



CASSIOBURY JUNIOR SCHOOL

END OF AUTUMN TERM

NEWSLETTER No 14

Thursday 18th December 2025

Dear Families,

Messages from Miss Sherry..

As we reach the end of the Autumn Term we have to say goodbye to Miss MacGregor and Miss O'Connor. It is never easy to see people move on but we wish them well in their next role.

It has been a busy term in school. Many thanks to all of the parents for their support and for the CSA for all of the work that they do in the background to raise funds and run events.

We have seen many of you at the music concerts, parent evenings, nativity and carol concert events as well as those chats at the school gate. The staff and children have put so much into this term that I hope everyone has a lovely break over the Christmas holiday. Thank you everyone.

News from the School Council

The school council met and agreed that their four areas this year are...

- Some special events
- Discussing a range of clubs
- A kindness focus
- Reducing litter

We will update you over the year.

Year 3 Production

A huge well done to Year 3 for their fantastic production! You truly brought the stage to life with energy, creativity, and sparkle – it was like watching our very own “Strictly Come Dancing”, full of dazzling performances and teamwork. We’re so proud of you all!

Thank you

Thank you for the generous gifts the staff have received for Christmas. It really is appreciated and very kind of you.

House Points so far...

Union – **Green** = 982

Colne – **Red** = 763

Chess – **Blue** = 718

Gade – **Yellow** = 681

School Dinner Menu

The school dinner menu for Spring Term 1 will be added to the School Gateway and we will notify you by email when the meals are available to book. Please always allow at least 2 days before the day required and please pay for all meals booked at the time of booking.

Christmas Dinner photos

Please see the following link for our Christmas Dinner Day photos <https://cassiobury-junior-school.secure-primariesite.net/gallery/>

Year 6 Residential – payments

Just a reminder that the Year 6 residential are available to pay on the School Gateway all in one go or in instalments on the following dates:

Friday 28th November 2025

Friday 27th March 2026

Friday 9th January 2026

Wednesday 29th April 2026

Friday 27th February 2026

Friday 29th May 2026

We would be most grateful if you could pay by the due date so we can keep to our payment schedule with Caythorpe Court. Thank you.

Year 5 Swimming

Some of our Year 5 children will continue to have swimming lessons from Friday 9th January 2026. Please see separate email.

If your Year 5 child has now passed their swimming assessment, you will receive an email to confirm that your child will need to bring their PE kit to school every Friday.

Families Feeling Safe

Please see information links:

<https://familiesfeelingsafe.co.uk/wp-content/uploads/2025/11/Mums-Dads-online-poster-Spring-2026.pdf>

<https://familiesfeelingsafe.co.uk/wp-content/uploads/2025/11/Dads-online-poster-Spring-2026.pdf>

Free December workshops for Mums, Dads & Carers

See flyer below for more information.

After School Sports Clubs and Wraparound Care

Please see the flyer below regarding the after-school sports clubs and wraparound care for Spring Term 2026.

Message from Mr Berlin – Challenge Sport & Education

I hope you are having a lovely week and looking forward to the upcoming festive break. My name is Mr Berlin and I'm part of the team that runs PE and sports clubs at the Junior School as well as wraparound childcare and holiday courses across both the Infant and Junior schools. **We need your help!** Having run holiday courses at Cassiobury for a number years, we are conscious that our offering hasn't changed much during this time. We would love to know how we can ensure our courses continue to be relevant, enjoyable, and beneficial for our families.

We would be very grateful if you could spare just two minutes to complete a short survey and share your feedback. Please see the link below. As a thank you, if you leave your email address at the end of the survey, we will send you a £5 voucher to use on any upcoming holiday course.

If you would prefer to discuss your thoughts over the phone instead, please feel free to let give us a call on 07719315932

Thank you very much for your time and continued support -
<https://www.surveymonkey.com/r/GZYPZQ7>

Gym Jams Gymnastics

Please see the flyer below for the Spring Term 2026 Gym Jams Gymnastics Club. Book early to secure your child's place.

