

Primary phase newsletter

Friday 7th October 2022

Creating Tomorrow's Citizens Today



All through news

Another busy fortnight for all of the Simon Balle Community. The Open Morning was as busy as ever and our students were fantastic ambassadors for the school. Next week we start our external tours for potential Year 7; our own Larch children had their own visits earlier in September.

Residential trips continue to dominate the school calendar; so far this term, Y5, Y10 and this week and next there are two half year trips to the Belgium Battlefields. This is always a popular trip; Y9 students who are studying WW1 are given a great opportunity to visit various war cemeteries, trenches and memorials. The sheer scale of the conflict is clearly understood and students every year return having been very moved by the experience. On a very different level, but still a community experience, it was a privilege to attend the Larch Harvest Festival. From Y1-Y6, our children sang modern harvest songs and read seasonal poems and narratives of how harvest is celebrated around the world. Of equal importance was the giving of food for the local food bank; a big thank you to all parents who donated.



Can I draw your attention to the Parents/Staff Association annual general meeting which will be held on Tuesday 18 October. So many of our parents write in to thank the school and show their support, but an active way of getting involved and showing your appreciation is to come along to the PSA meetings. There are various levels of commitment and in many ways it is a way to meet new parents as well as raising funds for the school. Like everyone, schools are being badly hit by the cost of living crisis and in particular the rise in energy costs. We do not at Simon Balle, unlike other local schools, ask you to contribute to a school fund. What we would ask is for those who can think about a [donation](#) (this could be to a particular area such as sport/ music/ library) or give of your time to the PSA. Thank you.

Finally, some parents are aware of the tragic and untimely death of one of our ex students, Emily Free. Emily was exceptionally academic but suffered from severe mental health issues. Those staff who supported Emily attended her funeral last week and we were able to reflect upon Emily's life as well as how much she valued her school. For this reason, her family and friends set up a just giving page and have raised almost £5000 for the school to ensure that the mental health and wellbeing of students is provided for. Amongst other things, the family have asked for a bench and we are looking again at how we use some of our outdoor spaces. We thank everyone who has donated.

The Hertford Pantry

One week until the doors of The Hertford Pantry opens They are based at the Network Hub, Fleming Crescent, Sele, Hertford. They will have fresh food to be collected, bring a bag along and see what there is you can use They will open their doors on Saturday the 8th of October 11-12 and then every Monday 1-2 and Wednesday 1.30-2.30, no criteria to be met, come along and meet the team. Ian's pantry will have baked goodies on offer too.

Environment update

The cost of energy has increased significantly. We would love to hear any tips and tricks to help reduce energy costs at home, and of course, which also helps reduce carbon emissions. Please send your tips and tricks to browns@simonballe.herts.sch.uk and we will share them in the next newsletter.



Privacy notice

Please use this link to read our Privacy Notice for Students Attending Simon Balle All-through School <https://cdn.realsmart.co.uk/simonballe/uploads/2020/10/21115823/GDPR-Privacy-Notice-students.pdf>

PSA Frost Fair

Volunteers needed, 10th December

We are looking for a number of students, parents and staff to support this year's Frost Fair.

This is one of the biggest events in the all-through calendar, and is a lovely opportunity to build the community and support the school.

You are welcome to take a slot with a friend or family member and can choose from a variety of areas to cover. From games, raffle tickets and festive inflatables to the mulled wine, cakes and festive food stand.

House Points will be awarded when a student fulfils their volunteering slot (do check with an adult at home before signing up).

Please sign up via the link below:

<https://forms.gle/TxFqpdqx4UbKGjQ8>

Thank you in advance - without you giving just an hour of your time, we simply could not host such a wonderful event.

