



Secondary phase newsletter

Creating Tomorrow's Citizens Today

Friday 12th February 2021

All-through news for all families at Simon Balle All-through School

To call next week “half-term” seems to be in some ways a misnomer but it is exactly that. Our children and young people have been attending classes and involved in their learning now for the past six weeks, with five weeks to follow before the Easter break. We know how many families have been working hard to establish routines and habits for their children, along with establishing their own patterns living in a new lockdown. This is not easy for anyone including our staff and also the children who are still in school each day. To misquote a famous expression, the days seem to be long, but the weeks fly by. My nephew who is studying for a PhD, but of course not at university, spoke of his weekends as “one long lunchtime” for again, there is little variety anymore between the weekdays and weekends.

However, when we stop and reflect there is in fact so much going on despite all of this. Governors continue to meet remotely; the PSA have once again triumphed with a virtual balloon race underway as I write; Simon Balle All-through farm continues to gain momentum with enclosures and hutches now being built, and the real animals who will join us now being identified and prepared (photos to follow!); we continue to enjoy and participate in special weeks, with wellbeing week, safer internet day and world book day to follow after half term...

Remote Learning Parental Survey (Secondary)

Many thanks for the feedback we received from you all in response to our questions about remote learning. The replies were overwhelmingly positive. The key headlines are attached below:

- 93% find it clear/very easy for their child to complete the work based on the instructions
- 95% of the work set in a week is able to be completed
- 87% of parents are satisfied with the support received from the school
- 82% of lessons have a live element
- 61% of parents say their children have feedback provided often/very often.
- 56% of parents are confident supporting child learning, 16% at not confident at all
- 89% are confident their child is safe online
- 85% of students spent 3-6 hours a day on their work, 9% spend over 7 hours
- 73% do not find it challenging to balance their home commitments to meet our expectations
- 93% find it easy/very easy for their child to access work
- 91% of parents are happy with the communication
- 89% of parents are happy with our arrangements

We appreciate all the amazing comments received:

*‘The quality of education seems to be extremely high. I have to confess that I haven’t needed to support **** in his learning much at all which, to me, is a sign that his teachers are clearly explaining what is expected from him and supporting him well in his learning. I’d like to thank all of the teaching and admin staff who have made this challenging situation so much easier for us’.*

‘We are very impressed by the progress made by the school in supporting remote learning - huge progress has been made since the first lockdown’.



'I believe Simon Balle is leading the way with home learning by having the systems in place from the start'.

'The school's home learning provision itself has been excellent with most teachers providing a comprehensive schedule of work and ensuring work is completed. Thank you to all the teachers for their hard work and dedication to the children'

'I didn't believe 'business as usual' was a remote possibility, but my daughter is working harder than ever - thank you for all that you have done'!

We are also grateful for the constructive feedback we received. All comments have been shared and discussed amongst senior leaders to look at how we can continually improve our processes. A lot of the comments received were dependent on family circumstance. Some parents requested more 'live' lessons whilst others were very content with what was in place and perfect for their child's wellbeing. Parents also commented on the amount of feedback their child has received. Many were delighted and grateful whilst some families would like more. In response to this we have reviewed our practice to ensure the following continues to occur:

- Our feedback from the student survey highlighted a variation of choice between pre-recordings and the amount of time the teacher was 'live'. As you can imagine, it is very hard to get the balance right, and a one size fits all approach. Nonetheless, we continue to pride ourselves on effective Teaching and Learning and therefore will endeavour to teach 'live' lessons when we believe it has the greatest impact. (Live lessons also can be pre-recorded). We certainly want to keep the momentum going!
- Feedback can take a variety of forms, including individual comments, whole class feedback and scores for mini-quizzes. We have also promoted the use of voice recordings to teaching staff as this is also an effective way of ensuring we are identifying any misconceptions for students and communicating this to them.

Many thanks for the invaluable positive feedback. We will continue to use this to review and consolidate, ensuring we work together collaboratively in these challenging times.

We thought that it would be great for us to share with you some of the amazing things that have been happening this half term and so the majority of this newsletter is about just that. As an all-through school, we are able to ensure that all of our students have great opportunities to develop their interests and skills. Please enjoy news from PE, Art, and Music, along with wider community news. In addition, there are articles which ask for your help, dates for your diary and signposts as to where you can get support if needed.

All-through PE news

It has certainly been an eventful half term for PE and Sport at Simon Balle. Our students across the All-through have continued to enjoy a varied offer of Physical Activity and PE whether in school or remotely.

Each Friday students from Reception to Year 5 have enjoyed 2 hours of a range of Physical Activity and Well Being activities delivered by PE staff alongside our Senior leadership team. Activities have included PE lessons, alongside dance, gymnastics and a range of outdoor activities where students have been able to problem solve, stay active and continue to develop their fundamental movement skills.

Mr Leonard and Mr Goodson have, alongside delivering a range of physical activities, also been extremely busy over the past few weeks and have put together many remote videos which have included yoga sessions and healthy eating lessons.



