

Thought for the day; 'Motivation is what gets you started. Habit is what keeps you going' - John Rohn

☺ **Welcome back to a new school year** ☺

We hope you all have had a lovely break with your children and are looking forward to what promises to be a exciting year at school.

I am delighted with how positively the children have returned to school displaying 'can-do' attitudes and I would like to thank all of our parents for preparing your children so well for the new term.

The children deserve nothing less than to have the experienced team of teachers and support staff here at Purwell School, to support them through the year to come. With the excellent provision that we have, we can allow ourselves to have the highest of expectations for the forthcoming year.

Curriculum information and home/school agreement

Next week, you will receive details of the Autumn Term curriculum. Also, you will receive a parental permission form, which needs to be completed and signed and returned to the office.

Homework expectations

To give parents absolute clarity on homework expectations we will focus on reading, spelling, times tables, Mathematics, and Purple Mash this year. Mathematics and Purple Mash are online programme that can be accessed on any computer or phone at home.

Parental support with homework is a crucial part of academic progress. We recognise the importance of it and so welcome all parental engagement with these key areas. Further details about homework appear at the end of this newsletter.

SECONDARY TRANSFER for Year 6 pupils

All the information you need is available on the website www.hertfordshire.gov.uk/admissions. The website has full details about the application process and a school directory providing information about secondary and upper schools in Hertfordshire. Apply online at www.hertfordshire.gov.uk/admissions. You should visit the website to view admissions information and apply online because: • it is quick, easy to use and secure • you will receive immediate confirmation that your application has been received and you can view it at any time. If you do not have internet access at home, you can apply online from any Hertfordshire library. The closing date for applications is Monday 31 October 2022.

How Clubs will operate this term

We are looking forward to commencing clubs at school once again. This term, we are pleased to offer a range of extracurricular activities for children, both, at lunchtimes and after school.

A letter will be sent home with details of all the clubs and the days they will take place. Most clubs will have no cost for pupils to attend, however, some will require small payments to offset the costs of materials that the children will use each week, e.g., cooking and art and crafts clubs.

Parents will be asked to talk with their children about which clubs they would most like to join, bearing in mind it is likely that there will be limited spaces available for most clubs. Children will need to select their preferences and submit them via a reply slip attached to the letter. Miss Saville will then do her best to allocate pupils to all the clubs, whilst ensuring that every pupil gets at least one club of their choice.

Communicating with teachers

The teacher emails, created for remote learning purposes during lockdown, are no longer in use. So, if you wish to contact your child's teacher for any reason, please do so via the school office at admin@purwell.herts.sch.uk or by phoning 01462 432950. Alternately, if you are able to, you can speak directly with the teacher at the start and the end of each day, before they enter the classroom to start the day, bearing in mind the limited time they have then, but it might be long enough to deliver a message, or to arrange a meeting, if necessary.

Acorn Class News

What a fantastic start to the Early Years we have seen this week. The Nursery and Reception children have had a super start to the new school year. They have busied themselves exploring the newly updated early years environment with performances, role play and climbing being daily favourite activities. Our new climbing wall and indoor physical area has been a real hit with the children along with lots of bike riding and scooter play outside on their very own chalk drawn road. We are already seeing friendships forming and their confidence growing, and the Early Years team are looking forward to watching the development of all.



Parking

We remind parents, from time to time, that parking on the roads close to the school should be considerate to our neighbours. Unfortunately, there has been a complaint from a local resident who has experienced someone parking across their driveway and blocking it completely.

We advise that, if you are driving, you should park in Wilshere Crescent, or Kingswood Avenue, rather than Fairfield Way, which can become very congested and walk to the school from there. If it cannot be avoided, then parking should be always legal and considerate, as should the speed at which you drive in the vicinity of the school. We thank parents for your support in this matter,

Resurfacing works on Wilshere Crescent

Just to let parents know that the council have informed us of some resurfacing work that is due to take place from Wednesday 21st September to Wednesday 12th October, 9:30am to 4pm. On these school days parents that drive into school are advised to leave plenty of time at the start and end of the school day and park on adjoining roads such as Mountjoy, Kingswood Avenue and Thatcher's End.

