

Primary phase newsletter

Friday 21st October 2022

Creating Tomorrow's Citizens Today



All through news

This has indeed been a busy half term when we arrived still with the "taste of summer" on our lips and we end feeling that the seasons are changing and winter drawing in. Please remember that we put our clocks back one hour on SUNDAY 30 OCTOBER (at 02.00am) so we have lighter mornings and darker evenings.

A few reminders and observations as we end this first half term.

Thank you and well done to those students who have attended school for 100% of this term. Excellent attendance is a life skill and is one of the threads of being "a flourishing citizen". From time to time, most people get ill and a sick day occasionally is understandable. However, a reminder that we in schools take attendance very seriously and we do chase all absentees, with consequences for those who choose not to attend.

School uniform- the new PE kit worn by our students is very smart. A reminder to parents that we always have on site "well loved uniform for sale" at low prices. Please contact the PSA directly.

We are very aware of the consequences of recent price increases and that for some families difficult decisions are being made. This is the same in school, both personally for staff and also as an organisation. Mr Ayres, as part of our Y7 and Y8 "rotation" is leading our students to carry out research and understand how we can individually address environmental issues, such as recycling and energy use. Schools too are facing incredible hikes to their gas and electricity bills. We too must address lowering consumption and a more efficient use of all of our resources. We shall be sharing more about this in later newsletters.

Our "ECO" clubs have recently been awarded the "Green Flag" award and we look forward to more students joining with us to tackle some of the big issues.

The Government has recently published guidance to schools sharing their expectations of good behaviour. To this end we have revised our "Behaviour" policy in line with expectations. Whilst there is little new (a

few tweaks, for example a temporary exclusion of say, 1 or 2 days is now called a suspension) it is good to remind parents, staff and students of our stance and high expectations. To this end, we will be rolling out a series of workshops to explain our "curriculum for behaviour" to all students over the coming weeks. And finally, as a Senior Leadership Team, we belong to many national networks. The recruitment of staff at every level- teachers- teaching assistants- administrators- site staff is reaching a serious crisis with no applicants. Pay traditionally in schools is poor and in particular a job that is often for term time only and not a full year.

We are interested in hearing from you or anyone you know in your community- Teachers- Teaching Assistants- Administrators - in fact anyone who might be interested to work here in our school. We may not have a specific job at the moment but things change rapidly.

We are currently interested to hear from anyone who can teach science- maths- computer sciences- sociology- good teachers who enjoy teaching Y6 or would love to teach Y7!

Also science technicians- teaching assistants.

We look forward to hearing from you.

All that is left to say is wishing everyone a good rest over half term so we can all come back refreshed and ready to continue to learn well in this second part of the Autumn Term.

Green Flag

As previously shared earlier this term, Simon Balle has achieved the Eco Schools Green Flag thanks to the students in our school, led by Ziva, Lily, Lucia and Edith.

They took part in environmental reviews of the school to evaluate what the school is doing well and what needs to be improved, they spoke to staff and students, created action plans for targets for the school, led an assembly to raise awareness and even led a stall at last year's Frost Fair to raise money! Our new Year 6 Eco leaders Daisy, Josh, Seraphina and Samuel have taken over and have started working with secondary peers to continue our

student leaders' vision to reduce the impact the school makes on the environment and to make a positive impact.



Cleaning at Simon Balle

We have begun a regime of night time cleaning and you therefore might notice activity on the site and lights on out of hours. As a school, we are going to great lengths to reduce our energy consumption and carbon footprint and we would like to briefly explain why the decision has been made and what we are doing to mitigate any increase in energy consumption.

Firstly, there is a nationwide shortage of cleaning staff and this is particularly acute in Hertford. By implementing night shifts, we are able to offer longer shifts to fewer staff, making recruitment and retention easier whilst also improving quality of service. By reducing the number of cleaning staff on site, we are able to reduce the area being cleaned at any one time, meaning fewer areas requiring lighting. In 2020 we replaced all of our fluorescent lights in the school with efficient LED lighting to minimise the energy consumption of our lighting. In addition, by cleaning at night, any electricity is charged at our night rate, meaning a saving of around 30% in electricity costs.