Cedar Tree Tuition

Please see the flyer below to book your child for the Cedar Tree Tuition Club.

Mock Transfer Tuition

Please see the flyer below to book your child for the Mock Transfer Tuition Club.

Creative Minds Art Club

Please see flyer below regarding the Creative Minds Art Club.

Chess Challengers Club

Please see the flyer below regarding the Chess Challengers Club.

DKH Christmas Card Winners

Congratulations to Hayden M & Ezra C in 3 Apple, Wilf C & Emelia M in 3 Alder, Clara C in 5 Pine & Fatima M in Heron (infants) for being the 6 selected winners for the DKH Christmas card competition – well done!

Children's Wellbeing Practitioner Workshops – Jan to March 2026

Please see flyer below.

Youth Mental Health First Aid – Free

Please see flyer below.



◆◆ You're Invited to a Magical Afternoon of Fun! ◆◆

Dear Parents and Carers,

We are delighted to invite you and your families to a very special Comedy Magic Show, proudly presented by the Watford Association of Magicians — and hosted as a fundraiser for our School Association (CSA).

This exciting live show will feature talented magicians competing in a fast-paced, comedy-filled performance that promises plenty of laughs and jaw-dropping magic for all ages.



Monday 30th December 2025



3:00pm – 5:00pm



The Henderson Hub, High St, Abbots Langley, WD5 0AR



Tickets: £5 each (all ages welcome – recommended 3 to 93!)

Every ticket sold helps support school projects, activities, and resources for the benefit of our children — so by coming along, you'll be enjoying a fantastic family event and supporting our school at the same time.



Expect comedy, creativity, brilliant magic, and a wonderfully festive afternoon out during the school holidays!

Tickets are limited, so we recommend booking early to avoid disappointment.



Scan the QR code on the poster to secure your seats today.

Thank you for your continued support — we look forward to seeing you there for an afternoon of laughter and magic!

Warm regards,

The Cassiobury School Association Team

Special Mentions

ALL of 3 Alder - for working really hard this half term and performing a fantastic nativity - you all did superb!

ALL of 3 Apple - for their dedication to learning their lines, singing beautifully and overall, a fantastic performance for our nativity. I'm proud of you all!

All of 3 Ash – for putting on a fabulous production for your parents and carers – well done, you all should be very proud.

4 Hawthorn – **Aryana A** - for showing kindness and generosity in the classroom, **Eliana O-S** - for showing great creativity in her artwork and **Sebastiao P** and **Anaya P** - for excellent work in maths.

4 Hazel – **Lonnie M** – for consistent effort into joining his handwriting correctly.

4 Holly - **Farong L** and **Aleeza A** - for working hard when problem solving with time and **Ibrahim M** - for writing a fantastic haiku in English.

5 Pear – **Boris C** and **Elsa K** - for using figurative language, expanded noun phrases and speech punctuation in writing a setting a description.

5 Pine - **Amara M** - for amazing Christmas card art work and **Hossein R** - for working so hard on his writing assessment which I thorough enjoyed him reading it to me.

5 Poplar - **Riyan P**- for being thoughtful and sensible around school and **Sebastian H** and **Raffy P** - for writing great setting descriptions using figurative language.

6 Beech – **Abi J** and **Ralph M** - for thoughtful and interesting research into their Paralympians.

6 Maple - **Hanaa J** and **Jasmine P** - for their excellent efforts in creating informative and well presented PSHE projects on their chosen Paralympians.

6 Oak – **Praanav P** - for bring creative ideas to both his writing and PSHE project and **Monty L** - For creating a uniquely presented project on his chosen Paralympian.

Thank you to..

Sophie W and **Rey D** – **6 Maple** – for being excellent Office Monitors this week – thank you!

Well done to..



Anika Y- 3 Alder - performed her 1st “Solo Piano Concert” at Watford School of Music – well done!



Uddhava-Hari H – 3 Apple - won 1st place at the Relentless Cup Basketball Ball end of autumn term tournament – well done!



Avani O – 3 Apple - has worked really hard over the year and has achieved her Stage 4 Learn to swim – well done!