Sports Ambassadors

Our Year 5 students have had the opportunity to apply to become one of two Y5 Simon Balle Sports Ambassadors. Children who are interested are expected to complete an application form explaining why they think they would be an excellent Sports Ambassador for the school. Below is a list of roles and responsibilities that the successful candidates will undertake:

Simon Balle Sports Ambassadors will:

- Help promote a healthy lifestyle in school.
- Be responsible for writing and supporting with match reports to go onto the website.
- Work with Miss Riddle, Mr Leonard and other members of the PE department to help with breaktimes, lunchtimes and manage equipment.
- Wear a special ambassador badge so they can be recognised around the school.
- Help encourage others to become involved in sports/ competitions.
- Have a role in the Celebration Assembly: this might be distributing certificates and announcing winners to competitions.
- Work alongside Miss Riddle and Mr Leonard to organise events and competitions such as Sport's Day.

In the secondary phase, students have had the opportunity to participate in a range of PE & physical activity lessons, with most continuing to have 2 hours of physical activity each week, alongside their remote PE learning. Students have embraced these opportunities across the All-through, working diligently in lessons and displaying plenty of resilience and courage. Also last week, students at school had the option to have an additional hour of physical activity during our well being week.

Remote PE learning



Task 3:
Create a player profile

Choose a player from either the men's or women's GB hockey squad and create a profile on the next slide to include:

- Name
- Picture
- Age
- Position
- Number of GB caps
- Which english club team they play for




Over the past 6 weeks our students have been completing a sports booklet in PE lessons; boys completed a 6 lesson programme on football and the girls completed a hockey booklet. The aim of the booklets was to enhance students' knowledge and understanding of the game alongside developing their tactical knowledge, analytical, observational and evaluative skills through a series of tasks. These included observing modelled examples, clips and analysing teams' strengths and weaknesses. Examples of student's work are illustrated below;

Task 3:

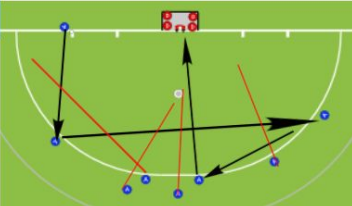
Using your knowledge of penalty corners from the first 2 videos, add arrows to the diagram to create your own routine.

Use the example to help you.

Example



My Routine:



Football Rule Card

Aim of the game:

The object of the game is to outscore the opposition by moving the ball beyond the goal line into the opposing goal. The team with the higher number of goals wins the game. Football is played in accordance with a set of rules known as the Laws of the Game.

Players per team:

11

Duration:

First half: 45 minutes
Second half: 45 minutes
Half time: 15 minutes
Extra time 15 minutes each half

What are indirect free kicks awarded for?

An indirect free kick is awarded if a player: plays in a dangerous manner, impedes the progress of an opponent without any contact being made, is guilty of dissent, using offensive, insulting or abusive language and/or gestures or other verbal offences.

How to score:

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar.

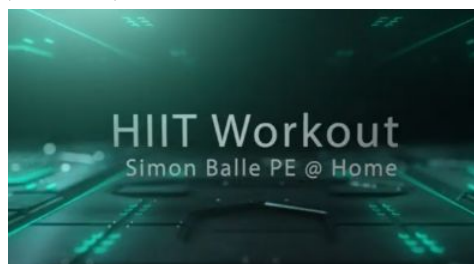
What are direct free kicks awarded for?

A direct free kick is awarded if a player commits any of the following offences against an opponent in a manner considered by the referee to be careless, reckless or using excessive force: charges, jumps at, kicks or attempts to kick.

Offside rule:

A player is in an offside position if: any part of the head, body or feet is in the opponents' half (excluding the halfway line) and, any part of the head, body or feet is nearer to the opponents' goal line than both the ball and the second-last opponent.

In students' second lesson of the week, they have been completing a fitness session where each member of the PE staff have remotely completed a live warm up and via the google classroom, students have been able to access a pre-recorded 20-25min fitness session by members of the Simon Balle PE department. Students have really enjoyed these and have been able to access flexibly either during lesson time and/or in their own time. If you would like to try out any of the workouts, we have included the links below;



- [School Bag Workout](#)
- [Speed, Power & Core](#)
- [Circuit Session](#)

- [HIIT Workout](#)



This week all students from Y7-11 have completed an 'Understanding Concussion' unit remotely. Our aim was to promote an awareness of concussion, the causes, how to recognise, treat and the necessary preventative measures that should be taken. All students completed a series of questions towards the end of the unit with some completing an additional online RFU Concussion Awareness Course.

Understanding Concussion

Y11



Finally please complete the google form

Please complete the following quiz on this [Google form](#)

If you would like more information on this area you can complete the following online course by clicking on the link below:



After half term we will be continuing our Friday physical activity and well being lessons with Reception to Y5 students. For our secondary students, we will continue to deliver PE to those onsite and our remote offer will be rugby for the boys and gymnastics and netball for the girls. Students will also be able to continue to access our Daily Fitness Challenges through their Google Classrooms or via the student PE website.

Simon Balle All-through School February Daily Fitness Challenge						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Complete the uptown funk abs workout	2 Complete the bring sally up squats challenge.	3 Complete a PE with Joe workout	4 Complete the 20 minute yoga workout	5 Go for a walk with a friend or family member	6 Complete the Cha Cha Slide plank challenge	7 Joe Wicks intense 20 minute workout
8 5 min challenge: How many sit ups can you do?	9 Complete 5 Just Dance routines	10 Complete the fun HIIT workout	11 5 min challenge: Max burpees	12 Go for a walk with a friend or family member	13 Complete the partner HIIT workout	14 Complete today's PE with Joe workout
15 Learn how to do a headstand	16 Challenge: How quickly can you do 100 squats?	17 Play sport outside with a family member	18 Complete the upper body workout	19 Go for a walk with a friend or family member	20 Complete the Zumba workout	21 Complete 7 minute abs and core workout
22 Complete 15 minute full body stretch	23 Complete the dance workout	24 Complete the football at home session	25 Complete Disney Hip Hop Workout	26 Go for a walk with a friend or family member	27 Complete the strong yoga session	28 Pick your favourite day and repeat!