Sports hall consultation

Last week we were very excited to share initial design proposals for a new sports hall with our staff, students and parents, details of which can be found [here](#).

We have since received an overwhelmingly positive response to our online questionnaire. If you have not already submitted a response, the questionnaire will remain open until the 31st October and your thoughts and views will be very warmly welcomed. As part of our public consultation, we have been keen to speak with our students to ensure that their voice and opinion is heard. From the 31st October, we will be launching a consultation week throughout the school from Early Years to Sixth Form. We will be working with students in lessons, linking the sports

hall design and planning process to their curriculum lessons. We can't wait to see what the students come up with and share it with our architects and design team.

BBC Share Your Story

BBC100 'Share Your Story' is part of the BBC's centenary celebrations, where they plan to visit around 400 secondary schools across the UK in 2022. We were fortunate to have them visit our school on Tuesday. Our students in Y6,7,8,9,10 and sixth form took part and were able to listen to one of the BBC's Ambassadors, Nicholas Hamilton, British racing driver and former Simon Balle student.

Nick shared his unique and powerful story which highlighted to our students that no matter your background, you can achieve anything. Students had an opportunity to ask questions and to find out more about Nicholas including his story and racing career. All our students found the sessions enjoyable and enlightening.



New Free Wellbeing service

We would like to promote a new free service to help young people manage their worries. With YOUth - Children & Young People's Digital Wellbeing Service Hertfordshire's children and young people, who are experiencing emotional health problems and/or their parents/care givers, can now use a new free digital wellbeing service, without the need for a professional referral.

Asking for advice and help early, is the healthy, safe and positive choice for having good emotional and mental wellbeing – far better than trying to cope alone with worry and overwhelming feelings. This new free service is for children and young people aged 5-18, who are registered with a GP in Hertfordshire. It will initially be available from Monday to Friday, 2-10pm at: www.withyouth.org

providing:

- Instant online messaging
- Helpline: 0208 189 8400
- Lumi Nova (most suitable for ages 7-12) - therapeutic digital gaming app providing goal based help for social/separation anxiety and/or phobias, using the most beneficial parts of Cognitive Behavioural Therapy (CBT). Access via the link is instant (no referral needed)
- Worksheets, quick tips and other resources to help
- Additional one-to one and/or group support
- Signposting to other services

PSA news

Doughies Pizza Event- 18th November

If you are a Doughie's fan or just love a good quality PSA pizza or cookie, then it's time to place your Doughies orders, for delivery on 18th November. Kits (vegan kits available) can be ordered directly from Doughies **before** 14th November, but please do remember to include your child's name and class.

<https://doughies.co.uk/products/simon-balle>

Important information: Named Larch Centre orders will be distributed via classrooms and sent home. Named orders from across the secondary phase are welcome but **MUST BE COLLECTED** from outside the reception office immediately after school on Friday 18th. Please set a reminder, as any unclaimed kits will be assumed unwanted after 4.30pm. They will not keep unrefrigerated over the weekend and we are unable to offer home deliveries or refunds.

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 (please check with an adult at home before signing up).

Please sign up via the link below:

<https://forms.gle/TxFqpdoxq4UbKGjQ8>

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

Standon Calling, 20-23rd July 2023

Standon for Schools is back.

Summer Tier tickets closing soon.

When a booking is made via our unique link, the PSA will receive a percentage of the sale at no cost to the customer. Please share with friends and family, making sure to copy and paste this link.....

<https://go.kaboodle.co.uk/simon-balle-all-through-school-SG138AJ>



SIMON BALLE PARENT STAFF ASSOCIATION NEWSLETTER

18th November Doughies Our next pizza and cookie event is booked! Open to all, booking close on 14/11/22

9th December Larch festive accessory day for bottle donations.

10th December Y7 House Hamper donation day.

Frost Fair and Festive Market. 12-4pm. Join us for an afternoon of festive fun and shopping.

STANDON CALLING

Standon Calling 20-23rd July 2023

LAST SUMMER TIER TICKETS

Book via our link and fundraise for Simon Balle PSA at no additional cost

Standon for Schools is back! Summer Tier tickets closing soon.

When a booking is made for **STANDON CALLING** via our unique link, the PSA will receive a percentage of the sale at no cost to you. All orders placed by 30th October will generate an extra donation.

