

16TH JULY 2021

ST PAUL'S WALDEN NEWS



THE LATEST NEWS AND UPDATES FROM ST PAUL'S WALDEN PRIMARY SCHOOL



A MESSAGE FROM MRS ADSHEAD

This will be the final newsletter of this academic year and what a year it has been! We are all amazingly proud of everything that the pupils have achieved in what have been challenging circumstances for all.

Myself and all the staff would like to thank you and the children for all their hard work and your support of their learning and the school. Your kind and positive comments have an enormous impact on the staff and they are greatly appreciated.

As we look forward to September there is lots to look forward to, we will be building a new trim trail/ adventure playground area, an outdoor classroom hopefully returning to school where all the pupils can mix together regardless of which class they are in.

I hope that you all have a very happy, restful and safe summer holiday. and maybe like the pupils pictures above you will get the chance to go away or have some fun day trips out with your friends and families.

We look forward to seeing you all again on Thursday 2nd September.

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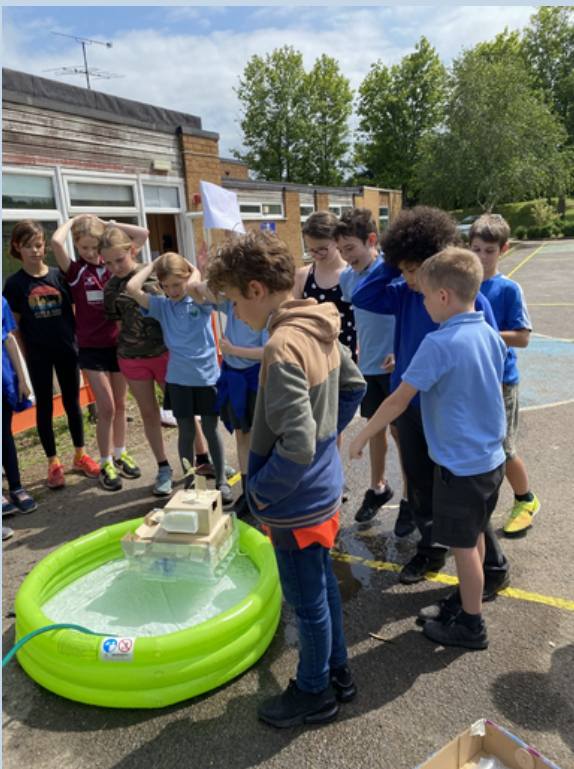
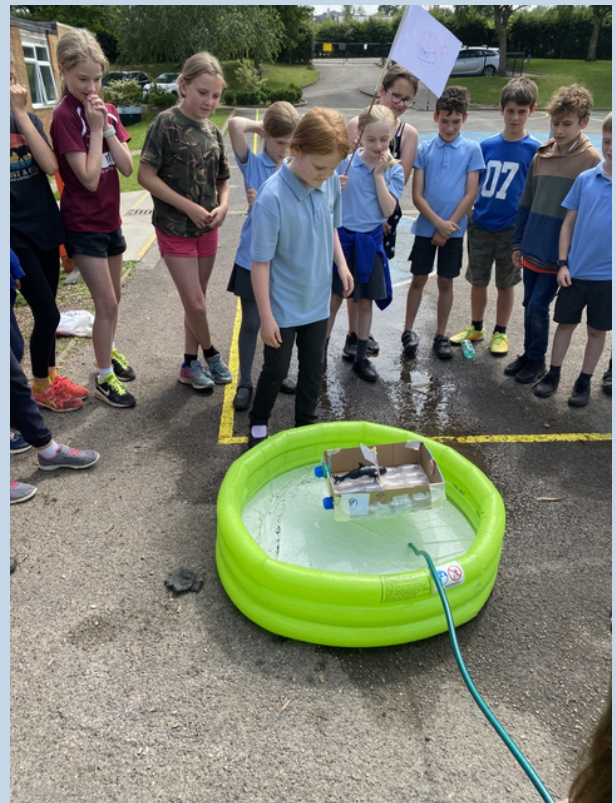
GOLDEN TICKETS

We are really proud of Teah, Rosie, Indiya, Sophie-May, Iona, Freddie R, Lexxy, Charlotte and Monty for going above and beyond to earn 10 gold tokens. Congratulations on achieving a Golden Ticket!



