



QUEENS' SCHOOL
Dare to be Great

SEND News

Summer 2025

Dear Parents/Carers,

Welcome to our termly SEND NEWS. DSPL 9 offers many courses and advice to support families with children with SEND, ranging across the four SEN categories outlined below.

Communication and interaction

Cognition and learning Social

Emotional and mental health difficulties

Sensory and/or physical needs

A range of supportive courses are on offer throughout the Summer term. Please see a selection of the courses and networks to support you and your family.

Any assistance or advice required as to how you can access these courses and support networks, please don't hesitate to contact us via the following email address. SEND@queens.herts.sch.uk

Wishing you a restful and enjoyable holiday.

Miss Vaughan

Assistant Headteacher: SENDCo

SUPPORT FOR PARENTS OF CHILDREN WITH SEND

Supporting children with special educational needs and disabilities | NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/supporting-children-special-educational-needs-disabilities/>

The National Association of Special Educational Needs (NASEN)

<https://nasen.org.uk/resources/working-partnership-parents-and-carers>

Hertfordshire's Local Offer – services for parents, carers and families

Online parenting courses

Our free online parenting courses are a great way to get advice and learn new skills in the comfort of your own home and at times to suit you. All of our courses are filled with helpful techniques and ideas that we are sure will help you become a confident and happy parent. Crucially, you can do our course whenever and wherever suits you and work through it at our own pace.

Please use the link here to find out more about these courses.

<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>



QUEENS' SCHOOL
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Daring to be Great by pursuing our values of Scholarship, Tenacity, Altruism and Respect



Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 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

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.

Tuesday 23rd September, 9.30-11.15am

Workshop SL781 book via Eventbrite:

<https://www.eventbrite.co.uk/e/asd-adhd-responding-to-anger-781-for-parentscarers-in-herts-registration-1413258727899?aff=oddtcreator>

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.

Monday 13th October, 7.30-9.15pm

Workshop SL782 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-782-for-parentscarers-in-herts-registration-1417376895449?aff=oddtcreator>

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.

Monday 10th November, 7.30-9.15pm

Workshop SL783 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance-783-for-parentscarers-in-herts-registration-1417463965879?aff=oddtcreator>

TECH USE



- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- The effect of using devices as a reward or consequence.
- Teach children to develop their own methods of regulating device use and staying safe.

Monday 24th November, 7.30-9.15pm

Workshop SL784 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-784-for-parentscarers-in-herts-registration-1417436894909?aff=oddtcreator>

Follow us on:



Contact via:

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.



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Parent & Carer Support

Autumn 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.



Tuesdays 7.45 - 9.15pm

16th Sep – 21st Oct

Online Course: ID 778

Thursdays 7.45 - 9.15pm

6th Nov – 11th Dec

Online Course: ID 777

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged **11-19**, 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.



Tuesdays 7.45 - 9.30pm

4th Nov – 9th Dec

Online Course: ID 775

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children **2-19**, 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.



Wednesdays 7pm - 9pm

5th Nov – 10th Dec

Course ID 771

Watford, venue TBA

Wednesdays 9.45 - 11.15am

17th Sep – 22nd Oct

Course ID 770



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.



Wednesdays 8.00 - 9.30pm

17th Sep – 22nd Oct

Online Course ID 774

Thursdays 9.45 - 11.15am

18th Sep – 23rd Oct

Online Course ID 772

Tuesdays 8.00 - 9.30pm

4th Nov – 9th Dec

Online Course ID 773

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.



Tuesdays 7.45 - 9.30pm

16th Sep – 21st Oct

Online Course ID 776

TALKING DADS

6, weekly sessions for dads & male carers of children **0-19**, 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

17th Sep – 22nd Oct

Online Course: ID 779

Wednesdays 7.45 - 9.15pm

5th Nov – 10th Dec

Online Course: ID 780

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



Page 2 of 2

Our Pegasus scheme is for people who find it hard to communicate with us – we keep your pre-registered information safe on our computer and we can access it quickly if you call us. You don't need to repeat all your details.

Who can register?

- Anyone who has a disability or illness that may make it hard to communicate with the police in an emergency or difficult situation.
- Anyone who lives in the local area. Please make sure that you contact your local police force. *Please note registration is free.*

How it works

- You'll be issued with a card and a personal identification number (PIN) and if you need to call us, say 'Pegasus', tell us your PIN and we'll access your details right away, which will save you time.
- You can also show your card to a police officer, member of police staff or other emergency services staff if you need assistance in person and they'll know you may need extra help and support.
- You can change or update your details at any time. • If you agree, we'll share your Pegasus information with other participating emergency services (fire, ambulance) and local authorities.

Pegasus terms and conditions

- Your information will be stored on a secure database owned by the police.
- Access to the database is controlled, but we may share your details with our partners, such as other emergency services, so they can help you.
- If you're under 18 you must have your parent or guardian's consent.
- Once a year we'll write to you to check the information



HERTFORDSHIRE
CONSTABULARY

Do you find it hard to make yourself understood?

Prevention First

Pegasus

is a scheme for people who may have difficulty in communicating their details when making contact with the emergency services.

It's free of charge to join the scheme...

You won't have to waste time providing personal details, and can tell us why you might need our help right away. Register online at herts.police.uk/Pegasus. Your PIN card will be posted directly to you, or a trusted person, or both.

You can show your PIN card to a police officer, or other emergency services staff if you need help.

If you need us...