Please share with friends and family, making sure to copy and paste this link.....

<https://go.kaboodle.co.uk/simon-balle-all-through-school-SG138AJ>

Scan here for tickets

Frost Fair Volunteers

We are looking for a good number of student, parent and staff volunteers, from both phases of the school, to assist with this year's magical Frost Fair on Saturday 10th December, 12-4pm. If you are able to volunteer before, during or after this event, please complete our form. See school newsletter for link or email psa@simonballepsa.org.uk

Students that sign up AND attend their slot(s) will receive house points. Please check with your family before signing up.

psa@simonballepsa.org.uk
[simonballepsa.org.uk](https://www.facebook.com/simonballepsa)
[Facebook.com/simonballepsa](https://www.facebook.com/simonballepsa)

The Herford Pantry



A little bit of help can make a big difference



- Saturdays 11-12am
- Mondays 1-2pm
- Wednesdays 1.30-2.30pm



The Network Hub, Fleming Crescent, Sele

- **Bring a bag**
- **Collect free fresh food**
- **Help reduce food waste**

With fresh baked goods from



Dates for the Diary

WHOLE SCHOOL	
Mon 24 th Oct to Fri 28 th Oct	HALF TERM
Friday 11th November	Remembrance service
Friday 25th and Monday 28th November	Occasional days- no students in school
Tuesday 29th November	INSET day- no students in school
PRIMARY	
Mon 7 th Nov to Fri 10 th Nov	Larch book fair week
Tuesday 22nd November	Owls class Macbeth performance at Artdept
Wednesday 23rd November	Eagles class Macbeth performance at Artdept
SECONDARY	
Tuesday 1st November	Y8 HPVI injections Y9 volcano day
Thursday 3rd November	Y8 parental connection evening
Wednesday 9th November	Y9 parents evening
Thursday 10th November	EPQ evening

Primary News

Vice Principal welcome

At this point at the end of the first half term of the year, it is important to stop and to reflect on all that

has been achieved by our Larch students. Perhaps most importantly, I wanted to share with you all what a privilege it is to daily experience the calm and engaging learning ethos so well established in every class. Great things happen when this ethos is so well embedded. Beyond this, after chatting to children across the Larch, here are their top ten experiences of this half term! I am sure that your children will have others - but it was wonderful to hear the learning that has really 'stuck' with the children I spoke with. In no particular order:

- 1) Science experiments in Year 4. The children I spoke with could explain, in depth, the digestive system and the process of digestion as a result of their brilliant 'poo' experiment!
- 2) Harvest for Years 1 - 6. Children talked to me about home learning, their understanding of Harvest around the world, the experience of reading in the church, and the Reverend Jo's clear message for us all to be 'thankful' for so much at Harvest time.
- 3) Year 6 Shakespeare School's Festival. I have been blown away by the quality of children's writing as a direct result of their experience in reading, discussing and acting Macbeth. The children are highly reflective about what they are gaining from this experience - including their work to collaborate with one another, confidence and great excitement in relation to what a real theatre brings!
- 4) Roald Dahl dressing up day. We received some great comments from parents about this day - about how the books that classes are reading came to life! Children too recalled, with ease, not just their costume but the character that they were - their appearance, personality, interaction with other characters in the book and more!
- 5) I love the way that children in Reception learn to retell brilliant stories and adapt them as their own. From The enormous Crocodile to Little Red Hen, we are proud of their engagement, and progress already in sequencing stories orally and communicating creative ideas in pictures and writing.
- 6) Cross country this week made a huge impact on those who ran! Showing resilience and great teamwork as well as so many skills in sport, we were proud of every runner as they were themselves. Please see below for further sporting updates!
- 7) It has been a pleasure for me to talk to musicians learning a new instrument this term (as well as those progressing and continuing of course!). There is an absolute delight in seeing children with a new violin, cello, tenor horn, clarinet, bassoon and more! Children experience something completely unique here at Simon Balle - being inspired by older

musicians in so many instruments. I couldn't possibly capture the range of comments here, but excitement is so evident! Thanks as always for your support.