Finally we wish you an active and healthy half term and look forward to continuing to offer you lots more physical activity whether in school or remotely after half term.

Daire Brennan, Head of Department in PE



All-through Music news

It has continued to be a busy time this term in the music department at Simon Balle All-through School, with our instrumental lessons, for all students, including those in the Larch, continuing online. It is wonderful to hear how our musicians, from the youngest to the oldest students, love the chance to make music and progress, even in these challenging times. Indeed, we are working hard to ensure that instrumental exams can soon take place. We look forward to the time when our ensembles can rehearse again and some collaborations next half term are being planned. It is great that so many rock and pop musicians are taking part in our Rock School and we are hoping to have more bands online in a few weeks. Some of the creative work completed in class lessons as well has been amazing, with some superb performances and recordings being made. Using the online programme 'Soundtrap' is a lifeline for our lessons to continue and the creativity shown by so many has been wonderful to hear. Thank you to those who have sent in examples of work completed for us to listen to!

One thing that can be guaranteed with our music - as soon as we can perform and get together again, we will. It will be one long and loud celebration of our amazing musicians!

Mark Taylor, Director of Music

All-through Art news - Key Worker Tribute Exhibition

The Simon Balle All-through community has gone to great creative lengths to show their support and gratitude for front line and key workers who have continued to work with tremendous effort throughout this pandemic. The key worker tribute exhibition has had over 100 incredible entries from students in Reception through to Year 13 and our wider community of parents and staff thanking everyone from scientists, delivery drivers and health care workers. The standard of work coming in has been outstanding and the messages of thanks very moving.

We are pleased to announce that all works will be displayed in our virtual gallery which will be published online in the coming weeks. Alongside this and thanks to funding from Hertfordshire County Council and Hertford Mayor and County Councillor Bob Deering, a selection of works will be displayed at Hertford Theatre alongside their own Gratitude Art Project. Our students have the prestigious honour of having their works selected for display by professional artist and parent of the school Marisa Culatto who has kindly submitted two pieces from her own collection 'Honest Portraits' to be included in our virtual exhibition. We will be in touch with our students soon to announce the artworks chosen.

As we have had so many wonderful artworks with messages of hope and thanks we thought it only right that we share more of these with our wider community and brighten up vacant shop fronts throughout the town centre. This may allow for student's work to be included in the annual Hertford Art Trail which runs 10th April to 8th May 2021. Please keep an eye out in the coming weeks for the amazing artwork to begin appearing throughout the town!

A heartfelt thank you to all that have submitted entries for our exhibition, it has been a joy to see so many wonderful tributes flooding in. We look forward to sharing these with you very soon.

Charlotte Stuart, Head of Department in Art

Teachers' pet competition

All students have been sent a competition to try over half term. They have been given pictures of teachers' pets and have been asked to guess the owners. It is very easy to take part and any student doing so will be awarded a house point. The winners will receive a prize once we return to school. In the final question, the students are asked to choose their favourite picture. The teacher who owns the winning pet will also be given a prize. This is just a bit of fun, with some gorgeous pictures of animals which range from dogs and cats to some which are a bit more unusual.



Testing in School

For our students returning to the school site after half term it is important that they remember to continue to have their weekly lateral flow Covid test. These tests can detect some infected people who would not otherwise have been identified thus helping to mitigate the spread of the virus which is particularly important in our school environment.

Heart of hope virtual balloon race

With the grand total of £1041! Please find the leaflet attached.

Y8 virtual parents evening

Please note that the re-arranged Y8 virtual parents evening will take place on Wednesday 24th February

Y7 virtual parents evening

This will take place on Thursday 18th March. Parents will receive a letter from Lucy Owen (Assistant Head) explaining in full how this will operate.

World book day

This will take place on Thursday 4th March - more details to follow from our Librarian Mrs Syme

Baking at home

It has been just wonderful to see all of your baking at home! Everyone within our bread week folder has received a house point, and after half term, I plan to speak to our catering manager across the all-through school about how to judge the wonderful entries across the weeks. What will showstopper week look like?! For now, let's focus on pancake week - hurrah! All instructions attached but please feel free to go with your own ideas and recipes. Please add photos to the student drive (primary) in the pancake week folder.

Jess Brady Petition

Please find the link that leads you to the Jess Brady Petition to raise awareness and help with the diagnosis of cancer in young people.

https://www.change.org/p/matt-hancock-improve-the-awareness-and-diagnosis-of-cancer-in-young-adults?referrer=928989123&utm_source=share_petition&utm_medium=facebook&utm_campaign=share_petition&utm_term=G%3ESearch%3ESAP%3EUK%3EBrand%3EGeneral%3EExact&recruited_by_id=e81d3f31-1502-4ce3-9582-750cbae54156

Safer Internet Day, 2021

Our students were reminded of the importance of e-safety this week as part of our focus upon "Safer Internet Day, 2021". Hertfordshire has produced the following newsletter for parents.

