

Attendance Week Ending 24th January

RPeterPan	RRosen	1Anning	1Donaldson	2Attenborough	2Johnson	3Rashford
98.0%	87.6%	91.9%	98.0%	93.5%	94.5%	91.5%

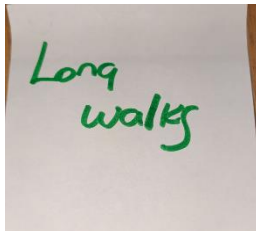
3Wicks	4Queen	4Thunberg	5Boseman	5Southgate	6Malala	6Obama
88.5%	92.1%	97.0%	92.1%	94%	90.8%	95%

None of the classes reached 100% attendance this week, unfortunately! Please continue to bring your child to school on time, every day and ready to learn (unless they are too unwell to do so).

Please note that all children that arrive after 8.50am are marked as late on the register, even if they manage to enter via the main gates before they close.

World Mental Health Day

For world mental health day, last year we asked children, staff and parents how you make time for yourselves. This week's great idea is:



"Long walks"

Kind regards,



Sarah Kneller
Headteacher

Dates to Remember

<u>Date</u>	<u>Event</u>
Wednesday 5th February	5B Class Assembly- 9am
Wednesday 12th February	4T Class Assembly- 9am
Thursday 13th February	Spring Disco- KS1 (Years Reception, 1 2 and 3) 4-5pm
Thursday 13th February	Spring Disco- KS2 (Years 4, 5 and 6) 5.15-6.30pm
Friday 14th February 2025	School finishes at Normal times for Half Term
Monday 17th February - Friday 21st February	Half Term
Monday 24th February 2025	Start of Spring Term 2
Thursday 13 th March 2025	Parent Coffee Afternoon 2.15-3pm
Friday 28 th March 2025	Great Summerswood Bake Off and Early Years Cake Sale
Monday 31 st March	Summerswood Families Egg Hunt 3.15-4pm
Tuesday 1st April 2025	Class and Year 6 individual photographs for Autograph books
Wednesday 2nd April 2025	Last Day of Term for Nursery
Thursday 3rd April 2025	Last Day of Term- School finishes at 1.30pm
Friday 4th April 2025	INSET DAY- No pupils in School
Tuesday 22nd April 2025	Start of Summer Term 1
Monday 5th May 2025	BANK HOLIDAY
Friday 16 th May 2025	Early Years Cake Sale
Thursday 22 nd May 2025	Parent Coffee Afternoon 2.15-3pm
Friday 23rd May 2025	School finishes at normal times for Half Term
Monday 26th May- Friday 30th May	Half Term
Monday 2nd June 2025	INSET DAY- No pupils in school
Tuesday 3 rd June 2025	Summerswood Sunflower Growing Challenge begins
Thursday 19 th June 2025	Parent Coffee Afternoon 2.15-3pm
Thursday 17 th July 2025	Parent Coffee Afternoon 2.15-3pm
Monday 21 st July	Summerswood Sunflower Growing Challenge- Judging
Tuesday 22nd July 2025	Last day of Term for Nursery
Wednesday 23rd July 2025	Last Day of Term- School finishes at 1.30pm

Family Lives Spring Term Programme 2025

Less Shouting, More Cooperation (6 weeks) Online group

Wednesday 22 January to 5 March 7.00pm to 9.00pm

A programme to help parents be more effective at getting their children to cooperate and listen to them

Bringing Up Confident SEN Children (6 weeks) Online group

Monday 3 February to 7 March 9.30am to 11.30am

A programme to help parents gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school

Sorting Out Arguments in your Family (6 weeks) Online group

Wednesday 26 February to 2 April 9.30am to 11.30am

A programme aimed at helping sort out arguments between parents and their children and between brothers and sisters

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

Thursday 27 February to 3 April 9.30am to 11.30am

A programme to help parents understand and get on better with their teenage children. Maybe there is an FFA/CIN/CP in place and need more support

Dads Together (6 weeks) Online group

Wednesday 26 February to 2 April 7.00pm to 9.00pm

A programme to support dads in learning how to change the way you communicate with your child, respond better and feel more in control

For more information, please contact Louise on

0204 522 8700 or email

services@familylives.org.uk.

Please scan our QR code for our referral form.



Scan Me!

