



This Week's News!

Friday 8th December 2023

Dear Parents / Carers and Flamstead Families

It has been a delightful week in school with a range of Christmas activities happening. The Nativity production is going very well and we are looking forward to seeing parents and carers next week for the final shows. The children and staff all enjoyed a festive Christmas Dinner on Wednesday. The tables were beautifully decorated and the children enjoyed pulling their crackers. The food was delicious and everyone looked fabulous in their Christmas jumpers!

Children in KS1 and KS2 have been completing some maths assessments this week in class amongst other lessons and the EYFS and KS1 children have been very excited to see what their class elf has been up to when they go home from school each night. On Friday the elf in Cherry class wrapped up the smartboard and the laptop in Christmas paper! Chestnut and Bonsai class have both welcomed a new classmate this week and on Tuesday Bonsai class took part in a live lesson with The V&A Museum. The children learnt the dance routine to Arabian Nights.

There has been no homework set this week in the children's books as we would like all children to make a Christmas decoration based on the theme of 'snowmen' and bring them into school on Monday please to decorate the classrooms. There will be a prize for the most creative snowman in each year group.

As you know Jess Devoti, one of our parents, has very generously offered to raise money for Flamstead Village School by completing the MK Winter Half Marathon this Sunday, the 10th of December. If you would like to support Jess and our school please send any donations into the school office next week. We are really grateful to Jess for supporting school and wish her the best of luck in her marathon.

I am sure all the children coming to the Christmas disco and party tonight are going to have a fantastic time. I wish you all a lovely weekend and we look forward to seeing you again on Monday.

Mrs J Walton-Jones

Headteacher



Bright Stars! Friday 8th December

Nursery	Edie	For her wonderful participation in PE this week! The teachers were very impressed with how she got stuck in and showed great skill in controlling the balls!
Reception	Ella	For being an independent and persevering during learning this week and for independently writing letters to Oscar the Elf.
Year 1	Otto	For being helpful member of Maple Class and taking care of our classroom.
Year 2	Harrison	For writing brilliant sentences about bats in lovely neat handwriting.
Year 3	Rupert	For excellent contribution in English using adverbs and prepositions to create multi-clause sentences.
Year 4	Isabella	For a creative design for a moving monster using a pneumatic system.
Year 5	Leo	For brilliant effort and engagement during the Aladdin dance workshop.
Year 6	Freddie	For fantastic enthusiasm and participation during the Aladdin dance workshop.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold on informed conversations about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we feel our trusted adults should be aware of. Please visit www.nos.org.uk for further guidance, facts and tips for adults.

Top Tips for a TECH-FREE CHRISTMAS

It can be difficult to step away from technology and devices, and sometimes this means that people – of any age – can find it hard to be present in the moment. As a period when families are able to spend some quality time together and enjoy each other's company, Christmas is the perfect opportunity to step away from our phones, laptops and consoles and concentrate on the things that really matter. Follow our top ten tips for a tech-free festive period and make the most of this holiday season. Merry Christmas!

- 1. BOARD GAMES CAN BE FUN (HONEST)**
 OK, no one wants a repeat of that incident when your youngest had to pay triple rent on Monopoly, but going back to basics with a card or board game can be a fantastic bonding experience. Choose a game that even the youngest members of your family can enjoy and have a fun tech-free time.
- 2. MAKE YOUR OWN DECORATIONS**
 Spending time on arts and crafts is a brilliant way to relax and spend some productive time offline. Making your own Christmas decorations as a family can become a wholesome tradition and leave you with some treasured mementos, too.
- 3. GO FOR A WINTER WALK**
 Not much beats wrapping up warm on a crisp December day and taking a stroll. Whether alone or with the family, a walk is a fantastic way to clear your head and refresh the brain from hectic normal life. As an extra festive treat, why not make a flask of hot chocolate to take with you?
- 4. BAKE SOME FESTIVE TREATS**
 Not all Christmas cooking has to be a stressful affair that's timed with military precision. Baking some simple festive treats like cookies doesn't have to take hours, and will make sure you're stocked up on tasty things to offer any friends or family members who pop round.
- 5. READ A FAMILY STORY TOGETHER**
 Turn story time into an event. Make the living room or bedroom into a cosy place with some candles, make some hot drinks and reach for a classic Christmas tale. It's a fantastic way to relax before bed, and the right story will help to get the whole family into the festive spirit.
- 6. TURN OFF NOTIFICATIONS**
 It sounds obvious, but turning off email and app notifications can give you more control of your relationship with technology. Getting into the habit of checking your phone periodically rather than reacting every time a notification arrives – helps you to stay present in the moment.
- 7. FEED THE BIRDS**
 Food's hard to come by for wildlife in winter, so helping our feathered friends is a very worthwhile reason to put down those devices and reconnect with nature. Fill a bird feeder in the garden or take a snack for the ducks in your local park (but ditch the bread in favour of oats, rice or birdseed).
- 8. SET DAILY LIMITS**
 Many apps and devices let you set reminders to let you know how long you've used them for that day. Setting daily limits puts you firmly in charge of your time and will help to ensure you don't mess out on any family Christmas moments because you're engrossed in your phone or laptop.
- 9. GET ON YOUR BIKE**
 Exercise, such as going for a run or a bike ride is an excellent way to burn off some of those festive calories while giving your brain and eyes a break from screen-based activity. Physical exertion also helps reduce anxiety and releases endorphins which can improve your sense of wellbeing.
- 10. MAKE TIME FOR YOURSELF**
 There can be a lot of pressure to meet up with friends, make video calls and check in with people on Christmas – but remember that you need time to relax as well. Don't feel guilty about not replying to messages and emails immediately – the holiday is your chance to drop down a gear or two.