Missing Trees

Please find the leaflet with all of the information below.

Raise Resilience for parents in Hertfordshire

Please find the leaflet with all of the information below.

Family Lives Programme

Family Lives has received funding from NHS Charities Together to deliver 3 parenting programmes to Hertfordshire lone parents affected by the impact of Covid.



The programme, Raising Confident Children for Lone Parents affected by the impact of Covid, starts in the w/c 22 Feb and aims to help lone parents learn how to :

- communicate positively with their children
- value their own needs
- recognise the importance of children's feelings and needs and
- acknowledge those needs

The same online programme will be delivered on 3 separate days by trained and accredited facilitators via MS Teams to a maximum of 10 parents per group on :

- Mondays, 22 Feb to 29 March, 10 am-12 pm
- Wednesdays, 24 Feb to 31 March, 7-9 pm or
- Thursdays, 25 Feb to 1 April, 1-3 pm

Wishing you all the very best for half term week. We hope that you can enjoy a well-deserved break and some family time, activities and pancakes!

Best wishes,

Mrs Alison Saunders (Headteacher) and Mrs Rachel Kirk (Vice Principal)

Coronavirus (COVID-19)

Latest update

Early years and schools



As we head towards half-term, I'd like to thank you once again for your efforts in dealing with the challenges of the virus since the new year – I hope you get some time to rest next week.

Reporting positive cases during half-term and reminder for parents and carers

For those of you who are currently open to vulnerable children and children of critical workers for face to face learning, we will still need you to report positive cases of both children and staff during half-term.

As always, please email COVID.EYSEducation@hertfordshire.gov.uk and include the priority level, name of your setting and town in the subject line.

Many of you have reported that you still have parents and carers arranging playdates and/or sleepovers and generally being quite slack with the rules. We know this is likely to increase over half-term and so we've created a 'Do's and Don't's' leaflet which is on the Grid, and that we hope you will share with your families before you break up for half-term.

<http://www.intra.thegrid.org.uk/info/coronavirus/documents/resources/do's-and-don'ts-leaflet-for-parents-feb21.pdf>

If helpful you can include with the following text;

Thank you for playing your part and helping to keep our school safe by following current Government guidelines during the national lockdown.

It's so important that we don't become complacent during half-term so we can all enjoy the break and hopefully come back to either remote, or face to face learning (for children considered vulnerable or children of critical workers) safely.

Hertfordshire County Council have asked us to share the attached leaflet with you as a reminder of what we all can and cannot do during the lockdown restrictions. Please do take the time to read it and remind your children that for now, we all have to play our part to protect ourselves, our families and our friends.

Reporting and half-term update for primary school and nursery staff who are LFT at home

Primary and nursery school staff are not requested to take LFT during the half term week, however, please take your LFT on Sunday 21 February ahead of returning to school on Monday 22 February.

The COVID-19 support team process any reports of positive cases from staff who are taking LFT at home on Sundays, and as you can imagine, there can be very high volumes to manage in a short period of time.

In order for us to process all of the cases and/or contacts being received we would be grateful if you could please advise staff to take their tests and update us between 3pm and 6pm on Sundays (including Sunday 21 February as above) to enable us enough time to offer advice or support if necessary.

Schools Financial Value Standard (SFVS)

Due to the coronavirus (COVID-19) outbreak, the Department for Education (DfE) has decided that the SFVS return should be delayed this year. This is to take account of the current pressures schools and local authorities are facing. For the financial year 2020 to 2021, maintained schools should submit their SFVS to their local authority by **28 May 2021**. Guidance on how to complete your returns can be found on the Grid https://www.thegrid.org.uk/info/internal_audit/sfvs_guidance.shtml

JustTalk young people's COVID-19 webinar – 17 February 2021

Just a reminder to encourage 11-19 year olds to attend the latest Hertfordshire young people's COVID-19 webinar on Wednesday 17 February from 11:30am-12:30pm.

Young people can submit questions ahead of the time, email: JustTalk@hertfordshire.gov.uk

To register and join the webinar, visit:

www.justtalkherts.org/coronaviruswebinar

Latest cases

All the data for Hertfordshire cases can be found via the following link:

<https://coronavirus.data.gov.uk/cases>

Click on United Kingdom and enter the local authority you want data on regarding cases.

Hertfordshire specific information can also be found at:

https://hcc-phei.shinyapps.io/covid19_public_dashboard/

Latest information and documents

REMINDER: There is a coronavirus specific area on the Grid which hosts all the official and most up to date versions of documents and any additional resources we refer to.

Please only use this source for your information as documents and guidance are updated regularly and our health protection team need to work to the latest information.

This information source was created to make it easy for Headteachers to access all they need quickly and remotely when not on site.

For information and support relating to COVID-19:

<http://www.intra.thegrid.org.uk/info/coronavirus/index.shtml>

Best wishes

Thank
you!

Hearts of Hope

Thank
you!

