



More 4 U @ St Albans South

AUTUMN TERM '09

PRACTICAL PARENT HELPERS COURSE

Do you help in School or would you like to?

We are running a 5 week course with a tutor to give you background knowledge, practical ideas and an understanding of how children learn.

Monday mornings

9.30-11.30 from 12th October to 16th

November. (not including half term week)

Watch out for the flyer or see it on our website.

WELCOME!

Welcome back to another new year—new pencil cases, new shoes and new faces!

More 4 U @ St Albans South is the Extended Schools Consortium which is comprised of 8 Schools: Park Street, How Wood, Mount Pleasant Lane, Killigrew, London Colney Primary, London Colney Nursery, Bowmansgreen and St Bernadette - Schools, outside agencies and providers working in partnership to improve outcomes for children, young people and their families in the area.

We all work together to deliver services to all the families living in the area from fun holiday activities, after school clubs, breakfast clubs, parenting courses and much, much more!

There is a lot going on in our Consortium and the best way of keeping up to date and not missing out is by accessing our website..

www.hertsextendedschools.org.uk/stalbanssouth

If you don't have access to a computer and/or the internet please get in contact with Nikki Howes your ESCo, who will be able to help you to find a local place to access it.

We have had a great summer and I saw lots of old faces and many new ones too at our fun days—gymnastics, cheerleading, multisports, drama—we have been very busy! Its fantastic to see so many of you enjoying the activities and thank you to everyone for the positive feedback—it's good to know that it is all going well!

extended opportunities - Helping YOU to support your children

PARENTING NEWS

Hilary Blake is your Parent and Family Support Worker and is here to help.

Secondary School Application and Transition sessions - practical information on how to apply for the right school for your child and also support for you on coping with the changes.

Stressbusting workshop - if being a parent gets a bit too much ,come along for a couple of hours, chat to other parents and discover some strategies to help you out!

Dealing with tantrums workshop -what to do when your child's in a strop and nothing you do seems to work!
Practical Parent helpers course - would you like to help in School? Get some practical help, advice and training on this 5 week introductory course. Mornings with a free crèche provided.

Family Week 19th - 25th October Activities for you and your child to enjoy together -

Samba workshop -- Whistles, drums, rattles and much more to get into the samba beat - come along and make a noise!

Family Cycling session

Family First Aid

If you need help with any form filling, information on local support groups or would just like a chat about any concerns you may have at home or at school with your child, you can call or text Hilary on

07595 347323 or email hblake@mountpleasant.herts.sch.uk

There are 2 Drop in sessions every week, pop in during these hours or make an appointment anytime

2pm - 6pm at Mount Pleasant Lane JMI on Wednesdays

9am -10am at Bowmansgreen School on Fridays



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BodyWorks - COMING SOON TO YOUR SCHOOL!!

www.hertsextendedschools.org.uk/stalbanssouth

WHATS ON? WHERE? THERE IS MORE 4 U @

CHILDREN'S CENTRE NEWS—for the families with under 5's.

THE NEW CHILDREN'S CENTRE BUILDING BASED AT MOUNT PLEASANT LANE JMI SCHOOL WILL BEGIN BUILDING WORKS IN THE AUTUMN TERM.

Jeanette White is your Children's Centre Coordinator for Park Street and St Stephens and is keen to talk to you and find out about services in the area and what your needs are.

Please contact her on jeanette.white@hertsmereleisure.co.uk or on 07818 513742

London Colney Children's Centre has many activities and drop in sessions for Parents/Carers and their children—please see below for Autumn '09. Contact 01727 822196

Day	Time	Activity	Cost
Monday	9.15am - 10.30am	Drop in parent & toddler group	£1 per family
Monday	1.15pm - 3.15pm	Bumps & babies Expectant parents and new parents group	Free
Tuesday	9.10am - 10.15pm	Well child clinic Health visitor baby weighing and advice	Free
Tuesday	1.00pm - 3.00pm Must be booked	Family learning Play and language course for families whose first language is not English.	
Wednesday	9.15am - 11.15am	Drop in parent & toddler group	£1 per family
Thursday	9.15am - 11.15am	Childminders group Registered child minders stay and play session	
Thursday	2.00pm - 4.00pm	Well child clinic Health visitor baby weighing and advice	
Friday	9.15am - 11.15am	Under 2's playtime Drop in and play with your under 2.	£1 per family



A new Musical Theatre group for 9-13-year olds interested in singing, dancing and acting. An opportunity to be involved in a production at the end of each year in a local theatre.
Beginning Saturday 12th September 2009. Call now to book your place!

Tel: 01727 860941

e-mail: dean.evans@hertsmereleisure.co.uk

St Albans Music School

Saturdays 2.15-4pm

OCTOBER HALF TERM 2009

MONDAY/TUESDAY—APEX MULTISPORTS/FOOTBALL

WEDNESDAY—MAD SCIENCE/BASKETBALL/CHEER

THURSDAY/FRIDAY - GYMNASTICS/PETITE FEET

NEED TO GO CHRISTMAS SHOPPING IN PEACE?

CHRISTMAS ACTIVITY DAYS FOR AGES 5—12

SATURDAY 5TH DECEMBER 10-3 @ MPL SCHOOL

SATURDAY 12TH DECEMBER 10-3 @ MPL SCHOOL



Excel

Performing Arts

NEW CLASSES starting September 2009 at Bowmansgreen School

For 4 - 12yr olds

Mondays & Wednesdays after school

Ballet Classes

&

Jazz/Musical Theatre Dance

Phone 07866 274703 E-mail samantha.payton@virgin.net

CALLING ALL PARENTS!

— Get Back Into/Get Into.....Sport!

Learn a new sport, or one you haven't played for years

Learn in a fun, social atmosphere

Learn with other new players

Over the coming months, a series of 'Back Into....' and 'Get Into....' programmes will be delivered around the St Albans district. These programmes have been specifically designed to offer fun, social and affordable sport & physical activity sessions to adults who haven't played sport for years, or have never played at all!

The full programme will be publicized next term, but if you want to take up playing sport again, and feel intimidated joining a club, these are the perfect programmes for you!

Interested? Then get in touch with Tom Burton of the St Albans Sport and Health Development Team on 01727 827667 or email him on tom@activestalbans.com.

