



**Friday 25<sup>th</sup> April 2025**

Dear Families,

### **Welcome!**

We've been delighted to welcome Miss Mitchell - our Deputy Headteacher to school this week. She took assembly on Tuesday to introduce herself to the children and she can't wait to get to know them all as well as the school as a whole. Miss Mitchell has already got plans in place to see the children during learning time and for them to share great pieces of work with her. If you see her on the gate in the morning or afternoon - be sure to say hello and introduce yourself.



Welcome also to Mrs Shaheed, our new Year 1 teacher. She's had a positive week getting to know her class.

### **Summer Term**



We have a busy term ahead with plenty of learning opportunities for the children. We look forward to launching our new school website that will be useable on mobile phones. Our current website is very old and doesn't function well on Smart Phones. Teachers will also be writing your children's end-of-year reports so there is plenty of time this term for your child to make further progress in their learning. As a school, we are eager to communicate with families - please remember you are welcome to speak to your child's teacher on the door in the morning or afternoon or to email the class email address. There are also members of staff on the school gates in the morning - please do have a chat with us here or contact the office to make an appointment for any more in-depth discussions needed. Here's to a great final term of the year - remember to 'Save the date' 4th July 2025 for our &Woodfest spectacular 4.30 - 8pm on the field.

### Attendance Week ending 28th<sup>th</sup> March 2025

RPeterPan	RRosen	1Anning	1Donaldson	2Attenborough	2Johnson	3Rashford
94.6%	92%	98%	97.3%	99%	98.9%	96.6%

3Wicks	4Queen	4Thunberg	5Boseman	5Southgate	6Malala	6Obama
88.9%	92. %	93.1%	92.8%	95%	99%	97.5%

### Attendance week ending 3rd April 2025

RPeterPan	RRosen	1Anning	1Donaldson	2Attenborough	2Johnson	3Rashford
93.2%	83.3%	92.7%	85.5%	94.8%	94%	97.2%

3Wicks	4Queen	4Thunberg	5Boseman	5Southgate	6Malala	6Obama
88.3%	94.9%	86.6%	86%	88.9%	90.6%	92%

Please make sure that any attendance related questions are directed to:



**attendance@summerswood.herts.sch.uk** (please do not use the admin email address for attendance related queries)



**0208 953 3139**- use **option 1** to report your child absent via voicemail.



Come in to the office to speak with us in person.

### Piano Lessons

There are currently some spaces available if your child is interested in having piano lessons. These are run by Life music. If you are interested, all details can be found on their website: [Music Instrument Lessons | Life Music | Hertfordshire](#)

## Summerswood Bake Off



We had a fabulous “Great Summerswood Bake Off” and Cake sale on Friday 28th March. There were some fantastic entries, and the judges found it very difficult choosing the top three. Star Baker was awarded to Danielus in Year 3, Grace in Year 2 was awarded 2nd place and Carter in Year 4 was awarded 3rd place. Our staff Star Baker was Miss

Bywaters.

We also had a fantastic turn out for our first Easter Hunt. The children and their adults hunted for hidden letter clues around the playground to build a Spring themed word. They then had to read the word before receiving an Easter treat.

Thank you for your support during both events. Money raised will go towards the Summer Term **Early Years Butterfly Project** and improving the garden and outdoor spaces.

## Lost Property



We have a very large amount of unclaimed lost property in the boxes outside the KS2 building. Please check these for any of your child's belongings. We will arrange to have these items collected by a Local Charity if they are not claimed before the half term break.

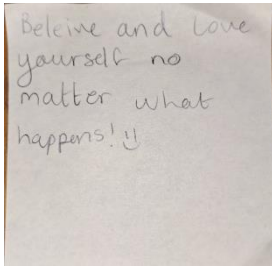
## Parking

We continue to receive complaints about parking at drop off and collection times, daily. Some of our very upset neighbours now feel it necessary to contact the police regarding dangerous and irresponsible parking and driving. Please park safely and be mindful of our neighbours.



## **Children's Mental Health Week**

As part of Children's Mental Health Week, we asked the children, Families and staff "What advice would you give someone to encourage them to persevere (not give up)?" This week's brilliant suggestion is:



"Believe and love yourself no matter what happens! 😊"

Kind Regards

Sarah Kneller

A handwritten signature in blue ink that reads "S Kneller". The signature is written in a cursive, flowing style.