1. Dial 999/Text Relay 18000 or chat to us live through our webchat service
2. Say/type "Police"
3. Wait for the operator
4. Say/type "Pegasus"
5. Give your PIN or name
6. Tell us how we can help you



Visit herts.police.uk/Pegasus or email pegasus@herts.police.uk



South West Herts Partnership Family Support Service

PARENTING COURSE CALENDAR

South West Herts Partnership has collated a list of parenting events happening online from our parent organisations on the following pages



swhp_familysupportservice



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



Promoting Strong Family Relationships

Fully Funded By Herts County Council



Calendar

JOIN THE TEAM

ONLINE PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM. Full details on how to access and use Zoom will be offered. Open to parents and carers across Hertfordshire. Pre-booking essential. Please quote the course ID.
Contact Supporting Links on: 07512 709556
bookings@supportinglinks.co.uk www.supportinglinks.co.uk

SEPT	7:45PM
16	ONLINE COURSE

TALKING TEENS

Our **FREE** 6 week course for **parents and carers of children aged 12-19** recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.
Pre-booking essential—quote course ID 778

SEPT	7:45PM
16	ONLINE COURSE

TALKING ANXIETY IN TEENS

6, weekly sessions for **parents and carers of children aged 11-19** understand why young people and adults get angry, develop strategies to handle anxiety in yourself and others within your family

Pre-booking essential—quote course ID 776

SEPT	9:45AM
17	ONLINE COURSE

TALKING ADDITIONAL NEEDS

Our **FREE** 6 week course for **parents and carers of children aged 2-19** with any additional need. Your child does not need a diagnosis.

Pre-booking essential—quote course ID 770

SEPT	7:45PM
17	ONLINE COURSE

TALKING DADS

6 **FREE** weekly sessions for **dads and male carers with children aged 0-11** to help you to develop your dad/child relationship, now and for the future.

Pre-booking essential—quote course ID 779



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Fully Funded By Herts County Council



Calendar

JOIN THE TEAM

ONLINE PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM. Full details on how to access and use Zoom will be offered. Open to parents and carers across Hertfordshire. Pre-booking essential. Please quote the course ID.
Contact Supporting Links on: 07512 709556
bookings@supportinglinks.co.uk www.supportinglinks.co.uk

SEPT	8PM
17	ONLINE COURSE

TALKING FAMILIES
6, weekly sessions for parents and carers of children aged 0-12 sharing tips on: Managing challenging behaviour with consistency, Setting and maintaining boundaries, Responding to tantrums and difficult feelings in children and more
Pre-booking essential—quote course ID 774

SEPT	9:45AM
18	ONLINE COURSE

TALKING FAMILIES
6, weekly sessions for parents and carers of children aged 0-12 sharing tips on: Managing challenging behaviour with consistency, Setting and maintaining boundaries, Responding to tantrums and difficult feelings in children and more
Pre-booking essential—quote course ID 772

NOV	7:45PM
04	ONLINE COURSE

TALKING ANGER IN TEENS
Our FREE 6 week course for parents and carers of children aged 11-19 supporting you to understand why children and adults get angry and develop strategies to handle anger in yourself and others within your family
Pre-booking essential—quote course ID 775

NOV	8PM
04	ONLINE COURSE

TALKING FAMILIES
6, weekly sessions for parents and carers of children aged 0-12 sharing tips on: Managing challenging behaviour with consistency, Setting and maintaining boundaries, Responding to tantrums and difficult feelings in children and more
Pre-booking essential—quote course ID 773





FREE practical and interactive 1.75 hour online workshops for parents of children with diagnosed or suspected ASD and or ADHD. These are funded by Herts County Council so are free for parents who live or go to school in Herts to attend Pre-booking essential. Please quote the course ID. **Contact Supporting Links on: 07512 709556** bookings@supportinglinks.co.uk <https://www.supportinglinks.co.uk/whatson.html>

SEPT

9:30AM

23

ONLINE
COURSE

TALKING ASD & ADHD WORKSHOP: RESPONDING TO ANGER

Recognise, respond to and reduce the impact of anger in your family. Based on our CAN Parent accredited Anger: Escaping the Trap course, we have developed this popular workshop that is more than anger management strategies, because we want anyone who attends to leave understanding what is happening for their child and what they can do about it. **Pre-booking essential—quote course ID 781**

OCT

7.30PM

13

ONLINE
COURSE

TALKING ASD & ADHD WORKSHOP: THE TEENAGE YEARS

Helping you to understand and support your child of 11+ to be the best they can be with as little conflict as possible. Find out more about how the brain develops during the teen years and what you can do to help your child through adolescence. **Pre-booking essential—quote course ID 782**

NOV

7:30PM

10

ONLINE
COURSE

TALKING ASD & ADHD WORKSHOP: SCHOOL AVOIDANCE

Helping you to understand why school avoidance happens and how to support your child. We help parents to use new knowledge and strategies within their own families and, thereby, support their child by informing, encouraging and giving parents the opportunity for reflection and a change of approach. **Pre-booking essential—quote course ID 783**

NOV

7:30PM

24

ONLINE
COURSE

TALKING ASD & ADHD WORKSHOP: TECH USE

Recognise how to support difficulties with online behaviour Parents who are able to understand the cause of problems are better able to set up appropriate guidance and boundaries. Parents and carers who attend will leave understanding what is happening for their child and what they can do about it. **Pre-booking essential—quote course ID 784**



Fully Funded By Herts County Council



Calendar

JOIN THE TEAM

ONLINE PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM. Full details on how to access and use Zoom will be offered. Open to parents and carers across Hertfordshire. Pre-booking essential. Please quote the course ID. **Contact Supporting Links on: 07512 709556**
bookings@supportinglinks.co.uk www.supportinglinks.co.uk

NOV	7PM
05	REDDINGS FAMILY CENTRE BUSHEY WD23 3PE

TALKING ADDITIONAL NEEDS

Our **FREE** 6 week course for parents and carers of children aged **2-19** with any additional need. Your child does not need a diagnosis.