National Online Safety
 #WakeUpWednesday

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Attendance this week

Year Group	w/b 27/11/23
Nursery	100%
Reception	100%
Year 1	87.2%
Year 2	88%
Year 3	89%
Year 4	88.5%
Year 5	80.4%
Year 6	95%

Keep trying to get those figures over 96%

Keeping Safe Updates

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, tools and tips for adults.

Public Date: 06/02/23

What parents need to know about AGE RATINGS

bbfc **PEGI**

If you have children, it is understandable to have concerns about the time and TV shows they watch, as well as the games they play. In this guide, we take a look at the two official ways you can assess if a particular title is suitable for your child. Both the BBFC and PEGI have search facilities on their websites that can be used to look up individual titles so you can check their ratings.

RATINGS FOR FILMS, TV & MUSIC VIDEOS

Since 1917, the BBFC (British Board of Film Classification) has informed UK residents of the age suitability of films, TV and music videos, providing parents with the information needed to assess whether or not it is appropriate for their child's age. This applies to cinema releases, DVDs and streaming video services such as Netflix.

WHAT ARE THE BBFC RATINGS?

BBFC ratings are broken down into seven age categories:

- U** (Universal, suitable for all ages)
- PG** (Parental Guidance, recommended)
- 12** (Suitable for ages 12 and over)
- 12A** (Suitable for ages 12 and over, but only if accompanied by an adult)
- 15** (Suitable for people aged 15 and over)
- 18** (Suitable for people aged 18 and over)
- R18** (Restricted to 18, suitable only for people aged 18 and over)

WHAT ELSE CAN BBFC REVEAL?

Accompanied with the age suitability rating, BBFC also provide an additional warning regarding the content and what to watch, such as sexual language, violence and anything you may consider to be inappropriate for your child. In addition to this, the content is also rated in three levels: frequent, mild or strong.

LIMITATIONS OF BBFC RATINGS

It's important to note that there is no obligation on streaming video services to use or display BBFC ratings. Due to this, we advise that you check the rating before your child streams the content. It may also be a good idea to watch the content first yourself or discuss it with other parents to help you decide whether or not it is suitable for your child.

RATINGS FOR GAMES

PEGI (Pan European Game Information) is a content rating system that assesses all video games are labelled with a minimum age recommendation. These age recommendations are based on the types of content featured within a game. With each game, PEGI also provides a content descriptor that lists the potential issues and concerns, including sex, violence, bad language and drugs.

WHAT ARE THE PEGI RATINGS?

PEGI ratings are split into age restriction and content descriptors. Additional content descriptors help parents and children to understand the type of content featured within a particular game, including sex, bad language, discrimination, gambling, drugs, violence, and to provide parents and children with the information needed to make informed decisions regarding the suitability for your child.

PEGI age ratings are broken down into five categories:

- 3** (www.pegi.info)
- 7** (www.pegi.info)
- 12** (www.pegi.info)
- 16** (www.pegi.info)
- 18** (www.pegi.info)

PEGI content descriptors are broken down into eight categories:

- Sex
- Violence
- Bad Language
- Drugs
- Gambling
- Discrimination
- Discrimination
- Discrimination

LIMITATIONS OF PEGI RATINGS

It's possible for young people to buy games online without a suitable proof of age, or to have access to age-inappropriate content while gaming activities and maintain a honest and healthy dialogue with them about the online world.

PARENTAL CONTROLS

It is a good idea to put in place parental controls for all online accounts which your child may use to purchase or download online games e.g. The App Store, Google Play Store, PlayStation Store and Microsoft Xbox Store etc.