Have a lovely festive break and we look forward to seeing you all on Tuesday 6th January 2026!

Miss Sherry and the School Office Team

DATES FOR YOUR DIARY

JANUARY 2026	
5 th	Inset Day – school closed
6 th	Back to School for the Spring Term 2026
13 th	6 Maple & half of 6 Oak (surname A to K) visit to Bentley Priory Museum, Stanmore – see separate correspondence
14 th	Year 5 visit to Rickmansworth School performance – AM – see separate correspondence
15 th	6 Beech & half of 6 Oak (surname L to T) visit to Bentley Priory Museum, Stanmore – see separate correspondence
16 th	Parent Rep Meeting @ 9am – Miss Sherry's Office
19 th	Watford Foodbank collection week for Harvest
FEBRUARY 2026	
4 th	Young Voices 2026 – Year 6
6 th	Parent Rep Meeting @ 9am – Miss Sherry's Office
16 th – 20 th	Half Term
MARCH 2026	
6 th	Parent Rep Meeting @ 9am – Miss Sherry's Office
12 th to 17 th	Book Fair – open to parents and children
19 th	Year 3 Science Workshop
23 rd	Year 6 Ben Kinsella Trip – 6 Maple
24 th	Year 6 Ben Kinsella Trip – 6 Oak
24 th	Year 3 St Luke's Church visit
25 th	SEND Support Plan Meetings after school
26 th	Year 6 Ben Kinsella Trip - 6 Beech
27 th	Spring Term 2026 ends @ 1.05pm – non uniform
APRIL 2026	
13 th	Back to school for the Summer Term 2026
17 th	Parent Rep Meeting @ 9am – Miss Sherry's Office
MAY 2026	
4 th	Bank Holiday
8 th	Parent Rep Meeting @ 9am – Miss Sherry's Office
25 th – 29 th	Half Term
JUNE 2026	
5 th	Parent Rep Meeting @ 9am – Miss Sherry's Office
JULY 2026	
3 rd	Parent Rep Meeting @ 9am – Miss Sherry's Office
23 rd	Summer Term 2026 ends @ 1.05pm – non uniform
SEPTEMBER 2026	
1 st	Inset Day – school closed
2 nd	Inset Day – school closed
3 rd	Autumn Term starts
OCTOBER 2026	
23 rd	Author Visit – Paterson Joseph visiting – see School Gateway
26 th – 30 th	Half Term
NOVEMBER 2026	
27 th	Occasional Day – school closed
DECEMBER 2026	

18 th	Autumn Term 2026 ends at 1.05pm – non uniform
JANUARY 2027	
4 th	Inset Day – school closed
5 th	Spring Term 2027 starts
FEBRUARY 2027	
15 th – 19 th	Half Term
MARCH 2027	
24 th	SEND Support Plan Meetings after school
25 th	Spring Term 2027 ends at 1.05pm – non uniform
APRIL 2027	
12 th	Summer Term 2027 starts
MAY 2027	
31 st – 4 th June 2027	Half Term
JUNE 2027	
25 th	Inset Day – school closed
JULY 2027	
21 st	Summer Term 2027 ends at 1.05pm – non uniform
22 nd	Inset Day – school closed

Challenge Sports Club & Wraparound Childcare Spring Term 2026

Dear Parents/Guardians,

We are delighted to continue running both a range of sports clubs and wraparound childcare throughout Cassiobury Junior School in 2026

The information below outlines what is on offer and when you can book.

AFTER SCHOOL SPORTS CLUBS

All clubs run from 3:20 pm to 4:20 pm and combine skill-based games with match play. The main emphasis for clubs is participation and fun. Sessions cost £6 per session. Booking is made on a termly basis. If, once booked, your child no longer wishes to attend (either before the start of the term or during the term), we will cancel your space and refund you. Unfortunately, we don't offer refunds for individual sessions missed.