Virtual Balloon Race

SIMON BALLE PSA

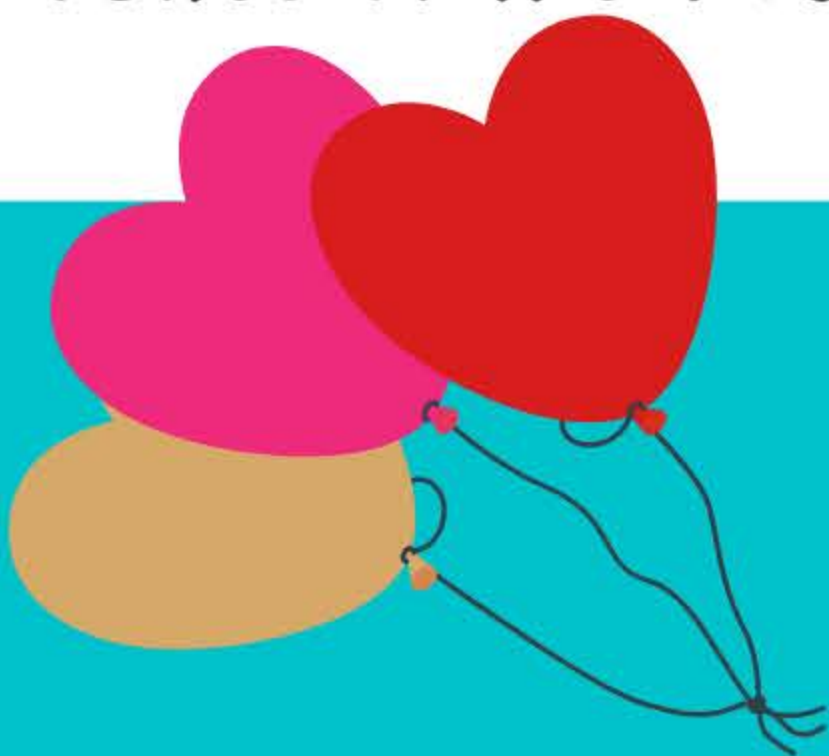
Thank
you!

£10442

Thank
you!

Thank you for supporting our first Virtual Balloon Race. 443 balloons were sold, raising a fantastic £10442. These funds will directly benefit our entire school community.

We will contact winning balloon holders shortly to arrange your prize.



accent
catering

LOCKDOWN BAKE OFF

PANCAKES

LAST ENTRIES RECEIVED
BY 19TH FEB

PANCAKE
DAY
16TH FEB



WEEKS COMMENCING 8TH & 15TH FEB

LOCKDOWN BAKE OFF

Welcome to the "Lockdown Bake Off 2021" Competition, why not spend some of your time improving your cooking skills and having some fun. Over the next 10 weeks, starting from 25th January 2021, Accent Catering will be providing you with recipes to try at home, including Bread, Pancakes (Pancake Day 16th February), Biscuits and Cake rounds and to top it all off there will be an opportunity to bake a Show Stopper in true "Bake Off" style.

Each round will run for two weeks giving you time to try these recipes and others you may have at home. Send in your photos of your baking to your School to be entered into the "Bake Off challenge".

Every two weeks entries will be judged by your School and Chef Manager on site and the winner of the round advertised on the School website.

At the end of the challenge we will take all of the "winners" entries and award a First and Second Prize of Bake Off Cookbooks.

Please Remember

- Always wash your hands, before and during preparation. Make sure your equipment and area you are working in is clean
- Wear an apron if you have one
- You may be using mixers, knives and other equipment which can be dangerous so make sure you ask permission at home and are shown how to use each item
- You can make all of the recipes by hand, so don't be put off if you don't have a mixer
- Ovens will be hot so handling baking trays needs to be done with care. Ask an adult where appropriate to help, especially when removing your finished product from the oven
- ALLERGENS – as you will be using your own ingredients the allergens included in those products may change depending on where you bought them so ALWAYS check the packaging before cooking

So now you're ready to enter, gather your ingredients and let's BAKE!!



For the pancake:

- 110g/4oz plain flour, sifted
- Pinch of salt
- 2 eggs
- 200ml/7fl oz milk mixed with 75ml/3fl oz water
- 50g/2oz butter

To serve:

- Caster sugar
- Lemon juice
- Lemon wedges

1. Sift the flour and salt into a large mixing bowl with a sieve held high above the bowl so the flour gets an airing. Now make a well in the centre of the flour and break the eggs into it. Then begin whisking the eggs incorporating any bits of flour from around the edge of the bowl as you do so.
2. Next gradually add small quantities of the milk and water mixture. When all the liquid has been added, use a rubber spatula to scrape any bits of flour from around the edge into the centre, then whisk once more until the batter is smooth. Now melt the 50g/2oz of butter in a pan. Spoon 2 tbsp of it into the batter and whisk it in, then pour the rest into a bowl and use it to grease the pan.
3. Now get the pan really hot, then turn the heat down to medium and ladle some mixture into the pan. As soon as the batter hits the hot pan, tip it around from side to side to get the base evenly coated with batter. It should take only half a minute or so to cook; you can lift the edge with a palette knife to see if it's tinged gold as it should be. Flip the pancake over with a pan slice or palette knife - the other side will need a few seconds only - then simply slide it out of the pan onto a plate.
4. Stack the pancakes as you make them between sheets of greaseproof paper on a plate fitted over simmering water, to keep them warm while you make the rest.
5. Serve warm with the lemon juice, lemons and sugar.

