# St Andrew's CE Primary School and Nursery Newsletter

Tower Hill, Much Hadham, Hertfordshire, SG10 6DL

**Headteacher**: Mrs Caroline Dimond **Tel:** 01279 842626

**Email:** admin@standrews236.herts.sch.uk

**Website**: www.standrews236.herts.sch.uk




**20th November 2026**

## Our Home / School value this half term is:




## Life in All its Fullness – Come and See

### A Day of Colour for Anti-Bullying Week



On Friday, our school was a wonderful sea of colour as we celebrated Anti-Bullying Week with a special Day of Colour. Children came to school wearing something colourful, whether it was a bright T-shirt, colourful socks, a hair tie, a wig or another vibrant accessory.

After we discussed 'breaking the silence' in our worships earlier in the week, the day was a celebration of an important message: we are all different, and everyone is welcome. It was lovely to see the children embracing individuality and showing that our differences make our school community stronger and more special.

Thank you to everyone who took part and donated £1. We are delighted that the money raised will be donated to ARC Animal Shelter, helping to support animals in need. We have so far raised over £100 with money still coming in!

The children looked fantastic, and together we marked the occasion with kindness, inclusivity and lots of colour! Thank you to Wallis from Y3 for this wonderful idea.



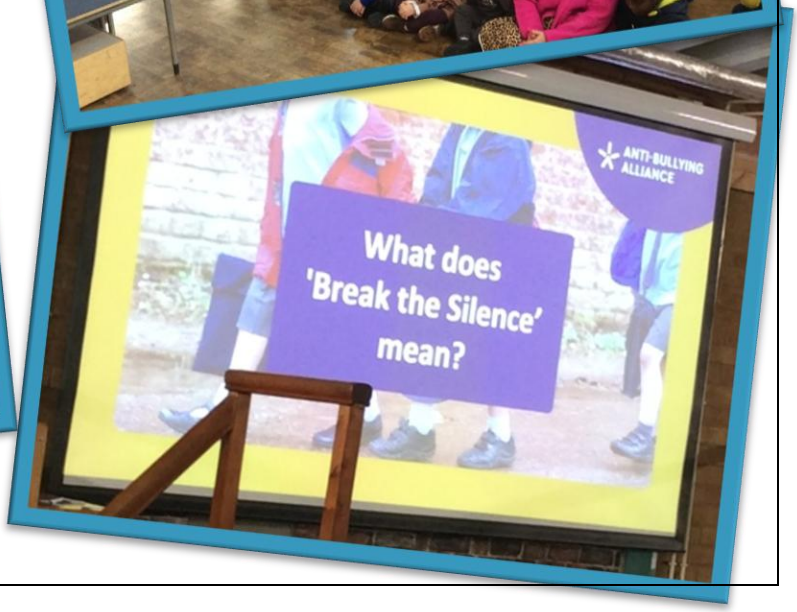










## KS2 Young Shakespeare - Macbeth

On Thursday, our KS2 pupils enjoyed a fantastic Young Shakespeare Theatre Experience of Macbeth . The children were fully involved throughout the performance, enthusiastically acting out different scenes and joining in with chants, choruses and showed great positive audience participation. It was wonderful to see their confidence, creativity and enjoyment as they brought Shakespeare's work to life.

















## KS1 Outdoor Learning

KS1 have also been having fun this week in their Outdoor Learning. The children designed and built their own obstacle course on the school field. It was a little bit muddy but the children showed great resilience and everyone had a fabulous time learning about teamwork. Well done to everyone involved.



## Great to be Green Celebration

Five of our wonderful Year 6 children received a 'Great to be Green' certificate today in our Celebration Worship. Mr Dean, nominated the group (Ionie, Bella, Nephin, James and Bobby) for their tireless efforts clearing up the play equipment every lunchtime. A great example of our fabulous children serving the school. A huge thank you from everyone.



## Every Day Counts







Well done to Bella in Year 4, who won our 'Every Day Counts' raffle, this week. She chose a notebook and pen as her prize.

Good luck to everyone for next week and remember you have to be in it to win it!