A colorful poster for the Simon Balle Parent Staff Association. At the top, the title 'SIMON BALLE PARENT STAFF ASSOCIATION' is written in large green letters. To the right is a purple shield logo with a white stag. Below the title, there are three columns of text: '18th October AGM 6.45pm. From All welcome. Please support, if you can.', '18th November Doughies Our next pizza and cookie event is booked! Open to all, booking close on 14/11/22', and '10th December Save the date for our much loved all-through Frost Fair and Festive Market. 12-4pm.' Below this is a large purple 'WELCOME' heading. The center features a decorative autumn-themed graphic with leaves and berries, containing the text: 'Simon Balle All-through School Parent Staff Association', 'Tuesday 18th October 6.45pm', 'In ICT 2 - The cabin opposite the cafe Cheese and wine reception 7.30pm', 'AGM', 'Please join us - all welcome! 8pm', and 'PSA Meeting - Frost Fair and upcoming events'. To the right of this graphic, it says: 'Our Annual General Meeting will take place on Tuesday 18th October. Join us from 6.45pm in the ICT suite - opposite the Dash Cafe. The meeting is open to all and we hope to see lots of new faces. This is a lovely opportunity to meet new people and connect with others in your year group, so please join us when you can. The AGM will begin at 7pm and will be followed by a short meeting to review Frost Fair plans and outline other upcoming events.' Below that, it says: 'We are reviewing our committee members and volunteer database and kindly ask you to take a couple of minutes to complete our volunteer registration form: https://forms.gle/Cau8MmLkwrygfmVe8'. A QR code is in the bottom right. At the bottom left, there is a 'WIN!' graphic and text: 'We are working incredibly hard to source some attractive prizes for our Frost Fair Winter Raffle. If you, or your company, are able to support us this year by making a donation then please get in touch by half term. Raffle tickets will be available from mid November. psa@simonballepsa.org.uk'. At the bottom right, it says: 'We are also looking for Frost Fair sponsors. Would you like to sponsor the giant inflatable snow globe or the games zone?' and provides contact info: 'psa@simonballepsa.org.uk', 'simonballepsa.org.uk', and 'Facebook.com/simonballepsa'.

NHS advice

From time to time, parents/carers understandably need advice as to whether it is appropriate for their child to come to school. We always say that parents are the best judge of their children - sometimes what appears to be illness can actually be simply tiredness or a minor cold; young children can sometimes be inexplicably sick just the once and then absolutely fine. For those times when it is tricky to judge, here is the link for the NHS which explains what action is needed in a range of situations.

All-through sporting news

It has been an exciting start to the sporting year! In the primary phase, yesterday marked our first netball and football matches for our new teams. After some excellent training on Mondays, children were rightly ready to compete! We were confident that all would show all of our Simon Balle values - which they absolutely did! And, a tremendous away 'win' in both sports - a great way to begin! Well done to all. Thanks as always to Mrs Riddle and Mr Leonard - their tireless work to bring such amazing opportunities to so many in sport is greatly valued by staff, governors, parents and, most importantly, the children!



Hockey

Hockey has started with a bang this year with excellent numbers attending extra-curricular club and lots of fixtures taking place. Both the U14 and U15 teams went to the county round of the National Schools' tournament at Haileybury school. Each team faced some tough opposition but had some great results throughout the day. Stand out performances came from Ella and Imogen in the U15 side and Emily, Tilly and Ruby in the U14 team.

Last week saw our U13s play Presdales in a friendly match. Ella played in goal for the first time and had a stand out performance, saving so many shots!

County Netball

There has been an excellent turn out for year 7 netball this term. The students have been committed to training and to developing their skills. The focus in training has been on being ball-side and using a variety of ways to get free. We look forward to watching the students in action in their upcoming friendly fixtures.

The U16 girls have played 2 of their county league matches against some tough competition with Berkhamsted first followed by Royal Masonic. The girls have been competitive throughout and held their own against some extremely high level netball. Bella and Daisy have shown some excellent shooting under some excellent defence. Lilian has displayed great defence of her own in both games.

U13's also played both Berkhamsted and Royal Masonic. The game against Berkhamsted was very competitive and the team grew in strength and confidence each quarter. Despite a slow start, the team won the second half but unfortunately this wasn't enough to win the game overall. The team were able to get depth down court in attack and demonstrate excellent feeds into the circle. The defence applied a lot of pressure and forced many passes off the backline. Evie and Olive have been

integral to the team and have really stepped up their level of play to meet the competition.

The U14's played Berkhamsted and worked hard to stay in the game and started to play really well together in the last quarter. The level of netball in this league is very strong and it's been excellent to see our girls really step up and develop their own game and play. Excellent defence from Annie and shooting from Laurel to keep girls in the game.

The Y9 girls also had a friendly against Chauncy with a great win for the B team.

Cross Country

The Cross country season has successfully started this year with 2 competitions taking place already.



In early September the annual Year 7 Mob race took place at Chauncy School where we had individual winners in each race. In the boys race Anthony M took the lead early on and after a battle with a Richard Hale boy, he pulled away over the final 400m to win comfortably, in his first cross country race. In the girls race Cora N ran a similar race however it was a closer battle with a girl from Presdales, however looking confident and assured Cora moved away over the final 100m and won comfortably. The girls team finished second overall behind Presdales School.



Last week the first Round of the District Cross Country League took place at Presdales. In the Senior races Alfie P ran a strong race finishing 9th in the boys race and Lilian S finished a commendable 6th place in the Girls race.

In the Junior races Sylvie S finished second overall and Alfie P won very comfortably.

In the Year 7 girls competition Cora N finished in second place, however the team packed very well finishing second to Presdales School.

The final League race takes place at Simon Balle on Tuesday which promises to be a great final competition.

Football News



The Football season is now in full swing with teams across all age groups playing in both the National and County cups. So far we have had some tough draws, however this week has seen both the Year 9 Boys and the Senior boys teams achieving 2 strong wins. On Wednesday the Senior Boys played Leventhorpe school in the National cup winning 4-1 with a strong performance from captain Alex G (Y13). Yesterday a depleted Year 9 Boys team with many debutants had a very strong performance against Sherrardswood school winning 6-2 and now progress to the last 16 of the County Cup.

New fencing and gates

As parents/carers, and students, may well have already spotted, work is currently taking place in

relation to fencing and gates around the perimeter of our site. Whilst we will minimise disruption, next week the front of the Larch will be a focus - from early in the morning, and with the current fencing temporarily removed. We will be talking to all students about keeping safe in this transitional phase; thank you as parents/carers for your support and understanding.

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WHOLE SCHOOL	
Mon 24 th Oct to Fri 28 th Oct	HALF TERM
LARCH	
Mon 10 th Oct to Fri 14 th Oct	Larch parents evenings
Tuesday 11 th October	Flu injections Reception to Y6
Thursday 20 th October	Y4 trip
SECONDARY	
Thursday 6 th Oct to Fri 7 th Oct	Y9 Battlefields trip (1)
Tuesday 11 th October (evening)	Y10 theatre trip
Wednesday 12 th October (evening)	Y11 theatre trip
Thursday 13 th	Y10 Parents' Evening
Thursday 13 th to Fri 14 th Oct	Y9 Battlefields trip (2)

Primary News

Vice Principal's Welcome

I was pleased to visit classes across the Larch yesterday morning - just a brief summary here to give you an insight into teaching and learning at present. Visitors are always struck by the calm and positive learning ethos across the Larch - and I would absolutely want to share that with you now. At the time of my visit, Year 6 were being detectives in French - using their skills to deduce the meaning of adjectives from intelligent, gentil, sportif, modeste, curieux and more. I was also pleased to see their

creative home learning - showing their understanding of the heart in many mediums from play doh to lego to sewing and more. Year 4 were at hockey and music at the time of my visit - it is always great to see how the children benefit from specialist teaching and resources. In music they are using specialist software - 'soundtrap' - to compose and construct music. A reminder please for PE that it is important that children have precisely the right kit - as with school uniform - please check socks, PE tops, fleeces and more for KS2:

<https://www.simonballe.herts.sch.uk/daily-life/uniform/>

In Year 5, children were so enthusiastic to share with me their new book from the literary canon - 'Tuesday'. The frogs are invading (!) and as well as inferential reading skills, the planning for alarming news reports has begun! Year 3 similarly were enjoying a new literary canon text - 'Meet Captain Cook' and I was pleased to see when I visited that they were combining so many skills in English to write diary entries. In Year 2, with phonics mastered, it is time to learn all sorts of new rules for grammar and punctuation. I was greeted with explanations for how to write: "Spelling is lots of fun!" Please do help your Year 2 children to practise using speech punctuation at home, either in home learning or within spelling practice - thank you.

Enthusiasm abounds in Year 1 with their new literary canon text, 'It is not a box'. Please do ask your children - as, instead, it could be a robot or a plane; a house or a rocket; and much more! It was great to see children so keen to write creatively. And, finally, Reception, having settled so wonderfully well, are now well underway with phonics. The children were proud to show me the sounds they have learned: 's', 'a', 't' and 'p'. At home, please do support with children's developing fine motor skills: possible, fun activities include play doh, lego, cutting with scissors, colouring, dot to dot, creative activities such as threading beads and much more. These, as well as strength in gross motor (for example, climbing, monkey bars etc) form the foundation needed for all future writing - and particularly now as children learn and practise the formation of each letter in cursive writing. Thank you for your support! Please always upload any practice you do to Tapestry as staff will be keen to celebrate this with all.

Explorers

It is wonderful that our Explorers provision is so popular. We are delighted to be able to put on such a wide range of activities after school every day, and, of course, to provide essential childcare, whether this is needed until 4.45pm or until 6pm. When we opened Explorers 3 years ago, we were committed to being able to offer every child a space who wanted and/or

needed this. With the growth of the Larch, and over 100 children staying every night, I cannot even begin to express the logistical challenges that this creates! Nevertheless, we thank you for your ongoing and highly positive feedback. Today, new forms were sent out for Autumn 2 provision, and today you will have received confirmation of the KS1 activity choices for your children too. Please can I take this opportunity to give a few reminders:

- * You MUST sign up by the closing date given on the Explorers form. We will not be able to take any late bookings for Autumn 2 or going forwards as ratios and staffing must be strictly adhered to - for reasons of both safeguarding, and in order to prioritise the quality of activity on offer.
- * Sign-ups are for the full half term please - changes cannot be made once activities begin, and the finance department will invoice you for the full half term.
- * We are not able to take ad-hoc bookings - for example, for one additional session at any time. The scale of what we are doing simply makes this impossible. Please do not request this of the team going forwards, and instead ensure that you have signed up for all that you need for Autumn 2.

With many thanks for your continued partnership so that we can offer so many enriching experiences.

A spotlight on Science

Over the last couple of weeks the Larch has been filled with some very exciting, 'hands on' Science lessons to support the children's knowledge and understanding.

In Year 4, children have been learning about the digestive system and had the opportunity to create their own digestive systems! The room was buzzing with excitement as their 'food' made its way through the various parts of the digestive system, and the children were able to also confidently name and explain what each part does!



Year 6 showed a lot of courage and resilience by looking and dissectioning real lamb hearts as part of

their learning of the circulatory system. The children observed, touched, cut and explored the hearts including noticing the difference in thickness between the two sides and considering why that is, seeing the chambers and lots more!



Year 5 and 6 parent workshop: pastoral and personal development

This workshop will take place on **Wednesday 19th October at 6pm** in the Larch hall. All parents from Years 5 and 6 are invited to attend as we explore a range of ways in which school and home can work together to support children as they grow pastorally and personally. Areas of focus will include esafety, friendships and communication, and working together to always prioritise the safety and wellbeing of the young people in our care.