PANCAKES WITH SUGAR AND LEMON



For the pancakes:

- 150g plain flour
- 30g cocoa powder
- 2½tsp. baking powder
- 60g caster sugar
- 2 free range eggs
- 165ml semi-skimmed milk
- 2tbsp. vegetable oil

For the chocolate sauce:

- 100g plain chocolate
- 150ml semi-skimmed milk
- 40g unsalted butter
- 2tbsp. golden syrup

1. In a large bowl, sift together the flour, cocoa, baking powder and sugar. In a jug, gently whisk together the eggs and milk, then add to the dry ingredients. Mix everything gently until just combined. Cover with cling film and leave in the fridge for 20 minutes.

2. For the chocolate sauce, place all the ingredients except the golden syrup in a small saucepan over a gentle heat, stirring often until melted and combined. Remove from the heat and add the golden syrup, whisking until shiny. Cover to keep warm until needed.

3. Heat a large frying pan over a medium heat and brush lightly with oil. Using a large spoon, carefully drop batter onto the base of the pan to make pancakes about 10cm across. Cook for roughly 45 seconds until bubbles start to appear on the surface and the pancake is lightly browned on the underside, then flip over and cook for a further 45 seconds. Remove and set aside on a plate. Add more oil to the pan as necessary. Stack the pancakes separated by greaseproof paper to prevent sticking, and keep warm until all the pancakes are cooked.

CHOCOLATE PANCAKES WITH CHOCOLATE SAUCE



- 200g self-raising flour
- 1tsp. baking powder
- 1 egg
- 300ml milk
- Knob of butter
- 150g pack blueberry
- Sunflower oil or a little butter for cooking
- Golden or maple syrup

1. Mix together 200g self-raising flour, 1 tsp baking powder and a pinch of salt in a large bowl.
2. Beat 1 egg with 300ml milk, make a well in the centre of the dry ingredients and whisk in the milk to make a thick smooth batter.

3. Beat in a knob of melted butter, gently stir in half of the 150g pack of blueberries.
4. Heat a teaspoon of sunflower oil or small knob of butter in a large non-stick frying pan.
5. Drop a large tablespoonful of the batter per pancake into the pan to make pancakes about 7.5cm across. Make three or four pancakes at a time.
6. Cook for about 3 minutes over a medium heat until small bubbles appear on the surface of each pancake, then turn and cook another 2-3 minutes until golden.
7. Cover with kitchen paper to keep warm while you use up the rest of the batter.
8. Serve with golden or maple syrup and the rest of the blueberries.



Ten

AMERICAN BLUEBERRY PANCAKES



For the pancakes:

- 55g plain flour
- Pinch salt
- 1 free-range egg
- 140ml milk
- Vegetable oil, for frying

For the cheese sauce:

- 25g butter
- 25g plain flour
- 225ml milk
- 100g grated cheese
- Freshly ground black pepper, to taste

For the toppings:

- 80g ham
- 3 spring onions, finely sliced
- 1 tomato chopped

1. Sift the flour and salt into a large bowl. Whisk together the egg and milk in another bowl then slowly pour the liquid into the dry ingredients. Whisk together until the batter is smooth. Set aside.
2. For the cheese sauce, melt the butter in a small pan and whisk in the flour. Cook for 1 minute then gradually add the milk whisking continuously. Bring to the boil and reduce the heat to a simmer for 1 minute until the sauce is thick and smooth. Stir in half of the cheese and season with black pepper.
3. To make the pancakes, heat a 20cm/8in crêpe or omelette pan until very hot. Drizzle in a small amount of oil and tip the pan to swirl the oil around. Ladle in about two tablespoons of batter mix and immediately tilt the pan from side to side to get a thin, even layer of batter to cover the base of the pan. Cook for around 30 seconds until the underside is golden then flip or turn with a palette knife.
4. As soon as the pancake is turned, scatter over some ham, spring onions and tomatoes. Spoon over some cheese sauce then top with a scattering of the remaining cheese.



Two - three

SAVOURY PANCAKES

WITH HAM AND CHEESE

LOCKDOWN
BAKE OFF

PANCAKES

Online Safety News



Spring 2021 | PARENT | CARER

As we move into a third lockdown many children are spending more time indoors and perhaps more time online too. The internet is an incredibly useful and exciting tool to support learning and can bring benefits to children's mental health and wellbeing. When children spend more time online they may, however, be exposed to greater online risks. NSPCC learning has pulled together some really useful advice for parents and carers. [NSPCC | Online Safety](#)

Parents' digital safety and wellbeing kit

The Children's Commissioner for England, in association with the law firm Schillings, has produced a digital safety and wellbeing kit for parents and a safety guide for children to help keep children safe and well online. The digital safety and wellbeing kit provides useful tips and guidance to help protect your child on a range of issues including video calling, how to ensure your device and web browser are set up and updated correctly and tips regarding best practice with your username and passwords.

The kit also contains updated guidance around the [digital 5 a day guide](#) which looks at how to balance your child's screen time and improve their wellbeing.

Read the news story: Children's Commissioner for England

[Digital safety and wellbeing kit](#)

Download the kit: Children's Commissioner for England

[Parents' digital safety and wellbeing kit](#) (pdf)

Download the guide: Children's Commissioner for England

[Children's guide to staying safe online](#) (pdf)



Report a nude image online

Childline has launched 'Report Remove', a service that allows children and young people under 18 to report and get removed from the internet a nude image or video of themselves that might have been shared online. The webpage also includes links to services and information offering emotional and safeguarding support.

