

Newsletter - September 2025 - Issue 1



Co-parenting with Care programme for parents with children with SEN.

This 6-week online programme offers a structured approach to help you navigate your unique challenges, improve your relationship, and create a more supportive environment for your SEN child/ren.

The programme covers themes including:

- Understanding SEN and its impact on children and family dynamics
- Effective Communication Skills
- Managing Emotions & Stress
- Collaborative Problem Solving
- Building a Supportive Network
- Creating a Unified Parenting Approach

These 2 courses will be delivered via MC Teams over 6 sessions on the following dates/times:

Date: Wednesday 15, 22 October and 5, 12, 19 & 26 November
Time: 9.30am to 11.30am

Date: Thursday 16, 23 October and 6, 13, 20 & 27 November
Time: 7.00pm to 9.00pm

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

We build better family lives together

www.familylives.org.uk

@FamilyLivesHertsandBeds

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FREE Healthy Lifestyle support for families in Hertfordshire

Our FREE 12 week in-person and online programmes start on week commencing 22nd September 2025

Monday	Tuesday	Wednesday	Thursday
BOREHAMWOOD Aberford Park Community Centre, WD6 1PN 4.30 - 6.30pm	WATFORD Holywell Community Centre Chaffinch Lane, WD18 9QD 5.30 - 7.30pm	STEVENAGE Oval Community Centre SG1 5RD 5.30 - 7.30pm	HEMEL HEMPSTEAD Hobells Manor Junior School HP2 5JS 5.00 - 7.00pm
CHESHUNT Andrews Lane Primary School, EN7 6LB 4.30 - 6.30pm	** NO SESSION **	HATFIELD Birchwood Avenue Primary School, AL10 0PS 5.00 - 7.00pm	** NO SESSION **
ONLINE (ages 5 - 8) 5.30 - 6.30pm (ages 9 - 12) 6.30 - 7.30pm	ONLINE (ages 5 - 8) 5.30 - 6.30pm (ages 9 - 12) 6.30 - 7.30pm	ONLINE (ages 9 - 12) 5.30 - 6.30pm	** NO SESSION **

Sign up today!

0204 522 8700
01707 248 648

Hertfordshire



Looking for healthy after-school snack ideas?

We've got you covered!

Our free, Beezee Families healthy lifestyle programme can help your family make healthy habits.

Tuck into these healthy snacks:

- Two wholegrain crackers and tzatziki
- Rice cakes or corn cakes
- Two crackers with a spread of low-fat cream cheese and cherry tomatoes
- Plain or Greek yoghurt and fruit
- 150ml homemade fruit smoothie
- Vegetable sticks (carrot/pepper/cucumber) with hummus
- Fruit kebabs
- Wholegrain toast with a thin layer of peanut butter
- Breadsticks
- Ayrán (yoghurt-based drink)
- Baked plantain
- Sebze kebab (grilled vegetable skewers)
- Homemade fruit ice lollies
- Handful of homemade popcorn
- Apple slices with peanut butter.

Want more healthy lifestyle support?
Check out our website to find out how we can help your family!

Scan here or click the link

Hertfordshire



Rock Music



Band Lessons At Your Child's School!

Dear Parents/Guardians,

Exciting News! Rock and Pop band lessons may be starting at your school soon!

What is iRock? At iRock, children experience the thrill of being in a band! Led by our passionate and professional Band Coaches, our weekly in-school band sessions are open to all pupils from Reception to Year 6.

Choose from...

- GUITAR**
- VOCALS**
- KEYS**
- DRUMS**

Music for all. iRock aims to create a welcoming and inclusive environment where every child feels they belong. Each week, children develop their musical skills, confidence, and teamwork as they work towards exam-free music qualifications —celebrating progress without the pressure of formal exams.

Feel like a rockstar! The excitement culminates every term in a live concert where children perform as a band for their families and peers. These performances are more than just a showcase—they're an opportunity for children to build self-esteem, enhance their confidence, and experience the joy of accomplishment.

iRock isn't just about music; it's about helping children thrive cognitively, socially, and academically through the power of music.

Key information:

- Hassle-free **monthly subscription** of £44.49 which can be cancelled at anytime
- **No experience needed** and all instruments are provided
- Parents/guardians can access our **online portal** for updates, pictures and videos
- **First lesson money-back guarantee** (and we never take payment in August).

Head to <https://www.irockschool.com/enrol> to check availability and start your child's iRock journey!

Joshua Franklin
Founder
iRock School of Music

ENROL NOW

Enrol Online
www.irockschool.com/enrol

We're here to help!
Call Us: 0330 174 2855
Email Us: info@irockschool.com

Role Model Badges 2025

Name	Class	Name	Class
Jakub F	Cedar	Enya	Cedar

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Dates for your diary

- ♦ Tuesday 30th September—IRock Assembly 9am
- ♦ Thursday 2nd October—Individual/Sibling photos
- ♦ Monday 20th—Friday 24th October—Yr 6 PGL to Caythorpe Court
- ♦ Mon 20th & Wed 22nd Oct—Parent consultations Rec -Yr5
- ♦ Mon 3rd & Wed 5th Nov—Parent consultations Yr 6

HOUSE POINTS AUTUMN TERM



Week

Pablo Picasso

JK Rowling

Marie Curie

Mo Farrah

Week 1	637	716	557	579
Week 2	523	661	643	587
Week 3				
Week 4				
Week 5				
Week 6				
Overall this term	1160	1377	1200	1166



Star of the Week – 12/09/25 19/09/25



Name	Class	Name	Class	Name	Class
Phoebe	Willow	Ali R	Cedar	Archie M	Sycamore
Frankie	Birch	Vivienne	Blue Oak	Archie	Chestnut
Melanie	Sycamore	Jason	Willow	Latanzea	Cedar
Olivia	Chestnut	Kara	Birch	Atanas	Blue Oak



ATTENDANCE



Week commencing:	First	Second	Third
08/09/25—12/09/25	Blue Oak 98%	Beech 96%	Cedar 95%
15/09/25—19/09/25	Blue Oak 98%	Birch 96%	Chestnut 93%