- 8) Year 5 residential. We are so proud of the ways in which our wonderful Year 5 cohort showed our Simon Balle values whilst having brilliant fun! Every child I spoke with has a different most memorable moment - from friendships to staying away from home; and each individual activity described in great detail!
- 9) We must always remember that young children live in the moment! When I visited Year 1, the children I spoke with had been reading with a sixth form volunteer. They were so enthused - 'I love reading with xxx - she really helps me and I can't believe I get to read with someone in Year 12!'
- 10) And finally, because I promised only 10 highlights, I have to thank parents/carers for all your support with home learning. Children have been so proud to visit any of the primary leadership team to show and to explain how they have consolidated their learning at home this half term - from videos in French and Spanish, to the research of Black history; from mathematical reasoning to inspiring art; from computing skills shown in google classroom to weekly spelling dictations Thank you for all you do to support engagement in learning at home.

Wishing you all a wonderful half term.

Book Fair

The book fair will be open to parents in the Larch library from Monday 7th November to Thursday 10th November between the times of 3:15-3:45 pm.



Year 6 Shakespeare workshop

Last week, Year 6 took part in an immersive workshop with the Shakespeare Theatre Festival to help prepare for their upcoming performances of Macbeth at the Art depot theatre in London! The children have been learning their lines, analysing Shakespearean language and showing real enthusiasm and dedication to their parts.





Year 4 Lion, Witch and the Wardrobe

"63 children on the train and tube into central London?" queried one member of staff as we left...



They clearly thought Year 4 staff were ambitious, mad, or a mixture of the two! Arguably accurate, yet it paid off; the children thrived on the adventure of the day and they all surpassed our wildest expectations of excellent behaviour. They were a credit to the school from start to finish. One member of the public at the theatre volunteered to Mrs. Kirk that our children were the most exemplary on behaviour of all the many schools present. Once we reached the theatre, the children were delighted to be tucking into their packed lunch, which they'd patiently held off starting from 10am! The performance itself utterly captivated them; looking up and down our rows of children, it was amazing for us to see them completely spellbound and open-mouthed! To see that, made the whole undertaking worthwhile.



Primary Sports News

We have been delighted to have been able to compete in many festivals, matches and competitions already this half term. On a Thursday, netball and football matches have been taking place each week and we have been so impressed with the sportsmanship, Simon Balle values and the progression in skills all the children have been showing. We have one more match after half term before we lose the light and then these will restart in February. The Hope and Evans cup trophies will also run alongside these matches so there will be many more netball and football fixtures in the Spring term. We have also taken part in a tag rugby festival run by Saracens and a district cross country competition at Haileybury School. Out of the 4 races that took place at the cross country we had 3 individual champions who came 1st in their races as well as our Year 3 and 4 boys team being the overall winners of the whole competition. Well done to all children that have taken part in matches and fixtures so far this term; we are very proud of you all and we look forward to more sporting events in Autumn 2.



Remembrance

After half term, we will be holding our annual remembrance service for our Larch children in school. We will also be learning about why we have remembrance in assemblies and in class. If any family members have any WW1 or WW2

stories to share from grandparents/great-grandparents etc, any objects such as letters, ration booklets, medals, photos or others, please do let us know if you'd like to share them with us and for us to use as part of the children's learning over the next few weeks- we may not be able to use all, but we thought we'd take the opportunity to ask our Simon Balle families.

Please email Mrs Boyce
boycek@simonballe.herts.sch.uk

Larch Parent Feedback Response

Earlier this term we were delighted to run information evenings in person for every year group, and were so pleased with the partnership between home and school to begin the year. Following these we sent out a survey, and were again pleased to have a high response rate - 137 surveys completed in total. Please find included here a summary of findings as well as responses to some FAQs. Where an individual query was raised, phase leaders are making contact with each parent either via email or through telephone/in person communication. Thank you for your ongoing engagement and partnership and valued feedback.

- My child has settled well into their year group in the Larch: **97.2% agree, 75.7% strongly agree**
- I found the parent information evening meeting and/or slides distributed very informative and useful: **92.6% agree, 44.9% strongly agree, 0% disagree**
- I am well informed as to the curriculum for this term, including home learning expectations and enrichment opportunities through trips and clubs: **94.4% agree, 54.2% strongly agree**

A few free comments to share:

'Thank you for being such a proactive and supportive school. As a parent it is refreshing to feel listened to and to have such a positive parent and school partnership.'

'The most committed staff with every child's needs met. Very pleased with x's progress and he loves school. What more can you ask for! Thank you!'

'Thank you to all of the team! We feel truly blessed that we are able to be part of such a special community.'

'Thank you for your ongoing hard work and commitment to support my child's learning and general development.'

'A big thank you to staff for always providing prompt and full answers to queries.'

'I feel very confident that everything is in hand and, if there are any issues, staff are approachable.'

FAQs

How often will I be given updates about my child's progress?

For this academic year we plan to have:

- Parent evening in the first half term of Autumn to discuss settling into the year and targets for the year ahead.
- A detailed report in the Spring term which will give attainment and progress so far in the year, with next steps.
- Parent evening before May half term in the summer term to give further updates on progress and attainment, with next steps for the rest of the academic year.

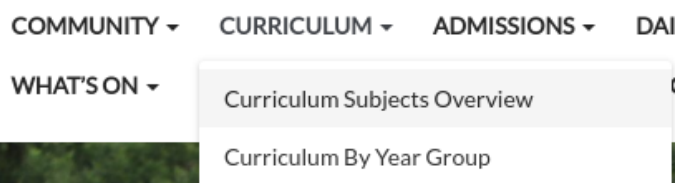
These have been distributed across the year so there is enough time to implement support and measure progress.

Spelling dictations are completed in home learning books in KS2 so these can be seen by parents on a weekly basis. Reception use Tapestry to also give regular updates.

Class teachers will also contact you if they have any concerns about progress slowing down in a specific area to ensure support is put in place as soon as possible. However, please do contact your child's class teacher if you have any questions or concerns about your child's progress and they will be happy to help.

Where can I see the curriculum for my child's year group?

The curriculum map for each subject is mapped from Reception to Year 13 and can be seen under the curriculum tab on the school website. The curriculum for each term of each year group can also be seen under the same tab. If you ever do have any questions regarding the curriculum please contact your child's class teacher.



What is taught in PSHE/learning for life, including when is puberty covered?

We have been reviewing our curriculum for PSHE this academic year with our secondary colleagues to ensure we get this right. The curriculum is plotted on the school website under the curriculum tab, then curriculum subjects overview, which gives information about the specific objectives that are covered. We will give more information in the weeks leading up to certain areas of the curriculum being taught, such as puberty (in the summer terms of Year 4 and Year 5) so parents are well informed of

coverage.

Will there be more face to face opportunities, including information evenings, performances and to meet other parents?

Yes! Over the last few years, the impact of Covid has reduced face to face opportunities (as well as unforeseen issues such as the heat wave during the last few weeks of term!). We have already held in person information evenings and workshops in Autumn term, with more planned for the year ahead to support parents. We are also planning both performances and assemblies across the groups- with both Reception's nativity and Year 6's Macbeth performances coming up in the next half term.

We are also planning a celebration of work in the summer term where parents will be invited to come in to see their child's work, and also a chance to meet their child's new class teacher.

Why can't more photographs from events, trips, concerts and matches be shared with parents?

I am afraid this is down to you all as a parent community. We need as many parents as possible to give permission for photographs to be used on our Simon Balle website and social media platforms. We totally understand that there are a minority of children for whom it would be completely inappropriate for photographs to be shared in this way. However there are many more children without permission for social media - and we are a little confused by this given the very careful way in which we share photographs (always without names, for example). There is too much detail for me to be able to share all here, but if parents who have not given permission could please consider this, it would be for the benefit of all in terms of us sharing photos to celebrate all that your wonderful children do! On a practical level, if we have a musician in the middle of the orchestra without permission, or a sportsman/woman in the middle of the pitch without permission, we cannot share any photographs at all. Thank you for your understanding. Please do contact larch@simonballe.herts.sch.uk if you would like to change the permissions you give. Please email me (kirk@simonballe.herts.sch.uk) if you would like more precise information about our policies to keep all children safe online.

With all best wishes for a wonderful half term!