[Childline | report a nude image online](#)



Nude image of you online?
We can help take it down.

Age and content ratings on apps and games

The O2 and NSPCC has produced a really useful summary to help make the different companies' age and content ratings easier to understand and it can be found here:

[Net Aware | Age and content ratings on apps and games](#)

O₂ | NSPCC
Let's keep kids safe online

Home activity packs

The [Thinkuknow home activity packs](#) contain simple 15 minute activities you can do with your family to support their online safety at home. They include conversation starters, practical tips and tasks to try as a family. The packs have been created to cover different areas of online safety for each age range, using the Thinkuknow resources.



For Early Years and Primary aged children

[Thinkuknow home activity packs for children aged 4-5](#)

[Thinkuknow home activity packs for children aged 5-7](#)

[Thinkuknow home activity packs for children aged 8-10](#)

For Secondary aged children

[Thinkuknow home activity packs for children aged 11-13](#)

[Thinkuknow home activity packs for children aged 14+](#)

TikTok checklist

TikTok is a social media app that lets subscribers create, share and view other users 60 second videos. The official age rating for the app is 13 and above but users do not have to prove their age when creating an account, so younger children can still use it quite easily. It's most popular with under-16s. SWGfL and the UK Safer Internet Centre in collaboration with TikTok has created a checklist which provides information about the app and how to stay safe with questions such as:

- What is TikTok?
- How to stay safe on TikTok?
- How to set up the parental controls?
- How to block users on TikTok?
- Where can I go for further support?



Download the checklist from SWGfL: [swgfl.org.uk | tiktok checklist](https://www.swgfl.org.uk/tiktok-checklist) (pdf)

Guides and checklists for other social media channels also available for parents and carers from [swgfl.org.uk](https://www.swgfl.org.uk)

Parentzone have also published this useful article for parents and carers:

[Parentzone | TikTok: everything you need to know about the video production app](#)



Child friendly search engine - swiggle.org.uk

Swiggle is a search engine designed to provide a safer environment for children taking their first steps on the road to safe online searching.



Powered by Google Custom Search, it provides:

- keyword filtering to stop inappropriate search terms being used
- Google Safe Search filtered results, with a bias towards UK educational resources
- browser extension to cover your screen if your child finds something inappropriate, through Swiggle or not
- reporting tools to notify Swiggle of any content you think shouldn't be indexed, or for schools to notify their system administrator to block particular websites
- a friendly character that can guide children through how to search, report, and customise Swiggle
- an Ad-free experience

Find out more at swgfl.org.uk/ | [swiggle](http://swiggle.org.uk)

Try swiggle at: swiggle.org.uk

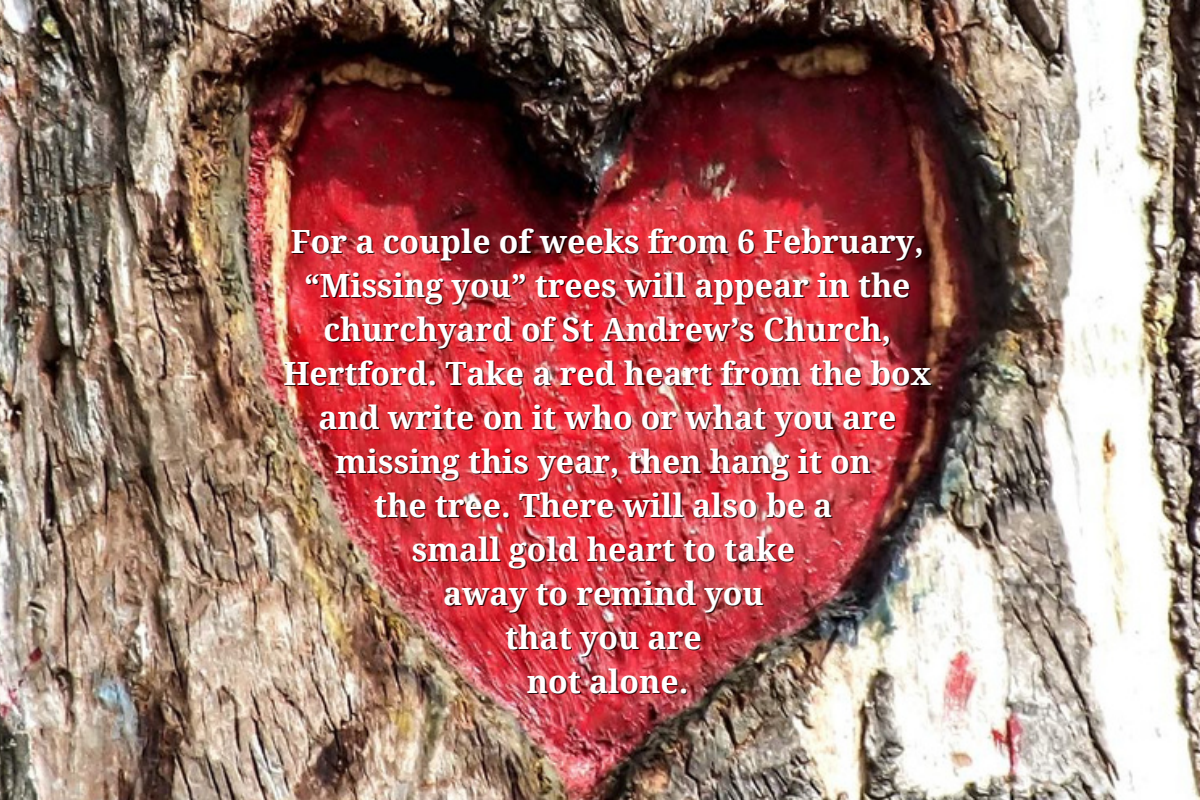
The information in the newsletter is given to help promote the safety of children and young people online.

