

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



23rd October 2026

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



Life in All its Fullness – Come and See

Woodwind of Stortford

We were delighted to welcome Woodwind of Stortford to our school worship on Thursday morning. They played lots of famous pieces including music from Star Wars, Chitty Chitty Bang Bang and, a particular favourite, the YMCA song. The children thoroughly enjoyed the experience and were also able to learn about the different instruments in a wind band and how they are played.



Textiles in Year 6

Year 6 have been busy this week designing and creating their own bag from a range of materials. They have absolutely loved learning about the different techniques in sewing and are proud to show off all their creations.



Art in Year 5

Year 5 have been focusing on self-portraits in art this half term. They've looked at the different characteristics and how we can represent ourselves in many ways using a variety of colour and media.



Every Day Counts



Well done to Beau in Year 6, who won our 'Every Day Counts' raffle, this week. He chose an 'own clothes day' as his prize. Good luck to everyone for next week and remember you have to be in it to win it!



Parking Outside School

We are asking for parents and carers to please think carefully about where they are parking for drop off and pick up. Our neighbours on Tower Hill and Oudle Lane have notified us that their driveways are still being blocked on a regular basis. We understand that peak times can be busy but we would encourage you to park a little further away and walk rather than park over a driveway, which understandably causes great frustration. Thank you for your support in this.



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	Summerville
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, which starts after half term. Please disregard the September and October dates.

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)

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

V = Vegetarian Ve = Vegan

HCL Winter 26 Menu JacketPotato_Catified

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](#)

Diary Dates 2026-27

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

Saturday 31/10/2026 – Y6 Deadline for Secondary School applications

Tuesday 03/11/2026 – Y3 Parents and Carers invited to worship 9.05am

Thursday 05/11/2026 – YN 'Come and See'

Tuesday 10/11/2026 – Y2 Parents and Carers invited to worship 9.05am

Tuesday 17/11/2026 – Y1 Parents and Carers invited to worship 9.05am

Thursday 19/11/2026 – Young Shakespeare Visit for KS2

Wednesday 20/11/2026 – Flu Vaccination: 2nd session

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

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

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

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 & Thursday 03/12/2026 - Christmas film nights, school hall, 3:15pm-5:30pm

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

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

December Date TBC- Christmas hamper raffle

Term Dates for 2026/2027

Autumn Term 2026	
<i>Tuesday, 1 September 2026</i>	<i>Inset – school closed</i>
Wednesday, 2 September 2026	Term begins
Monday, 26 October – Friday 30 October 2026	Half term
<i>Friday, 27 November 2026</i>	<i>Occasional day – school closed</i>
Friday, 18 December 2026	Term ends 2pm
Spring Term 2027	
<i>Monday, 4 January 2027</i>	<i>Inset – school closed</i>
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
<i>Monday, 7 June 2027</i>	<i>Inset – school closed</i>
Tuesday, 20 July 2027	Term ends 2pm
<i>Wednesday, 21 July 2027</i>	<i>Inset – school closed</i>
<i>Thursday, 22 July 2027</i>	<i>Inset – school closed</i>

Term Dates for 2027/2028

Autumn Term 2027	
<i>Wednesday, 1 September 2027</i>	<i>Inset – school closed</i>
<i>Thursday, 2 September 2027</i>	<i>Inset – school closed</i>
<i>Friday, 3 September 2027</i>	<i>Inset – school closed</i>
Monday, 6 September 2027	Term begins
Monday, 25 October – Friday 29 October 2027	Half term
<i>Friday, 26 November 2027</i>	<i>Occasional day – school closed</i>
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
<i>Monday, 5 June 2028</i>	<i>Inset – school closed</i>
Tuesday, 6 June 2028	<i>Back to school</i>
Friday, 21 July 2027	Term ends 2pm
<i>Monday, 24 July 2027</i>	<i>Inset – school closed</i>

External Events and Clubs



BISHOP'S STORTFORD FC

**ONE CLUB.
ONE COMMUNITY.**

*Where girls belong
and can shine! ♥*

**PLAY
LEARN
MAKE FRIENDS
HAVE FUN ♥**

**NEW
PLAYERS
WELCOME! ♥**

**GIRLS
FOOTBALL
TOO! ♥**

GIRLS FOOTBALL!

JOIN TODAY! ♥

MAKE FRIENDS

**BUILD
CONFIDENCE**

**AGE GROUP
U8
YEAR 3**

**HAVE FUN
AND BE ACTIVE**

**LEARN
NEW SKILLS**

**GET IN
TOUCH! →**

EMAIL:
hugo.vasconcelos@bscfc.co.uk

FOLLOW US: [@bscfcyouth](https://www.instagram.com/bscfcyouth)

**BE PART OF
SOMETHING
SPECIAL! ♥**



ONE CLUB.
ONE COMMUNITY.

Where girls belong
and can shine! ♥

PLAY
LEARN
MAKE FRIENDS
HAVE FUN ♥

NEW
PLAYERS
WELCOME!
♥

GIRLS
PLAY
FOOTBALL
TOO!
♥

GIRLS FOOTBALL! JOIN TODAY! ♥



MAKE
FRIENDS



BUILD
CONFIDENCE

AGE GROUP
U9
YEAR 4



HAVE FUN
AND BE ACTIVE



LEARN
NEW SKILLS

GET IN
TOUCH!
➔



EMAIL:
hugo.vasconcelos@bscfc.co.uk



FOLLOW US: [@bscfcyouth](https://www.instagram.com/bscfcyouth)

♥
BE PART OF
SOMETHING
SPECIAL!

Families can use the code **STANDREWS15** for 15% off their booking, and it covers brothers and sisters too.