Free School Meals (FSM)

If you are in receipt of benefits, your children may be eligible for FSM. Registering for UIFSM will identify pupils in Reception and Years 1 and 2. However, you will need to apply separately for pupils in Years 3 - 6. You should complete the appropriate form on www.hertfordshire.gov.uk/freeschoolmeals to apply or contact Mrs Sharp in the office to apply on your behalf.

School meals

School meals now cost £2.78 per day, £13.90 per week. Payment can be made via cash or on School Gateway. Cheques are no longer accepted.

PSA news

The next PSA AGM will be on Thursday 15th September, at 8pm, in the Purwell community room. All parents and staff members are welcome to attend. At the meeting we will be re-electing all roles for 22/23 term. Everyone is free to express an interest!

The roles are Chair/co-chair/deputy chair; Treasurer/deputy treasurer/Cash counter; Class reps for all years; License officer; Secretary and Marketing officer. All these roles are also available to share. If you are interested in any of the roles but cannot attend, please email: Purwell.school.association@gmail.com

Bags 2 School

The Bags2schools charity will once again be visiting us on Thursday 22nd September.

Please can we have your donations in a black bag bin liner at **drop off before 9am on the day?**

They will accept the following 'good quality' items for RE-USE*:

- Men's, Ladies', and Children's clothing
- Paired shoes (tied together or elastic band around)
- Handbags
- Hats
- Bags
- Scarves and ties
- Jewellery
- Lingerie
- Socks
- Belts
- Soft toys
- Household linen
- Household curtains
- Household towels
- Household bedding (bed sheets, pillowcases and duvet covers)

* They reserve the right to refuse any unsuitable items

They DO NOT accept:

- Duvets and blankets
- Pillows and cushions
- Carpets, rugs, and mats (including bath, shower, and toilet mats)
- Soiled, painted, ripped, or wet clothing
- School uniforms with and without logo
- Corporate clothing and workwear
- Textile off cuts, yarns, or threaded material

Join our private school Twitter group to get the latest news

You can keep up to date with what's going on in school via our private Twitter page. As it is a closed group, you will need to apply to become a member on the school's Twitter page before contacting the school office, and giving them your Twitter username, to be accepted into the group.

How homework will work this year

Homework will be set on a **Friday** and is due in on the following **Thursday**. Weekly homework will consist of:

1. **Times tables practice.**
For Year 3 and Year 4, this will be via Timetables Rockstars.
2. **Maths**
Teachers will assign an activity/task on Mathletics or send home an activity linked to their current topic. We encourage the use of Mathletics at home. This is an enjoyable way to help children improve their mathematical fluency.
3. **Daily reading**
Please spend at least 10 minutes a day reading and discussing the book with your child. **Please comment/sign your child's reading record each time you read.** At least 3 times per week as a minimum!
4. **Topic work**
Pupils in Years 5 and 6 will be assigned an activity on Purple Mash linked to their current learning.
5. **Spellings**
Spellings will not be set weekly but will be dependent on individual needs. Activities could consist of a spelling list to learn, or an activity linked to the week's spelling rule or pattern.

**Don't forget, homework club is available to all pupils
and runs every Thursday lunchtime, 12:30 to 1pm, in the library**

Dates for Autumn Term 2022

September

Friday 23rd

School closed for Inset Day

Thursday 29th

Kingswood meeting for parents, 6:30pm, in the hall.

October

Monday 17th

Braiswick photographer taking individual and family portraits

Wednesday 19th

Parent Consultations

Thursday 20th

Parent Consultations

24th - 28th Oct

Half term

Monday 31st

School closed for Inset Day

November

Sunday 6th - Friday

Kingswood Residential Trip for Year 5 and Year 6.