Every care has been taken to ensure the information and any recommendations in the newsletter are accurate at the time of publishing. Schools must make their own judgements when sharing our recommendations with parents and carers and, where appropriate, always risk assess with their pupils and whole school community in mind.

This newsletter is brought to you by the Herts for Learning Wellbeing team as part of their online safety support for schools and settings in Hertfordshire.

Herts for Learning

Herts for Learning (HfL) is a provider of products and services to schools and educational settings within and outside Hertfordshire. We believe that every young person, through access to a great education, should be able to realise their potential, regardless of where they live or their circumstances. We focus on supporting the schools and settings we work with to achieve successful long-term outcomes for their children.



For a couple of weeks from 6 February, “Missing you” trees will appear in the churchyard of St Andrew’s Church, Hertford. Take a red heart from the box and write on it who or what you are missing this year, then hang it on the tree. There will also be a small gold heart to take away to remind you that you are not alone.

MISSING YOU

On Valentine's Day we give cards to those we love.

This year we will be missing many people and things that we love; family and friends we haven't seen face to face for months; holidays postponed or cancelled; a meal out with friends or a pint in the pub.

For some it will be sport, music or theatre, for many, just a simple trip to the shops would be lovely.

We are all "missing" something.

From 6 February "Missing you" trees will appear in the churchyard of St Andrew's Church, Hertford. Take a red heart from the box and write on it who or what you are missing this year, then hang it on the tree. There will also be a small gold heart to take away to remind you that, whatever you might be missing, you are not alone.



**bounce
forward**

*Thrive in life.
Start with resilience.*



**Fully Funded by Hertfordshire
County Council**

RAISE RESILIENCE

Helping Children Thrive Into The New Normal



A six-session course with worksheets

The coronavirus has forced children and families to deal with uncertainty head on. As you continue adapting to the latest information, you, and your children may be anxious for a whole host of reasons - leaving you and them feeling stressed, overwhelmed, or exhausted.

There is an immediate need to preserve childrens' wellbeing and build resilience at this point in history, where it is genuinely needed. To support this need, Bounce Forward has developed a series of sessions to help parents, help their children cope and thrive.

The sessions provide reflective and practical approaches in resilience to support positive changes in cognition and behaviour. Parents will learn how to build skills to help their children be more resilient during this uncertain time.

**100% of parents rate the
usefulness of this course 10/10**

Ten date options available

This is an amazing opportunity

LEARN MORE & SIGN-UP >



Family Lives - Raising confident children for lone parents

Family Lives are working in partnership with the NHS to provide online parenting groups for lone parents living in Hertfordshire and affected by the impact of Covid-19

Dates and times

Monday 22nd February

10am-12pm for 6 weeks

Wednesday 24th February

7pm-9pm for 6 weeks

Thursday 25th February

1pm-3pm for 6 weeks

For more information, call Kath or Louise on 0204 522 8701 or 0204 522 8700. Alternatively, you can email us at services@familylives.org.uk.

www.familylives.org.uk

We build better family lives together



Follow us on Facebook:
[@FamilyLivesHertsandBeds](https://www.facebook.com/FamilyLivesHertsandBeds)

**NHS CHARITIES
TOGETHER**

Family Lives Referral Form

Please note that all referrals must be made with the consent of the family. Have you discussed this referral with the family and obtained their consent to make the referral? YES NO

FAMILY DETAILS			
	First name	Family Name	DOB
Parent/Carer 1			
Parent/Carer 2			
Child 1			
Child 2			
Child 3			
Child 4			
Tele		Is it OK to leave a message: YES / NO	
Email		Address inc. post code	
Reason for referral:			
Preferred Group in order of preference			
Mondays, 22 Feb to 29 March, 10am-12pm		<input type="checkbox"/>	
Wednesdays, 24 Feb to 31 March, 7-9pm		<input type="checkbox"/>	
Thursdays, 25 Feb to 1 April, 1-3pm		<input type="checkbox"/>	

REFERRER DETAILS	
Name	Date of Referral
Email	Tele
Agency & Role	

SERVICE INFORMATION

Our programme, Raising Confident Children for Lone Parents affected by the impact of Covid comprises 6 x 2 hour online sessions for a maximum of 10 participants delivered by trained and accredited practitioners by MS Teams. The programme aims to help parents learn how to communicate positively, to value their own needs, to help them recognise the importance of children's feelings and needs and how to acknowledge these needs.

Details on this form will be kept strictly confidential within Family Lives and will only be used to work with clients and for our evaluation systems.

Please return the form **password-protected** to: services@familylives.org.uk

Call 0204 522 8700 or 8701 for further information

FOR OFFICE USE ONLY

Date Received: