



# Autumn 1 - Newsletter - 04/09/2025

## Message from Mrs Sherwood

I must begin by saying how lovely it is to see everyone in school. I offer a very warm welcome to all new pupils and parents and of course welcome back to everyone else.

We aim to send out a newsletter every week, which should help to keep you up to date with what is going on in school. Also take a look at our website which contains a lot of useful information too.

If you should need to speak with your child's class teacher, it is usually best to catch them at collection time in the afternoon, not the morning as drop off is such a busy time, or alternatively, please send an email to the school office, [admin@icknieldwalk.herts.sch.uk](mailto:admin@icknieldwalk.herts.sch.uk) with a brief outline of your query and the office will then contact the class teacher, and we will get back to you as soon as possible.

Please don't forget to support our school when you are shopping at Tesco Extra and Tesco Metro, Royston, by putting your blue tokens into our box, we have until 30th of September to collect as many as possible! Also, please register with Easy Fundraising for your purchases from a range of online stores including Amazon, John Lewis, Tesco, Just Eat, Argos and EBay. It is very easy to register... I managed it! Every time that you make a purchase, the school will receive a small amount of money from Easy Fundraising (see the instructions below).

Thank you for supporting us.

**TESCO Blue Token Scheme**

Icknield Walk First School PTA

Icknield Walk First School has been accepted for the Blue Token Scheme at Tesco.

**Voting starts the first week of July 2025 until the end of September 2025.**

We are asking for your support, to help us buy benches and Forest School equipment for our outside classroom.

**Raise funds for us for FREE**

with **easyfundraising**

Join as our supporter today at:  
[www.easyfundraising.org.uk/support-a-good-cause](http://www.easyfundraising.org.uk/support-a-good-cause)  
Just search for:  
**Icknield Walk First School PTA**

8,000+ retailers will donate to us whenever you shop with them

Start at the easyfundraising website or app → Click out to where you'd like to shop → Checkout: prices are exactly the same! → The retailer sends a % of your spend to easyfundraising → They pass it on to us :)

**Plus, you'll get...**

- Exclusive retailer offers
- Competitions
- A warm feeling inside!

Over **£60m** raised for UK good causes

**£0** extra cost to anyone

## What's on

Day & Date	Time	Event & Year
Thursday 04.09.2025		First day of the Autumn term
Monday 08.09.2025	2.45pm	Year 1 parent meeting with Year 1 teachers in Owl classroom
Wednesday 10.09.2025	-	Piano & Guitar lessons
	2.45pm	Year 2 parent meeting with Year 2 teachers in Lark classroom
Thursday 11.09.2025	2.45pm	Year 4 parent meeting with Year 4 teachers in Eagle classroom
Friday 12.09.2025	2.45pm	Year 3 parent meeting with Year 3 teachers in Swift classroom

## Year Group Meetings

Parents and carers are invited to attend the Year Group meetings in September. At these meetings, the teachers will give an overview of the year ahead for your children including topics, activities etc. Location of the meetings will be confirmed nearer the time. Please add the date for your child's year group to your calendar and try to attend.

**Reception** - Thursday 18th September, 2.45pm - room tbc

**Year 1** - Monday 8th September, 2.45pm - in Owl class

**Year 2** - Wednesday 10th September, 2.45pm - in Lark class

**Year 3** - Friday 12th September, 2.45pm - in Swift class

**Year 4** - Thursday 11th September, 2.45pm - in Eagle class

If you are unable to attend your child's year group meeting, please don't worry, notes will be available upon request a few days after the meeting.

## FLU - Nasal spray immunisations

Vaccination UK will be visiting school on Friday 26th September to undertake flu immunisations for children in Reception to Year 4. The immunisation is a nasal spray. Please note, your child will only receive the vaccine IF you have registered your child with Vaccination UK and given consent. Link below will take you to the Vaccination UK consent area of their website.

<https://eastanglia.schoolvaccination.uk/flu/2025/book>

Please contact Vaccination UK with any queries that you may have by sending an email to:

[Hertfordshire@v-uk.co.uk](mailto:Hertfordshire@v-uk.co.uk) or by calling **01462 427 008**.

## Recorder Clubs

Mrs Atkins will be starting recorder clubs for Year 3 and Year 4 on Thursday 18th September. Year 4 Recorder club will take place on a Thursday morning when the children are registered. Year 3 Recorder clubs will take place on a Thursday afternoon, 3.15-3.45pm. If your child would like to join one of the clubs, please email the school office with Recorder club as the title, your child's name and class.

## Extra curricular activities/Events in and around Royston/Useful information





**ROYSTON RUGBY CLUB**

### JOIN OUR RUGBY CLUB!

- We are a fun, friendly and inclusive rugby club for boys & girls from U5s to U18s
- Build fitness, confidence & friendships
- Qualified coaches & supportive volunteers
- Matches, festivals & social events
- First three sessions FREE

**SEASON STARTS**  
SUNDAY 7<sup>th</sup> SEPTEMBER

For age group timings contact:  
admin@roystonrugbyclub.co.uk

**Royston Rugby Club,**  
The Heath Sports Centre,  
Baldock Road, Royston SG8 5BG

www.roystonrugbyclub.co.uk @roystonrugby @roystonrugbyclub

👉 Fearless Girls Wanted! 👉

🍷 Girls' Rugby Activity Morning 🍷

Come and celebrate the Women's Rugby World Cup with us!

📅 Saturday 6th September

🕒 10am – 12pm (arrive from 9:30am if you'd like your hair plaited like your favourite Red Roses player!)

📍 Priory Memorial Gardens, Royston for the rugby taster session (Please note the venue change)

📍 The Green Man, Royston for crafts + refreshments

Girls aged 6–12 are invited to join our FREE event:

🎯 Rugby taster session – fun games & skills

🎯 Creative crafts – design your own rollercoaster, make origami roses & hearts, friendship bracelets and jewellery

🎯 Yummy food & drinks kindly provided by The Green Man Royston, thank you for fuelling our fearless girls! ❤️

🎯 Goodies & giveaways from England Rugby, Barbie & Merlin 🎁

No experience needed, just bring your energy and friends for a morning of fun! 💪

👉 Register here to save your spot: <https://forms.gle/FsAf7nFcnY5efzuQA>



# TALKING FAMILIES



**Wednesdays 8.00 - 9.30pm Online Course ID: 774**  
17<sup>th</sup>, 24<sup>th</sup> Sept, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup> Oct 2025

**Thursdays 9.45 - 11.15am Online Course ID: 772**  
18<sup>th</sup>, 25<sup>th</sup> Sept, 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 2<sup>nd</sup> Oct 2025

**Tuesdays 8.00 - 9.30pm Online Course ID: 773**  
4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Nov, 2<sup>nd</sup> & 9<sup>th</sup> Dec 2025

**6, weekly sessions for parents and carers of children under 12, sharing tips on how to:**

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children
- Develop a strong parent/child relationship now and for the future

Our online sessions are delivered weekly via Zoom.

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'Every parent should do this course! It has taught me so much about how to deal with family life.'

**Booking essential**  
Please quote the course ID  
To check eligibility and book a place, contact Supporting Links on:

**07512 709 556**

[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

These courses are provided free to participants by Hertfordshire County Council's Targeted Parenting Fund



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

# TALKING ADDITIONAL NEEDS



**Wednesdays 9.45 - 11.15am Online Course ID: 770**  
17<sup>th</sup>, 24<sup>th</sup> Sept, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup> Oct 2025  
Delivered online using Zoom

**Wednesdays 8.00 - 9.30pm Face-to-Face ID: 771**  
5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Nov, 3<sup>rd</sup> & 10<sup>th</sup> Dec 2025  
Venue TBA  
Watford

**A 6-week group for parents and carers of children with any additional need. Your child does not need a diagnosis.**

- Understand your child's behaviour
- Develop strategies that really work
- Reduce conflict and increase co-operation
- Improve emotional regulation
- Explore sensory needs
- Increase your child's resilience
- Manage the different needs within your family

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'I have been on a few courses to help me with my child but this was by far the most helpful'

**Booking essential**  
Please quote the course ID  
To check eligibility and book a place, contact Supporting Links on:

**07512 709 556**

[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

These courses are provided free to participants by Hertfordshire County Council's Targeted Parenting Fund



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

# TALKING DADS



**Wednesdays 7.45 - 9.15pm Online Course ID: 779**  
17<sup>th</sup>, 24<sup>th</sup> Sept, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup> Oct 2025

**Wednesdays 7.45 - 9.15pm Online Course ID: 780**  
5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Nov, 3<sup>rd</sup> & 10<sup>th</sup> Dec 2025

**6, weekly sessions for dads & male carers of all ages, sharing information on:**

- Increasing confidence in your parenting.
- Developing a healthy dad/child relationship now and for the future.
- Improved listening and communication skills.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.

Our online sessions are delivered weekly via Zoom.

Groups are open to dads and male carers living, or with a child in school, in Hertfordshire.

"Our home is no longer a battlefield. I am less stressed and my teenager speaks to me more. Thank you!"