11th

December

Friday 2nd

School closed for Occasional Day

Wednesday 7th

Christmas School Lunch

Monday 19th

EYFS/KS1 Christmas production (afternoon and evening)

Tuesday 20th

KS2 Christmas production (afternoon and evening)

Wednesday 21st

1:30pm Christmas assembly with carol singing

Term ends at 2pm

Dates for Spring Term 2023

Thursday 5th January

Pupils return to school

13rd - 17th February

Half-term

Friday 10th March

School Closed for Inset Day

Wednesday 29th March

Parent Consultations

Thursday 30th March

Parent Consultations

Friday 31st March

Last day of term (2pm finish)

Dates for Summer Term 2023

Monday 17th April

School closed for Inset Day

Tuesday 18th April

Pupils return to school

Monday 1st May

May Bank Holiday

29th May-2nd June

Half-term

Friday 30th June

School closed for Inset Day

Thursday 29th June

Sports Day

Friday 21st July

Last day of term (2pm finish)

Parent and family support

Provider	Course/Booking	Key Topics
Hertfordshire County Council	<p>HNF Banding Descriptors and Provision Tool Briefing Session For all schools and settings, parents, carers, professionals and LA staff 28 September 12pm to 2pm at Herts Development Centre HNF Banding Descriptors and Provision Tool Tickets, Wed 28 Sep 2022 at 12:00 Eventbrite</p>	Banding Descriptors
NESSie		
CAMHS Newsletter	<p>Autism Hertfordshire Transition Service for 16-20 year olds. Autism Hertfordshire are offering a transition support service to young autistic adults and their families. Workshops, Social Groups, Parent/Carer Support Sessions. Contact Rachel.hatton@autismherts.org 01727 743246</p>	Transition 16-20 – Autism
	<p>Children's Wellbeing Practitioners Service Hertfordshire Community NHS Trust (hct.nhs.uk) Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.</p>	School Avoidance
	<p>Clinically moderated online peer to peer support for 16+ feeling low/ depressed, new users have to register Togetherall</p>	Peer Support for 16+ feeling low/depressed
	<p>Register interest, programme for parents/carers with YP struggling with body image/eating disorder. Skills for Carers - First Steps ED</p>	Body image/eating disorder
	<p>CAMHS Online Support Group – Does your child visit a CAMHS clinic or Step2 Early Intervention CAMHS – speak to people who understand, learn more about strategies to help, support for yourself. contact@carersinherts.org.uk 01992 58 69 69. CAMHS Online Support Group (carersinherts.org.uk)</p>	Support for parents – CAMHS/Step2
ADD-vance ADD-vance Eventbrite	<p>Understanding Teens with ADHD and Autism - FREE ONLINE 6 WEEK COURSE Tickets, Mon 12 Sep 2022 at 19:00 Eventbrite</p>	Understanding Teens – ADHD/Autism
	<p>Diagnosing ADHD and/or Autism - FREE ONLINE WORKSHOP Tickets, Wed 14 Sep 2022 at 10:00 Eventbrite</p>	Diagnosing ADHD and/or Autism
	<p>ONLINE SUPPORT GROUP for Parents/Carers of Primary Aged Children</p>	Online Support Primary Aged

	Tickets, Wed 14 Sep 2022 at 13:00 Eventbrite	
	Understanding ADHD and Autism - FREE ONLINE 6 WEEK COURSE Tickets, Wed 14 Sep 2022 at 19:00 Eventbrite	Understanding ADHD/Autism
	Understanding ADHD and Autism - FREE 6 WEEK COURSE IN NORTH HERTS Tickets, Fri 16 Sep 2022 at 10:00 Eventbrite	Understanding ADHD/Autism – in person
	Understanding Autism - FREE ONLINE WORKSHOP Tickets, Mon 19 Sep 2022 at 10:00 Eventbrite	Understanding Autism
	ONLINE SUPPORT GROUP for Parents/Carers of Secondary Aged Children Tickets, Tue 20 Sep 2022 at 13:00 Eventbrite	Online support Secondary Aged
Angels Support Group	<ul style="list-style-type: none"> • See website for full Autumn Term Programme • September: • Workshop Helping your child access Healthcare 13 September 10am to 12pm (online) • Parent/Carer Support Group 14 September 10am to 12pm (Stevenage) • Parent/Carer Support Group 19 September (online) • Money Advice unit: Benefit Advice 22 September 10am to 12pm (Stevenage) • Parent/Carer Support Group 22 September 10am to 12pm (Stevenage) • Workshop Applying for an EHC needs assessment and Q&A 27 September 10am to 12pm (online) • Parent/Carer Support 29 September 10am to 12pm (Stevenage) 	Autism/ADHD Healthcare Benefit Advice Applying EHC needs assessment Support Groups
SPACE Autism/ ADHD Neurodiverse Conditions	Starting SPACE Tickets, Fri 9 Sep 2022 at 10:00 Eventbrite	Introductory / Parent/Carers/ SEN world / 0-6 years. In person
	Autistic Girls Workshop Tickets, Tue 13 Sep 2022 at 19:00 Eventbrite	Girls / Autism
	Puberty and Neurodiversity Tickets, Thu 15 Sep 2022 at 19:00 Eventbrite	Autism/ADHD/Neurodiverse Conditions - Puberty
	Teen/Adult Lamp Art Session Tickets, Fri 16 Sep 2022 at 19:00 Eventbrite	For Teens / Interactive Art
	Online Cookery Session Tickets, Mon 19 Sep 2022 at 17:30 Eventbrite	Online cookery
	Check In and Chat - Susan Brooks - EP Tickets, Wed 21 Sep 2022 at 19:00 Eventbrite	Online check in and chat