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



FUTURE LIVING

Last week, students in Key Stage 2 were visited in assembly by Nicola Freeth, a Family Caseworker from **Future Living Hertford** who is supporting some secondary students at Simon Balle.

Children were shown a game created by Future Living, and some of the young people they work with, which develops resilience and self-confidence.

The game is FREE to download, GDPR compliant, non-violent and easy to use. Players learn to overcome challenges, learn positive self-talk and are given suggestions for grounding techniques.

[Click here](#) to download the app.



Future Living Hertford offers a wide range of holistic programmes from children and young people, including art, music and play therapy, as well as a counselling service.

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.



Future Living Hertford's Programme for 2022-2023

Programme, course or event.	Dates and Times
Monica Programme A free to access, 12-week Domestic Abuse recovery and empowerment for women.	Thursday 5th January - 30th March 09:45 – 12:00 (with a break for half term) Thursday 20th April - 13th July 09:45 - 12:00 (No session 1st June)
Wise Guys A free to access, 12-week Domestic Abuse recovery and empowerment for men.	This will be provided based on demand.
Accredited Training Programmes Specialist 13 week training course for professionals	Tuesday 10th January - 4th April 9:30 - 12:30
Therapeutic Arts A safe space to explore your feelings and creativity through a range of expressive mediums.	Monday 8th May - 3rd July 10:30 - 12:00 (with a break for half term)
Kids Kit Build your own practical parenting tips through one off workshops.	Once a month, 10:00 - 12:00 Monday 17th October. Please get in touch for more dates.
Affordable Counselling One to one, personal counselling for all client groups covering a wide range of needs.	Weekdays Monday – Thursday - 09:00 – 15:00 Friday - 09:00 – 13:00
The Base A range of affordable play, creative arts and talking therapies for children aged 5 to 17	Weekdays Please contact us through the details below for more information.
Young Herts Healthy Relationships Programme A series of experiential workshops with Year 6 students demonstrating what healthy relationships may look like and how to recognise signs of abuse.	This is available to take place in schools throughout the area.
Sugar Foot Boxing A Free to access therapeutic boxing club for children and young people aged 11-17 run at a local Hertford Secondary School Sugar Foot Boxing App now available A fun game for children aged 7 - 11 which teaches resilience and helps build confidence. Available to download now on IOS and Android: Click here	Every Wednesday evening 17:00 – 18:00 in the Gym at Simon Balle School Hertford.
Children's Drama Project A Free to access drama project for children and young people aged 11-17 run at Vale House. Lunch provided.	Monday 3rd April - Thursday 6th April
Addiction Recovery One to one counselling with a focus on addiction recovery.	Please contact Future Living for information
Family Law Clinic Free access service for clients to receive legal advice.	Please contact Future Living for information

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

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

Keep up to date with all the latest news about our programmes by following us on Instagram and Twitter using [@futureliving43](#) or facebook by searching **Future Living Hertford**.



Welcome!

Autumn 2022

To our Autumn edition of the Schools Stay Safe Newsletter.
Read on for advice on ways to stay safe for you and your family.

Chimney Safety in your home

As the colder months approach, we look to heating our homes with a cosy fire.
But have you had your chimney swept lately?

Chimney sweeping is recommended in October and February due to frequency of use during the winter period and build-up of soot in the chimney breast.

To keep your family safe, follow these guidelines:

- Keep chimneys and flues clean and well maintained.
- Make sure embers are properly put out before you go to bed.
- Always use a fire guard to protect against flying sparks from hot embers.
- Be aware that chimneys that have been lined still require regular sweeping.

How often should you clean your chimney?

- Oil - Once a year.
- Gas - Once a year.
- Bituminous coal - Twice a year.
- Wood - Up to four times a year.
- Smokeless coals - At least once a year.





Halloween and Fancy Dress

Do you know the dangers around Halloween costumes catching alight? It is good to know the likelihood can be avoided with a few simple steps.

Advice for parents

- Check that all Halloween and fancy-dress costumes you buy carry a CE or UKCA mark on the label.
- All Halloween and fancy-dress outfits should always be kept away from fire, lit candles, and all other naked flames.
- Do not carry pumpkins with lit candles inside, consider using battery-operated candles instead.
- Children should always be supervised by a suitable adult.
- Homemade fancy dress costumes or those not tested to the same flammability standards may ignite easily and burn quicker.
- Ensure children can be seen in the dark. Think about wearing something reflective such as a reflective strip, and carry a torch.

Fire Chiefs urge care and caution with children's costumes (nationalfirechiefs.org.uk)

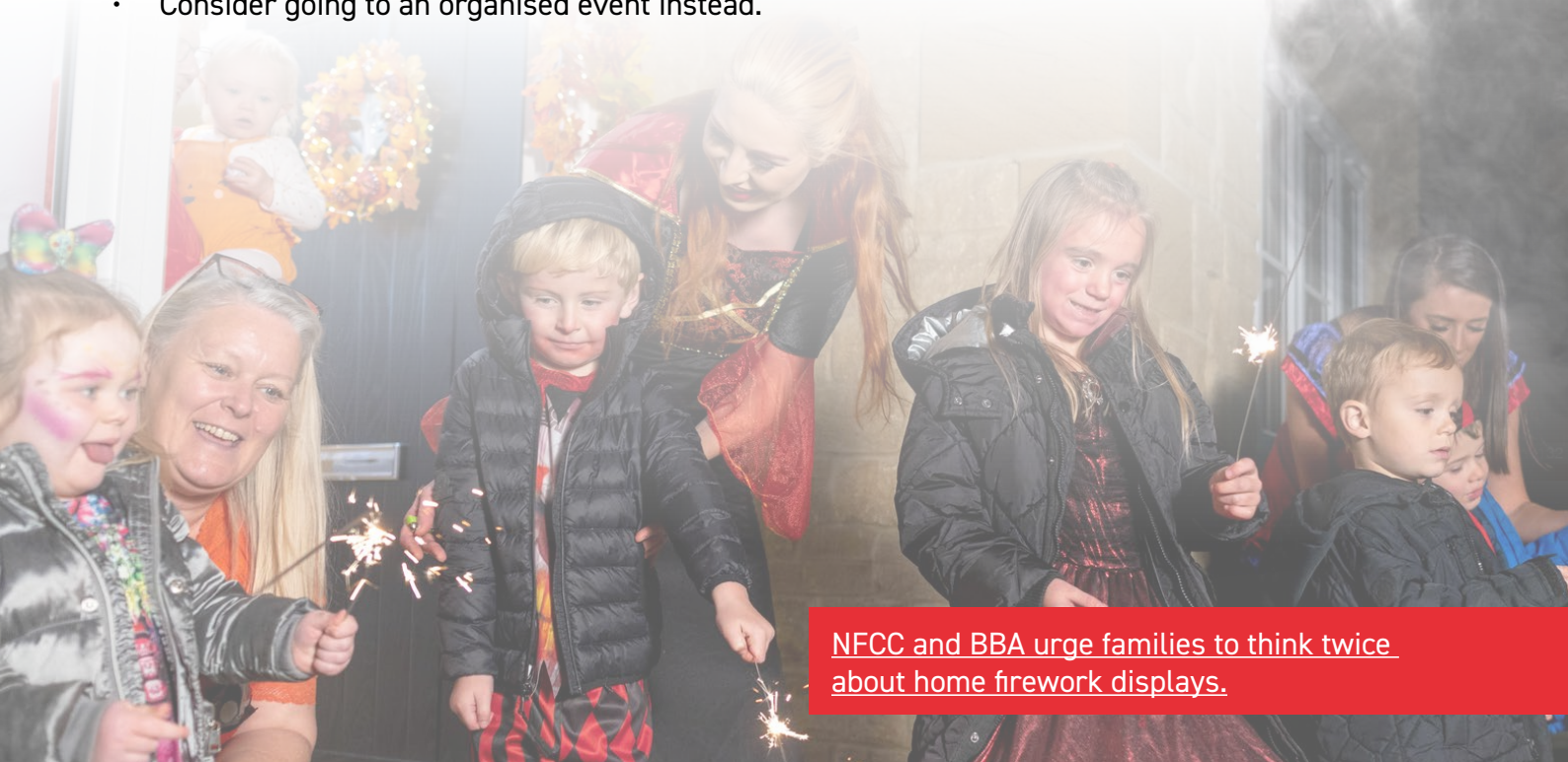


Fireworks

Firework displays at home can be great fun, but it is important they are used safely. Children tend to get hurt rather than adults so you must keep them safe!

Sparklers can get almost 5 times hotter than cooking oil and should not be given to a child under 5.

- Always buy fireworks from a reputable shop and ensure they conform to British Standards – check they have BS7114 written on the box.
- Do not buy them from an unlicensed market stall or anywhere you are not sure about.
- The public can buy and set off most fireworks that fall under categories 1 to 3.
- Always read the instructions carefully.
- Ensure you have plenty of room to set them off.
- Make sure there is only one person in charge of the fireworks.
- Don't drink any alcohol until they have all been set off.
- Never return to an unlit firework, it could still be live.
- Make sure you extinguish all embers before going to bed.
- Consider going to an organised event instead.



NFCC and BBA urge families to think twice about home firework displays.



Carbon Monoxide

As we approach the colder months, we all look to putting the heating on again. It is vital that you service and maintain your boiler once a year. It will prolong the life of your boiler and may protect you from harmful carbon monoxide gases.

If you have a carbon monoxide detector installed at home, it will alert you to a leak immediately.

You should test it once a week where possible. If your detector sounds you should:

- Stop using all appliances and evacuate the property immediately (try to stay calm and avoid raising your heart rate.)
- Call the National Gas Emergency Service number on 0800 111 999 to report the incident or the Health and Safety Executive (HSE) Gas Safety Advice Line on 0800 300 363.
- Not go back into the property (wait for advice from the emergency services.
- Get immediate medical help.

[Carbon monoxide: general information - GOV. UK \(www.gov.uk\)](https://www.gov.uk)

Did you know?

- Carbon monoxide does not have a smell.
- It is known as a silent killer.
- It is highly poisonous and is a flammable gas.
- Home boilers that are installed incorrectly, and the use of BBQs and portable generators inside homes can produce carbon monoxide.
- A brief exposure to small amounts of carbon monoxide may cause headache, flushing, nausea, dizziness, vertigo, muscle pain or personality changes.
- Exposure to higher amounts may cause movement problems, weakness, confusion, lung and heart problems, loss of consciousness and death.




If you need any further information or advice on any of these topics, please feel free to call our friendly staff at your local station:

- **Hertford Fire Station**
01992 507611
Hertford.fire@hertfordshire.gov.uk
- **Cheshunt Fire Station**
01992 901900
Cheshunt.fire@hertfordshire.gov.uk
- **Bishops Stortford Fire Station**
01279 696800
BishopsStortford.fire@hertfordshire.gov.uk






If you're having a problem with **benefits, work, debt, housing, consumer rights and more,**
WE CAN HELP YOU with free, confidential and impartial advice

GET ADVICE BY:

-  Calling our local **Message line 01920 459944** (any time) and one of our advisers will call you back (usually within 24 hours except weekends)
-  Requesting **email advice** or a **call back** from our website: www.citizensadviceeastherts.org.uk
-  Contacting us via **Facebook Messenger**: www.facebook.com/EastHertsCitizensAdvice
-  Going to our website at <https://citizensadviceeastherts.org.uk/get-advice/> for online information resources

We may also be able to arrange a face to face appointment or a home visit if, after an initial assessment, we feel that it's required to move you forward.

CONNECT WITH US

-  @EastHertsCitizensAdvice
-  @EastHertsCAB
-  @Citizens Advice East Herts

Charity reg no: 1083211



Citizens Advice Contact Centres

If you need extra support to access our advice, come along to a Contact Centre.

We do not give full advice at these sessions but our friendly, experienced staff will **assess how to move you forward with your issues**. They may refer you to a more relevant service, help you to self-refer, arrange for an adviser to call you, arrange for a face to face appointment or arrange a home visit.

Each Contact Centre has a **free phone** and **computers** that you can use to access our service if you can't do that from home.

Bishop's Stortford Methodist Church
34b South Street, CM23 3AZ
Tuesday 12-2pm

Hertford Sele Community Hub
18 Fleming Crescent, SG14 2DJ
Wednesday 11am -1pm