Pre-booking essential—quote course ID 771

NOV	7:45PM
05	ONLINE COURSE

TALKING DADS

6 **FREE** weekly sessions for **dads and male carers** with children aged **0-11** to help you to develop your dad/child relationship, now and for the future.

Pre-booking essential—quote course ID 780

NOV	7:45PM
06	ONLINE COURSE

TALKING TEENS

Our **FREE** 6 week course for parents and carers of children aged **12-19** recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.

Pre-booking essential—quote course ID 777





Families In Focus CIC

Enabling families to be stronger together

DSPL | Delivering Special Provision Locally
Achieving quality outcomes



Calendar

JOIN THE TEAM

FREE Support, information & learning groups for parents caring for children with special educational needs and/or disabilities and chronic health conditions – no need to book just turn up unless stated otherwise. Delivered by experienced, trained facilitators with over 25 years of personal experience and professional knowledge to share in a non-judgemental and supportive environment. www.familiesinfocus.co.uk

Email: bookings@familiesinfocus.co.uk for further details

SEPT

9:30AM

09

ONLINE
COURSE

COMPLETE GUIDE TO PARENTING CHILDREN AUTISM OR ADHD

This free 9-week course is for those parenting children aged two to 11 with all Special Education Needs living in Hertfordshire including those on assessment pathways. Learn a range of strategies and solutions, to better manage behaviours that challenge

SEPT

6:30PM

09

ONLINE
COURSE

COMPLETE GUIDE TO PARENTING CHILDREN AUTISM OR ADHD

This free 9-week course is for those parenting children aged two to 11 with all Special Education Needs living in Hertfordshire including those on assessment pathways. Learn a range of strategies and solutions, to better manage behaviours that challenge

SEPT

9:30AM

10

ONLINE
COURSE

HANDLING ANGER OF PRIMARY AGED CHILDREN WITH ADHD AND/OR AUTISM

A free six-week course for parents with primary aged children with ADHD and/or Autism, living in Hertfordshire. This very popular, effective and award winning anger management course helps parents to gain understanding of Autism and ADHD and how behaviours can be effected

SEPT

12:30PM

10

ONLINE
COURSE

HANDLING ANGER OF PRIMARY AGED CHILDREN WITH ADHD AND/OR AUTISM

A free six-week course for parents with primary aged children with ADHD and/or Autism, living in Hertfordshire. This very popular, effective and award winning anger management course helps parents to gain understanding of Autism and ADHD and how behaviours can be effected



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Achieving quality outcomes

SEPT

10

6:30PM

ONLINE
COURSE

NOV

03

7PM

ONLINE
COURSE



To get codes for Parent Network online sessions, join our closed Facebook group here – <https://www.facebook.com/groups/184975381651870/>

TUES

48 WKS
PER YEAR

8PM

ONLINE
COURSE



Calendar

JOIN THE TEAM

FREE Support, information & learning groups for parents caring for children with special educational needs and/or disabilities and chronic health conditions – no need to book just turn up unless stated otherwise. Delivered by experienced, trained facilitators with over 25 years of personal experience and professional knowledge to share in a non-judgemental and supportive environment. www.familiesinfocus.co.uk

Email: bookings@familiesinfocus.co.uk for further details

HANDLING ANGER OF PRIMARY AGED CHILDREN WITH ADHD AND/OR AUTISM

A free six-week course for parents with primary aged children with ADHD and/or Autism, living in Hertfordshire. This very popular, effective and award winning anger management course helps parents to gain understanding of Autism and ADHD and how behaviours can be effected

HANDLING ANGER IN THE FAMILY FOR CHILDREN WITHOUT SEND

FREE 6 Week Handling Anger in your family (with primary aged children) for parents living in Hertfordshire via ZOOM (free downloadable app) This CANparent quality mark course is for parents of primary aged children, and provides practical and

Parent Networks are a mixture of free in-person and online support groups for parents of children and young people with SEND, where it is safe to share tips, stories, advice, or have a chat with others who truly understand how challenging family life can be.

Parent Network community is warm, welcoming, and friendly. As parents ourselves, we recognise how isolating it can be living with daily challenges and we simply want you to feel comfortable and connect with other parents who live in families similar to yours.

FIF ARMS

The FIF Arms is a drop-in session for parents of children with SEND, and you can join any time from 8-9.30pm, for as little or as much time as you like.

Join Siobhann and Tracey at the FIF Arms, every Tuesday, 8-10pm, online via Zoom, 48 weeks of the year. Everyone welcome!



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These courses are funded by Herts County Council and are open to residents of Hertfordshire only



Calendar

JOIN THE TEAM

Families Feeling Safe is an award-winning Social Enterprise, delivering high quality Protective Behaviours training, courses and workshops. Our work means children, young people and families feel safer in their communities by improving their resilience and emotional & mental wellbeing.

For eligibility and to book your FREE place:

email: enquiries@familiesfeelingsafe.co.uk Tel: 07748 332606

OCT

08

7PM

ONLINE
COURSE

SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

A **FREE** online course for **Dads and Male Carers** of children 0-19yrs.