	Tourette's and ASD Talk Tickets, Mon 26 Sep 2022 at 19:00 Eventbrite	Autism / Tourettes
Supporting Links	Alongside our usual Parenting Courses, Supporting Links are pleased to be offering the following 8 workshops this coming Autumn Term . These are open to parents and carers of children with ASD and/or ADHD across Hertfordshire, funded by the Local Authority.	
	ASD & ADHD: Anxiety and Stress. For parents/carers in Herts (536) Registration, Thu 29 Sep 2022 at 19:30 Eventbrite	Autism/ADHD – Anxiety / Stress
	Talking ASD and ADHD: Coping with Change. For parents/carers in Herts(539) Registration, Mon 3 Oct 2022 at 12:30 Eventbrite	Autism/ADHD – Coping with Change
	Talking ASD and ADHD: Tech Use (541). For parents/carers in Herts. Registration, Tue 11 Oct 2022 at 19:30 Eventbrite	Autism/ADHD – Tech use
	Talking ASD & ADHD: Responding to Anger. For parents/carers in Herts (537) Registration, Thu 20 Oct 2022 at 09:30 Eventbrite	Autism/ADHD - Anger
	Talking ASD and ADHD: The teenage years. For parents/carers in Herts (540) Registration, Wed 2 Nov 2022 at 19:30 Eventbrite	Autism/ADHD – Teenage years
	Talking ASD and ADHD: School Avoidance. For parents/carers in Herts (542) Registration, Thu 10 Nov 2022 at 12:30 Eventbrite	Autism/ADHD – School Avoidance
	Talking ASD & ADHD: Anxiety and Stress. For parents/carers in Herts (535) Registration, Wed 23 Nov 2022 at 09:30 Eventbrite	Autism/ADHD – Anxiety / Stress
Family Lives	<p>Bringing Up Confident Children for Parents of Children with ADHD/ASD – Online (6 weeks)</p> <ul style="list-style-type: none"> • Thursday 15th September to 20th Oct, 9.30 – 11.30 • Tuesday 4th October to 15th November, 9.30-11.30 • Tues 8th November to 13th December 7.30pm – 9.30pm • Wednesday 9th November to 14th December, 9.30 – 11.30 <p>This programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential. Sessions will cover : * ADHD - a whole-family issue / * Understanding your child's behaviour / * Helping your child manage their feelings and outbursts / * Balancing support of siblings / * Learning new parenting strategies to address challenging behaviour and to make a difference in your family life</p> <p>Getting on with your Pre Teen/Teenager (6 weeks) – Online (6 weeks)</p>	<p>Confident Children – for parents/carers of children with ADHD/Autism</p> <p>Getting on with Pre-Teen / Teenager</p>