## Attendance Data

Please find below the attendance data so far this academic year for each year group.

| Year Group | Autumn 2 Week 1 | Autumn 2 Week 2 | Autumn 2 Week 3 | Autumn 2 Week 4 | Autumn 2 Week 5 | Autumn 2 Week 6 | Autumn 2 Week 7 |
|---|---|---|---|---|---|---|---|
| Year N | 89.7% | 88.5% | 88.0% | | | | |
| Year R | 96.9% | 96.2% | 95.3% | | | | |
| Year 1 | 97.1% | 97.2% | 97.0% | | | | |
| Year 2 | 96.1% | 95.6% | 94.9% | | | | |
| Year 3 | 96.2% | 95.9% | 96.0% | | | | |
| Year 4 | 93.8% | 93.5% | 93.8% | | | | |
| Year 5 | 95.4% | 95.5% | 95.5% | | | | |
| Year 6 | 94.8% | 95.0% | 94.9% | | | | |

# New Phone Policy at St. Andrew's – September 2027

## Smartphone-Free Childhood – Bishop's Stortford and Surrounding Villages

**Dear Parents/Guardians,**
We are writing to share an important update about our school's mobile phone policy, which will come into effect from **September 2027**.

As a group of local primary schools, we have agreed to work together to support a **smartphone-free childhood** and to align our approach with the commitment already being made by our local secondary schools.

From September 2027, **pupils will not be permitted to bring smartphones into school**. This is part of our shared commitment to creating a focused, social and supportive environment where children can learn, develop friendships and enjoy being children.

Smartphones are an important part of modern life and can be useful for staying connected. However, there is increasing evidence of the potential negative impact of early smartphone use on children.

### Why are we making this change?

Research has shown the potential impact of smartphones on children includes:

- Poor mental health, including anxiety and low self-esteem.
- Issues with attention, concentration, sleep and online bullying.
- Exposure to harmful or inappropriate content and potentially dangerous individuals.
- The addictive nature of smartphones, which can reduce time spent playing, interacting face-to-face and developing important social skills.

We want children and young people to prioritise learning, friendships and real-world social interaction. By working together across local schools, we hope to reduce the social pressure families can feel to provide a smartphone at an increasingly young age.

### What does this mean for your child?

- **From September 2027, children will not be allowed to bring or use smartphones in school.**
- Children in Years 5 and 6 who walk to or from school independently may bring a basic, non-smartphone for safety. These phones do not have internet access and are inexpensive.

We would encourage families to explore the resources available through **Smartphone Free Childhood**, including alternatives to smartphones for children who need to stay in contact with parents.

Thank you for your support as we work together across our local schools to help children stay safe, connected and able to enjoy childhood.

| | | |
|---|---|---|
| **All Saints** | **Little Hadham** | **St Andrews** |
| **Avanti Brook** | **Mandeville** | **St Josephs** |
| **Avanti Meadows** | **Manor Fields** | **St Michaels** |
| **Fawbert & Barnard Infants** | **Northgate** | **Summercroft** |
| **Furneux Pelham** | **Reedings** | **Thorley Hill** |
| **High Wych** | **Richard Whittington** | **Thorn Grove** |
| **Hillmead** | **Spellbrook** | **Windhill21** |

## New School Dinner Menu

Please see below the new Winter School Dinner Weekly Menu



HCL

**Winter Menu 26**

● WEEK 1: 1 Sept, 21 Sept, 12 Oct, 2 Nov, 23 Nov, 14 Dec, 4 Jan, 25 Jan, 22 Feb, 15 Mar ● WEEK 2: 7 Sept, 28 Sept, 19 Oct, 9 Nov, 30 Nov, 11 Jan, 1 Feb, 1 Mar, 22 Mar ● WEEK 3: 14 Sept, 5 Oct, 16 Nov, 7 Dec, 18 Jan, 8 Feb, 8 Mar