Source: www.bbfc.co.uk Source: www.pegi.info

www.nationalonlinesafety.com Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety



Drawing comes naturally to young children. Drawing is fundamental to their learning, to remember concepts, to grow, and understand the world around them. It is a powerful tool that taps into visual, kinesthetic, and linguistic areas of the brain at the same time, and establishes more neural connections than writing or reading alone. Our art club helps children retain and develop their drawing abilities and sustain their enthusiasm for self-expression and creativity.

Dear parents and carers,

Our next art project is inspired by the

The circus paintings of French Artist Marc Chagall

Booking essential: [Booking Flamstead next art project](#)

Flamstead Village School

Tuesdays 3.30 - 4.30

Children from Reception to Year 6 are welcome.

For details about the project and learning objectives please click on the picture.



Marc Chagall, Le Cirque, 1917

January - February 2024
Circus extraordinaire!
Inspiration: Artist MARC CHAGALL
Content: Drawing circus scenes and learning how to draw the human figure of acrobats.
Medium: Oil pastels.

6 weeks £66 January 9, 16, 23, 30. February 6, 13

For more detailed information about the club, visit the website www.myafterschoolartclub.com

Do not hesitate to contact me by email at welcome@myafterschoolartclub.com or by phone on 07 581 185 965 should you have any questions. Thank you. *Nathalie*

Father Christmas is coming to Flamstead

14/12/23

Hello Flamstead

sleigh bells from 5pm

Friends Lane, Hill Lane, Rooms Close, Wister Hill, The Garden, Sigsbee Lane, No 43

M = Mulled wine and Mince Pies

Friends of Flamstead School

Upcoming dates for your diaries!

Date	Time	Event
12.12.23	9.30	EYFS / KS1 Christmas Production
13.12.23	4.00	EYFS / KS1 Christmas Production
14.12.23	AM	North Pole Shop - FOFS
14.12.23	PM	Santa's Sleigh visits the village at 5pm
15.12.23	2.30	Christmas service at St Leonards Church
18.12.23	AM	Flu spray catch up session in school
19.12.23	-	Panto in school and Party Day
20.12.23	1.30	End Of Term
04.01.24	-	Occasional Day—school closed
05.01.24	-	INSET Day—School Closed to pupils
08.01.24	-	Spring terms begins - Welcome back everyone
09.01.24	-	Reception height and weight checks
25.01.24	AM	Y3/4 trip to Milton Keynes Theatre
30.01.24	All day/ evening	Young Voices at the O2 arena
08.02,24	10,00	Electric Umbrella visit
12.02.24	3.30—5.30	Parents Evening
13.02.24	5.00—7.30	Parents Evening
13.02.24	-	FOFS Pancake Flip
16.02,24	-	Half term begins

Please put these into your diaries!

Additional dates for the rest of the academic year are on the school website.

ADD-vance Drop-in Consultations: 10.01.2024**Booking Link:** <https://AddvanceConsJan24.eventbrite.co.uk>

Free mini consultations for
parent/carers in Dacorum

Facilitated by ADHD/Autism
Specialist Coaches
from ADD-vance



Dacorum DSPL Area 8 are pleased to offer
Mini Consultations For Parent/Carers
of children with Autism/ADHD

DSPL 8 will be funding ½ hour individual sessions for parents of children with ADHD and/or Autism (diagnosed or suspected).

This session will be with a trained ADD-vance coach to address one issue in your family life you would like advice or support on. The session will take place over Zoom.

You need to book a 30 minute session at Eventbrite—www.dspl8.eventbrite.com for one of the following date and times (bookings open monthly on Eventbrite):

Wednesday 10.01.2024 10:00 - 11:30

You will receive an email directly from ADD-vance, with a zoom invite link nearer the date.

More consultation sessions will be available next month.

Update DSPL8 Communications

DSPL8

Delivering Special
Provision Locally

We have been working on streamlining our DSPL8 Communications and going forward the parent/carer newsletters will now be distributed once per half term, with the newsletter due on the following dates:

29.11.2023

24.01.2024

20.03.2024

08.05.2024

03.07.2024

We will be using our social media pages more to share courses, workshops, events and support from DSPL8 and local services, so please make sure you like and follow our social media pages to be kept up to date with the most recent information via:

-  Facebook: www.facebook.com/dspldacorum
-  Instagram: www.instagram.com/dspl_dacorum/
-  Eventbrite: www.dspl8.eventbrite.com

Please also share this to help us spread the word, thank you 

Job opportunities to develop whole family SEND work in Hertfordshire

Supporting Families are leading a project funded by Department for Levelling Up Housing and Communities. The project is designed to increase whole family focussed work when supporting a child / young person with SEND. The project is focussing on children/ young people without an EHCP and who are at risk of suspension/ exclusion and / or on a reduced time table. The project is being piloted in Dacorum and St. Albans districts.