	<p>Thursday evening 6th Oct to 17th November 7.00pm - 9.00pm</p> <p>This group is particularly suited for parents and or carers of pre-teen/teenagers who may have a FFA, CIN, CP or Youth Justice Plan and are showing signs of: * Risky behaviour online through social media / * Attraction to or involvement in gangs / * Alcohol and/or drugs, early sex, self-harming, crime and anti-social behaviour, aggressive and challenging behaviour</p> <p>We accept referrals from professionals as well as self-referrals. Please click here referral form for the online referral form. Following our data protection protocols, please note that our referral form, which is also attached with flyers for each group, must be password-protected before returning to services@familylives.org.uk with the password sent in a separate email. Parents can also email services@familylives.org.uk or call us on 0204 522 8700 or 0204 522 8701 for more information.</p>	
<p>Family Lives</p>	<p>Helpline We offer a confidential and free* helpline service for families in England and Wales (previously known as Parentline). Please call us on 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life. If you don't get an answer first time please do try again. Helpline opening hours: Monday to Friday 9am to 9pm. Weekends 10am to 3pm</p> <p>Live Chat Our online chat service is open on Monday between 1.30pm to 9pm, Tuesday to Friday between 10.30am to 9pm. You can contact us about any family or parenting issue. To start a chat, you can click on the 'Live chat' button when the service is available. Please note, the service is closed on weekends and bank holidays.</p> <p>Email You can contact askus@familylives.org.uk about any parenting or family issue. Please note we are unable to respond to legal or medical issues, and we are not connected to social services.</p> <p>Forum Our forums are a safe space for parents to share dilemmas, experiences and issues with others who understand the ups and downs of family life. If you are concerned about a post or experiencing technical issues, you can email us. www.facebook.com/FamilyLivesHertsandBeds</p>	<p>Help / Live Chat / Contact</p>
<p>Families in Focus CIC</p>	<p>Complete guide to parenting children with SEND 10 Week Course. Parent/Carer of children aged 2 to 11 with all SEND Wednesday Mornings via Zoom 9:30am to 11:30am - September 14, 21, 28. October 5, 12, 19. November 2, 9, 16, 23 OR Wednesday Evenings via Zoom 6:30pm to 8:30pm - September 14, 21, 28. October 5, 12, 19. November 2, 9, 23 Bookings : bookings@familiesinfocus.co.uk www.familiesinfocus.co.uk/send-courses</p>	<p>Guide to parenting - All SEND, children aged 2 to 11</p>

	<p>Handling Anger in your child with ADHD and/or Autism 6 Week Course. Parents of Primary Aged Children with ADHD and or Autism Thursday mornings 9:30am to 11:30am - September 15, 22, 29. October 6, 13, 20. OR Monday Evenings 6:30pm to 8:30pm - September 12, 19, 26. October 3, 10, 17 OR Thursday mornings 9:30am to 11:30am - November 3, 10, 17, 24. December 1, 8 Bookings : bookings@familiesinfocus.co.uk www.familiesinfocus.co.uk/send-courses</p>	<p>Handling Anger ADHD and/or Autism Primary Aged</p>
<p>Ambitious About Autism</p>	<p>Join the Ambitious Youth Network (ambitiousaboutautism.org.uk) The Ambitious about Autism youth network is a fun and friendly space for autistic young people, between the ages of 16-25, to meet other autistic young people and be themselves. It offers them a safe and moderated online space to help them understand their autistic identify and reduce isolation and loneliness that many feel. Young people will be able to take part in peer support sessions which are held on Tuesday and Thursday evenings between 5:45-6:45 over Zoom. These sessions are a chance to meet new autistic young people across the country, share experiences and find volunteering, work experience and employment opportunities. Sessions are a safe environment where you can stay within your comfort zone, there is no pressure to turn on your camera or microphone. You can choose to participate or just observe. The sessions are led by Ambitious staff trained in safeguarding, who you may contact at any point if you are uncomfortable or feel unsafe. Every session has a different theme, past sessions have included arts and crafts, comedy night, DJ sessions, language lessons, and a monthly general knowledge quiz. Youth network members over the age of 18 also have a chance to instant message each other on the platform. To access the peer sessions, you will need to request to join the youth network.</p>	<p>Autism / Youth</p>
<p>Families Feeling Safe</p>	<p>The courses are fully funded by HCC for families who have needs in Hertfordshire. Please would you kindly promote the following courses to parents and carers and to other colleagues on your networks. For all enquiries and to make a referral, please email enquiries@familiesfeelingsafe.co.uk</p> <p>For Dads, Step-Dads and male carers A FREE ONLINE course for Dads, Step-Dads and Carers • Families Feeling Safe</p> <ul style="list-style-type: none"> • Online Tuesday evenings 7.30pm - 9.00pm 13, 20, 27 Sept, 4, 11 & 18 Oct 2022 	<p>Protective Behaviours – Male Carers</p>