OCTOBER HALF-TERM

JAMES COLLINS FOOTBALL CAMP

WEST HAM · ASTON VILLA · WALES

MON 26 · TUE 27 · WED 28 OCTOBER

9AM - 3PM · AGES 4-13 · ALL ABILITIES

LEVENTHORPE SCHOOL

Floodlit, enclosed, all-weather astro
Sawbridgeworth, Herts CM21 9BY



THREE DAYS. ONE SQUAD. ONE CUP.

DAY 1 · MON 26

01

PROFILE & POSITION

Position testing, position-specific training and small-sided games - then the squad draft.

DAY 2 · TUE 27

02

SHARPEN THE SKILLS

Dribbling, passing, finishing and defending, plus the Skills Challenge for squad points.

DAY 3 · WED 28

03

THE CAMPIONI CUP

Group stage, cup finals and awards.
Parents invited from 2.15pm for presentations.

Individual days can be booked - but the full three days is where the magic happens.

£45 PER DAY

ALL 3 DAYS £42.50 PER DAY
discount applied automatically



UEFA-QUALIFIED COACHES · FULLY INSURED · DBS CHECKED



MY BACK-UP CARE VOUCHERS ACCEPTED

BOOK NOW · CAMPIONI.CO.UK

TRUSTED BY PARENTS · LOVED BY KIDS

PLAY
LEARN
MAKE MUSIC
TOGETHER!

GUITAR WORKSHOP

FOR KEY STAGE 2 GUITAR PLAYERS

ALL
ABILITIES
WELCOME

A fun and inspiring workshop for young guitarists to develop their skills, play together and be part of a bigger musical community!



PLAY
TOGETHER



BUILD
YOUR SKILLS



BE
INSPIRED

MUSIC
BRINGS
PEOPLE
TOGETHER



SATURDAY
24TH OCTOBER 2026
10.00am – 1.00pm



Bishops Stortford Music Centre

Based in Birchwood High School
Parsonage Lane, Bishop's Stortford
CM23 5BD



Open to guitar players in Key Stage 2
who have been playing for at least one term.

SMALL STEPS
BIG MUSIC!

FIND OUT MORE

✉ bstortfordmusicenquiries@hertfordshire.gov.uk

☎ 01992 556752

LET'S KEEP MUSIC LIVE!



with Hertfordshire Music Service



PROFESSOR FAB'S POTIONS CLASS

£38

per child

Sibling
discount
available



Half term camp

**Wednesday 28th October
at Thorn Grove Primary School**



**Professor Fab and her
gaggle of wizarding
scientists will help you make
colour-changing potions,
fizzy explosions, pourable
clouds...and even invent
your own potion!**

Camps run 10am to 3pm and are open
to all children aged 5-11 years.

For more information visit the Fab
Science website.

BOOK NOW AT: FABSCIENCE.CLASSFORKIDS.IO

fabscience.co.uk

campcoordinator@fabscience.co.uk

01279 295669

BONFIRE

Night



Perry Green & Green Tye
PRESERVATION SOCIETY

Get ready for an unforgettable Bonfire Night and Fireworks display!

Purchase tickets in advance online.

Adults: £5 (£10 on gate)

Children: £4 (£7 on gate)

Family: £15 (£25 on gate)

* Family ticket is 2 adults and 2 children

Advance ticket sales end 11pm Wednesday 4th November

Saturday 7th November

5.30pm

Mission Hall Field, Green Tye

Bonfire 🗡️ Firework extravaganza

Hot Food 🗡️ Drinks 🗡️ Glow Sticks



Purchase tickets online at
<https://tickets.perrygreentye.co.uk>

Gates Open 5.30pm – Bonfire Lit 6pm – Fireworks Start 6.30pm

Off road parking available. Please follow the signs and park responsibly. **No sparklers allowed.**

External Support and Workshops

Youth Mental Health First Aid Training

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

FREE



MHFA England

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 9.30am to 4pm	Peartree Spring Primary School, Stevenage, SG2 9GG	Parents/Carers	Parking available on roads near venue
Friday 12 Mar 2027 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>





Delivering Special Provision Locally

Autumn 1 Newsletter for Parents/Carers

DSPL3 Website and Facebook page

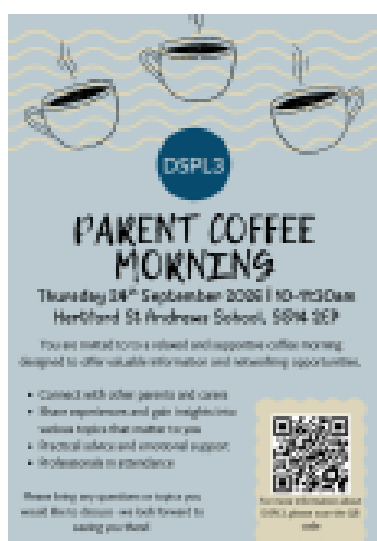
- The DSPL3 Website and Facebook page are now live.
- Please click here to view the [website](#)
- Please click here to view the [Facebook page](#)

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@familiesinfoocus.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.



Delivering Special Provision Locally (DSPL)

Bishop's Stortford, Sawbridgeworth,
Buntingford, Watton-at-Stone,
Hertford, and Ware

DSPL3 Area Manager: Katie Algate
dsp3manager@amwell.herts.sch.uk

DSPL3 SEND Lead: Lisa Lee
dsp3sendlead@amwell.herts.sch.uk

DSPL3 Admin
dsp3admin@amwell.herts.sch.uk

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

Website:
dsp3.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.

Dads Together

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



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



Autumn Term Workshops

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.



We build better family lives together

www.coramfamilylives.org.uk

 [@coramfamilyliveshertsandbeds](https://www.facebook.com/coramfamilyliveshertsandbeds)

Funded by
Hertfordshire
County Council



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