We are recruiting two 12 months fixed term contract roles:

[Family Support Co-ordinator \(SEND\)](#) and
[Senior Family Intervention Worker \(SEND\)](#)

The Senior FIW will line manage the Family Support Co-ordinator and not be responsible for direct work with families.

If you have / know someone who has a passion for improving outcomes for children, young people with SEND and their families, this is an exciting time to stamp your mark on a new SEND early help whole family response.

The closing date for applications is Sunday 10th December and interviews will take place Wednesday 13th and Friday 15th December.



SEND Surgery: 23.01.2024

Booking Link: <https://SendSurgeryJan24.eventbrite.co.uk>

**SEND Surgery Dates for 2023-24**

Tuesday 23rd Jan 2024

Dacorum Family Services North & East is offering a 30 minute session with our SEND School Family Workers to answer questions and to offer support and signposting for parents/carers of children with additional needs.

Topics for discussion:

- Strategies to help support your child at home with challenging behaviour
- EHCP queries
- Liaising with schools and other professionals
- Navigating the SEND world

To book, please go to www.dspl8.eventbrite.com and choose a 30 minute session, providing details of the topic that you would like to cover.

Dates are released termly on Eventbrite.

Surgeries may be held either by phone or Zoom/Teams. We will be in touch once your session has been confirmed.

Note: At present these surgeries can only be offered to parents/carers of those children/young people who attend a DFS North & East Partnership School:

St Albert the Great, Adeyfield, Aldbury, Ashllys, Astley Cooper, Aycliffe Drive, Belswains, Brockwood, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobeletts Manor Infant, Hobeletts Manor Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock Green, Lime Walk, Longdean, Little Gaddesden, Long Marston, Maple Grove, Markyate, Potten End, Reddings, Roman Fields, St Bartholomews, St Mary's, St Thomas More, Swing Gate, The Thomas Coram, Tring, Tudor, Victoria, Westfield, Woodfield School, Yewtree



Dear Parent/Carers,

In this DSPL8 Parent/Carers Newsletter please find the following:

<u>DSPL8 Courses & Support</u>	<u>Booking Link/Website</u>
Update DSPL8 Communications	Please read update on page 2
Job opportunities to develop whole family SEND work in Hertfordshire	Family Support Co-ordinator (SEND) Senior Family Intervention Worker (SEND)
DSPL8 Dacorum Families SEND Information	https://dspl8sendinfofayre071223.eventbrite.co.uk
ADD-vance Drop-in Consultations: 10.01.2024	https://AdvanceConsJan24.eventbrite.co.uk
SEND Surgery: 23.01.2024	https://SendSurgeryJan24.eventbrite.co.uk
DSPL7 & DSPL8 Emotional Based School Avoidance coffee mornings. For parents and carers with children (Year 7 - 11): 25.01.2024	No booking required—see flyer for various dates
DSPL8 EBSA Coffee Morning: 30.01.2024	https://EBSACoffeeamJan24.eventbrite.co.uk
Anxiety Unravelling Course by Bounce Forward: 28.02.2024-13.03.2024	Webinar Registration - Zoom
Spring Term DSPL8 Parent/Carer Support	https://dacorumdspl.org.uk/wp-content/uploads/2023/07/DSPL8-Parent-Carer-Support-2023-24.pdf https://dspl8.eventbrite.co.uk/

Please also view the most recent Dacorum Parent/Carers Courses and Support PDF for the following local updates, via: <https://dacorumdspl.org.uk/wp-content/uploads/2023/11/Dacorum-ParentCarers-Courses-and-Support-Autumn-Term-29.11.2023.pdf>

<u>Dacorum Parent/Carers Courses & Support</u>	<u>Booking Link/Website</u>
Parenting Courses and Support in Dacorum Spring Term 2024	Online resources for parents and carers DSPL (dacorumdspl.org.uk)
HAPPY Camps	https://sportinherts.org.uk/happy-activity-camps
SPACE Hertfordshire: December Activities	SPACE HERTFORDSHIRE Events Eventbrite
Potential Kids: December Activities	www.potentialkids.org.uk/activities
New Herts Haven Café for young people's emotional wellbeing opens in Hemel Hempstead	Herts Haven Cafés - WithYouth
Relationship Support for parents	Relationship support for parents Hertfordshire County Council
Neurodiversity Support Hub	supporthub@add-vance.org / 01727 833 963
SEND Drop-in sessions	See flyers on pages 7-8
Parenting Courses and Support in Dacorum Spring Term 2024	Online resources for parents and carers DSPL (dacorumdspl.org.uk)

Both documents can be downloaded from our website, via the following link:

<http://www.dacorumdspl.org.uk/online-resources-for-parents-and-carers/>

Kind Regards,

DSPL 8 Team – Ruth Mason & Ashley Fabray

