higher education providers. They contain either a full degree or degree-level qualification and go up to master's level (which is post-graduate).

Which level is right for you?

The type of apprenticeship undertaken will depend on both the needs of the employer and the job role as well as the apprentice, their previous experience and qualifications held.

Your training provider will also be able to guide you as to the most appropriate level for you.

Discover more about apprenticeships:
www.amazingapprenticeships.com





Mathematics Department Competition

The Mathematics department is running a competition each week for the rest of this half term to see which class has the best completion rate on their homework in each year group.

Homework set 24th January and due 31st January
Winners are...

**10Ma1
9Y1
8Y1
7P2**

This is fantastic work from all of our students and good luck to everyone for next weeks competition.



Requesting Leave of Absence

Medical Appointments:

Please book any medical appointments around the school day where possible. Parents must notify the school in advance of any pre-arranged absence or treatment. This should be within 48 hours of the appointment made and a copy of the appointment record should also be shared with the school when requesting absence so that this can be authorised. We ask parents to only request leave of absence for such appointments in exceptional circumstances and do so in advance by emailing info@stmarys.net

Leave of Absence for other circumstances:

Applications for Leave of Absence for other circumstances, eg attending a family members graduation, attending a funeral, attending dance and music examinations, etc, must be applied for in advance by requesting a 'Leave of Absence' Form from the HeadsPA@stmarys.net.

This application should be returned, with a supporting letter and evidence if required, to the Heads PA for authorisation.



Penny Box Scheme at St Mary's

*Do you need
sanitary
items?*

Ask to see Miss Penny or come to
the Student Hub and ask for the
Penny Box.



**Here at St Mary's we have introduced our
'Penny Box' scheme.**

On the back of the toilet doors in the girls toilets there is a sign for students to alert them what to do in the event they require sanitary products.

Students can come to the Student Hub and get what they need without embarrassment.

Students can ask to see "Miss Penny" or ask for the "Penny Box".

The 'Penny Box' scheme provides free access to sanitary wear (tampons and pads) when it is required.

The sanitary products are available for girls to take home if they want to come and get a pack. We also have sanitary pad 'starter packs' for Year 7 and tampon 'starter packs' for Year 9+, as well as standard packs of pads.

We are hiring!



St Francis of Assisi
CATHOLIC ACADEMY TRUST

Click Here For Latest Vacancy Information

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



NEWSLETTER FOR PARENTS/CARERS

DSPL3

Delivering Specialist Provision Locally

DSPL 3 has links with many family support groups and services across Hertfordshire. Here you will find links to many of their websites containing contact lines, training, local support groups and more.

DSPL3 Delivering Special Provision Locally

February 2024



DSPL3 covers East Herts – Bishops Stortford, Sawbridgeworth, Buntingford, Ware, Hertford and all surrounding villages

NESSIE's FREE EARLY HELP SUPPORT SERVICE

A new service is available for parents/carers of Hertfordshire's children and young people with emotional and mental health issues aiming to help parents/carers in developing a positive and more confident approach to support their young person, whilst offering a chance to gain peer support, useful strategies, and practical tools:

<https://nessieined.com/hertfordshire-parents>

NESSIE

NEW SEND SCHOOL – THE VALLEY – STEVENAGE – FOR CHILDREN WITH LD

The Valley School is a secondary school for children with a learning difficulty. They will be opening up for prospective Year 5/6 students on the following date: • Thursday 15th February 2024 9.30am – 11.00am Entrance off Broadhall Way – Stevenage – SG2 9BN Telephone: 01438 747274. <https://thevalley.herts.sch.uk/#>



TALKING FAMILIES

6. weekly sessions for parents and carers of children aged 0-12 sharing tips on how to:

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

Thursdays 9.45-11.15am 8th, 15th, 29th February & 7th, 14th, 21st March 2024

To Book phone 07512 709556 or email bookings@supportinglinks.co.uk Course: ID 622

SEND ACTIVITIES FOR CHILDREN AND YOUNG PEOPLE

Visit the website below to find out what SEND activities you can book for your child or young person with SEND:

<https://potentialkids.org.uk/>

<https://spaceherts.org.uk/events/>

POTENTIAL
KIDS





➤➤➤ ADVICE AND GUIDANCE



<https://www.hertfordshire.gov.uk/microsites/local-offer/the-hertfordshire-local-offer.aspx>



<https://www.kids.org.uk/east-hub>



SENDIASS

<https://www.hertssendiass.org.uk/home.aspx>



<https://www.ipsea.org.uk/>



<https://sossen.org.uk/>



<https://hertsparentcarers.org.uk/>

➤➤➤ ISL SPECIALIST ADVICE LINES



Specific Learning Difficulties (SpLD)

01442 453 920

Thursday 9.30am - 12pm

Speech, Language, Communication and Autism Needs

01442 453 920

Tuesday and Wednesday 1.30pm - 4pm

Early years (0 - 5)

01442 453 920

Wednesday 9am - 12pm

and Thurs 1.30pm - 4pm

Physical and neurological impairment team (PNI)

01442 453 920 every Monday (term time only), 1.30pm - 4pm



Education Support for Medical Absence (ESMA)

01442 454 802

esmaenquiries@hertfordshire.gov.uk

Neurodiversity Hub

01727 833963

Monday to Friday 9am - 1pm

➤➤➤ EHCP SUPPORT

EHCP - HERTS LOCAL OFFER

<https://www.hertfordshire.gov.uk/microsites/local-offer/education-health-and-care-plans/education-health-and-care-plans-ehcp.aspx>

IPSEA - INDEPENDENT PROVIDERS OF SPECIAL EDUCATION ADVICE

<https://www.ipsea.org.uk/pages/category/education-health-and-care-plans>

SENDIASS - HERTS SEND INDEPENDENT ADVICE AND SUPPORT SERVICE

<https://www.hertsparentcarers.org.uk/wp-content/uploads/2020/11/EHCA-NA-Booklet.pdf>



Post
16

EARLY YEARS

- HV 0300 123 7572 every day, 9am – 5pm.
- You can refer into our Family Centre Service online
- Text Chat Health – a texting service for parents of children aged 0 – 5 – 07480 635 164. Monday – Friday, 9am – 5pm.
- EY Advice Line 01442 453920

POST 16

There are a number of learning options for post-16, which offer a range of courses and job related skills. This support can include specialist teaching support, personal helpers, specialist equipment and much more. <https://www.hertfordshire.gov.uk/microsites/local-offer/preparing-for-adulthood/further-education.aspx>

SPEECH AND LANGUAGE



To contact the children and young people's therapy (CYPT) service:

Call: 01923 470 680, choose option 3, then option 1 for children not known to the service or option 2 for children known to the service

Email: hct.cytherapies1@nhs.net

Twitter/X: @Herts CYPT

Facebook:

[facebook.com/HertsCYPT](https://www.facebook.com/HertsCYPT)

<https://www.hct.nhs.uk/children-and-young-people-speech-and-language-therapy-parents>

AUTISM AND ADHD



<http://www.spaceherts.org.uk/>



<https://www.add-vance.org/>



<https://www.autism.org.uk/>



<https://www.pdasociety.org.uk/>



<https://www.adhdfoundation.org.uk/>



<https://www.ambitiousaboutautism.org.uk/>

PARENTING AND HEALTH



<https://www.familiesinfocus.co.uk/>



<https://www.supportinglinks.co.uk/index.html>



School Nursing Duty Line

Tel: 0300 123 7572

Monday to Friday 9am – 5pm

<https://www.hct.nhs.uk/service-details/service/school-nursing-56/>

Children and young people's therapy services

01923 470680 – Option 3

hct.cytherapies1@nhs.net

<https://www.hct.nhs.uk/children-and-young-people-occupational-therapy-parents>



Hertfordshire Partnership University
NHS Foundation Trust



MENTAL HEALTH AND WELLBEING

CAMHS

<https://www.hpftcamhs.nhs.uk/>

EMWIE

<https://emwie.tfemagazine.co.uk/novemberdecember-2023>

SANDBOX

<https://sandbox.mindler.co.uk/>

DSPL3 Interim Managers: Adrienne Viall and Laura Gilpin
DSPL3 Interim SEND Lead: Lisa Lee



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