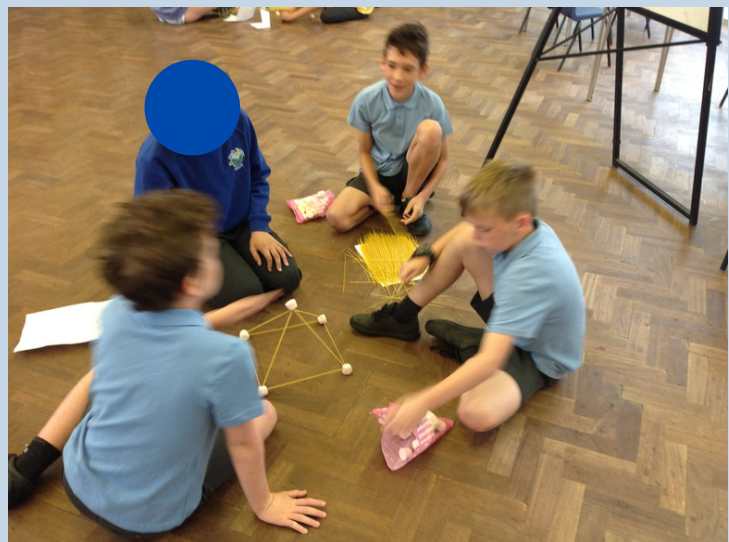
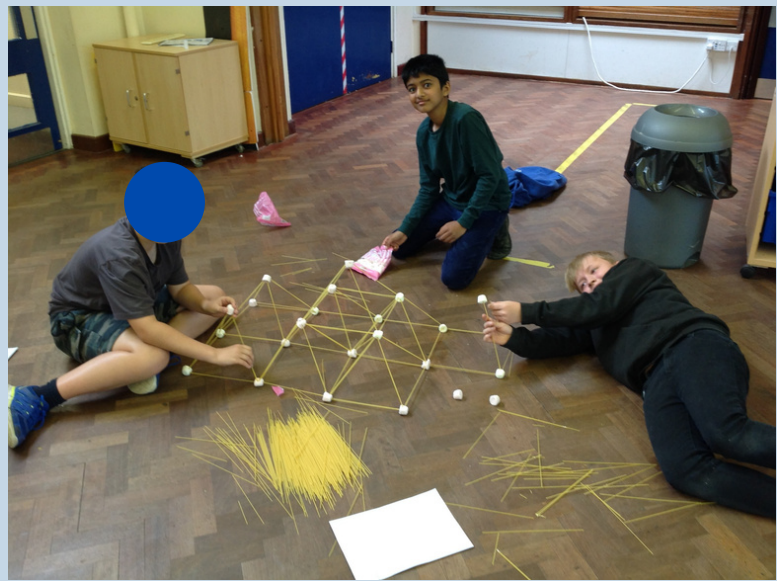
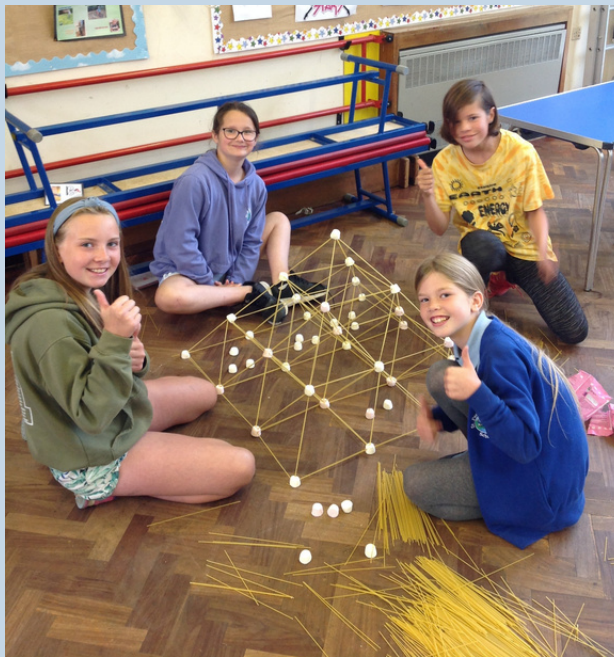
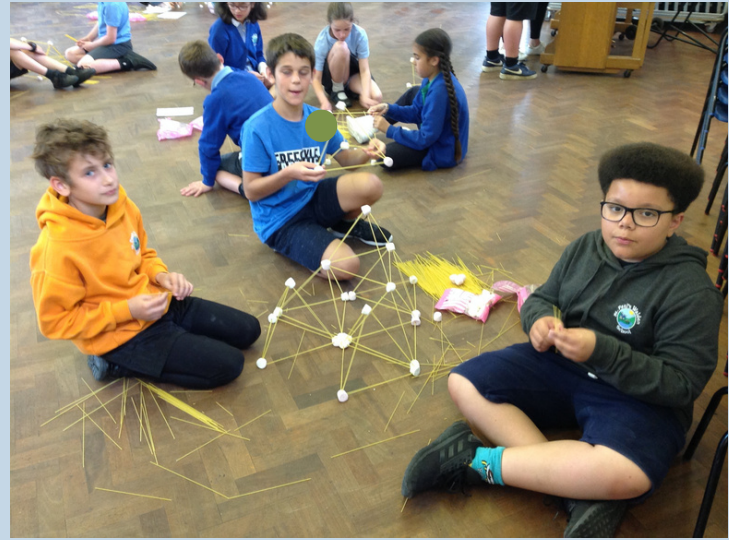
YEAR 5 & 6 PGL STYLE ACTIVITIES

The Oaks Class had great fun making rafts and seeing if Mrs Smith could sink them!



YEAR 5 & 6 PGL STYLE ACTIVITIES

The children worked in teams for the spaghetti tower challenge! The results were amazing.



YEAR 5 & 6 PGL STYLE ACTIVITIES

On Thursday they enjoyed a local walk and picnic.



YEAR 6 ACTIVITIES

Thank you to all the parents who came and supported our leavers BBQ it was a great evening and enjoyed by all.



LEARNING IN THE WILLOWS

Willows had some special visitors this week. Two police officers came along to school to talk to the class about safety and what is involved working for the police force. They showed us what equipment is needed to be kept in their police cars, but the best bit was when they demonstrated the extremely loud siren! The children then made their own police station in the role play area, which was adapted overnight to include a prison for the criminals that were being caught!



LEARNING IN THE ROWANS

This week Rowans completed their safari habitats. They created acacia trees for the giraffes to munch on, long grass for the cheetahs to hide behind and watering holes for the elephants to drink from.




LEARNING IN THE SILVER BIRCHES

On Sunday, England unfortunately lost in the Euro's final on penalties. The Silver Birches were shocked to hear about the abuse that the players who missed the penalties received. They discussed the issues of racism and why there is no place for it in our society. They all wrote letters to the players who missed the penalties, to show their unwavering support for them.

In History, we have begun to conclude our topic of Ancient Egypt by creating a double page spread of what we have learnt. We have started to draft these and will complete them, along with colourful illustrations soon. These will go on the website when they are complete so keep a look out!

Dear Marcus Marcus,
I was very sad when I saw how people were making comments about you, Saka and Soncho.
I personally think that if I were you I would ignore ignore the racist remarks.
I support Manchester United. You are a champion and that penalty you took in the ~~score~~ ^{Euro} final was an absolutely brilliant ~~trick~~ ^{trick}. Please can you tell me how to do it when you reply.
Yours
Zion 9 yrs old St Pauls Walden School
P.S Please tell Saka that I can imagine how much pressure he was put under. And that I really think him for trying.
Do you think that Saka was alright after he was pulled to the ground?
Marcus
Rashford
You will win the WORLD CUP!!!
Bakayo Saka
It's Coming home!
Jadon Sancho

Dear Mr Rashford,
I was sad to hear about how people have been making racist remarks about you on social media. You are an amazing footballer and people shouldn't be bullying you by the colour of your skin.
It was great when last year you argued with the govt Government for free school lunches a lot of children would of starved if you hadn't done that. I ignore all of the racist comments people are making as it is terrible and not true.
Yours sincerely,
Lexy Keatonby


Tuesday 13th July 2021
LI: To write a first draft
Cleopatra VI!
Cleopatra was the ^{last} pharaoh in Egypt. Her tomb has NEVER BEEN FOUND!
The journey to the afterlife
The new tombs
Tombs consist of many rooms but the main room is where the mummy is, this is where all of their organs and spices are kept. It is important it is where the mummy is kept, they are kept in a coffin with a death mask on it will help the soul go to the afterlife.
Did you know?
Did you know that some pharaohs had a cat the cat would get mummified.
Did you know?
Did you know that Tutankhamun was only 18 when he became king.
Did you know?
Did you know that king Tut broke his leg on a chariot.

Tuesday 13th July 2021
LI: To write a first draft
Tutankhamun
The boy king
Tutankhamun was known as king TUT and the Boy king. So, king TUT was crowned Pharaoh at the age of ten. He was really a boy king as his reign ended at the age of eighteen. The reason his reign ended was also as his life ended (he died). The way he died was that he broke his leg in a chariot crash, so his leg was exposed to all the disease in the air. In that he happened to caught a very bad disease. That was the boy king TUT.
The Afterlife
First when an ancient Egyptian dies they get mummified and buried with their most precious belongings. Such as mummified cats, gold and the BOOK OF THE DEAD!!!
Next they have to pay through the gate of souls rising from the dead. Once they have passed through the treasure house of the dead, the soul has to admit to the sun God Ra that he or she is a true soul. To check this is true, Ra measures the heart to a feather. If it is equal they pass on to the field of Reeds. Which is the happiest place ever.

Tuesday 13 July 2021
LI: To write a first draft
The Pharaohs
Rameses II - the greatest Pharaoh of Egypt. He built built lots of great buildings and won his battles. His Tutankhamun - younger Pharaoh. Howard Carter found his tomb. Cleopatra VI - last Pharaoh of Egypt.
The Army
Army were gamers in the beginning. Attacked by the Hyksos people. Made a powerful army after that. Infantry - axes, spear and swords. Archers - bow and arrows. Chariots - horse back, 1 driver and 1 archer. AMOT - they didn't wear much - they did use a shield.
Super draft Callen

SPORTS DAY 2021

We are sorry that you could not join us this year, we would like to share some pictures of our day.



ST PAUL'S WALDEN ART COMPETITION

If you would like to enter our summer holiday competition please see the leaflet below!



TERM DATES 2021/2022

Autumn Term 2021

School starts: Thursday 2nd September
Half Term: **Monday 25th to Friday 29th October**
Last day of term: Tuesday 21st December **finishing at 2pm**
Occasional Day: **Monday 22nd November**
Inset Days: **Wednesday 1st September & Friday 19th November**

Spring Term 2022

School starts: Thursday 6th January
Half Term: **Monday 14th to Friday 18th February**
Last day of term: Friday 1st April **finishing at 2pm**
Inset Days: **Wednesday 5th January**

Summer Term 2022

School starts: Wednesday 20th April
Half Term: **Monday 30th May to Friday 3rd June**
Last day of term: Friday 22nd July **finishing at 2pm**
Inset Days: Tuesday 19th April & Monday 6th June
Bank Holiday: **Monday 2nd May, Thursday 2nd June & Friday 3rd June**
Occasional Day: **Friday 24th June**

CONTACTING THE SCHOOL

For general enquiries, report of an absence or to inform the school of pupil collection arrangements, please contact the school office by email:

admin@stpaulswalden.herts.sch.uk or telephone on: 01438 871241.

The office is open between the hours of 8:30am and 4pm during term time only.

HCC UPDATE

The Public Health team at Hertfordshire County Council has asked us to share the following information with you.

Firstly, we want to thank you for all you are doing to play your part and help protect your school community – you're all doing an amazing job. As we head towards the end of the academic year, let's work together to reduce the number of cases in our nurseries, schools and colleges and make sure less children will need to learn remotely.

We're now at a crucial time in our fight against Coronavirus. In line with yesterday's Government announcement we're asking everyone to not drop your guard just yet – Covid-19 is still here.

There are simple things you can do right now to continue to protect yourself, your family and your school community:

Remember hands, face, space, fresh air – each school may have different rules around face coverings, but everyone aged over 11 should be wearing a face covering when in indoor venues. If you can still meet outside do

Testing – students in year 7 and above are being provided with a free, regular supply of rapid tests and they should continue to take these twice a week. Parents and carers of children in nursery, school or college should also take regular rapid tests along with the rest of the community, by doing this we can all help to reduce the spread of the virus. You can find your nearest collection site or order online at www.hertfordshire.gov.uk/rapidtest

Vaccination – please get your vaccine once you are invited to

Please do not send children back into education if they are sick or feel unwell – be cautious.

If you or your child/ren receive a positive result from a rapid test you must begin self-isolating immediately, not attend school and book a confirmatory PCR test.

If you or your child/ren have symptoms (new, continuous cough, change or loss of taste or smell or a temperature) you must self-isolate immediately and book a PCR test at: <https://www.gov.uk/get-coronavirus-test>

If you need help to self-isolate contact HertsHelp for advice and practical help with things like getting food and medicine and accessing financial support. Call 0300 123 4044, email info@hertshelp.net or visit www.hertshelp.net

We know none of this is easy, but if we throw our arms around schools to protect them now, we can all look forward to the summer holidays we're hoping for. Thank you again for helping to keep yourselves and your community safe.

Hertfordshire County Council

NEW COVID RULES UPDATE

We would like to share the following information with you:

We will still be required to send children home if they have a positive PCR/LFD result or symptoms of Covid-19. They and their households are required to comply with Stay at home: guidance for households with possible or confirmed coronavirus (COVID-19) infection - GOV.UK (www.gov.uk).

A positive LFD test requires a confirmatory PCR in the usual way and children/young people are expected to isolate pending the result. If negative, they can return to school. If positive they must comply with Stay at Home Guidance as above.

Close contacts and people in support bubbles are also strongly encouraged to stay at home. The following link will take you to the Stay at Home guidance above or <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>.

Bubbles are no longer required after the end of term unless re-imposed because of an outbreak.

Information for parents and carers about the new rules can be found at: <https://www.gov.uk/government/publications/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-during-the-coronavirus-covid-19-outbreak/step-4-update-what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges>

Supporting children to go back to school

(Anxiety support and building resilience)



PRESENTATION OVERVIEW

Exploring causes of anxiety in young people and offering an opportunity to discuss effective management.

This forum is designed to give parent/carers the opportunity to explore and discuss the issues around anxiety in children and young people and help manage the impact of change.

The aim of the session is to help develop a better understanding of feelings and the ways in which we can support children to develop confidence and resilience. It will include a brief overview of children with neurodiversity.

This training will be led by Rachel Lambie (Dramatherapist and CEO) and Viv Ofstedahl (Training Lead, and experienced School Mental Health and Wellbeing Lead) from NESSie.

Date: Tuesday 31st August

Time: 7-8.30pm

Venue: Online [A link will be sent out via email on the morning of the training]

To book a place please click [HERE:](#)

Or visit: nessieined.com/events

Helping children and young people thrive

NESSie IN ED CIC. Company registered in England & Wales number: 11719406

nessieined.com

Volunteer Mentors Needed

**Are you a grandparent, mum, dad or carer?
You may have the skills we need!**



**A Volunteer Mentor supports families in their own homes
on a weekly basis for 2-3 hours**

**Recruiting Now
Next Course - September 2021**

Make a difference to the lives of parents and children

Help others whilst doing something for yourself

High quality training

**Home-Start's Preparation Course is a face to face, one day a
week course that runs for 6-8 weeks.**

**The free course will provide you with all the skills and
information you need to support families.**

**For more information email
admin@home-startherts.org.uk**

There for parents when they need us most

www.home-startherts.org.uk



FREE RESOURCES

For Parents & Carers

Hitchin Mental Health Recovery Team are a group of organisations that have come together to provide support to schools in Hitchin as we come through the pandemic.

We would like to share with you these resources.



Access to Webinars:

Please contact Rachel at NESSie to access a recording of the webinars – rlambie@nessieined.com

Supporting children to return to school

(book your place 30 August at 7pm: <https://nessieined.com/events/supporting-children-to-go-back-to-school-anxiety-support-and-building-resilience/>)

Positively supporting young people with self-harming behaviours

Autumn Forums will include: Supporting my child to build resilience; a training forum supporting parents and carers whose children have anxiety and are finding attending school and lessons challenging and Parent Forum: Parenting, exploring finding our confidence post pandemic.



Phase resource page:

<https://phase-hitchin.org/resources>

Ways to Wellbeing

Primary ways to wellbeing series:

<https://www.youtube.com/playlist?list=PL5jBv9G9gCspAWY1OQGX-fGYOpcK4dn-A>

Secondary ways to wellbeing:

<https://www.youtube.com/playlist?list=PL5jBv9G9gCsq7zJ5QEWpfMe131gERwb3Z>

Returning to School

Primary - returning to school:

<https://www.youtube.com/playlist?list=PL5jBv9G9gCspUWOGAbLhujzA4ik42Cs1U>

Secondary - returning to school:

<https://www.youtube.com/playlist?list=PL5jBv9G9gCsqhFfv0ukhn9avhhNIWfJQ2>

Secondary - building resilience series:

<https://www.youtube.com/playlist?list=PL5jBv9G9gCsq3M04u8M2SeQ6zRF9IhgWv>

Coping with change:

<https://www.youtube.com/watch?v=j-8E-O5DDNU&t=182s>

Parenting podcasts:

<https://soundcloud.com/user-201698962>



5 Ways to Wellbeing - Primary

A primary resource with 5 activity worksheets to help children think about the 5 ways to wellbeing. These worksheets can be used with the Primary Phase for Wellbeing video on the Phase website.



Top Tips for lockdown

A helpful resource with 10 top tips on to help help when your mental health and wellbeing during lockdown.



GROW: Dealing with Disappointment

This guide contains everything that you need to use the Dealing with Disappointment worksheet. It includes the link to the worksheet video, guidance on each activity and lessons that can be pulled from each element.



Coping with change resources

Five short videos about how to cope with change. 20 minutes to accompany the Coping with Change video that can help children think through the 5 P's (Perceive, Plan, Practice, and Prepare).



Secondary Lockdown Reflections

A pack for secondary students containing 5 short videos that give students the opportunity to reflect on the positive and negative of their experience over the past 6 months.



Primary Lockdown Reflections

A pack for primary students containing 5 short videos that give students the opportunity to reflect on the positive and negative of their experience over the past 6 months.

Phase blog

<https://phase-hitchin.org/blog>

This Summer

things are looking much happier



Monday 26 July to Friday 27 August

HAPpy Holidays are here!

This summer, thousands of free weekday spaces are available at activity camps happening across the county for children aged 5 to 16, who are in receipt of benefits related free school meals! Choose from an exciting programme of fun sports, healthy meals and enriching activities!

Scan the code to book your activity

Your school will have sent you your **HAPpy Booking Code**, which you need to access bookings. Please speak to them if you have not received it.

You can visit your local library for help signing up and to find out what other activities they have on offer!



in partnership with:





JOIN BEEZEE BODIES FOR OUR FUN FOOD FRENZY

Join us for our 2 hour sessions this summer, jam packed with FUN, FOOD and ACTIVITIES! Each session will include a cook-a-long involving some top tips from our trained nutritionists, 1 hour of fun physical activity and an activity pack to help you keep up a healthy lifestyle this summer!



IT'S
FREE!

Every Session is 11am till 1pm

LETCHWORTH GARDEN CITY

Jackmans Community Centre,
Ivel Ct, SG6 2NL

Tuesday 27th July
Tuesday 3rd August
Tuesday 10th August

HITCHIN

Westmill Community Centre,
Bingen Rd, SG5 2PG

Tuesday 17th August
Tuesday 24th August
Tuesday 31st August

Available to any families in North Herts with a child under the age of 12. Parents must attend and any siblings are welcome!

TO SIGN UP FOR FREE:

Phone 01707 248648 or email us at info@beezeebodies.co.uk



beezee
bodies

Healthy
hub

foodbank

NH
DC



Hertfordshire



SUMMER HOLIDAY – Activities, Signposting and Support



Summer Reading Challenge 2021 – Hertfordshire Libraries Hitchin is very excited to be taking part in the Summer Reading Challenge, the theme this year is "Wild World Heroes". The challenge will be running from **Saturday 10th July – Saturday 4th September**. It will be the same format as previous years. 6 weeks to read 6 books, every 2 books read, they visit the library, tell us about their favourite book and collect their stickers. Social distancing measures will be in place. What will differ this year, will be the presentations we normally hold, not knowing what the COVID restrictions will be after the 19th July, we had to cancel them this year, but children will still get their medal and certificate on completion.

<https://youtube.com/c/2021mcslfa>
<https://summerreadingchallenge.org.uk/news/general/wild-world-heroes-intro>

Fit, Fed & Read Letchworth



Group Exercise

Activity

Description

holidays, each four-hour day consists of two hours of physical activity, one hour of fun education provided by services including Hertfordshire Fire and Rescue Service, Hertfordshire Libraries, Hertfordshire Constabulary and other local organisations. Children will also enjoy a two-course, nutritious cooked lunch. This camp will be at Letchworth Rugby Club.

Please send your child to the camp with a water bottle, and wearing clothes that are suitable for running around and playing in.

*To get the most out of the camp, it is suggested that children attend all days where possible.

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In partnership with
HCF

North Herts Summer 2021 Programme

Monday to Thursday, 12pm to 4pm

Week 1 26 to 29 July, Week 2 2 to 5 August, Week 3, 9 to 12 August, Week 4 16 to 19 August

Westmill Community Centre, John Barker Place, Hitchin SG5 2PE or Mrs Howard Memorial Hall, Norton Way South, Letchworth SG6 1NX. To Book call : 01438 843340 or Text: 07860 065178

Email: sfyp.northherts@hertfordshire.gov.uk



<https://tomkerridge.com/full-time-meals/>

The "Operation Sustain" VCS Winter Preventative Offer – we're here for you!

For Herts residents, carers & families general:

Need help and don't know where to turn? Have a question or problem? If you or someone you know are struggling this winter or any time, we're here to offer help and support.



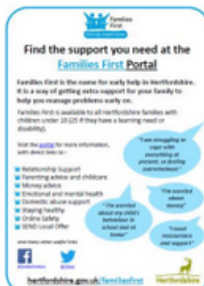
This is available to you through HertsHelp – our countywide information, advice, signposting and support service – from 8am-8pm Monday-Friday (10am-6pm weekends/bank hols).

Just call HertsHelp on 0300 123 4044, visit <https://www.herts-help.net/winter-health.aspx>, www.herts-help.net or email info@herts-help.net

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

<https://youtu.be/UF5bukopkGo?list=TLGGQjB3AUhgTfOyODA2MjAyMQ>

<https://www.healthhubnorthherts.co.uk/activities>



SUMMER HOLIDAY – Activities, Signposting and Support



Multi-Sports, Tennis & Netball Camps available

09:00-09:15	Registration				
09:15-09:45	Welcome & Introduction Games				
09:45-10:30	Basketball	Athletics	Hockey	Tennis Rounders	Dodgeball
10:30-11:15	Knock Cricket	Badminton	Football	Hockey	Volleyball
11:15-11:30	Morning Break				
11:30-12:15	Freeplay & Games	Freeplay & Games	Freeplay & Games	Freeplay & Games	Freeplay & Games
12:15-12:30	Lunch Break				
13:00-13:45	Tennis	Football	Netball	Badminton	Knock Cricket
13:45-14:30	Dodgeball	Knock Rounders	Tennis	Football	Athletics
14:30-14:45	Afternoon Break				
14:45-15:30	Volleyball	Netball	Basketball	Dodgeball	Tennis
15:30-16:00	Certification & Collection				
16:00-17:00	Late Stay				



Healthy lifestyle support for children and families



<https://beezebodies.com/>



SUMMER HOLIDAY – Activities, Signposting and Support

DW SOCCER SCHOOL

SUMMER SOCCER CAMP

OUR LADY SCHOOL
OLD HALE WAY
HITCHIN SG5 1XT

9AM - 5.30PM
EARLY DROP OFF/LATE PICK-UP
AVAILABLE

MINI TOURNAMENTS
STREET FOOTBALL
PENALTY SHOOT-OUTS
FOOTBALL FUN & GAMES

£19 PER DAY
DISCOUNTS FOR MULTIPLE DAYS BOOKED

**TUESDAY-FRIDAY
27TH JULY - 27TH AUGUST**

COVID PROOF BOOKING FULLY REFUNDABLE

WWW.DWSOCCERSCHOOL.CO.UK
ENQUIRIES@DWSOCCERSCHOOL.CO.UK
0778713227

Want to learn lots of fun dance routines to pop music? **Popdance World** Want to dance like Little Mix, Anne-Marie, Oily Murs and Harry Styles?

SCHOOL HOLIDAY CAMP
27 & 29 July and 3 & 5 August

10.00am - 3.00pm at Samuel Lucas School Hitchin SG5 2JQ

For boys and girls aged 5-11 years

£20 per day or £65 for all 4 days

Email: ciara@popdanceworld.com to book your place

Numbers will be limited so book now

For more info visit www.popdance.co.uk/hitchin

Hitchin Music Project

Summer Music Course at Wilsbere-Dacre School 9th - 13th August 2021

Chris Pine (right) and Chris Pine (left)

Summer Music at Wilsbere-Dacre School is a week long course which will explore the music of the 1960s and 1970s. The course will be run by Chris Pine and the amazing Wilsbere-Dacre School Music Project. The course will be held at Wilsbere-Dacre School, 9th - 13th August 2021. The course will be held at Wilsbere-Dacre School, 9th - 13th August 2021. The course will be held at Wilsbere-Dacre School, 9th - 13th August 2021.

Letchworth Sports and Tennis Club

Camp GO! Tennis & Multi-Sports at Letchworth Sports & Tennis Club

July 26th - August 27th 2021

From ages 5-12. The camp will not run between 19th - 20th August.

£16 - 9am - 12pm (very cheap!)
£14 - 9am - 11am

TENNIS FOOTBALL & HOCKEY TEAM GAMES... and much more!

Join the fun!

For bookings or information: WWW.DRHSports.CO.UK
Tel: 07901 903520 Email: campgo@drhsports.co.uk

at Letchworth Sports and Tennis Club, Hunsley Lane, Letchworth, SG6 3TB

GTD Sessions

GTD sessions are a great way to try the multiple disciplines of gymnastics. These sessions include: Floor, Beam, Vaulting, Tumbling, and more.

HBS REVOLUTIONS

1-to-1 Trampoline & Gymnastics Coaching

HBS are offering private Trampoline & Gymnastics sessions at our School holidays. These 1-to-1 sessions with a highly qualified coach are aimed at helping your child develop their skills and confidence.

Hitchin Boys' School Sports Centre

Summer Sports Camp

Active camp for children aged 6-12

Monday - Friday, 9am - 4pm (week days) or 9am - 12pm (weekends)

Week commencing 16th August
Week commencing 23rd August

£10 per day or £40 per week (includes lunch and drink)

10th August discount

CHILDCARE VOUCHERS ACCEPTED

To find out more information or book your place contact: bookings@hbschool.co.uk

Hitchin Boys' School Sports Centre

Active camp for children aged 6-12

Monday 9th August, Thursday 12th August
Monday 16th August, Thursday 19th August

£20 per session
CHILDCARE VOUCHERS ACCEPTED

An active packed week led by DBS checked, qualified sports coaches

To find out more information or book your place contact: bookings@hbschool.co.uk



SUMMER HOLIDAY – Activities, Signposting and Support

Hitchin Mental Health Recovery Team

stand-by-me
Nessie
GRIT: The Let's Talk Centre for Healthy Living
Phase
Rotary

working together to help support young people in our area

Phase Parenting podcasts and NESSie parent forum are funded by Hitchin Mental Health Recovery Team.

Supporting children to go back to school
(Anxiety support and building resilience)

PRESENTATION OVERVIEW

Exploring causes of anxiety in young people and offering an opportunity to discuss effective management.

This forum is designed to give parents/carers the opportunity to explore and discuss the issues around anxiety in children and young people and help manage the impact of change.

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This training will be led by Rachel Lambie (Drama/Theatre and CEO) and Dr. Chantelle (Training Lead, and experienced School Mental Health and Wellbeing Lead) from NESSie.

Date: Tuesday 31st August
Time: 7-8.30pm

Venue: Online (a link will be sent out via email on the morning of the training)

To book a place please click [HERE](https://www.nessie.org.uk)

Or visit: [nessie.org.uk](https://www.nessie.org.uk)

Helping children and young people thrive
NESSie is an NHS Charitable Incorporated Foundation (NHS-CHF) with number 1171940
[nessie.org.uk](https://www.nessie.org.uk)



Parenting podcasts:

<https://soundcloud.com/user-201698962>

Topics :

Let's Talk – Mental Health & Wellbeing Parenting in Lockdown Ep.1 Lockdown Life
Parenting in Lockdown EP. 2 Education
Parenting in Lockdown Ep. 3 Wellbeing



Can we help take the pressure off?

We wish to support people in our community who have been financially impacted due to the pandemic. Although restrictions are easing personal financial circumstances may still be difficult.

It's easy to apply for a supermarket e-voucher to ease the pressure on you and your family. Perhaps you have been furloughed or are returning to work and are waiting for your finances to adjust, been made redundant or had your hours significantly reduced. You can re-apply for this support. Please contact us to see if you are eligible.

For an application form email us: foodprovision-hitchin@wilsbere.herts.sch.uk

Click [HERE](https://www.hitchinpartnership.org.uk) for full activity summary or go to www.hitchinpartnership.org.uk