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| MAIN MEAL 1 | Pork Sausages & Gravy | Mexican Bean Burrito (v) | Roast Chicken with Stuffing & Gravy | Chicken Pie & Gravy | Fish Fillet Fingers |
| MAIN MEAL 2 | Sweet Potato & Chickpea Curry (Ve) | Mac 'n' Cheese (v) | Roast Quorn Fillet with Stuffing & Gravy (Ve) | Breaded Bean & Vegetable Grill (Ve) | Margherita Pizza (v) |
| SIDE DISH | Mashed Potatoes or Brown & White Rice | Diced Potatoes or Herby Garlic Bread | Roast Potatoes or Wholemeal Pasta | Mashed Potatoes or Pasta | Chips or Tricolour Pasta |
| JACKET POTATO FIXED | Baked Beans (Ve) | Grated Cheese (v) | Cheese & Beans (v) | Grated Cheese (v) | Tuna Mayo |
| COLD OPTION FIXED | Salmon Mayo Baguette | Cheese Baguette (v) | Ham Baguette | Chicken Mayo Baguette | Egg Mayo Baguette (v) |
| DESSERT | Oat & Raisin Cookie (Ve) | Fresh Fruit Wedges (Ve) | Fresh Fruit Jelly (Ve) | Apple Crumble & Custard (v) | Chocolate Brick Wall (Ve) |
| MAIN MEAL 1 | Chicken & Sweetcorn Meatballs with Sweet & Tangy Sauce | Chicken Curry | Roast Beef with Yorkshire Pudding & Gravy | Quorn Burger (v) | Battered Fish |
| MAIN MEAL 2 | Sunshine Eggs with Baked Beans (v) | Cheese Pinwheel (v) | Quorn Pieces with Yorkshire Pudding & Gravy (v) | Veggie Bolognese (Ve) | Margherita Pizza (v) |
| SIDE DISH | Brown & White Rice or Potato Wedges | Brown & White Rice or Diced Potatoes | Roast Potatoes or Wholemeal Pasta | Potato Wedges or Spaghetti | Potato Wedges or Tricolour Pasta |
| JACKET POTATO FIXED | Cheese & Beans (v) | Grated Cheese (v) | Tuna Mayo | Baked Beans (v) | Salmon Mayo |
| COLD OPTION FIXED | Tuna Mayo Baguette | Ham Baguette | Chicken Mayo Baguette | Cheese Baguette (v) | Egg Mayo Baguette (v) |
| DESSERT | Shortbread (Ve) | Fresh Fruit Wedges (Ve) | Fresh Fruit Jelly (Ve) | Pear & Chocolate Sponge & Chocolate Custard | Jammy Cookie (Ve) |
| MAIN MEAL 1 | Beef Bolognese | Quorn Hotdog (v) | Roast Chicken with Stuffing & Gravy | Beef Burger | Fish Fillet Fingers |
| MAIN MEAL 2 | Vegan Quorn Sausage & Gravy (Ve) | Roasted Veg Lasagne (v) | Beany Pasta Bake (Ve) | Baked Bean Slice (Ve) | Margherita Pizza (v) |
| SIDE DISH | Spaghetti or Potato Wedges | Diced Potatoes or Herby Garlic Bread | Roast Potatoes or Wholemeal Pasta | Diced Potatoes or Pasta | Chips or Tricolour Pasta |
| JACKET POTATO FIXED | Grated Cheese (v) | Baked Beans (Ve) | Cheese & Beans (v) | Grated Cheese (v) | Tuna Mayo |
| COLD OPTION FIXED | Tuna Mayo Baguette | Cheese Baguette (v) | Ham Baguette | Chicken Mayo Baguette | Egg Baguette (v) |
| DESSERT | Fresh Fruit Wedges (Ve) | Carrot Cake (v) | Fresh Fruit Jelly (Ve) | Apple Charlotte Pudding & Custard (v) | Chocolate Raisin Cookie (Ve) |

HCL_Winter26_Hero_Jacketfried_Coldfried

A variety of fruit, vegetables and salads are served daily.

V = Vegetarian Ve = Vegan

## We are an Allergy Aware School

St Andrew's is an Allergy Aware school with no nuts. Please do not bring any foods containing nut or sesame into school (including pesto and hummus). Thank you.