Are you looking for some strategies and new ideas to help improve family life?

Course code: L4/eve

OCT

09

9:30AM

ONLINE
COURSE

SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

A **FREE** online course for **Mums, Dads, Step-Parents and Carers** of children 0-19yrs.

Are you looking for some strategies and new ideas to help improve family life?

Course code: L5/am

OCT

09

7PM

ONLINE
COURSE

SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

A **FREE** online course for **Mums, Dads, Step-Parents and Carers** of children 0-19yrs.

Are you looking for some strategies and new ideas to help improve family life?

Course code: L5/eve



South West Herts Partnership

Tips & Advice:

Routines & Boundaries

INTRODUCTION

Children need boundaries and a positive approach to discipline. It makes life more enjoyable for parents and children. If boundaries and rules are clear, it helps children with self-esteem. For example: sport needs clear rules that are fair for all players. The same is true for home and school. If children know the rules and they are openly discussed then they will adhere to them. As adults we also have to follow the rules we make so if the rule is 'no phones at mealtimes', that includes YOU!

TOP TIPS/TOOLS

- ⇒ **Talk** to children when you are alongside them; in the car, making cakes, playing games etc.
- ⇒ If asking them to do anything, use **concise** words i.e. please put your shoes on.
- ⇒ All children use **choices**—e.g. do you want pasta or rice for tea?
- ⇒ **Listen**—if a question comes when you are busy, say you will speak to them in ... mins then when you are free, make sure to really listen.
- ⇒ **Be proactive** in giving your children 1:1 attention directed to their interests and needs. For example, if one likes to go outdoors, take a walk or go to the park. If another child likes to sit and read, make time for this as well. If you struggle with time, 15 mins is enough as long as it is just for that child.
- ⇒ **Involve them** in what you're doing. You could ask them to help organise the recycling for example. Children like responsibility—it increases independence and self esteem.

IMPORTANT FACTS

Self Awareness—understanding our own upbringing and responses.

Appropriate Expectation—it is important that we praise for who they are as well as achievement and encourage effort.

Positive Discipline—understanding that all behaviour has a reason. If you pay attention to negative behaviour this will increase. Discipline needs to be firm, fair, kind and consistent.

Be clear about what behaviour you expect and be consistent with the consequences. Make them relevant and ones you can stick to.

Empathy—a child who is treated with respect and empathy will grow up and treat others in the same way.

Understand—and name your children's feelings i.e. I can see you are feeling excited today!

SIGNPOSTING

- www.famillesinfofocus.co.uk
- www.familylives.org.uk
- www.oneplusone.org.uk/parents
- <https://spaceherts.org.uk>
- <https://www.add-vance.org/>



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

Please visit our website as above or click on the QR code and start following us for more guidance, support and signposting.



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South West Herts Partnership Summer Holiday Planner 2025



A comprehensive guide to all things summer holidays! You will find both free and costed ideas for all our service areas, across much of Hertfordshire and other accessible areas. The activities cover all ages and contain lots of ideas for families and teens (not all activities will be suitable for young children – please check before booking)



How to use –

Use the planner to note down days or activities of interest

Check your nearest area – Three Rivers, Watford and Hertsmere for an inclusive and wide-ranging guide

Other ideas for around the county and beyond are listed underneath

There are some activities to keep the kids busy at home on quiet or rainy days and some ideas to help save the pennies at this expensive time

If you are struggling with your mental health, please refer to the resources below to support you and remember, if you feel we can be of service, speak to your child's school about a referral



Date	Activity/ Plans	Date	Activity/ Plans	Date	Activity/ Plans	Date	Activity/ Plans
Week 1		Monday 21 st July		Tuesday 22 nd July		Wednesday 23 rd July	
Thursday 24 th July		Friday 25 th July		Saturday 26 th July		Sunday 27 th July	
Week 2		Monday 28 th July		Tuesday 29 th July		Wednesday 30 th July	
Thursday 31 st July		Friday 1 st August		Saturday 2 nd August		Sunday 3 rd August	





Week 3		Monday 4th August		Tuesday 5th August		Wednesday 6th August	
Thursday 7th August		Friday 8th August		Saturday 9th August		Sunday 10th August	
Week 4		Monday 11th August		Tuesday 12th August		Wednesday 13th August	
Thursday 14th August		Friday 15th August		Saturday 16th August		Sunday 17th August	

School Closure Queens School



Week 5		Monday 18 th August		Tuesday 19 th August		Wednesday 20th August	
Thursday 21 st August		Friday 22 nd August		Saturday 23 rd August		Sunday 24th August	
Week 6		Monday 25th August		Tuesday 26th August		Wednesday 27th August	
Thursday 28th August		Friday 29 th August		Saturday 30 th August		Sunday 31 st August	





BACK TO SCHOOL WEEK		Monday 1st Sept		Tuesday 2nd Sept		Wednesday 3rd Sept	
Thursday 4th Sept		Friday 5th Sept					