Headteacher

### Dates to Remember

Date	Event
Tuesday 22nd April 2025	Start of Summer Term 1
Wednesday 30 <sup>th</sup> April 2025	Year 6 PGL/ Activity week Assembly- 9am
Monday 5th May 2025	BANK HOLIDAY
Wednesday 7 <sup>th</sup> May 2025	3R Class Assembly
Monday 12 <sup>th</sup> - Friday 15 <sup>th</sup> May 2025	SATs week- <b>SATs breakfast club will be Monday-Thursday of this week</b>
Friday 16 <sup>th</sup> May 2025	Early Years Cake Sale
Thursday 22 <sup>nd</sup> May 2025	Parent Coffee Afternoon 2.15-3pm
Friday 23 <sup>rd</sup> May 2025	School finishes at normal times for Half Term
Monday 26 <sup>th</sup> May- Friday 30 <sup>th</sup> May	Half Term
Monday 2 <sup>nd</sup> June 2025	Start of Summer Term 2
Tuesday 3 <sup>rd</sup> June 2025	Summerswood Sunflower Growing Challenge begins
Thursday 19 <sup>th</sup> June 2025	Parent Coffee Afternoon 2.15-3pm
Monday 23 <sup>rd</sup> June	INSET DAY- No pupils in School
Thursday 4 <sup>th</sup> July 2025	WOODFEST 4.30pm-8pm- School Field
Tuesday 15 <sup>th</sup> July 2025	Year 6 Production- Performance to Parents and children under 5- 2-3pm
Wednesday 16 <sup>th</sup> July 2025	Year 6 Production- Performance to Parents and children under 5- 2-3pm
Wednesday 16 <sup>th</sup> July 2025	Performance to Parents NO children under 5- 5-6pm
Thursday 17 <sup>th</sup> July 2025	Parent Coffee Afternoon 2.15-3pm
Monday 21 <sup>st</sup> July 2025	Summerswood Sunflower Growing Challenge- Judging
Monday 21 <sup>st</sup> July 2025	Leavers dinner 5-6pm in the School Hall.
Tuesday 22 <sup>nd</sup> July 2025	Last day of Term for Nursery
Wednesday 23 <sup>rd</sup> July 2025	Year 6 leavers Assembly- Families welcome
Wednesday 23 <sup>rd</sup> July 2025	Last Day of Term- School finishes at 1.30pm



## AFTER SCHOOL PROVISION



### Summerswood Primary School

Furzehill Rd, Borehamwood WD6 2DW

#### Monday - Friday

- ★ Reception - Year 6 welcome
- ★ Snacks provided
- ★ Fun and engaging child care
- ★ Sports and arts and crafts
- ★ Ofsted registered
- ★ Paediatric first aid trained
- ★ Breakfast Club
- ★ Familiar faces

**Breakfast Club - 7:30AM-8:40AM**  
£23 for the week or £5 per day

**Full Provision: 3:15PM-5:45PM**  
£58 for the week or £12 per day

**1<sup>st</sup> Half: 3:15PM-4:45PM**  
£7.50 per day

### WHY DO SUPER STAR SPORT RUN THEIR AFTER SCHOOL CLUBS?

Our number one passion is to get as many children active and smiling as possible. We want to make sure your children spend their After school clubs keeping healthy, making friends, staying active and having fun!

Activities include, Board games, drawing and arts, sports + more

**We accept childcare vouchers**

Book online at [www.superstarsport.co.uk](http://www.superstarsport.co.uk)  
Click "**Book Now**" and find your session!  
For more information contact Rob on [wraparound@superstarsportnwl.com](mailto:wraparound@superstarsportnwl.com)





# Super Star Sport

## SUMMER TERM CLUBS



We would like to welcome parents/guardians to our Super Star Sport Clubs and Activities at Summerswood primary and we can't wait to get your children involved! All of our clubs are run by enthusiastic, enhanced DBS checked and experienced coaches. Please see below for further details:



### 11 WEEK SUPER PROGRAM

#### **MONDAY – TENNIS CLUB (RECEPTION, YEAR 1,2,3)**

START DATE: 28<sup>th</sup> APRIL 2025 – END DATE: 7<sup>th</sup> JULY 2025  
TIMES 3.15PM – 4.15PM