Year 6 workshop for children

Next Tuesday 11th October, our Year 6 children will be taking part in an interactive workshop led by Shakespeare Schools Festival. This will be a brilliant opportunity for the children to learn drama techniques from an expert and get fully immersed in Macbeth!

Year 5 workshop for children

We are delighted to be able to offer our Year 5 pupils an exciting opportunity to work with Retune on the 16th November 2022. Pupils will be introduced to Retune's Core Workshop, and through live performance, open discussion and pupil participation, the session will demonstrate the importance of using creative outlets such as music, art, drama, dance and writing to maintain wellbeing and build emotional resilience. They will explore the various factors that can cause pupils to drop out of tune, and discuss preventative self-help strategies that help them to 'retune' themselves, build resilience and feel happier.



Bringing up confident children for parents of children with ADHD/ASD (online group)

Worried about your child? Join our online group and get support to help your child feel more confident and happier. The online groups are for six weeks and delivered via Microsoft Teams.

- **Thursday 29th September to 10th November, 9.30 – 11.30**
- **Tuesday 8th November to 13th December, 9.30-11.30**
- **Tuesday 8th November to 13th December 7.30pm – 9.30pm**
- **Wednesday 9th November to 14th December, 9.30 – 11.30**

For more information, contact Louise on 0204 522 8700 or 8701 or email services@familylives.org.uk

We build better family lives together



Find us on Facebook @FamilyLivesHertsandBeds

www.familylives.org.uk





Time to Talk about Pre-Teens and Teens Online group

Is your teen feeling anxious or isolated in the wake of Covid-19? Are you concerned about their mental health and struggling to get help? Or do you have a FFA/CIN/CP? Join our free 6 week online group for valuable advice and help on how to support and manage their behaviour.

When: Thursday 6th October to 17th November

Time: 7.00pm - 9.00pm

For more information, contact Louise on 0204 522 8700 or 8701 or email services@familylives.org.uk

We build better family lives together

www.familylives.org.uk

 @FamilyLivesHertsandBeds





Public Health Nursing 5-19 Team Newsletter

Welcome back!

Hope you all had a relaxing summer break! We are looking forward to supporting lots of children and young people throughout the new school term.

Please see below our Workshop link, with lots of advice and support on your child's emotional health, returning to school, and more.

<http://ow.ly/Qn9G50KI17f>

Ways to contact us:

Our school nurse duty number is:
0300 123 7572 (Mon-Fri 9am-5pm)

Our referral website, which also has information about our service:

<http://ow.ly/eeWe50KI1gW>

Chat health confidential text messaging service for 11-19 year olds:

07480 635050



Who we are

Hello, I'm Emily – a Healthy Child & Young person assistant. I support children who attend school in Hertfordshire to help their health and wellbeing.

I carry out hearing and vision screening for children in Reception and measure their height and weight for the National Child Measurement Programme (NCMP).

I also carry out height and weight for all children who are in Year 6 which works alongside the School Nurses when they complete The Lancaster Model Questionnaire.

Topic of the Term: Sleep

Sleep is especially important and helps development. Lack of sleep can lead to reduced concentration, increased behaviour difficulties and irritability.

Did you know that primary school aged children should be getting on average 10-11 hours sleep at night and Young people need around 8.5-9 hours sleep at night?

Tips for a good night's sleep:

- Plenty of fresh air and exercise during the day
- Avoid electronics and devices at least one hour before bed
- A relaxing activity before bed, such as reading and listening to calming music
- Have a good routine at bedtime and keep regular sleep and wake times

Have a look at our websites for more great advice:

www.healthforkids.co.uk

www.healthforteens.co.uk



Relaxation exercise

Try out this 5,4,3,2,1 exercise to help aid relaxation during a difficult situation:

Exercise Five: 5,4,3,2,1

Work through the five senses to calm you in difficult or stressful situations



5 Look
What five things can you see? Say them out loud, for example, 'I see a phone', 'I can see a pen'



4 Listen
What four things can you hear? It could be birds singing outside or your parents talking



3 Feel
Pay attention your body and think about three things you can touch or feel. For example, 'I can feel a cold drink in my water bottle'