Spring term workshops 2025



Anxiety around ADHD

Monday 10 February 7.00pm - 9.00pm

Sibling Rivalry

Thursday 14 February 9.30am - 11.30am

Empowering Parents

Tuesday 11 March 9.30am - 11.30am

Reducing Conflict

Tuesday 18 March 7.00pm - 9.00pm

It's a Dads Life

Thursday 20 March 7.00pm - 9.00pm

Navigating the storm - Parents of Teens

Tuesday 25 March 9.30am - 11.30am

For more information, you can scan our QR code to make a referral or call Louise on **0204 522 8700/8701** or email **services@familylives.org.uk**.

SCAN HERE



We build better family lives together

www.familylives.org.uk



@FamilyLivesHertsandBeds

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



Get the right help at the right time



early help, brighter futures

Need advice and support for your family?

-  Relationship support
-  Money advice
-  Parenting Advice & Courses
-  Services for Young People
-  Emotional & Mental Health
-  SEND Local Offer
-  Staying healthy
-  Search local services
-  School attendance/anxiety
-  and much more



Visit Hertfordshire's Families First website:-
www.hertfordshire.gov.uk/familiesfirst

Parent & Carer Support Spring Term 2025



FREE to parents and carers living in Hertfordshire

TALKING TEENS

6, weekly sessions for parents and carers of children aged **12-19**, covering:

- The Teen Brain: physical and emotional changes taking place and why 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.



Wednesdays 7pm - 9pm

26th Feb – 2nd Apr

Face to Face: ID 707

**Gade Community Room
Oakleaf Primary School,
Hemel Hempstead**

Tuesdays 7.45 - 9.15pm

7th Jan - 12th Feb

Online Course: ID 708

Fully Booked

TALKING ANGER in FAMILIES

6, weekly sessions for parents and carers of children aged **0-11**, supporting you to:

- 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 7.45 - 9.30pm

8th Jan - 13th Feb

Online Course: ID 705

Fully Booked

TALKING DADS

6, weekly sessions for dads & male carers, sharing information on:

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



Mondays 7.45 - 9.15pm

6th Jan - 11th Feb

Online Course: ID 710

0-19yrs

Thursdays 7.45 - 9.15pm

27th Feb – 3rd Apr

Online Course: ID 711

0-11yrs

Wednesdays 7.45 - 9.15pm

26th Feb – 2nd Apr

Online Course: ID 712

12-19yrs

TALKING FAMILIES

6, weekly sessions for parents and carers of children aged **0-12** sharing tips on:

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self-esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.



Tuesdays 9.45 - 11.15am
7th Jan - 1st Feb

Online Course ID 703

Tuesdays 8.00 - 9.30pm
7th Jan - 1st Feb

Online Course ID 704

Tuesdays 8.00 - 9.30pm
25th Feb - 1st Apr

Online Course ID 702

TALKING ANXIETY in TEENS

6, weekly sessions for parents and carers of children **12-19**, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety.
- Reduce stress and tension.
- Encourage resilient behaviour.



Mondays 7.45 - 9.30pm

24th Feb - 31 Mar

Online Course ID 706

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children with any additional need.

Your child does not need a diagnosis.

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



Tuesdays 9.45 - 11.15am

25th Feb - 1st Apr

Course ID 701

2-19yrs

Wednesdays 7.45 - 9.15pm

8th Jan - 1st Feb

Online Course ID 709

12-19yrs

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
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



TALKING ASD & ADHD WORKSHOP: Sibling Struggles



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.



THURSDAY
13th February 2025
7.30-9.15 pm

We will help you to learn about:

- What to do if your children are fighting or arguing.
- Dealing with jealousy and unfairness.
- Recognising the pressures & worries on siblings of a child with ASD/ADHD.
- Helping your children develop a network of support.
- Helping your children to communicate with each other without conflict.
- Managing your own difficult feelings and helping your children to manage theirs.

'This workshop came at just the right time for my children. I know I am going to be able to help them both now I feel confident.'

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-sibling-struggles-713-for-parentscarers-in-herts-registration-1065018812939>



Or Contact Supporting Links
QUOTING REFERENCE SL713

01442 300185

info@supportinglinks.co.uk
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: 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.



Wednesday
2nd April 2025
9.30-11.15am

We will help you to learn about:

- 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-714-for-parents-carers-in-herts-registration-1065126535139>



Or contact Supporting Links
QUOTING REFERENCE SL714

01442 300185

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



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County Council's Targeted
Parenting Fund



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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.



**Tuesday
4th March 2025
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.
- Helping your children develop a network of support.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

'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-715-for-parentscarers-in-herts-registration-1064332389829>



**Or contact Supporting Links
QUOTING REFERENCE SL715**

01442 300185

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



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Parenting Fund



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Parent & Carer Support

BITESIZE PARENTING
A Supporting Links workshop collection



Practical interactive online workshops FREE to parents and carers living in Hertfordshire



Eventbrite page

HOW DO I GET MY CHILD TO EAT BETTER?

