

More 4 U @ St Albans South

SPRING TERM 09!

Welcome back and Happy New Year!

We now have new external Community Notice Boards in all our Schools so that information is far more accessible to read. Check them out for upcoming courses and activities in the St Albans area...

Hilary Blake is our new Parent and Family Support worker based in the Consortium — she is on hand to support you with any concerns you may be facing with your child/children at home or at school or any personal worries. Issues may be varied, including: changing schools, communicating with your child, managing challenging behaviour, general routines including bedtime, internet safety, smoking, drugs, bullying.

She can work one-to-one with you to understand your concerns and provide support and information, put you in contact with local support groups, help with applications to Primary and Secondary Schools.

February Half Term and Easter holidays have some exciting new activities coming up! We have Rock School coming to the Consortium—children will write music and lyrics for a song, learn to play and perform to parents! We also have an Indian craft workshop, Sports Acrobatics and Circus skills as well as all the favourites—Gymnastics, Basketball, Cheerleading and Dance.



The new Bodyworks programme is coming!

St Albans and District ESCOs are running a new programme called Bodyworks - a free, 4 week after school club which promotes healthy living in a fun way.

Watch out for the flyers coming your way over the next year. We will be delivering this programme to every school in St Albans and District over the next 2 years.

The annual Consortium Quiz will be held on Friday 13th March at London Colney Primary School at 2pm. Please come along and support your school — can St Bernadette retain their winning trophy?!!

Family sessions coming up include Dads, Lads and Lasses guitar workshop and Family Samba!

Next term will see the introduction of our new FREE Booklet to all families in the Consortium— a one stop shop of services in our area—Schools, Doctors, Dentists, Businesses and Leisure Activities, National Help lines and much more!

If anyone has any information they would like to put forward to be included please do so by Friday 30th January.

Remember to check out the website regularly to find out what is happening near you!



SEE OVERLEAF FOR
COURSES HAPPENING
IN SPRING 09

Your ESCO contact is:

Nikki Howes

Please contact me with any suggestions or queries

Mob: 07912 792215

nhowes@mountpleasant.herts.sch.uk

Your Parent Support Worker is:

Hilary Blake

Mob: 07595 347323

hblake@mountpleasant.herts.sch.uk

Hilary is available to contact by email, text or phone Monday to Friday, 9am–5pm and has a drop in session at Mount Pleasant Lane JMI every Wednesday from 2pm–6pm.

Please feel free to make an appointment or just drop in if you have any parenting issues you would like to discuss.

WHATS ON? WHERE? THERE IS MORE 4 U @

COMPUTER CLUB

Every Monday morning @ Mount Pleasant Lane JMI @ 9am for an hour. FREE computer sessions with a Tutor. Come and search the web, access Job Finder online or just learn more about computers! Just turn up or call Nikki for more information.

PARENTING COURSES

Feb 26th 7pm-9pm @ Park Street School — 'Can Do Kids' workshop. FREE for parents to help improve your child's self esteem and improve confidence.

March 17th, 24th and 31st 7pm-9pm @ London Colney Childrens Centre - FREE 3 week evening course for parents to help support children through separation and change. Ways to help children adjust and cope with family changes.

March—(date to be confirmed) @ How Wood School— 'Dealing with Sibling Rivalry' workshop. FREE course for parents.

Starting Tuesday 24th February 7.30pm-9.30pm 6 week course @ Marlborough School. Got a Teen? Would you like to improve your relationship with him/her? A FREE informal and relaxed course about managing conflict, setting boundaries and effective communication.

Please contact Hilary Blake to book a place or for more details.

POTTERY LESSONS

Parmiters School have started 2 Pottery courses, one for adults and one for children—please contact Jan Baker on jan.baker@stmichaelschs.herts.sch.uk or call on 01923 673769 for more information.

FEBRUARY HALF TERM/EASTER

Watch out for the flyers—we have some new activities available so places will be allocated strictly on a first come, first served basis.

THE BASE—LONDON COLNEY

Offers a free and confidential counselling service and mind and body drop in sessions for 11—19 year olds in the area. There is LOADS going on there—visit www.baseyouthproject.org.uk for more info or just drop in when they are open! Call Shelley the coordinator on 01727 821639 for more info.....

We also run a Youth Club on Mondays from 4pm—5.30pm for children in Years 5 and 6.

CHARTERS HEALTH CLUB

Charters Health Club at Leavesden Country Park are running a 4 week 'get in shape course' for just £2.50 per week on Mondays from 1.45—3.15 starting on the 19th January. This leads to a special offer on membership to help you maintain that healthy lifestyle!

COOKING FOR KIDS

A 6 week evening Healthy Cookery Class for children from Year 5 — Year 8 and their Parents—coming soon to a Secondary School near you!

www.hertsextendedschools.org.uk/stalbanssouth

PARENTLINE PLUS—Parent? Need to talk?

Free phone, impartial, confidential advice for parents/carers.

24 hour helpline, 365 days a year.

Speak to someone.....

0808 800 2222

