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Welcome to the Summer Newsletter for the Dacorum Family Support North & East team. We hope that the articles included in this issue will be of interest to you and your families. We have also included some suggestions to keep your children/teens busy over the summer period.

Your School Family Workers work **term-time only** and so will be unavailable during the summer holidays, returning to work on **Thursday 4th September 2025**. If you need urgent family support during this time, please see the helplines at the bottom of this page.

Wishing you all a happy summer holiday!



Apply for a Blue Peter Badge



To apply you must be between 5-15 years old. Send a poem, story, artwork, model, recipe, a suggestion for the show, or an interesting letter around something you have done linked to your hobbies and interests.

There are several badges you can apply for and each badge represents something special. There are lots of places to visit for free with the children who have a Blue Peter badge from theme parks, castles, zoos, museums etc.

<https://www.bbc.co.uk/cbbc/findoutmore/blue-peter-apply-for-a-blue-badge>

Attractions: <https://www.bbc.co.uk/cbbc/attractions>

Blue 🚩 | Green 🌿 | Music 🎵 | Sport 🏆 | Book 📖 | Orange 🍊 | Gold 🌟

EMERGENCY HELPLINES

Family Lives - 0808 800 2222

Samaritans - 116 123

Childline - 0800 1111

HCC Children's Services 0300 123 4043

Families First Portal:

www.hertfordshire.gov.uk/familiesfirst

Dacorum Foodbanks

<https://www.trusselltrust.org/get-help/find-a-foodbank/dacorum-foodbank/>

Top Tips for Transition to Secondary School

Starting secondary school is a significant milestone in a child's life. It marks a passage into adolescence and brings about several significant changes. They will go from being the oldest in school to being the youngest, having to find their way around a large new school with different teachers for different subjects. They will also have to take on more responsibility, such as:

- taking a new and unfamiliar route
- planning for each day's timetable
- making sure they have the right books and equipment
- doing homework most evenings, which has to fit into their routine alongside other interests

Top Tips

- *Communication is very different to primary school!*
- *Check all the apps you need for homework, communications etc – there is often more than one*
- *Encourage your child to complete homework as soon as they can after it's been set*
- *Check uniform policy, if you aren't sure email the year 7 head or other contact to check e.g. shoes, pencil cases*
- *Don't be afraid to ask for reasonable adjustments for your child e.g. toilet passes, sitting near the door, being able to access quiet areas at break and lunch times*
- *Pack bags the night before – different books needed for each day*
- *You could begin giving your child some responsibility in this last term of year 6 e.g. packing their own bag with snack and water bottle.*
- *Print a timetable out for easy access*



Article produced in conjunction with material available on Family Lives website
www.familylives.org.uk/

Support for Families

COMMUNITY FOODBANK

Open to to anyone in genuine need
No vouchers or referral required
Free tea/coffee and a friendly welcome for all
All details correct as of June 2024

Kings Langley
Tue 10-11.30am
(Open every day for donations)
All Saints Church,
WD4 8JS
(Front of the church on the right)

Apsley
Tue 12.30-2.30pm/
Thu 10am-12 noon
St Mary's Church,
HP3 9ST
(Meeting room at rear)

Bennetts End
Wed 9.30-11.30am
St Benedict's Church,
HP3 8JU
(In the church hall)

Donations welcome* at these locations and at:

- The bar at Kings Langley Football Club
- Collection point in the Dunelm store, Apsley

Scan to see our current food needs



Scan for cash donation online



@KingsLangleyFoodbank

*Non-perishable foods and essential cleaning products/toiletries please. Please only donate in-date items.



Support for Families



ONE IMPOSSIBLE THING
SPORTS SHOE NETWORK

Need sports shoes for sport or walking shoes for DofE?

We're a charity that collects preloved sports shoes and gives them out for **free** to people locally.

We hold Pop In's at our storage container in Grovehill. We have all sizes of trainers and astro boots available. We also have a limited supply of walking boots and football boots.

Dates and Times:
Thurs 29th May - 9am-12pm
Every Tuesday from 3pm - 5.30pm, starting Tuesday 3rd June

The Green Container
Active Hub, Redbourn Road, Hemel, HP2 7BA

e: contact@1impossiblething.com
f: @1impossiblething i: @oneimpossiblething
www.1impossiblething.com



Beezee FAMILIES

How can you get your family to get more steps in a day?

At Beezee Families, we work with hundreds of families who want to start moving more, but struggle to find the time or motivation! Sounds familiar?

Try our Beezee bingo nature card! It's a great way to discover the wonders of walking. Keep an eye out for each object and cross off as you go!

We run FREE* healthy lifestyle programmes that focus on getting more active, eating healthier, and having fun while doing so!

Rabbits



Daisy patches



Horses



Convertible car



Bird of prey



Someone wearing flip flops



Lake or pond



Butterflies



Someone having a picnic



Scan the code to sign up today



...or click here to get started

hrt.maximusuk.co.uk

Remember to stay safe while you walk! Carefully check roads before you cross them and don't get too close to the edge of water.

Hertfordshire

*Our courses are designed for families with children aged 5 and up.

Fifty Thrifty adventures in Hertfordshire



Sign up for a library card	Visit Herts Archives	Get an audiobook through Borrowbox	Day out at Ware Priory	Take a ride at East Herts Miniature Railway
Family Fun Event with Family Centres	Go fly a kite	Summer Reading Challenge	Go bird watching	Arts & crafts day
Walk a canal path	Pick your own fruit	Sculpture Trail in Broxbourne Woods	Junior park run	Join a Herts Wildlife Trust event
Visit St Albans Cathedral	Explore new parks	Go virtual orienteering	Picnic in the park	Visit Hitchin Lavender
Take a trip with HertsLynx	My Pet Pals event	Find a local skate park	Explore Berkhamsted Castle	Visit a National Trust Herts location
ParkPlay	Go for a kids eat free meal	Go for a bike ride	Swim at an outdoor pool	Treasure map trails
Check out an activity at the library	Explore RSPB Rye Meads	Cedars Nature Centre	Explore the Roman Ruins	Play Pooh Sticks at Aldenham Country Park
Lowewood Museum	Go Geocaching	Build a den in the woods	National History Museum Tring	Watford's Museums on Tour
Get a bargain at the Reuse Centre	Explore Heartwood Forest	Outdoor cinema	Scott's Grotto	Oughtonhead Nature Reserve
Swim at a local leisure centre	Visit a splash park	Fire station open day	Make your own playdough	Explore St Alban's Clock tower

We are
Hertfordshire County Council

Find out more about our services at
hertfordshire.gov.uk/weare

Holiday Activities

Book HAPpy Camps

Search and book a HAPpy Activity Camp

Available for children / teens who get benefits-related free school meals.

The next HAPpy programme will take place in Summer 2025, between Monday 28th July and Friday 29th August (excluding Bank Holiday Monday 25th August).

Unique codes for eligible families to book activities will be distributed via your school office from w/c 2nd June 2025.

Bookings will open on THURSDAY 26TH JUNE 2025 at 12 NOON.

Should you have any further queries about the HAPpy programme please contact a member of the team on 01707 284229 or via email haf@herts.ac.uk.

sportinherts.org.uk/happy-activity-camps

What are High Five Holiday Camps?

The camps provide high-quality sport, entertaining enrichment activities, as well as a nutritious hot meal.

Funded by the Opening School Facilities programme, the camps are run every school holiday period.

What happens at a High Five Camp?

From 10 am until 3 pm,

During the camps, there are visits from Herts Fire and Rescue, Hertfordshire Constabulary and the Hertfordshire Libraries who each deliver exciting activities on what they do.

Locations

Dacorum – Lime Walk Primary School

Who is eligible to attend?

Children eligible to attend High Five camps are:

Aged between 5-11 years

Eligible for free school meals

Referred via a professional service

<https://apex360.co.uk/highfive/>



Summer Reading Challenge



Join in 21 June - 30 September!

The Summer Reading Challenge takes place every year during

the summer holidays. You can sign up at your local library, choose your reading goal (recommend six books), then read any books of your choice to collect special stickers and other rewards along the way – all for FREE. You can also take part online - set a reading goal and log your books on your profile <https://summerreadingchallenge.org.uk/>



Holiday Activities

Adventure Playgrounds

There are four adventure playgrounds in the area - lots of fun activities including slides, climbing walls, water play, table tennis, crafts. The playgrounds operate as an open access facility which means children can come and go as they please (must register before attending). Children under 8 are welcome when accompanied by an adult.

<http://orlo.uk/jqCnT>



SEND Support

Neurodiversity Support Hub

For Parents, Carers and Professionals

We can offer support, signposting and guidance about a whole range of things including but not limited to:

- Understanding ADHD/Autism
- Distressed Behaviours
- Anxiety
- School

The phones are answered by our team of parents and carers of neurodivergent children and young people



Are you a Parent, Carer or Professional?

01727 833963

supporthub@add-vance.org

Open Monday-Friday
9 AM - 1 PM

Here to support, reach out for a listening ear

We Can't:

- Give updates/ fast track places on waiting lists
- Recommend specific private assessors



DSPL8

Delivering Special Provision Locally

Support and Services for children with special educational needs and disabilities

Facebook - www.facebook.com/dspldacorum

Website - www.dacorumdspl.org.uk



ADD-vance Helpdesk is open from 9am to 1pm every weekday via 01727 833963

or email: herts@add-vance.org

Website: www.add-vance.org

Facebook: www.add-vance.org/parents/

Hertfordshire Local Offer: The Local offer lets parents and young people know what special education needs and disabilities services are available in Hertfordshire and who can access them

<https://www.hertfordshire.gov.uk/microsites/Local-Offer/The-Hertfordshire-Local-Offer.aspx>



Guidance for AI use

If your child is using AI tools in their independent learning, try the following to help them to use AI effectively and responsibly:



Encourage your child to go into the sources referenced by the AI and read the full source to check that the Information given by the AI tool is accurate.

Start conversations about plagiarism early. Unfortunately, AI has provided a way for children to plagiarise and disguise this plagiarism. AI is able to produce whole essays or examples of creative writing and these can be put through “humanising” tools, which give the essays a more human voice, making plagiarism harder to detect. Conversations at home about plagiarism will go a long way in helping your child understand the seriousness of academic dishonesty and the harm it will do their own learning in the long term.

Discuss with your child whether AI will help them in their learning task. AI is unlikely to help genuine learning in creative tasks that require imagination but is a fantastic tool for factual research.

Article taken from Families Herts (Sam Milner)
familiesonline.co.uk

Online Safety Newsletter for parents/carers



This newsletter has been produced to promote the safety of young people and children online.

www.hfleducation.org/sites/default/files/2025-06/summer-2025-parents-newsletter.pdf



Kids Eat Free - during the holidays, uniform sale dates, activities & lots more. Website link here:

<https://moneysavingcentral.co.uk/kids-eat-free>

Dacorum Family Services North & East

Office Tel: **(term time only)** 01442 401222 (Ext 5)
www.dacorumfamilyservices.org.uk

Support & Advice for For Teens

With Youth digital wellbeing service (5-18 year olds, parents and carers) Helpline and instant messaging service to chat online or over the phone. One to one and group support offered. 0208 189 8400 Mon-Fri 2-10pm
www.withyouth.org

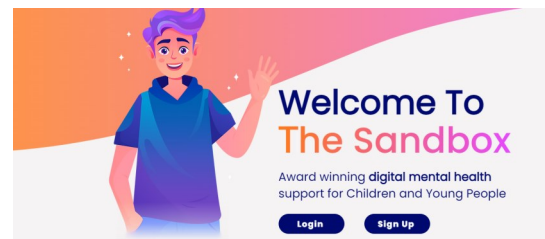


The Sandbox online mental health digital advice and guidance service for 10-25s

The Sandbox is an innovative digital mental health service for children and young people.

Includes resources, courses and 1-1 online video therapy with qualified therapists for those who need additional support.

Signing up is easy and doesn't require a referral or registration. Visit The Sandbox website:
<https://thesandbox.mindler.co.uk/>



Support for Young People

Monday to Friday 11am-5pm. Young people can access free and confidential information, advice and support on jobs and careers, training, education, relationships, personal safety, housing, self esteem, benefits and finances and much more. Drop in or make an appointment.

Services for Young People

XC Centre, Jarman Park. Tel: 01442 454060 or Text: 07860 06519

<https://www.servicesforyoungpeople.org/support-for-young-people/information-advice-and-support/hemel-hempstead-young-peoples-centre/>