### Useful links

**St Andrew's School Website... did you know?**
We aim to make our school website a 'one stop shop' for information about our vibrant school.
https://standrews236.herts.sch.uk/

Here you can find information about your child's learning in all areas of the curriculum, a number of useful school policies, information about school uniform, upcoming events, links to outside school support and so much more! *If there is anything extra that you would like to see on our school website, do drop Mrs Dimond an email via the school office and we'll see what we can do.* Please find other useful links below:

**Much Hadham Preschool**
https://www.muchhadhampreschool.co.uk/

**Amazon – Buy a Birthday Book Suggestion List**

Nursery and Reception: https://amzn.eu/al6WYEG
Year 1 and Year 2: https://amzn.eu/fBRhfZI
Year 3 and Year 4: https://amzn.eu/jbNTsjQ
Year 5 and Year 6: https://amzn.eu/aQO9ylu



**Arbor Payments**
https://st-andrews-ce-primary-school-and-nursery.uk.arbor.education/?/

**Hertfordshire Catering Ltd Special Dietary Menu Application (now called Citrus)**
Allergies & Nutrition Information | HCL

**Hertfordshire Catering** https://www.hcl.co.uk/parents/primary-school

**School Uniform**
AVM Schoolwear: Schoolwear – AVM Workwear and Embroidery Ltd
E-squared/Top Form Uniform: About Us - Top Form Schoolwear

**Second Hand Uniform – from Friends of St Andrew's school**
Please email requests to : friendsofstandrewsmh@gmail.com

**External/other links**

**Hertfordshire Free School Meals**
https://www.hertfordshire.gov.uk/services/schools-and-education/at-school/free-school-meals/free-school-meals.aspx

**DSPL Website**
Developing Special Provision Locally (DSPL) 3 - Home

**Hertfordshire Families First**
www.hertfordshire.gov.uk/familiesfirst

**Pharmacies First**
How pharmacies can help - NHS

**East Herts Council – Keeping Safe Online**
Get Safe Online | The UK's leading Online Safety Advice Resource

**School Diary Dates 2026-27**

**** Parents and carers are invited to the events that are highlighted ****

**Tuesday 24/11/2026** – YR Parents and Carers invited to worship 9.05am

**Tuesday 24/11/2026** – Y4 Egyptian Day

**Wednesday 25/11/2026** – Y6 Book Sale Fundraiser

**Thursday 26/11/2026** – St. Andrew's Day Service in Church

**Friday 27/11/2026** – Occasional Day (School Closed)

**Monday 30/11/2026** – Decoration / Christmas Jumper Day

**Tuesday 01/12/2026** – YN Parents and Carers invited to worship 9.05am

**Friday 04/12/2026** – EYFS Nativity Carol Concert – 9.30am

**Friday 04/12/2026** – Y5 Anglo-Saxon Day

**Monday 7/12/2026** – Y6 Carol Service at St. Michael's Church, Bishop's Stortford, 6.40pm

**Thursday 10/12/2026** – KS1 Nativity (afternoon 2.15pm and evening 5.30pm performance)

**Tuesday 15/12/2026** – YR-Y6 Trip to the Pantomime, South Mill Arts, (afternoon)

**Wednesday 16/12/2026** – School Christmas Lunch and Talent Show

**Thursday 17/12/2026** – KS2 Carol Service in Church 9.30am (full uniform please)

**Monday 10/05/2027 to Thursday 13/05/2026** - KS2 SATS Testing Week

**Monday 17/05/2027 to Friday 21/05/2026** – Y6 Brenscombe Residential

**** PTA Events ****

**Tuesday 01/12/2026** – EYFS/KS1 Christmas Film Night, School Hall, 3.15-5.30pm

**Thursday 03/12/2026** – KS2 Christmas Film Night, School Hall, 3.15 – 5.30pm

**Tuesday 08/12/2026 & Wednesday 09/12/2026** - Elfridges

**October-November** - School tea towel, coaster and Christmas card - sales

**December Date TBC**- Christmas hamper raffle

## Term Dates for 2026/2027

| **Autumn Term 2026** | |
|---|---|
| *Tuesday, 1 September 2026* | *Inset – school closed* |
| **Wednesday, 2 September 2026** | **Term begins** |
| Monday, 26 October - Friday 30 October 2026 | Half term |
| *Friday, 27 November 2026* | *Occasional day – school closed* |
| **Friday, 18 December 2026** | **Term ends 2pm** |
| **Spring Term 2027** | |
| *Monday, 4 January 2027* | *Inset – school closed* |
| **Tuesday, 5 January 2027** | **Term begins** |
| Monday, 15 February to Friday, 19 February 2027 | Half term |
| **Thursday, 25 March 2027** | **Term ends 2pm** |
| **Summer Term 2027** | |
| **Monday, 12 April 2027** | **Term begins** |
| **Monday, 3 May 2027** | **May Bank Holiday – school closed** |
| Monday, 31 May to Friday, 4 June 2027 | Half term |
| *Monday, 7 June 2027* | *Inset – school closed* |
| **Tuesday, 20 July 2027** | **Term ends 2pm** |
| *Wednesday, 21 July 2027* | *Inset – school closed* |
| *Thursday, 22 July 2027* | *Inset – school closed* |

## Term Dates for 2027/2028

| **Autumn Term 2027** | |
|---|---|
| *Wednesday, 1 September 2027* | *Inset – school closed* |
| Thursday, 2 September 2027 | *Inset – school closed* |
| Friday, 3 September 2027 | *Inset – school closed* |
| Monday, 6 September 2027 | **Term begins** |
| Monday, 25 October - Friday 29 October 2027 | Half term |
| *Friday, 26 November 2027* | *Occasional day – school closed* |
| **Friday, 17 December 2027** | **Term ends 2pm** |
| **Spring Term 2028** | |
| **Tuesday, 4 January 2028** | **Term begins** |
| Monday, 14 February to Friday, 18 February 2028 | Half term |
| **Friday, 31 March 2028** | **Term ends 2pm** |
| **Summer Term 2028** | |
| **Tuesday, 18 April 2028** | **Term begins** |
| **Monday, 1 May 2028** | **May Bank Holiday – school closed** |
| Monday, 29 May to Friday, 2 June 2028 | Half term |
| *Monday, 5 June 2028* | *Inset – school closed* |
| ***Tuesday, 6 June 2028*** | *Back to school* |
| **Friday, 21 July 2027** | **Term ends 2pm** |
| *Monday, 24 July 2027* | *Inset – school closed* |

# Local Events and Clubs

MUCH HADHAM
PRE-SCHOOL



## Christmas Wreath Workshop

**Thursday 3rd December**

7.30pm—10.30pm

Tickets £45 including refreshments

SPACES ARE LIMITED SO BOOK EARLY BY EMAILING
MUCHHADHAMPRESCHOOL@YAHOO.CO.UK

Join us for a festive evening with nibbles and wine.

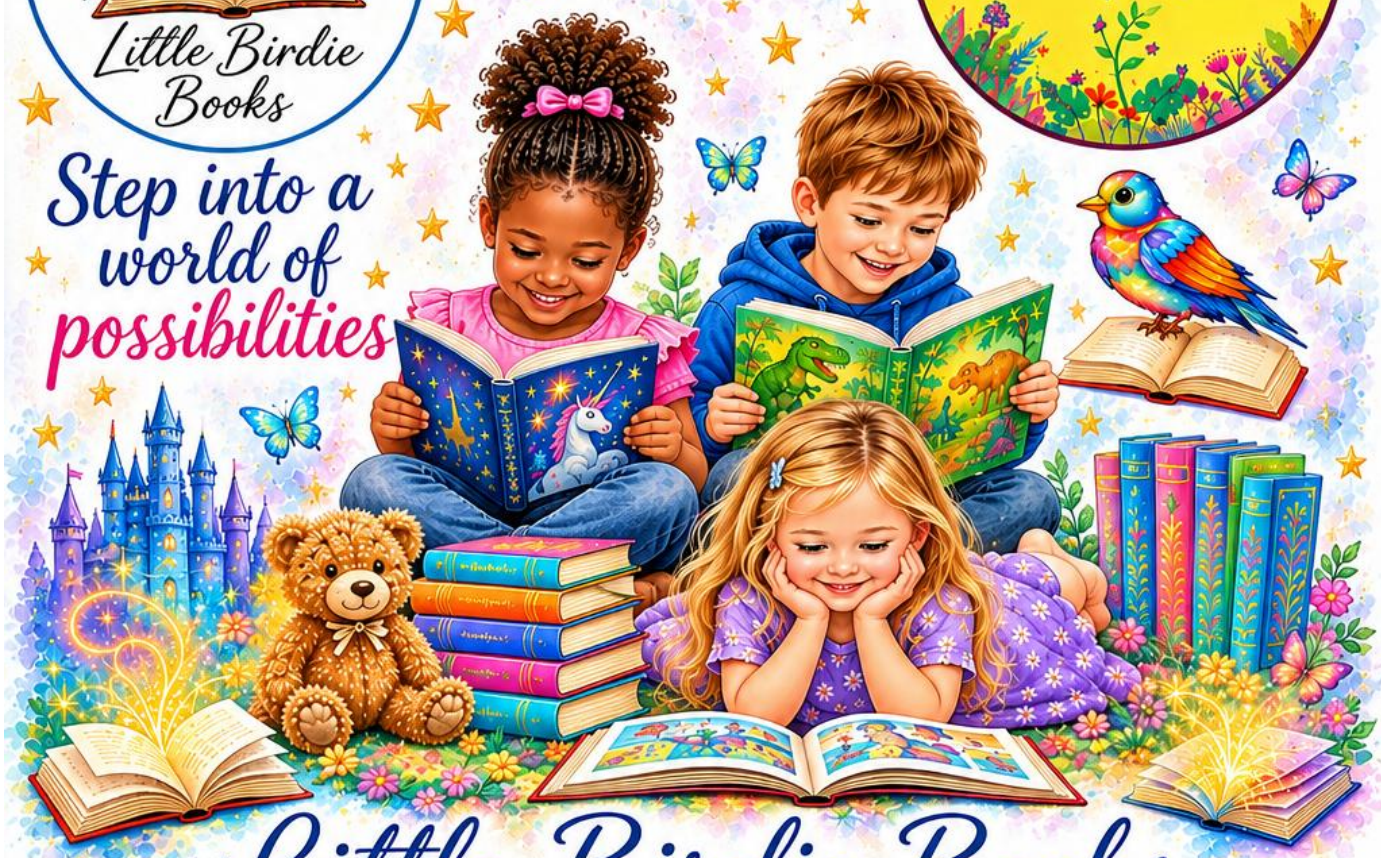
Plus there will be a raffle to win a beautiful fresh Christmas wreath or a Christmas hamper.

Much Hadham Preschool, Oudle Lane Much Hadham Herts SG10 6DQ

Little Birdie Books

INDEPENDENT USBORNE partner

Step into a world of possibilities



# Little Birdie Books

OWNER: ANGIE BYRNE

I sell beautiful children's books for every age and every adventure!

- STORYBOOKS to spark imaginations
- PERFECT GIFTS for every occasion
- PERSONAL SERVICE
- SUPPORTING LITERACY one story at a time

## Find me at

## Much Hadham Village Hall

## 9am to 1pm

21st October | 4th November | 18th November | 16th December | 30th December

Let's find the perfect book together! ♥


BISHOP'S STORTFORD FC
ONE CLUB.
ONE COMMUNITY.
Where girls belong and can shine!
PLAY
LEARN
MAKE FRIENDS
HAVE FUN
GIRLS FOOTBALL TOO!
NEW PLAYERS WELCOME!
GIRLS FOOTBALL
JOIN TODAY!
MAKE FRIENDS
BUILD CONFIDENCE
AGE GROUP
U8
YEAR 3
LEARN NEW SKILLS
HAVE FUN AND BE ACTIVE
GET IN TOUCH!
EMAIL:
hugo.vasconcelos@bscfc.co.uk
FOLLOW US: @bscfcyouth
BE PART OF SOMETHING SPECIAL!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# External Support and Workshops

DSPL3 DSPL3 DSPL3

## SEND PARENT COFFEE MORNING

**24th November 2026 10-11:30am**
**Mandeville School, Sawbridgeworth, CM21 0BL**

You are invited to to a relaxed and supportive coffee morning designed to offer valuable information and networking opportunities.

- Connect with other parents and carers
- Share experiences and gain insights into various topics that matter to you
- Practical advice and emotional support
- Professionals in attendance



For more information about DSPL3, please scan the QR code

Please bring any questions or topics you would like to discuss - we look forward to seeing you there!

DSPL3 DSPL3 DSPL3

Hertfordshire Partnership NHS
University NHS Foundation Trust

MHST
Herts & West Essex
Mental Health Support Teams

# East Herts Mental Health Support Team



Online Delivery Programme

Supporting Families, Building Resilience

## Parents & Carers of Children Aged 4 - 11

### Group Work

- Helping your child with fears & worries
- Behaviours that challenge
- Helping your neurodiverse child with fears and worries

### Workshops

- Anxiety
- Low Mood
- Understanding behaviour
- Moving on
- Supporting your child with self harming behaviour
- Anxiety or neurodiversity?

Scan to book your place

1. Open your phone camera
2. Scan the QR code
3. Follow the link to book your place

Click here to book!

Quick, easy and secure booking!

**Our Values**

Welcoming | Kind | Positive | Respectful | Professional

www.hert.nhs.uk

Our Values
Welcoming Kind Positive Respectful Professional

as one
Hertfordshire Partnership NHS
University NHS Foundation Trust
Working together for a healthier, happier future

# Youth Mental Health First Aid Training

**FREE**

MHFA England

**1 day Champion course** designed specifically for Hertfordshire Parent/Carers of 8 to 18 year olds.

**You will learn:**

- An understanding of common mental health issues and how they can affect young people
- The ability to spot the signs of mental ill health in young people, and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing

| | | | |
|---|---|---|---|
| **Friday 13 Nov 2026**<br>9.30am to 4pm | Peartree Spring Primary School, Stevenage, SG2 9GG | **Parents/Carers** | Parking available on roads near venue |
| **Friday 12 Mar 2027**<br>9.30am to 4pm | Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER | **Parents/Carers** | Parking available on site |

To book your place please email schoolsmh@hertfordshire.gov.uk

***Places are limited to two representatives per education setting***

# Helping Your Child with Fears and Worries

## - Parent Group




This guided parent-**delivered** programme teaches parents cognitive behavioural strategies to help their child overcome anxiety through the **accompanying book**

**5 two-hour online sessions over 6 weeks**

## WHO IS IT AIMED AT?

The programme is intended for **parents** of **children aged 5 to 12**




## EVIDENCE BASE

Those who receive the programme are **twice as likely** to recover from their main anxiety problem and **three times more likely** to be free of all anxiety diagnoses than those who receive no treatment (Thirlwall et al, 2013)

## How to Join

**https://forms.office.com/e/eUUHqe9v32**

MHST
Hertfordshire & Essex
Mental Health Support Teams

Hertfordshire Partnership
University NHS Foundation Trust

NHS

# Delivering Special Provision Locally

**Autumn 1 Newsletter for Parents/Carers**

**DSPL3 Website and Facebook page**

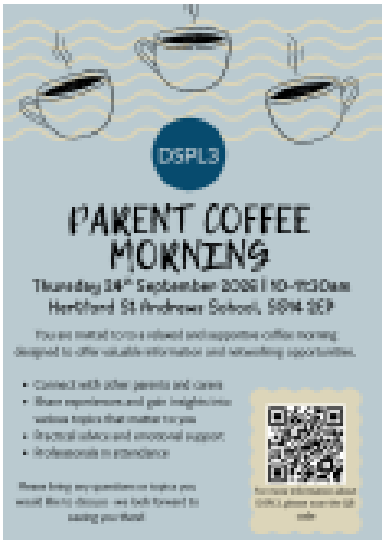
- The DSPL3 Website and Facebook page are now live.
- Please click here to view the website
- Please click here to view the Facebook page

**Workshops, Courses and Training**

Please click here to view workshops, courses and training available for this academic year.

**DSPL3 SEND Coffee Mornings**

- **24th September 2026 10-11:30am**—Hertford St Andrews School, SG14 2EP
- **24th November 2026 10-11:30am**—Mandeville School, Sawbridgeworth, CM21 0BL
- **19th January 2027 10-11:30am**—Watton-on-Stone School, SG14 3SG
- **11th March 2027 10-11:30am**—Christ Church School, Ware, SG12 7BT
- **27th April 2027 10-11:30am**—Hillmead School, Bishops Stortford, CM23 4PW
- **17th June 2027 10-11:30am**—Freman College, Buntingford, SG9 9BT




**Families in Focus Training**

- Families in Focus is offering a free online course for Hertfordshire parents of children aged 4–11 with Autism and/or ADHD, including those on assessment pathways.
- This supportive six-week course helps parents understand how Autism, ADHD and sensory differences can affect emotions and behaviour, explore what happens in a child's brain during anger, and learn practical, evidence-based strategies to support emotional regulation, reduce stress and de-escalate big emotions.
- The course also provides an opportunity to connect with other parents in a supportive environment.
- Sessions run on Wednesdays from 9 September to 14 October 2026, with a choice of either 9.30–11.30am or 6.30–8.30pm. To book a place, email **bookings@familiesinfocus.co.uk**.