Free and low-cost ideas					
Outdoor			Indoor		
Go to the Park	Go for a Walk	Nature Activity (see local play and & park ranger activities)	Art & Craft (paper mâché/collage drawing/painting)	Make a scrap book/photo scrap book	Play with Lego
Play Hide & Seek	Bike/Scooter Ride	Fun in the Paddling Pool	Play Date	Have an indoor Picnic/Tea party	Visit a museum
Build a Fort in the Garden	Visit Skate Park	Visit a splash park	Build an Indoor Camp	Read	Play Eye Spy
Outdoor Treasure Hunt/ Geocaching	Camp out in the garden	Gardening	Indoor Treasure Hunt	Movie & Popcorn	Help Make Dinner/ Cooking/ Baking
Create an Obstacle Course	Outdoor Sport (Tennis/Football/ Rounders etc.)	Picnic	Play Dressing Up	Look at old photo's	Play Hide & Seek
Play Date	Nature Trail	Adventure playground	Play Board Games	Play Come Dine with Me	Library





Cost Money £££

Playschemes	Zoo/Safari Park	Go Camping	Swimming	Bowling	Cinema
A day out at a Theme Park	A Trip to the Seaside	Visit a Children's Farm	Soft Play Centre	Gym/Leisure Centre Activities	Funfair
Crazy Golf	A visit to a National Trust site	Go-Karting	Escape room	Climbing Wall	Trampolining



30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 1		Day 2		Day 3		Day 4	
You were hired by an amusement park to create a new roller coaster.		NASA needs you to build a new rocket.		Your parents want to build a new home and they want you to build it.		Hollywood hires you to build a movie set for a new Star Wars movie.	
Day 6		Day 8		Day 7		Day 9	
You enter a contest to build the world's tallest tower. Will you win?		You are stuck on Mars and need to build a new ship to get home.		Ford hires you to create the toughest pick up truck in the world.		You and 4 friends are stranded on an island. Build a boat to find a way home.	
Day 12		Day 13		Day 14		Day 15	
Dr. Who hires you to build a new TARDIS.		You are asked by the President to build a new monument to George Washington.		Mr. Nixon hires you to build a new hotel.		There is a virus in town. Build a place for the performance.	
Day 18		Day 20		Day 21		Day 22	
The city wants you to build a bridge to connect one side of the town to the other.		It's time party! It is up to you to make a pizza for all the guests.		You are hired to build a brand new hospital.		The fence is broke and the dog keeps escaping. Build one he can't get out of.	
Day 26		Day 27		Day 28		Day 29	
You are elected ruler. Build a flag for your land.		Aliens are invading and you need to build a war robot to defeat them.		The aliens have taken over. They are impressed by your robot. They want you build one for them.		You are hired to build a house entirely out of yellow Legos.	
Day 30		Day 31		Day 32		Day 33	
There is a boarder. You will need to build a snowmobile.		What was your favorite day?					



ALL AREAS:

<https://gameonsportscoaching.co.uk/holiday-courses/>

[Holiday Camps - Xtra Time](#)

<https://www.servicesforyoungpeople.org/support-for-young-people/holiday-activity-programme-summer-2025/> Find Your Nearest JAG Activity Club | Junior Adventures Group

<https://freetimewiththekids.com/whats-on-in-the-summer-holidays-hertfordshire/>

<https://www.campbeaumont.co.uk/county/hertfordshire-day-camps>

<https://sportinherts.org.uk/herts-summer-parks-returns-for-2025-n1238>

https://www.parksherts.co.uk/parks/?show_all=1

[https://www.cineworld.co.uk/static/en/uk/offers-and-promotions/%C2%A31-family-films?utm_source=Social Post&utm_medium=Social Post&utm_campaign=%C2%](https://www.cineworld.co.uk/static/en/uk/offers-and-promotions/%C2%A31-family-films?utm_source=Social+Post&utm_medium=Social+Post&utm_campaign=%C2%A31+Family+Films)

[A31 Family Films](#) – Cineworld £1 Family Films

SUMMER ACTIVITIES IN THREE RIVERS

Please see the links below for a full list of activities taking place in Three Rivers over the summer holidays, these are all subject to change

<https://www.threerivers.gov.uk/services/leisure-parks-culture/play/three-rivers-ace> -

please check eligibility criteria for reduced rate

<https://playwaze.com/play/e1br2nvn5/discover-result?item=PhysicalEventSeries%2F114307->

[B&type=Activities&communityids=e1br2nvn5&fromCommunity=False](https://playwaze.com/play/e1br2nvn5/discover-result?item=PhysicalEventSeries%2F114307-B&type=Activities&communityids=e1br2nvn5&fromCommunity=False) 4 weeks at Yorke Mead School

<https://www.watersmeet.co.uk> – films and shows in Rickmansworth

<https://www.threerivers.gov.uk/services/leisure-parks-culture> information about parks and open spaces, activities and more <https://www.threerivers.gov.uk/services/leisure-parks-culture/sport/outdoor-sports-facilities/skate-parks>

<https://www.threerivers.gov.uk/services/leisure-parks-culture/play-areas>

<https://www.threerivers.gov.uk/services/leisure-parks-culture/arts/photography-walks>

(suitable for all ages but under 11's must be accompanied by a paying adult)

<https://www.servicesforyoungpeople.org/support-for-young-people/youth-projects-in-your-area/three-rivers-projects/>

<https://www.colnevalleypark.org.uk/locations/rickmansworth-aquadrome/> The

Rickmansworth Aquadrome <https://www.colnevalleypark.org.uk/festival-fortnight/>

Colne Valley Festival Fortnight: 18th July – 1st August <https://www.threerivers.gov.uk/services/leisure-parks-culture/nature/wildplay> W i l d P l a y! Scavenger hunts, bug

hunting and arts and crafts. Children must be accompanied by adults

www.clubspark.lta.org.uk/getset4tennis GetSet4Tennis – not for profit, inclusive club in Maple Cross



<https://www.threerivers.gov.uk/services/leisure-parks-culture/sport/sport-children-and-young-people/park-play> Park Play (2 hours free!)

www.threerivers.gov.uk/services/leisure-parks-culture/play/play-rangers PlayRangers: summer sessions in various locations listed here:

<https://woodoaksfarm.com/> Maple Cross

[Free swimming for under 19s | Three Rivers District Council](#)

[Free gym for under 19s | Three Rivers District Council](#)

[Playscheme | Three Rivers District Council](#)

[Watford Three Rivers Health Walks](#)

SUMMER ACTIVITIES IN **WATFORD**

Please look at the links below for a full list of all updated information and activities taking place in Watford over the summer holidays.