**JUST £47.20 FOR OUR 8 WEEK SUPER STAR SPORT PROGRAM.**

#### **WEDNESDAY – FOOTBALL CLUB (RECEPTION, YEAR 1,2&3)**

START DATE: 23<sup>rd</sup> APRIL 2025 – END DATE: 9<sup>th</sup> JULY 2025  
TIMES 3.15PM – 4.15PM

**JUST £64.90 FOR OUR 11 WEEK SUPER STAR SPORT PROGRAM.**

#### **WEDNESDAY – DODGEBALL CLUB (YEAR 4,5&6)**

START DATE: 23<sup>rd</sup> APRIL 2025 – END DATE: 9<sup>th</sup> JULY 2025  
TIMES 3.15PM – 4.15PM

**JUST £64.90 FOR OUR 11 WEEK SUPER STAR SPORT PROGRAM.**

#### **THURSDAY-BOXING CLUB (Year 1,2,3&4)**

START DATE: 24<sup>th</sup> APRIL 2025 – END DATE: 10<sup>th</sup> JULY 2025  
TIMES 3.15PM – 4.15PM

**JUST £64.90 FOR OUR 11 WEEK SUPER STAR SPORT PROGRAM.**



# Super Star Sport

## **FRIDAY – GYMNASTICS CLUB (Year 1,2,3&4)**

START DATE: 25<sup>th</sup> APRIL 2025 – END DATE: 11<sup>th</sup> JULY 2025  
TIMES 3.15PM – 4.15PM

**JUST £64.90 FOR OUR 11 WEEK SUPER STAR SPORT PROGRAM.**

For any additional information, please email us at [operations@superstarsportnwl.com](mailto:operations@superstarsportnwl.com) where Junior would be happy to answer any questions you may have!

### **HOW DO I BOOK???**

**Step 1:** Enter the site [www.superstarsportnwl.com](http://www.superstarsportnwl.com)

**Step 2:** Click 'BOOK NOW' on the home page

*After clicking book now, you will be directed to another page on the site.*

**Step 3:** Select your school/nursery location

**Step 4:** Select the block of sessions you would like to book your child onto and click 'info and booking'

**Step 5:** Once here please find the 'book this class'

**Step 6:** Time to sign up your child!!!! (If you have not created a profile with us, there is a short profile creation process)

**Step 7: Your child attends their Super Star Sport club!!!**

\*Clubs subject to cancellation depending on booking numbers\*



# Beezee FAMILIES



We're here to help your family  
make healthy habits fun

Join our **FREE**, 12-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

**Date:**

Monday 28 April 2025

**Time:**

16:30 - 18:30

**Venue:**

Aberford Park Community Centre, Borehamwood, WD6 1PN

Or you can join us online!



[hrt.maximusuk.co.uk](http://hrt.maximusuk.co.uk)

Sign up for your

**FREE PLACE** today



[BZBinfo@maximusuk.co.uk](mailto:BZBinfo@maximusuk.co.uk)



**01707 248 648**



Hertfordshire

Our programmes are for children above their ideal weight, see our website for more information.

24-0814

# Beezee FAMILIES

## How can you get your family to get more steps in a day?

At Beezee Families, we work with hundreds of families who want to start moving more, but struggle to find the time or motivation! Sounds familiar?

Try our Beezee bingo nature card! It's a great way to discover the wonders of walking. Keep an eye out for each object and cross off as you go!

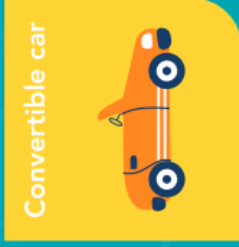
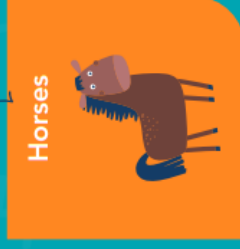
We run FREE\* healthy lifestyle programmes that focus on getting more active, eating healthier, and having fun while doing so!

Scan the code  
to sign up today

...or click here  
to get started



[hrt.maximusuk.co.uk](http://hrt.maximusuk.co.uk)



Remember to stay safe while you walk! Carefully check roads before you cross them and don't get too close to the edge of water.



\*Our courses are designed for families with children aged 5 and up.

