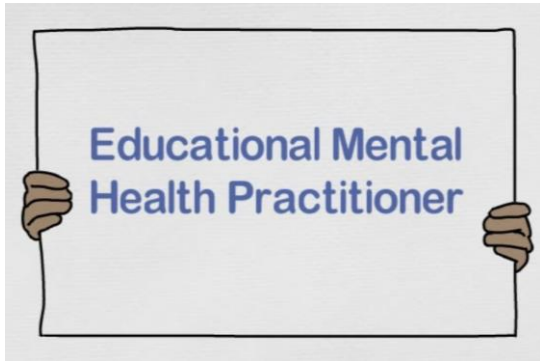




Friday 27<sup>th</sup> September 2024

Dear Families,



This week the children were introduced to Sahil, our Education Mental Health Practitioner (EMHP). He is in school once a week and provides mental health support in our school. He works with children, young people, parents, and teachers to help identify and address mental health concerns. EMHPs provide a range of services, including: class and small group interventions supporting us to be able to help ourselves and use therapeutic activities. EMHPs support us to improve our approach to emotional health and wellbeing. We are able to send through referrals for children who may need an additional piece of support so please do contact us via [admin@summerswood.herts.sch.uk](mailto:admin@summerswood.herts.sch.uk) if you'd like

support from our mental health practitioner.

### **Attendance**

We had some fantastic figures for the week, but unfortunately none of the classes quite hit the 100%! Hopefully we will see some more classes hitting full attendance levels next week.

### **Week ending 20<sup>th</sup> September**

RPeterPan	RRosen	1Anning	1Donaldson	2Attenborough	2Johnson	3Rashford
96.3%	95.2%	94.2%	97.2%	92.6%	98.9%	97.4%

3Wicks	4Queen	4Thunberg	5Boseman	5Southgate	6Malala	6Obama
96.9%	91.4%	95.4%	98%	97.1%	92.1%	86.8%



### **If your child is going to be absent from school Please remember the following**

Please call 0208 953 3139 and press 1 to leave a voicemail or 2 to speak with Miss Dowdall in the office.

Please email any attendance related requests or enquiries to:

[attendance@summerswood.herts.sch.uk](mailto:attendance@summerswood.herts.sch.uk)

When calling the school to report your child absent, please do so as early as possible- and before 9.15am.

Please be as detailed as possible about your child's symptoms so that this can be recorded on our system.



If your child had a Medical or Dental appointment, please email a copy of the appointment card/ text/ letter so that this can be added to the system and the absence can be authorised.

If you **CANNOT**  
be on Time,



Then  
Be **EARLY**

Lateness – please note it is very important for your child to be on time for school. Our register is completed at 8.50am and lessons start promptly after this. Please make sure your child is in the classroom ready for their 8.50 start to the day. A late start causes upset as if your child has missed the information shared by the teacher, they won't be able to complete their learning to the best standards. Thank you for being on time!

### **Advice? Support?**

We understand that these are challenging times, and financial difficulties can impact families in many ways. While it can be hard to ask for help, please know that we are here to support you and your family. If you are facing any financial concerns, whether related to school supplies, uniforms, trips, or other home-related needs including support from the foodbank, we encourage you to reach out. All conversations will be handled with care and confidentiality, and we will do our best to offer assistance or direct you to the appropriate resources.

Your child's well-being is our priority, and we are committed to ensuring that all students can fully participate in school life, regardless of financial circumstances. If you would like to discuss how we may be able to help, please don't hesitate to contact Mrs Buckley, our school business manager via [admin@summerswood.herts.sch.uk](mailto:admin@summerswood.herts.sch.uk) or speaking to either her or myself. We are on the school gates each morning or you can arrange an appointment to speak on the phone or meet with us in person.

This half term, we will be adding a section to our school website with links that families can approach without the need to speak to us in school – whatever your circumstances we will always do our best to direct you to the support that is available in our community. Thank you for being part of our school community, and please know we are here to support you.



### **Considerate Driving and Parking**

We encourage families to walk to school wherever possible and politely request that parents and visitors to the school drive, park and drop students to school with thought and consideration for the children, adults and the local community. Please obey the restrictions in place and please do not park in an obstructive manner or across driveways, stop traffic or cause any upset to our neighbours.

### **Class emails**

Please note that if you have any general, non urgent questions or information for your child's teacher, then you can email the class directly. The email addresses are based on the class names, as follows:

[tumble@summerswood.herts.sch.uk](mailto:tumble@summerswood.herts.sch.uk)

[peterpan@summerswood.herts.sch.uk](mailto:peterpan@summerswood.herts.sch.uk)

[rosen@summerswood.herts.sch.uk](mailto:rosen@summerswood.herts.sch.uk)

[anning@summerswood.herts.sch.uk](mailto:anning@summerswood.herts.sch.uk)

[donaldson@summerswood.herts.sch.uk](mailto:donaldson@summerswood.herts.sch.uk)

[attenborough@summerswood.herts.sch.uk](mailto:attenborough@summerswood.herts.sch.uk)

[johnson@summerswood.herts.sch.uk](mailto:johnson@summerswood.herts.sch.uk)

[rashford@summerswood.herts.sch.uk](mailto:rashford@summerswood.herts.sch.uk)

[wicks@summerswood.herts.sch.uk](mailto:wicks@summerswood.herts.sch.uk)

[queen@summerswood.herts.sch.uk](mailto:queen@summerswood.herts.sch.uk)

[thunberg@summerswood.herts.sch.uk](mailto:thunberg@summerswood.herts.sch.uk)

[boseman@summerswood.herts.sch.uk](mailto:boseman@summerswood.herts.sch.uk)

[southgate@summerswood.herts.sch.uk](mailto:southgate@summerswood.herts.sch.uk)

[malala@summerswood.herts.sch.uk](mailto:malala@summerswood.herts.sch.uk)

[obama@summerswood.herts.sch.uk](mailto:obama@summerswood.herts.sch.uk)



Kind regards,

Sarah Kneller  
Headteacher



<b>Date</b>	<b>Event</b>
24 <sup>th</sup> October 2024-TBC	School Disco
14 <sup>th</sup> November 2024	individual and sibling group photographs
1 <sup>st</sup> April 2025	Year 6 individual photographs for their Autograph books

# Coffee Mornings

## FOR PARENTS AND CARERS

*9-10am in The Room of Requirement (old ICT room) accessible from main playground*

**Wed 16th Oct – PE Lead Mrs McNamara will be speaking**

**Wed 13th Nov – Borehamwood Food Bank talk and Class Harvest Hamper Competition information**

**Wed 11th Dec – Mental Health and Wellbeing Talk**



# Parent & Carer Support Autumn Term 2024



**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.



**Tuesdays 7.45-9.15pm**  
**17th Sept - 1st Oct**  
**Online Course: ID 682**

**Wednesdays 7.45-9.15pm**  
**5th Nov - 10th Dec**  
**Online Course: ID 683**

**Wednesdays 7.45-9.15pm**  
**6th Nov - 11th Dec**  
**Online Course: ID 684**

## TALKING ANGER in TEENS

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

- Understand why teens 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**  
**18th Sept - 23rd Oct**  
**Online Course: ID 681**

## TALKING DADS

6, weekly sessions for dads & male carers of all ages, 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.



**Wednesdays 7.45-9.15pm**  
**18th Sept - 23rd Oct**  
**Online Course: ID 685**

**Wednesdays 7.45-9.15pm**  
**6th Nov - 11th Dec**  
**Online Course: ID 686**

# Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 2024



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

## 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.
- 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.

Monday 25<sup>th</sup> November 7.30-9.15pm

Workshop SL690 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-690-for-parentscarers-in-herts-registration-915749771217?aff=odcleoeventsincollection>

## RESPONDING to ANGER



- 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.

Monday 4<sup>th</sup> November 7.30-9.15pm

Workshop SL688 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger688-for-parentscarers-in-herts-registration-915702028417?aff=odcleoeventsincollection>

## TECH USE



- What you can do to keep your child safe online.
- Helping your child to switch their device off.
- 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.

Thursday 21<sup>st</sup> November 9.30-11.15am

Workshop SL689 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use689-for-parentscarers-in-herts-registration-915726882757?aff=odcleoeventsincollection>

## 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 and look after yourself.
- How to work with your school in your child's best interests.

Wednesday 23<sup>rd</sup> October 9.30-11.15am

Workshop SL687 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance687-for-parentscarers-in-herts-registration-915127068697?aff=odcleoeventsincollection>

Follow 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



# Dental Trauma

**Don't panic!**

**Here's what to do to help save your tooth**

## Knocked a tooth out?

**Step 1: Pick** the tooth up by the crown only (do not touch the root)



**Step 2: Lick** the tooth clean if it is dirty, or rinse it in water

**Step 3: Stick** the tooth back in position (**adult** teeth only)



**\*\*\* Never try to put back a baby tooth \*\*\***

**Step 4:** Bite on a handkerchief to hold it in place

**Step 5:** Go straight to a dentist

If it's not possible to put the tooth back in position, put the tooth in cows milk and go straight to a dentist (out of hours go to A&E).



## Broken or chipped a tooth?

Tooth fragments can sometimes be glued back into position.

Find the fragment, and take it to your dentist who might try to stick the fragment back on or build your tooth up with a tooth-coloured filling.

For more information visit the dental trauma UK website. Call a dentist or call 111.



Herts Inclusive Theatre presents

# WEDNESDAY NIGHT PROJECT

2nd October - 11th December 2024



Wednesday Night Project is a weekly group run by Herts Inclusive Theatre for 10-18 year-olds. At these weekly sessions, participants develop their skills in drama, dance and design, working towards a final performance. These sessions are FREE to attend.

Wednesdays 6pm-8pm at Hertswood Academy,  
Cowley Hill, Borehamwood, WD6 5LG.

**Free taster session:  
2nd October!**

Contact [kasia@hit-theatre.org.uk](mailto:kasia@hit-theatre.org.uk) to book your free place



HIT is a registered charity 1180955