**Journeys Academy**

- **Journeys Academy**, a brand new purpose-built specialist setting which will offer 60 places to primary-aged children with complex communication and autism needs, is due to open in **Autumn 2026**. The purpose-built setting will offer modern classrooms and specialist facilities, including sensory spaces, calm rooms and outdoor learning areas, all designed to support independence, wellbeing and engagement in learning.
- Places will be allocated through the Hertfordshire County Council SEND panel process for children who meet the admissions criteria.

DSPL3

Delivering Special Provision Locally (DSPL)
Bishop's Stortford, Sawbridgeworth, Buntingford, Watton-at-Stone, Hertford, and Ware

**DSPL 3 Area Manager: Katie Algate**
dspl3manager@amwell.herts.sch.uk

**DSPL3 SEND Lead: Lisa Lee**
dspl3sendlead@amwell.herts.sch.uk

**DSPL3 Admin**
dspl3admin@amwell.herts.sch.uk

**Lead School:**
Amwell View School & Specialist Sports College

**Website:**
dspl3.org.uk

**Facebook:** DSPL3

**Useful Links:**
The Hertfordshire SEND Local Offer

SENDIASS Hertfordshire

IPSEA (Independent Provider of Special Education Advice)

SOS SEN

Herts Parent Carer Involvement

EHCP Support

Children and Young People's Speech & Language Therapy Service
Advice line for parents:
01923 470 680, choose option 3, then option 1 and leave a message.




## Sign up to our 6-week online group

### Are you a dad and feel like you are constantly nagging at your child to get what you need?

**The sessions will cover:**

- Exploring what helpful discipline is.
- Recognising the triggers and responding more effectively.
- Learning new parenting tools to challenge children's behaviour
- How to negotiate and implement effective boundaries and family agreements
- How to hold boundaries and gain co-operation

**Wednesday 4th November to 9th December 2026**

**7.00pm to 9.00pm**

**Online via MS Teams**

To book your place, call **Lesley** on **0204 522 8701**, email **services@coramfamilylives.org.uk** or scan our QR code to use our online referral form

Scan Me!

## We build better family lives together

www.coramfamilylives.org.uk

@coramfamilyLivesHertsandBeds

Funded by Hertfordshire County Council

Hertfordshire

Coram Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: Coram Family Lives, Coram Campus, 41 Brunswick Square, London, WC1N 1AZ




**Anxiety around ADHD Workshop - Wednesday 21 October, 9.30am to 11.30am**

This workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

**Sibling Rivalry Workshop - Monday 9 November, 9.30am to 11.30am**

This workshop provides parents/carers with practical strategies and tools to effectively foster positive sibling relationships, promote cooperation and manage conflicts between children.

**Reducing Conflict Workshop - Wednesday 25 November, 7pm to 9pm**

This workshop is for parents/carers struggling with conflict within their family life and provides tools to promote a cooperative and collaborative approach to resolving the conflict.

**It's a Dad's Life Workshop - Thursday 26 November, 7pm to 9pm**

This workshop empower fathers with the knowledge and skills to develop deep connections with their children, enhancing their parenting journey.

**Navigating the Storm (Teens) Workshop - Wednesday 2 December, 9.30am to 11.30am**

This workshop is designed to support parents of pre-teens and teenagers facing challenging behaviours. It aims to equip parents with effective strategies and tools to manage the complexities of raising adolescents, fostering a positive parent-teen relationship

**The two-hour workshops will be online via MS TEAMS**

All our programmes provide support, information and resources to parents, carers and adult family members in Hertfordshire so they can help their children reach their full potential. For more info, please contact **Louise** on **0204 522 8700/8701** or email **services@coramfamilylives.org.uk** or scan the QR code for our online form.

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**We build better family lives together**

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Hertfordshire

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