2 Smell
What two things can you smell? This could be your dinner cooking in the kitchen or freshly cut grass outside



1 Taste
What one thing can you taste, or would love to taste right now? It could be something you're eating now or your favourite food

Take a deep breath

Notice what is around you right now and how different it is from the difficult or stressful situation

The Lancaster Model Questionnaire

This term, our school nurses will be in schools delivering an online health questionnaire, called the Lancaster Model (TLM), to identify health needs of children, in line with national guidelines (The Healthy Child Programme). The questionnaire is designed for children to complete in Year 6 and enables us to capture and address the health needs of children as they grow.

The questionnaire will be completed by your child in school and asks questions that can impact on their health such as lifestyle and emotional wellbeing.

Members of the school nursing team will be present when the children complete the questionnaire so that we can support any children that may need assistance, or to offer support afterwards.

Letters to parents will be sent out via school in due course, and parents are able to withdraw consent if required.

There is further information about the Lancaster Model here:

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



The Lancaster Model

School entrance Screening & National Child Measurement Programme

All children in Reception have their height and weight measured and their vision and hearing checked.

Any results which may have an effect on your child's education (hearing or vision) will be shared with their class teacher.

Children may need to be referred on to specialist services for follow up.

Children have their height and weight measurement in Year 6, as part of the National Child Measurement Program (NCMP).





Hertfordshire
**Family Centre
Service**



Want to know more about the Public Health School Nursing team in Hertfordshire?

Check out our platforms:



<https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx#>

www.hct.nhs.uk/our-services/school-nursing



07480 635 050

Confidential text message service ran by the school nursing team for 11-19 year olds. Text in any health and wellbeing concerns



@hct_schoolnursing

@teenhealth.hct



@HCT_SchoolNurse



Hct SchoolNursing



www.healthforkids.co.uk/hertfordshire



www.healthforteens.co.uk/hertfordshire



School nursing duty number

0300 123 7572

9am – 5pm Monday to Friday
(excluding bank holidays)



Dear Simon Balle Families,

We are excited to announce that this academic year, Simon Balle All-through School is continuing to work in partnership with local charity, Future Living Hertford. The partnership aims to offer support and programmes for young people and families who may need access to them.

Future Living Hertford offers a wide range of holistic programmes, including art, music and play therapy, as well as a counselling service. Some of our programmes may be of interest to families associated with Simon Balle.



'Kids Kit' offers a space for parents and carers to strengthen and develop their skills. Join us at Vale House (43 Cowbridge, Hertford) for practical parenting tips and support with many of the challenges faced when parenting today.

Sugar Foot Boxing runs as a free to access therapeutic boxing club for children and young people on Wednesdays 5pm-6pm at Simon Balle Gym. The sessions will support young people to play out anxiety, anger and many other emotions they experience. The sessions allow children to access physical exercise in a safe space with coaches on hand to help them through difficult times.

We have a FLH Family Caseworker, Nicola Freeth, who will be based in Simon Balle school 9am - 3pm Mondays, Wednesday and Fridays, working to support young people within school in the first instance.

Any adults who may also require the support of Future Living Hertford are able to self-refer directly. Below you will find a full list of our services for both adults and children. Please contact Future Living directly on info@futurelivinghrtford.co.uk or 01992 537 344 to express interest and find out more information.



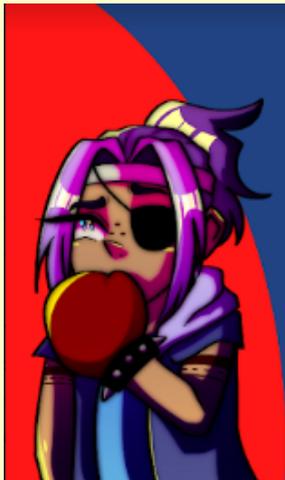
You can keep up to date with all the latest news about our programmes by following us on instagram and twitter using [@futureliving43](https://www.instagram.com/futureliving43) or facebook by searching Future Living Hertford.