	<p>For Mums, Dads & Carers A FREE course for Mums, Dads, Step-parents and Carers • Families Feeling Safe</p> <ul style="list-style-type: none"> • Stevenage at The Oak Suite, Peartree Spring Primary School, SG2 9GG Wednesdays 9.30am—11.30am 21, 28 Sept, 5, 12, 19 Oct, 2, 9, 16 & 23 Nov 2022 • Bushey at The Hub, Bournehall Primary School, WD23 3AX Tuesdays 11.30am – 1.30pm (arrival 11-11.15am) 20, 27 Sept, 4, 11, 18 Oct, 1, 8 & 15 Nov 2022 	Protective Behaviours – Parents/Carers
Child Wellbeing Practitioners Hertfordshire Community NHS Trust	School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Thu 8 Sep 2022 at 18:00 Eventbrite	School Transition
	Supporting Your Child With Sleep Difficulties Tickets, Tue 13 Sep 2022 at 10:00 Eventbrite	Sleep Difficulties
	Supporting your child's emotional wellbeing and ability to self-regulate Tickets, Wed 14 Sep 2022 at 10:00 Eventbrite	Self-Regulation
	Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Wed 21 Sep 2022 at 18:00 Eventbrite	Wellbeing – 11 to 16 years
	Adolescent Self-esteem Workshop Tickets, Wed 28 Sep 2022 at 18:00 Eventbrite	Adolescent Self-Esteem
	Supporting Your Child's Self-esteem Tickets, Thu 29 Sep 2022 at 10:00 Eventbrite	Self Esteem
Carers In Herts	<p>Online Education Programme for parents/carers of secondary aged young people who are attending CAMHS Clinic/Step2. 6-week course, online Wednesdays 7:30pm to 9pm 28 September to 9 November (break for half term 27 Oct). Book: nhdspl@wilshere.herts.sch.uk</p>	Secondary Accessing CAMHS/Step2 Support for parents
Carers in Herts	<p>Monthly 2hr Zoom peer support group for parents/ carers with CYP engaged in CAMHS – (HPFT or Step 2) – delivered by Carers in Herts- parents need to book on but its free</p> <p>CAMHS Online Support Group (carersinherts.org.uk)</p>	Support Groups

<p>Up on [UpOnDowns%20Hertfordshire%20-%20Down's%20Syndrome%20Support%20Group%20-%20Hertfordshire]Downs</p>	<p>UpOnDowns Hertfordshire – Down's Syndrome Support Group – Hertfordshire Family Support Meeting - Up On Downs</p>	<p>Down Syndrome – Family Support Meeting</p>
<p>The Hertfordshire Local Offer</p>	<p>Local Offer This short video (less than a minute) is designed to give an understanding of what the Local Offer website is, and what kind of information and resources they can find on there. You can see the video on Youtube here: https://youtu.be/hmcGbFqmsl8</p>	<p>Local Offer</p>
<p>Services for Young People</p>	<p>Services for Young People North Herts Project for Young People with Learning Disabilities at Hitchin young People's Centre. Ages 13-17 Wednesdays, 6:30pm to 8:30pm / Term Time Only / Bookings always needed - FREE Hitchin Young People's Centre, Nightingale House, Nightingale Road, Hitchin SG5 1SD sfyp.northherts@hertfordshire.gov.uk / 01438 843340 or text: 07860 065 178 Services for Young People North Herts Project for Young People with Learning Disabilities at Hitchin Young People's Centre The Services for Young People North H... Services for Young People Listings</p>	<p>Young People with Learning Disabilities</p>
<p>Family Centre SEND Drop-In</p>	<p>First Thursday of each month – booking via Eventbrite Herts Family Centre Service - North Herts District Events Eventbrite School nurses in Hertfordshire (hertsfamilycentres.org)</p>	<p>Family Centre SEND Drop-In School Nurses</p>
<p>Herts Disability Sports Foundation - Herts Disability (hdsf.co.uk)</p>	<p>Herts Disability Sports Foundation is proud to promote the development of disability sport in Hertfordshire. We provide a wide variety of sports activities for people with a disability and pride ourselves on being able to adapt activities to suit the needs of the participants. We work with Individuals, groups, schools and businesses. See website to find activities.</p>	<p>Disability Sports</p>