<https://www.watfordactually.com>

<https://watfringe.co.uk/> suitable for ALL ages

<https://www.watfordevents.com/big-screen-town-centre>

<https://www.watfordevents.com/big-screen-knutsford>

<https://www.watfordactually.com/big-beach> 15 -31st Aug

<https://www.eyemusic.org.uk/> Colourscape 16th – 25th August

<https://www.hertspride.org/> 30th Aug – Cassiobury Park

<https://watfordcommunityfamilyfunday.org/> Watford Community Family Funday 16th August

<https://mojofusion.org/watford-carnival/> Watford Carnival 2nd Aug

<https://www.watfordmarket.co.uk/events> including market lates, Sundays and specials

<https://raring2go.co.uk/area/watford/whats-on/>

<https://www.watford.gov.uk/cassioburypark> - splash pools, cafes, miniature railways

<https://www.oxheyactivitypark.co.uk/> - learn to skate, eat and play

<http://www.cassioburyfarm.co.uk/open-days-events/>

<https://www.eventbrite.co.uk/d/united-kingdom--watford/events/>

<https://www.watfordfccsetrusthttps://randomcafewatford.com/>

<https://theclarendon.regal.co.uk/whats-on-in-watford-this-summer-holidays/> Info about the ATRIA Summer Bonanza, Cassiobury Park and open-air cinema

<https://www.lets-play.org.uk/locations/watford-woodside-leisure-centre/> Woodside Leisure Centre



SUMMER ACTIVITIES IN HERTSMERE

Please see the links below for a list of all activities taking place in Hertsmere over the summer holidays. These are all subject to change

<https://www.radlettcentre.co.uk/> Performances in Radlett

<https://www.servicesforyoungpeople.org/support-for-young-people/youth-projects-in-your-area/hertsmere-projects/> <https://www.hertsfamilycentres.org/events/whats-on-at-family-centres-in-hertfordshire.aspx> What's on at your local family center

<https://www.hertsmere.gov.uk/Parks-and-Leisure/Parks-and-Leisure.aspx>

Hertsmere open spaces, museums and theatre <https://aldenhampc.gov.uk/apc-events/> Including Summer time Radlett,

Films in the park and SEN coffee mornings

<https://www.thehertsmere.co.uk/coaching-2/junior-packages/junior-holiday-camps/>

<https://www.hertsmere Mencap.org.uk/childrens-holiday-club/>

https://www.facebook.com/parkeventsherts/?locale=en_GB Information about festivals, family days and food markets <https://www.eventbrite.co.uk/e/movies-in-the-park-bushey-300pm-tickets-1411099198689> movies in the park Bushey

Further afield....

Denotes family friendly walks/trails

<https://www.nhm.ac.uk/visit/tring.html> Tring Museum, see website for updated opening and online activities: <https://www.hertswildlifetrust.org.uk/nature-reserves/rye-meads>

[Rye Meads Nature Reserve:](https://www.hertswildlifetrust.org.uk/nature-reserves/rye-meads)

<https://heartwood.woodlandtrust.org.uk/>

<https://www.henry-moore.org/visit/henry-moore-studios-gardens>

Henry Moore Studios and Garden <https://www.nationaltrust.org.uk/shaws-corner>

- Shaw's Corner

<https://hitchinlavender.com/> Hitchin Lavender

<https://www.dehavillandmuseum.co.uk/> - De Havilland Aircraft Museum

<https://scotts-grotto.org/> - Scotts Grotto

<https://www.queenelizabetholympicpark.co.uk/play-parks-london-queen-elizabeth-olympic-park>

In the north of the Park, the Tumbling Bay playground features rock pools, sand pits, tall treehouses, and wobbly bridges, as well as slides, swings and plenty of space to run about



<https://www.hertswildlifetrust.org.uk> -Herts Wildlife Trust: Including Ride Wild Challenge

<http://ruisliplido.com/> Ruislip Lido: woodland walks, miniature railway, café and splash park

<https://www.knebworthhouse.com/> KnebworthHouse: Please see website for current events including DogFest, the Luna Open Air Cinema and the Classic Motor Show

<https://aldenhamcountrypark.co.uk/> Aldenham Country Park – camping, glamping, walks and a farm. See website for details and available activities

<https://www.forestryengland.uk/> find a local forest

<https://chilternsociety.org.uk/our-sites/whiteleaf-hill/> Whiteleaf Hill HP27 0LH (near Princes Risborough) www.nationaltrust.org.uk/ashridge-estate/features/ivinghoe-beacon-at-ashridge-estate Ivinghoe Beacon <https://www.nationaltrust.org.uk/chilterns-countryside/features/coombe-hill> Coombe Hill (near Wendover) [h t t p s : / / w w w . p a r k s h e r t s . c o . u k /](http://www.parks Hert s . c o . u k /) parks