Future Living Hertford's Programme for 2022-2023

Programme, course or event.	Dates and Times
<p style="text-align: center;">Monica Programme</p> <p>A free to access, 12-week Domestic Abuse recovery and empowerment for women.</p>	<p>Thursday 8th September – 30th November 09:45 – 12:00 (with a break for half term)</p> <p>Thursday 5th January - 30th March 09:45 – 12:00 (with a break for half term)</p>
<p style="text-align: center;">Wise Guys</p> <p>A free to access, 12-week Domestic Abuse recovery and empowerment for men.</p>	<p style="text-align: center;">This will be provided based on demand.</p>
<p style="text-align: center;">Accredited Training Programmes</p> <p>Specialist 13 week training course for professionals</p>	<p style="text-align: center;">Tuesday 10th January - 4th April 9:30 - 11:30</p>
<p style="text-align: center;">Therapeutic Arts</p> <p>A safe space to explore your feelings and creativity through a range of expressive mediums.</p>	<p style="text-align: center;">Monday 8th May - 3rd July 10:30 - 12:00 (with a break for half term)</p>
<p style="text-align: center;">Kids Kit</p> <p>Build your own practical parenting tips through one off workshops.</p>	<p style="text-align: center;">Once a month, 10:00 - 12:00 Monday 17th October, Monday 14th November, Monday 12th December, Monday 16th January, Monday 13th February, Monday 20th March, Monday 24th April, Tuesday 16th May, Tuesday 20th June.</p>
<p style="text-align: center;">Affordable Counselling</p> <p>One to one, personal counselling for all client groups covering a wide range of needs.</p>	<p style="text-align: center;">Weekdays Monday – Thursday - 09:00 – 15:00 Friday - 09:00 – 13:00</p>
<p style="text-align: center;">The Base</p> <p>A range of affordable play, creative arts and talking therapies for children aged 5 to 17</p>	<p style="text-align: center;">Weekdays Please contact us through the details below for more information.</p>
<p style="text-align: center;">Young Herts Healthy Relationships Programme</p> <p>A series of experiential workshops with Year 6 students demonstrating what healthy relationships may look like and how to recognise signs of abuse.</p>	<p style="text-align: center;">This is available to take place in schools throughout the area.</p>
<p style="text-align: center;">Sugar Foot Boxing</p> <p>A Free to access therapeutic boxing club for children and young people aged 11-17 run at a local Hertford Secondary School</p>	<p style="text-align: center;">Every Wednesday evening 17:00 – 18:00 in the Gym at Simon Balle School Hertford.</p>
<p style="text-align: center;">Children's Drama Project</p> <p>A Free to access drama project for children and young people aged 11-17 run at Vale House. Lunch provided.</p>	<p style="text-align: center;">Monday 3rd April - Thursday 6th April</p>
<p style="text-align: center;">Addiction Recovery</p> <p>One to one counselling with a focus on addiction recovery.</p>	<p style="text-align: center;">Please contact Future Living for information</p>
<p style="text-align: center;">Family Law Clinic</p> <p>Free access service for clients to receive legal advice.</p>	<p style="text-align: center;">Please contact Future Living for information</p>

For further information on all our programmes: Email: info@futurelivinghertford.co.uk

Tel: 01992 537344 or visit: www.futurelivinghertford.co.uk



**Sugar Foot
Boxing Game
now available!**

- 👍 A fun mobile game aimed at children aged 7-11.
- 👍 Non violent and easy to use
- 👍 FREE to download
- 👍 GDPR Compliant
- 👍 Helps build resilience and self confidence

Available to download for free on IOS and Andriod



Check out our new Sugar Foot Boxing Game App for ages 7-11.

Navigate your way through the virtual world learning new skills and building resilience.