**Booking essential**  
Please quote the course ID  
To check eligibility and book a place, contact Supporting Links on:

**07512 709 556**

[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

These courses are provided free to participants by Hertfordshire County Council's Targeted Parenting Fund



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

## Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 2025



Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

### RESPONDING to ANGER

- Healthy & unhealthy anger.
- How to spot the signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

**Tuesday 23<sup>rd</sup> September, 9.30-11.15am**  
Workshop SL781 book via Eventbrite:  
<https://www.eventbrite.co.uk/e/asd-adhd-responding-to-anger-781-for-parents-carers-in-herts-registration-1413258727899?aff=oddtcreator>

### SCHOOL AVOIDANCE

- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child and look after yourself.
- How to work with your school in your child's best interests.

**Monday 10<sup>th</sup> November, 7.30-9.15pm**  
Workshop SL783 book via Eventbrite:  
<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance-783-for-parents-carers-in-herts-registration-1417463965879?aff=oddtcreator>

Follow us on:

Contact via:  
[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

Funded by Hertfordshire County Council's Targeted Parenting Fund



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

### THE TEENAGE YEARS

- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- How to agree appropriate boundaries and teach risk assessment.
- Help teens develop independence skills.

**Monday 13<sup>th</sup> October, 7.30-9.15pm**  
Workshop SL782 book via Eventbrite:  
<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-782-for-parents-carers-in-herts-registration-1417376895449?aff=oddtcreator>

### TECH USE

- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- The effect of using devices as a reward or consequence.
- Teach children to develop their own methods of regulating device use and staying safe.

**Monday 24<sup>th</sup> November, 7.30-9.15pm**  
Workshop SL784 book via Eventbrite:  
<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-784-for-parents-carers-in-herts-registration-1417436894909?aff=oddtcreator>

## "IT'S YOUR CUE..."

**BUILD CONFIDENCE, SPARK IMAGINATION, AND EXPLORE SELF-EXPRESSION THROUGH DRAMA GAMES, IMPROVISATION, STORYTELLING, AND CREATIVE PLAY.**

- DRAMA GAMES, TECHNIQUES AND IMPROVISATION
- CHARACTER BUILDING AND STORYTELLING
- VOICE & MOVEMENT EXERCISES
- IMAGINATIVE PLAY AND CREATING PERFORMANCES
- EXPLORING REAL-WORLD THEMES-FROM EVERYDAY LIFE TO BIG IDEAS ABOUT FAIRNESS AND CHANGE, ALL THROUGH THE POWER OF DRAMA.

**FRIDAYS 3:30-4.30PM**  
**WICKNIELD WALK FIRST SCHOOL**  
**8-9 YEAR OLDS (YEAR 4)**  
**JUST £5 PER SESSION FOR THE FIRST TERM!**

TO SIGN UP OR FIND OUT MORE CONTACT:  
[itsyourcue25@gmail.com](mailto:itsyourcue25@gmail.com)

Raising money for  
The James Foundation,  
a Baby Loss Charity

# Family Fun Day

**12pm until 5pm**

**SATURDAY 13TH SEPTEMBER**

**FREE ENTRY**

INFLATABLES  
FACE PAINT  
FOOD-STALLS  
BAR  
ENTERTAINMENT  
AND MORE!

**PRIORY MEMORIAL PARK**  
**MELBOURN STREET, SG8 9DX**

MAIN SPONSOR



OTHER SPONSORS






www.thejamesfoundation.co.uk  
charity number 1200795

**Mind**  
Hertfordshire  
Network

Contact us to discuss your training needs, or head to our website by scanning the QR code below:



## SPOT THE SIGNS, YOUTH SUICIDE PREVENTION WEBINAR

**15TH SEPTEMBER 2025**

**FREE FOR ALL HERTS PARENTS**

**7 PM - 9 PM ONLINE**




Please contact [cyp@hertsmindnetwork.org](mailto:cyp@hertsmindnetwork.org) to book your space!

## Weblinks that can help you

[NSPCC](#) - Online safety.

[Smartphone Free Childhood](#)

[Angels Support \(ASD & ADHD\)](#)

Herts CC [Relationship advice](#)

[Families Feeling Safe](#)



[NESSIE - Positive Mental Health](#) - Lots of talks and courses to help you and your child with their mental health.

[Supporting Family Links](#) - Promoting Strong Family Relationships with children up to the age of 12, lots of online courses to help.

Herts CC Cost of living resources - [cost-of-living-flashcard \(thegrid.org.uk\)](#)

North Herts Family Support Services - [www.hertsfamilycentres.org](#)

[www.supportinglinks.co.uk](#) - Workshops/training courses for parents/carers of children (up to age 25).

BeeZee Bodies - [www.beezeebodies.com](#)

[North Herts Special Provision updates - look here for SEN and Behaviour support](#)

[Free School Meals](#)

Neurodiversity Support Hub

Lumi Nova - Fun digital therapy for childhood anxiety - [https://luminova.app/](#)

Mind Hertfordshire Network - [https://www.withyouth.org/](#)