<http://www.alltrails.com>: Family friendly walks

<https://www.enjoystalbans.com/whats-on/> - Events in St Albans, see website for updates

<https://hertfordshirezoo.com/> events at Hertfordshire zoo

<https://www.english-heritage.org.uk/> - Berkhamsted Castle

<https://celticharmony.org/events/> Small open air museum with lot of activities and a stone age trail <https://goape.co.uk/> -Go Ape! (various sites)

<https://www.homefarmglamping.com/whats-on> Home Farm Elstree

<https://jordansmill.com> - Jordans Mill, a food heritage attraction

<https://waddesdon.org.uk/whats-on> Waddesdon Manor

<https://bucksrailcentre.org/events/day-out-with-thomas/> Buckinghamshire Railway Centre <https://www.hertford.gov.uk/events-listings/children-s-summer-trail-1/> Children's summer trail In Hertford

Open air cinemas:

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

<https://www.thelunacinema.com/>

<https://www.eventbrite.co.uk/e/movies-in-the-park-bushey-tickets-316588834727>

<https://www.thegrove.co.uk/whats-on/school-holidays/summer-holidays/>

<https://www.visitherts.co.uk/visit-herts-blog/herts-outdoor-cinema-and-theatre/>

<https://www.adventurecinema.co.uk/venues/ashridge-house>

Aguide to festivals, music, comedy and food acrossHerts and Beds:

National Play Day – South Oxhey Playing Fields, 6th August 12-3pm

<http://www.flamsteadscarecrowfestival.co.uk> 15/16/17th August

<https://www.visitherts.co.uk/visit-herts-blog/festivals-in-hertfordshire-2024/>

<https://www.tewinbury.co.uk/farm-yard-in-the-field/> Live music

<http://greatbritishfoodfestival.com/knebworth> Knebworth Great British Food Festival; 20/21 Jul □ <https://www.quarrytheatre.org.uk/bedfringe> Bedford Fringe Festival 23-27th July

<https://www.goatfestuk.com/> 22-24 Aug, Codicote

<https://hemelfest.co.uk/> 8/9/10 Aug

<https://wildcanvas.uk/> 7-26th Aug– enjoy a festival feel with food and drink, wellness and activities

https://www.eventbrite.co.uk/e/ware-old-town-live-2025-tickets-996147683537?aff=ebdssbdestsearch&keep_tld=1 26th July, Ware

<https://www.eventbrite.co.uk/e/old-skool-garage-music-festival-tickets-1295966232889?aff=ebdssbdestsearch> Old Skool Garage Festival, Bushey 23rd Aug

<https://eventbrite.co.uk/e/south-indian-heritage-month-celebration-roots-to-routes-tickets>

[1418348210679?aff=ebdssbdestsearch](https://www.eventbrite.co.uk/e/south-indian-heritage-month-celebration-roots-to-routes-tickets) South Asian Heritage Celebration 28th July

<https://www.folkbytheoak.com/> Hatfield 20/7

<https://www.stalbanscomedygarden.co.uk/> 24-27 July

<https://beningtonlordship.co.uk/47/Chilli-Festival> 23-25 Aug - a spicy day out!

LGBTQ+ <https://www.hertspride.org/>

<https://www.hertsmindnetwork.org/services-for-adults/groups-and-%20activities/online-lgbtq-group/>

Reading

Reade-books and listen to audiobooks forfree – with no overdue charges.

<https://www.hertfordshire.gov.uk/services/libraries-and-archives/books-and-reading/ebooks-and-audiobooks/ebooks-and-audiobooks.aspx>

Summer Reading Challenge: <https://summerreadingchallenge.org.uk/>

- The Summer Reading Challenge website is free to access and a place for children to rate and review the books they are reading as they progress towards their reading goal.
- The website features video content, games, quizzes and digital and downloadable activities to incentivize and encourage children to take part in the Challenge at home.
- Visit your local library website to access children's reading materials and resources including eBooks, audiobooks and comics completely free of charge.

Screen time

Worried about screen time this summer? Some helpful links to support safe and limited use: <https://ineqe.com/2024/06/20/summertime-screen-time-2024>
<https://www.thepragmaticparent.com/screen-time-rules-for-summer/>

A bit of extra support - Ask your School Family Worker or school or visit one of these websites for more information: **Hertfordshire HAPpy programme**

<https://www.hertfordshire.gov.uk/services/childrens-social-care/news-and-campaigns/happy-holiday-activity-programme.aspx>

HAPpy aims to tackle the triple inequalities of holiday hunger, physical inactivity and social isolation. It supports children aged from 5 to 16 who are eligible for benefits related to free school

www.southwesthertspartnership.org.uk

<https://www.home-startherts.org.uk/one-to-one-home-visiting-support-for-parents/>
(must have under 5 yo) □ <http://dsplarea9.org.uk>

<https://www.watfordfoodbank.co.uk/locations/>

Cost of Living – help, support, tips & tricks In these unprecedented times we are dedicated to offering support to all our families and the school communities we work alongside. Below are some links and ideas to support those who are struggling financially..

Food

Your local foodbank can help with store cupboard essentials; you may need to be referred or give

your local food bank a call to find out if they accept self-referrals:

www.hertfordshire.gov.uk/foodsupport

<https://www.watfordfoodbank.co.uk/locations/>

Cheap eating – hints, tips and further support

By storing, freezing, and reheating your food correctly, you can make it go further and save money.

An app that links consumers to food establishments with leftover food that they sell for vastly discounted prices: <https://toogoodtogo.co.uk/en-gb/>

Lidl offer their members coupons and discounts <https://www.lidl.co.uk/lidl-plus>

Download apps for food establishments; they may offer freebies or discounts for new customers

Olio- households giving away free food and other items – download the app.

Asda - gives lots of ideas for budget friendly meals <https://www.asda.com/good-living/category/budget-meals> **Tesco**—budget meals and recipes <https://realfood.tesco.com/budget-meals.html>

SWHP tips for eating on a budget:

Meal plan— this avoids waste

Visit supermarkets at the end of the day when items are ‘yellow-stickered’ and reduced – some things can be frozen and used at a later date

Bulk meals up with wholesome and cheap items such as red lentils and rice

Buy supermarket own brand items where possible

Homemade soups are a nutritious and cheap way to get your 5 a day – bulk them out with leftover pasta or beans □ Oats are a cheap and easy breakfast mixed with a banana and milk or water

Eggs are a cheap form of protein and can be cooked in multiple ways to prevent food boredom

○ for example, throw leftover veg, or herbs into an omelette

Use cheap spice jars to flavour food – paprika, cumin and chilli powder all give food a bit of oomph

Eat leftovers for lunch

Google cheap recipes – the internet is awash with great ideas!

Buy food on offer but don't be tempted by 3 for 2 or half price offers unless you will actually use the

ingredients!



Don't go shopping when hungry – it's too tempting to buy things you don't really need!

Use cheaper cuts of meat—chicken thighs are a good substitute for breasts; lamb neck and stewing beef need to be cooked for longer but are tasty and cheaper than other cuts

Store fruit and veg correctly to stop it going off

Use bread from the freezer to stop it going mouldy and being disposed of

Use by dates are only a guide if it looks and smells ok it probably is!

Energy and Warmth

<https://www.hertfordshire.gov.uk/about-the-council/news/news-archive/help-to-manage-the-cost-of-living>

<https://www.citizensadvice.org.uk/consumer/energy/energy-supply/>

<https://www.hertsmere.gov.uk/Benefits/All-Financial-Support.aspx>

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

<https://www.bhbh.org.uk/make-a-referral/>

<https://www.yesenergysolutions.co.uk/schemes/east-of-england>

<https://ukenergysupport.co.uk/eco3-scheme/>

Other ways you can make a small difference in the home

Only fill the kettle with what you need

Spend less time cooking by using your microwave or air fryer

Cook multiple things in the oven at once/batch cook

Wash up in a bowl of warm water

Always try to fill your washing machine

Wash clothes at 30 degrees

Let clothes dry naturally

Spend one minute less in the shower

Turn down your hair dryer and hair straighteners

Get a smart meter installed for free

See how much energy you're using in pounds and pence

Work out which appliances use the most energy

Set a budget

Switch off appliances using a lot of energy

Turn down your thermostat by one degree

Close curtains/blinds to stop heat escaping

Keep radiators clear and dust-free

Switch off radiators you're not using

Put foil behind radiator to reflect heat back into room

Organisations/other websites who may be able to offer help, tips, advice or support:

Hertshelp <https://www.hertshelp.net/hertshelp.aspx>

<https://www.watford.gov.uk/cost-living-support/cost-living-support-1/5>

Turn to Us Grants <https://grants-search.turn2us.org.uk/grant/hertfordshire-community-foundation-13088>

The CAP MoneyCourse <https://capuk.org/get-help/cap-money-course>

Citizens Advice <https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/>

Money Saving Expert <http://www.moneysavingexpert.com>

WhichNewsletter -*Handy waysto keep family living costs down, and kids of allages happy*

<https://signup.which.co.uk/wlp-money-newsletter?internalReferral=thankyoupagesignup-money>

Period poverty

Foodbanks maybe able to provide sanitary equipment – just ask when you collect your parcel

<https://www.hertfordshire.gov.uk/services/recycling-waste-and-environment/recycling-and-waste/wasteaware-campaigns/sustainable-periods/sustainable-periods.aspx#%3A~%3Atext%3DDuring%20lockdown%2030%25%20of%20girls%2C%C2%A34940%20over%20a%20lifetime>
<http://redboxproject.org/>

Second-hand shopping/selling and loyalty points

Cashback sites

SWHP tips to save pennies

Cancel unused subscriptions

Sell unused items

Use loyalty cards

Budget carefully – but realistically

Use Groupon and Wowcher to find discounts on days out/presents

Shop around

Look out for discount codes

Use coupons in supermarkets

Call your bank or credit card companies if you are unable to make payments – don't ignore building debt

Eat seasonal foods – they are cheaper and delicious

Plan in advance to get the best prices and discounts



Keep petrol costs down

Keep your tyres pumped

Maintain speed and accelerate and brake gently

Avoid using a/c

Check GoogleMapsforthemost efficient route

Avoid unnecessary weight in the vehicle

Mental Health

Lookafter yourself;financialworries canhaveabig impact onyour emotional wellbeing.

<https://www.hertsmindnetwork.org/>

<https://www.samaritans.org/>

<https://www.nhs.uk/mental-health/>

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

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



Contact us to discuss your training needs, or head to our website by scanning the QR code below:



SPOT THE SIGNS, YOUTH SUICIDE PREVENTION WEBINAR

15TH SEPTEMBER
2025

FREE FOR ALL
HERTS PARENTS

7 PM - 9 PM
ONLINE



Please contact cyp@hertsmindnetwork.org to book your space!