All clubs run from the first day back, Tuesday 6th January and run until Thursday 26th March

	Year 3	Year 4	Year 5	Year 6	Start Date
Monday	Netball (Y5/6 Playground)	Netball (Y5/6 Playground)	Netball (Y5/6 Playground)	Netball (Y5/6 Playground) OR Football (MUGA)	Monday 12th January
Tuesday	Girls Football (MUGA)	Girls Football (MUGA)	Boys Football (Playground) OR Girls Football (MUGA)	Girls Football (MUGA)	Tuesday 6th January - First Day Back
Wednesday	Dodgeball (Dance Studio)	Dodgeball (Dance Studio) OR Football (MUGA)	Dodgeball (Dance Studio)	Dodgeball (Dance Studio)	Wednesday 8th January
Thursday	Football (MUGA) OR Basketball (Playground)	Basketball (Playground)	Basketball (Playground)	Basketball (Playground)	Thursday 9th January

PLEASE NOTE - THE FIELD IS CLOSED DURING JAN & FEB

Booking will be open from Monday 15th December at 8pm. [Please click here to book](#)

To book, please click [here](#) and scroll down to Cassiobury Junior School (please note, spring term courses will not show until 8 pm on Monday 15th December)

WRAPAROUND CHILDCARE (Monday - Friday)

Our childcare offering will remain the same for the remainder of the 25/26 academic year

Prices:

- Morning: £6 (7.30 am - 8.40 pm)
- Afternoon: £13 (3.20 pm - 6 pm) or £8 (if attending after a different club that finishes at 4.15 / 4.30 - 6 pm)

In the morning, children will be served a choice of cereal, toast or sandwiches. Children can either play board games, jigsaws, Lego, puzzles, or colouring in the dining hall, or participate in sports and games in the dance studio. There will be a minimum of three leaders on site each morning.

Drop off will be from the Junior School main entrance.

In the afternoon, all of the above is on offer. We will have access to the hall in both the Junior and Infant schools, along with other indoor and outdoor spaces. There will be a minimum of four leaders on site each afternoon.

Collection will be from the Junior School main entrance (use the walky talky - more details sent in Jan)

You can book individual days or weekly bookings. We take bookings in advance or on the day. As always, should you wish to cancel a pre-booked date, as long as you provide notice (even if last minute), we will offer you the following:

1. A free day swap
2. A voucher for 100% value to book another day
3. A refund back to the card used to make the booking - 100% of the value, less £3 per day.

You can notify us via email or WhatsApp (preferable)

Booking will be open from Monday, 15th December at 8pm. [Please click here to book](#)

To book, please click [here](#) and scroll down to Cassiobury Junior School (please note, spring term courses will not show until 8 pm on Monday, 15th December)

If you have any questions, please email us at info@challengesporteducation.co.uk or message WhatsApp 07719 315 932

Children's Wellbeing Practitioner Workshops January – March 2026

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.

All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>



Workshop	Date & Time
Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.	Thursday 22 nd January 6-8 pm Thursday 12 th March 6-8 pm
Adolescent Self-Esteem and Resilience A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.	Tuesday 27 th January 6-8 pm Tuesday 3 rd March 6-8 pm
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Tuesday 24 th February 10-12 pm
Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.	Tuesday 3 rd February 6-8 pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Thursday 8 th January 6-8 pm Tuesday 10 th February 10-12 pm Tuesday 24 th March 6-8 pm
General Emotional Wellbeing and Regulation Tips for Parents/Carers A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Tuesday 13 th January 10-12 pm Thursday 19 th February 6-8 pm Wednesday 18 th March 10-12 am

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:
<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>



The Watford Association of
Magicians
proudly presents:
The Kids' Competition

Magic Show

December 30th 2025

3pm-5pm

Fun for ages from 3-93

All tickets £5 each



The Henderson Hub High St. Abbots Langley. WD5 0AR

For KS2 students
in
Yr 3 to Yr 6

£12 per class (Pay in
advance for the term)

All material will be
provided



CREATIVE MINDS ART CLUB

After School Art Club at
Cassiobury Junior School

Monday 3.20-4.30pm

You will:

- learn painting and drawing techniques
- use a variety of medium
- create your own fantastic artwork

To book please contact
Namita Jain via email at
njain212@gmail.com or via
phone at 07976967824