25-3808



**FREE Healthy Lifestyle support  
for families in Hertfordshire**



**Our 12-week in-person and online programmes  
start on week commencing 28th April 2025**

Monday	Tuesday	Wednesday	Thursday
BOREHAMWOOD Aberford Park Community Centre, WD6 1PN 4:30 - 6:30pm CHESHUNT Andrews Lane Primary School, EN7 6LB 5:00 - 7:00pm	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 5:30 - 7:30pm	STEVENAGE Oval Community Centre SG1 5RD 5:30 - 7:30pm WATFORD Leavesden Green Community Hub, WD25 0BW 5:30 - 7:30pm	HATFIELD Birchwood Avenue Primary School, AL10 0PS 5:00 - 7:00pm
	** NO SESSION **		** NO SESSION **



Refer a family today  
@BZBinfo@maximusuk.co.uk  
01707 248 648



Our programmes are for children above their ideal weight, see our website for more information. 24-0871

# Parent & Carer Support TALKING ASD & ADHD Workshops Summer 2025



Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

← [Eventbrite Page](#)

## ANXIETY & STRESS



- The difference between stress and anxiety.
- Understanding anxiety conditions in ASD/ADHD.
- Spot the signs of stress.
- Triggers amongst neurodivergent children.
- Help your anxious child feel safe.
- Early warning signs of mental health problems.

Wednesday 14<sup>th</sup> May, 9.30-11.15am

Workshop SL762 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-762-for-parentscarers-in-herts-registration-1307006775449>

## COPING with CHANGE



- How children feel about and react to change.
- Prepare children for big changes such as starting a new school.
- Coping with small day to day changes.
- Responding to children when they are struggling.
- Learn from new experiences.

Wednesday 21<sup>st</sup> May, 7.30-9.15pm

Workshop SL763 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-coping-with-change-763-for-parentscarers-in-herts-registration-1308622327609?aff=oddtcreator>

## RESPONDING to ANGER



- Healthy & unhealthy anger.
- How to spot the signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

Monday 9<sup>th</sup> June, 7.30-9.15pm

Workshop SL764 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-764-for-parentscarers-in-herts-registration-1301137008819>

## THE TEENAGE YEARS



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- How to agree appropriate boundaries and teach risk assessment.
- Help teens develop independence skills.

Wednesday 25<sup>th</sup> June, 7.30-9.15pm

Workshop SL765 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-765-for-parentscarers-in-herts-registration-1307948441999>

## TECH USE



Wednesday 2<sup>nd</sup> July, 9.30-11.15am

Workshop SL766 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-766-for-parentscarers-in-herts-registration-1307911732199?aff=oddtcreator>

- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- Using devices as a reward or consequence.
- Teach children self-regulation

Follow us on:



Contact via:

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

Funded by Hertfordshire County Council's Targeted Parenting Fund



# TALKING ASD & ADHD WORKSHOP: TECH USE

Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Wednesday  
2nd July 2025  
9.30-11.15am**

## We will explore:

- 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.
- Teaching your child to develop their own methods of regulating device use and staying safe.

"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."

**An online parent workshop delivered to your home via Zoom.**

**FREE for parents and carers living or with a child in school in Hertfordshire**

**Booking essential via Eventbrite:**

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-766-for-parentscarers-in-herts-registration-1307911732199?>



Or contact Supporting Links

**QUOTING REFERENCE SL766**

**01442 300185**

**[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)**



Funded by Hertfordshire  
County Council 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.

# TALKING ASD & ADHD WORKSHOP: RESPONDING to ANGER



Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Monday  
9th June 2025  
7.30-9.15pm**

## We will explore:

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

"Tackled some complex areas really well. Helpful visuals, full of information to use in the real world. Can definitely use some of the concepts immediately."

**An online parent workshop delivered to your home via Zoom.**

**FREE for parents and carers living or with a child in school in Hertfordshire**

**Booking essential via Eventbrite:**

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-764-for-parents-carers-in-herts-registration-1301137008819>



Or contact Supporting Links  
**QUOTING REFERENCE SL764**

01442 300185

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)



Funded 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.

# TALKING ASD & ADHD WORKSHOP: COPING with CHANGE



Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Wednesday  
21st May 2025  
7.30 - 9.15pm**

## We will explore:

- How children feel about and react to change.
- How to prepare children for big changes such as starting a new school or new class.
- Helping children cope with small day to day changes from walking a different route, to sitting on a different seat.
- Why neurodivergent children find changes so unsettling.
- Responding to children when they are struggling

"Tackled some complex areas really well. Helpful visuals, full of information to use in the real world. Can definitely use some of the concepts immediately."

**An online parent workshop delivered to your home via Zoom.**

**FREE for parents and carers living or with a child in school in Hertfordshire**

## Booking essential via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-coping-with-change-763-for-parentscarers-in-herts-registration-1308622327609?>



Or contact Supporting Links  
**QUOTING REFERENCE SL763**

**01442 300185**

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)



Funded by Hertfordshire  
County Council 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.

# TALKING ASD & ADHD WORKSHOP: THE TEENAGE YEARS



Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Wednesday  
25th June 2025  
7.30-9.15pm**

## We will explore:

- 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 develop independence skills.

"I feel better equipped for the years ahead."

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

**An online parent workshop delivered to your home via Zoom.**

**FREE for parents and carers living or with a child in school in Hertfordshire**

**Booking essential via Eventbrite:**

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-765-for-parentscarers-in-herts-registration-1307948441999>



**Or contact Supporting Links  
QUOTING REFERENCE SL765**

**01442 300185**

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



Funded by Hertfordshire  
County Council 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.

# TALKING ASD & ADHD WORKSHOP: ANXIETY & STRESS



Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Wednesday  
14th May 2025  
9.30-11.15am**

## We will explore:

- The difference between stress and anxiety.
- Understanding anxiety related conditions in ASD and/or ADHD.
- Spot the signs of stress or anxiety.
- Common triggers amongst neurodivergent children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.

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

**An online parent workshop delivered to your home via Zoom.**

**FREE for parents and carers living or with a child in school in Hertfordshire**

**Booking essential via Eventbrite:**

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-762-for-parentscarers-in-herts-registration-1307006775449>



**Or contact Supporting Links  
QUOTING REFERENCE SL762**

**01442 300185**

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



Funded by Hertfordshire  
County Council 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.

# Family Lives Summer Term Programme 2025



## Bringing Up Confident ADHD/ASD Children (6 weeks) Online group

**Thursday 15 May to 26 June 9.30am - 11.30am**

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

## Getting on with Your Pre Teen/Teenager (6 weeks) Online group

**Wednesday 4 June to 9 July 7.00 pm - 9.00 pm**

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Maybe you have an FFA/CIN/CP in place and need more support. Join our free 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

## Less Shouting, More Cooperation (6 weeks) Online group

**Friday 6 June to 11 July, 9.30 am to 11.30 am**

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

## Sorting Out Family Arguments (6 weeks) Online group

**Tuesday 10 June to 15 July 7.00pm - 9.00pm**

Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family.

## Anxiety around ADHD Online Workshop

**Date TBC**

A workshop that helps parents understand ADHD and provides strategies to help support you and your child.

## Reducing Conflict Online Workshop

**Date TBC**

A workshop that explores different types of conflict between couples and families.

For more information, please contact Louise or Lesley on **0204 522 8700/8701**, or email **services@familylives.org.uk**. Please scan our QR code for our referral form.

Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD



**Scan Me!**





**DSPL6 &**

**Hertsmere**

**Schools' Partnership**

## **SEND Parent Information & Support Group**

**Are you the parent / carer of a child / young person with SEND?**

**Come along to our monthly parent / carer support groups in Potters Bar and Borehamwood. Each session consists of an informal chat with other parents/ carers and the chance to listen to an experienced speaker on topics that may affect your child and family. We run the groups in 2 locations – please feel free to attend either or both.**

**The next meeting in Potters Bar will be**



**Thursday 24<sup>th</sup> April 2025**

**Elm Court, 363 Mutton Lane, Potters Bar, EN6  
3BP**

**9.15 – 10.40am**

**Please join us for coffee and a chat!**

**No need to book in advance – feel free to just turn up on the day. Refreshments will be provided.**





# Empower

Delivered across Hertfordshire

A free 3 month after-school programme which helps young people aged 9-12 improve mental wellbeing through physical activity.

## The Phases of Empower



Exploring emotions



Implementing coping strategies

Each session is 90 minutes and consists of 60 minutes of physical activity and a 30 minute wellbeing workshop.

*"The course allowed for my child to learn to communicate better and share their feelings in a more productive way."*

*"We had regular updates about how well the children were doing, with tools to assist adults in many situations, too."*

For further information contact:  
[empower@watfordfc.com](mailto:empower@watfordfc.com) | 07850 503447