No matter how restrictive your child's diet is, there are things you can do to help



THU 16 Jan 2025 10-11am

<https://bit.ly/4i0OaSx>



WHAT IS GOING ON IN MY TEENAGER'S HEAD?

How & why adolescent development affects teen behaviour



THU 23 Jan 2025 7-8pm

<https://bit.ly/40VVLvA>



WHY DOES MY CHILD BEHAVE LIKE THAT?

Learn the 7 underlying causes behind all behaviour



MON 27 Jan 2025 1:30-2:30pm

<https://bit.ly/3V6TwBH>



WHY DOES MY CHILD GIVE UP SO EASILY?

Build resilience in your child and encourage them to have a go, or keep trying



WED 5 Feb 2025 12:30-1:30m

<https://bit.ly/4eleoGt>



MORE OVERLEAF →

Follow on:



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

Funded by Hertfordshire County Council
for all parents & carers in Herts



HOW DO I GET MY CHILD TO LISTEN TO ME?

Improve communication by encouraging your child to listen to you and talk to you



MON 10 Feb 2025 7-8pm

<https://bit.ly/4eJprPM>



HOW CAN MY CHILD LEARN TO MANAGE THEIR FEELINGS?

Teaching emotional regulation to young people



WED 26 Feb 2025 12:30-1:30pm

<https://bit.ly/4g12pFc>



WHY CAN'T MY CHILD MAKE GOOD DECISIONS?

Understand how children learn to make decisions and how to support them when it goes wrong



THU 6 Mar 2025 7-8pm

<https://bit.ly/4g1WjUT>



IS IT POSSIBLE TO PRAISE MY CHILD TOO MUCH?

Using praise & criticism to encourage the behaviour you want to see.



MON 10 Mar 2025 1:30-2:30pm

<https://bit.ly/4hZAIUh>



HOW DO I TALK TO MY TEEN/PRETEEN ABOUT...?

Having difficult conversations with your son or daughter about sex, drugs & social media



THU 17 Mar 2025 7-8pm

<https://bit.ly/4hWM329>



WHY DON'T MY CHILDREN GET ON WITH EACH OTHER BETTER?

Sibling rivalry: understanding & improving communication between parents, children & siblings



THU 27 Mar 2025 10-11am

<https://bit.ly/3ALTzB3>



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

Funded by Hertfordshire County Council for all parents & carers in Herts



UNDERSTANDING MY AUTISM/ADHD

Empowerment Course for Children and Young Teens in Hertfordshire



Join us for a transformative 6-week group course designed to empower children and young teens with a diagnosis of ADHD or Autism. Through interactive sessions, participants will explore what being Autistic or ADHD means to them, identify strategies to support their well-being, articulate their needs, and celebrate their uniqueness.



SCAN ME



COURSE DETAILS

ADHD ONLINE Tues 25/02 - 01/04 (Years 3-6)
ADHD ONLINE Tues 25/02 - 01/04 (Ages 11-13)
AUTISM ONLINE Thu 27/02 - 03/04 (Years 3-6)
AUTISM ONLINE Thu 27/02-03/04 (Ages 11-13)

 add-vance.org/children-young-people

UNDERSTANDING MY ADHD/AUTISM FEEDBACK FROM PARENTS/CARERS



“
Brilliant course!
Wish this was around
earlier but so glad my
child had the opportunity
to do this course, we
both feel so pleased to
have had the opportunity.
Thank you
”

“
The course helped her
to understand herself,
establish tools to deal
with issues at home, in
school and in the
community, as well as
realise others face
similar challenges.
”

“
It helped us at home
to open up
conversations about
autism, which was
difficult before due to
my daughter feeling
negative about her
diagnosis.
”

“
My daughter so
looked forward to the
sessions and I really
feel they helped her
to feel valued and
listened to.
Thank you.
”

UNDERSTANDING MY ADHD/AUTISM FEEDBACK FROM CHILDREN/YOUNG PEOPLE



“
I have much better
self-esteem
”

“
I would give this
course 5 stars
”

“
The best bit was
talking to
someone about
ADHD and
feeling heard
”

“
I would
recommend this
course because it
helped me realise
that I am not
alone in this world
”

“
I know more strategies to
deal with feelings
”

“
Felt more positive about my
autism after week one
”

Website:

[ADD-vance](https://www.add-vance.org/)