*Hurry up, spaces are
limited!*



Mock Transfer Tests 11+

When a helping hand is all you need



11+ After School Club

Enrol Now For January Classes

Yr 4 class & Yr 5 class

Monday 3.15pm – 4.30pm

- Considering tutoring for the 11+?
- MTT runs After School Classes for Yr4 & Yr5
- Qualified teachers & experienced TA in each class.
- Structured proven programme for the SW Herts Tests
- Discounted rate for Cassiobury families

To enrol, use the QR code below and complete the enrolment form

www.mocktransfertestests.co.uk

enquiries@mocktransfertestests.co.uk Tel:: 07785 770801



Group Tuition

in preparation for the 11+ SWHerts
Consortium Examinations



In January 2026, Cedar Tree Tuition will continue providing small group tuition to prepare Year 4 and Year 5 children for the South West Herts Consortium 11+ examinations at Cassiobury Junior school.

The South West Herts Consortium examinations are for admission to the following schools: Rickmansworth, St. Clement Danes, Croxley Danes, Parmiter's, Watford Grammar School for Boys, Watford Grammar School for Girls and Queen's.

Cedar Tree Tuition has been running small group tuition in the area for five years, and has a carefully designed programme to prepare children, academically and emotionally, for the local 11+ examinations. We have a website which details further information, as well as lovely reviews on Google and Facebook.

Cassiobury Junior School:

Year 4 Tuesdays 3.20pm - 4.40pm

Year 5 Tuesdays 3.20pm - 5.15pm

Please do reach out using the information below.

For Bookings:

 www.cedartreetuition.co.uk

 info@cedartreetuition.co.uk

 07394 082649

Cassiobury Junior School

Gym Jams Gymnastics

Spring term course 2026

Monday morning club

@8:00-8:40am

Monday 12th January - 16th March

No session 16th February

9 week course - price £76.50

Open to KS2 only

All abilities welcome

Limited space available

A fun club, learning key gymnastics skills, achieving awards and taking part in school displays.

Contact coach Emily via email
to book
emoore.04@outlook.com



Chess Challengers Club

UK's No.1 leading chess club

Cassiobury Junior School

Bellmount Wood Ave, Watford WD17 3PD

Starts on Tuesday 6th Jan 2026

Time: 3:20pm to 4:30pm

Chess Lessons & Tournaments

Age : 6 yrs and above

Register: chess.challengers@outlook.com

Our students participate in UK's prestigious tournaments
London Junior Chess Championship,
British Chess Championship

Encourage your child to explore a new skill !



Winter Timetable

Upcoming Healthy Families Programme Dates - Hertfordshire (Starting w/c 26th January)

Mondays

In Person (Morning)

 Starting 26th January

 10am - 12noon

 High Trees Family Centre,
Broxbourne, EN10 6AE
(c/o Hertford Regional
College, Broxbourne
Centre)

Tuesdays

Online (Morning)

 Starting 27th January

 10am - 11.15am

 Online

Wednesdays

Online (Morning)

 Starting 28th January

 10am - 11.15am

 Online

Wednesdays

Online (Evening)

 Starting 28th January

 5.30pm - 6.45pm

 Online

All programmes run for 8 weeks with a break.

Free crèche facilities available for in-person sessions.



Beezee
in Hertfordshire

Find out more:

 01707 248648

 herfordshire@henry.org.uk

 www.henry.org.uk/hertfordshire





FOR PARENTS & CARERS

HEALTHY FAMILIES: RIGHT FROM THE START

FREE 8-SESSION PROGRAMME

**SIGN UP
TODAY!**

Helping families give their little ones the best start in life.

A unique programme supporting parents and carers of children aged 0–5 to:

- Build skills to support your parenting journey with confidence.
- Discover simple fun ways to keep your little ones active.
- Explore healthy meals and snacks that work for the whole family.
- Create family routines that support a balanced, happy lifestyle.
- Strengthen family bonds and make everyday moments special – together.