Mental Health Support	<p>Young Minds – young people’s mental health</p> <p>Parents' Guide to CAMHS Guide for Parents YoungMinds</p>	Young People’s Mental Health
	<p>If your child is too anxious to go to school (hertfordshire.gov.uk)</p> <p>School Avoidance/Anxiety - Webinar and Resources: Children's Wellbeing Practitioners Service Hertfordshire Community NHS Trust (hct.nhs.uk)</p>	Too anxious to go to school
	<p>Togetherall clinically moderated online peer to peer support for 16+ feeling low/ depressed, new users have to register</p>	Peer support 16+
	<p>Just Talk Herts</p> <p>Just Talk (justtalkherts.org)</p> <p>Emotional wellbeing information and resources to help young people in Hertfordshire (justtalkherts.org)</p>	Resources
	<ul style="list-style-type: none"> • NHS England » What to do if you’re a young person and it’s all getting too much • NHS England » Advice for parents, guardians and carers on how to support a child or young person if you’re concerned about their mental health • Home :: Hertfordshire and West Essex Healthier Together (hwehealthiertogether.nhs.uk) • Services for Mental health and wellbeing (hertfordshire.gov.uk) 	Support
	<p>Skills for Carers - First Steps ED</p>	Body Image
SEND Support	<ul style="list-style-type: none"> • Contact a SEND service (hertfordshire.gov.uk) • ISL SEND Advice for Parents/Carers 	SEND Support

hertfordshirefamiliesfirst.org.uk

- [Guest Blog SFYP - Moving on from school](http://hertfordshire.gov.uk) (hertfordshire.gov.uk)
- [Herts Parent Carer Involvement](http://hertsparentcarers.org.uk) (hertsparentcarers.org.uk)
- [Webinars | Herts Parent Carer Involvement](http://hertsparentcarers.org.uk) (hertsparentcarers.org.uk)
- [Preparing for adulthood](http://hertfordshire.gov.uk) (hertfordshire.gov.uk)
- [Help for children who aren't attending school regularly](http://hertfordshire.gov.uk) (hertfordshire.gov.uk)
- [Caring for your health into adulthood](http://hertfordshire.gov.uk) (hertfordshire.gov.uk)
- [Deaf and Hearing Support Service](http://hertfordshire.gov.uk) (hertfordshire.gov.uk)
- [SEND documents and resources](http://hertfordshire.gov.uk) (hertfordshire.gov.uk)
- [The Dyslexia-SpLD Trust - Parents](http://hertfordshire.gov.uk)

SPACE Herts

All ages, borrow sensory, educational practical
If you live in Hertfordshire and your child has additional needs, SPACE operate [Hertfordshire's only specialist equipment ending library](http://spaceherts.org.uk). Visit them to:

- borrow sensory, educational and practical resources for free
- get some friendly advice and help on equipment for your child's specific needs
- find a listening ear for emotional and practical support
- benefit from signposting: knowledge and understanding of local resources, as well as community and statutory services

Stay for a drink and a chat with the SPACE team and other parents /carers. Children are welcome! **Mondays, Wednesdays and Saturdays 9.30am - 12.30pm - Unit 7, Arlington Business Park, Whittle Way, Stevenage, SG1 2BE**
For more information or queries please follow our [Lending SPACE Facebook page](https://www.facebook.com/spaceherts) or email lendingpace@spaceherts.org.uk.

Lending Library