Programme details:

Upcoming programmes start

the week commencing 26 January 2026:

- **Mondays** (in person): 10am–12 noon, Broxbourne
- **Tuesdays** (online): 10am–11.15am
- **Wednesdays** (online): 10am–11.15am or 5.30pm–6.45pm

Find more details and book your free place at www.henry.org.uk/hertfordshire.



You'll also receive a **FREE** toolkit packed with resources to help you along the way.

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Find out more:

- ☎ 01707 248648
- ✉ herfordshire@henry.org.uk
- 🌐 www.henry.org.uk/hertfordshire



Beezee
in Hertfordshire

In partnership with:



Our FREE 12 week in-person and online programmes
start on week commencing 19th January 2026



Monday	Tuesday	Wednesday	Thursday
BOREHAMWOOD Aberford Park Community Centre, WD6 1PN 4:30 - 6:30pm	WATFORD Holywell Community Centre Chaffinch Lane, WD18 9QD 5:30 - 7:30pm	STEVENAGE Oval Community Centre SG1 5RD 5:30 - 7:30pm	WALTHAM CROSS St Joseph's Church 204 High Street, EN8 7DP 4:30 - 6:30pm
** NO SESSION **	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 5:00 - 7:00pm	HATFIELD Birchwood Avenue Primary School, AL10 0PS 5:00 - 7:00pm	** NO SESSION **
ONLINE (10 weeks) (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (10 weeks) (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (10 weeks) (ages 9 - 12) 5:30 - 6:30pm	** NO SESSION **

Sign up today!



hrt.maximusuk.co.uk

@ BZBinfo@maximusuk.co.uk

01707 248 648



Our programmes are for children above their ideal weight, see our website for more information.



Our online group sessions start on:

Date: Wednesday 28th Jan 26 & weekly after

Time: Starts at 6pm and ends at 7pm

Ready to make a change?

The first step starts with you

Join our **FREE** 8-week health and wellbeing programme. It's made with the help of young people, for young people. This is a chance for you to talk about topics that matter to you.

Achieving Goals

Body Image

Communication

Exam Stress

Motivation

Physical Activity

Relationships

Self-Love



hrt.maximusuk.co.uk

@ BZBinfo@maximusuk.co.uk

01707 248 648



Our programmes are for 13 to 17-year-olds, see our website for more information.

24-0882

Sign up for your
FREE PLACE
today



Youth Mental Health First Aid Training

FREE



1 day Champion course designed specifically for school professionals working with 8 to 18 year olds.

MHFA England

You will learn:

- An understanding of common mental health issues and how they can affect young people
- The ability to spot the signs of mental ill health in young people, and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing

Friday 21 Nov 2025 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	School Professionals	Parking available on site
Friday 5 Dec 2025 9.30am to 4pm	Hertfordshire County Council, Robertson House, Stevenage, SG1 2FQ	School Professionals	Parking available on site
Friday 23 Jan 2026 9.30am to 4pm	Peartree Spring Primary School, Stevenage, SG2 9GG	Parents/Carers	Parking available on roads near venue
Friday 6 Feb 2026 9.30am to 4pm	Springmead Primary School, Welwyn Garden City, AL7 2HB	School Professionals	Parking available on roads near the venue
Friday 27 Feb 2026 9.30am to 4pm	The Hub, Fleetville Junior School, St Albans, AL1 4LW	School Professionals	Parking available on site
Friday 6 Mar 2026 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	School Professionals	Parking available on site

2 day First Aider course suitable for everyone who teaches, works, lives with or cares for 8 to 18 year olds.

You will learn:

- An in depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills, such as non judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support
- How to engage with parents, carers and external agencies
- How to support a young person with a long term mental health illness to thrive
- Tools to look after your own wellbeing

Thursday 6 & Friday 7 Nov 2025 9.30am to 4pm	Peartree Spring Primary School, Stevenage, SG2 9GG	School Professionals	Parking available on roads near venue
Thursday 15 & Friday 16 Jan 2026 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	School Professionals	Parking available on site

To book your place please email schoolsmh@hertfordshire.gov.uk

Places are limited to two representatives per education setting