



# ACS NEWSLETTER

## Headteacher's Message:

Dear Parent/Carer,

As we approach the Easter break, I wanted to write with a few updates and share key information for the new term. The Year 11 and 13 students continue to work tirelessly in preparation for their final exams this summer - please ensure your child is in school for every exam. This term has seen a range of activities take place for students in and out of school. We celebrated Pi day on 14 March and the students enjoyed throwing a pie at a teacher. Please take time to read the information in this letter with your child over the holiday.



## Equipment

We are still seeing a large number of students attending school without the basic equipment to enable them to access learning. Students who don't even bring a pen to school interrupt their own and others' learning and cause unnecessary delays to teaching. Please check each morning that your child leaves the house with the following items to support our school and their learning.

All students are expected to carry their everyday equipment, including PE kit (when required), pencil case, books, etc. **in a bag of suitable size** (students should bring a bag every day). Students should bring a pencil case containing:

- 30cm ruler
- 2 HB Pencils
- Pens (black/blue and green)
- Eraser
- Sharpener
- Protractor
- Compass
- Scientific calculator

## Uniform

Wearing the full school uniform is an important part of our school identity and prepares students for working life where they will have to dress appropriately for the jobs they have when they leave school. Please ensure that your child leaves for school wearing their full school uniform including blazer, school trousers or skirt, shirt, tie, school jumper (optional) and black shoes. There are students who are still wearing hoodies around the school site and this is against our school rules. Leggings are not part of the school uniform, either worn on their own or under skirts.

If you have any issues with your child's uniform, please send a note with your child to explain and confirm when this will be corrected or the missing item purchased.

## What's On

Monday 15 April - All students in school  
 Tuesday 23 April - Dance Show 7pm  
 Friday 26 April - Sunday 28 April - PGL Revision Trip  
 Monday 6 May - Bank Holiday  
 Tuesday 14 May - Friday 17 May - Spanish Trip  
 Monday 20 May - Friday 24 May - Year 10 Work Experience  
 Wednesday 22 May - Year 7 Parents Evening 4pm  
 Friday 24 May - End of Term

Monday 3 June - All students in school  
 Tuesday 4 June - Performing Arts Awards Evening  
 Wednesday 26 June - Year 7 Willen Lake Trip  
 Thursday 27 June - Year 11 Prom  
 Friday 28 June - Sunday 30 June - KS3 Manor Adventure  
 Monday 1 July - Wednesday 3 July - Sixth Form Induction  
 Monday 1 July - Year 9 Pathfinder Day (University of Hertfordshire)  
 Monday 1 July - Year 8 Parents Evening 4pm  
 Tuesday 2 July and Wednesday 3 July - Year 10 Geography Trips  
 Tuesday 9 July - Musical Evening 4-6pm  
 Thursday 11 July - Year 6 Transition Day  
 Thursday 18 July - Sunday 21 July - Flanders Trip  
 Friday 19 July - End of Term

## Letters Home

Click [HERE](#) to find the most recent letters we have sent home to parents.



## Lunch time

Starting from Monday 22 April for the duration of the examination period, we are moving the lunch break forward by one hour - lunch will be from 12:25pm to 1:05pm. This will ensure the students sitting their exams are able to have their lunch before the exams start and the exams are not disturbed by students outside at lunch time. Further information about this change will be shared with students and parents/carers in the first week back after the holiday.

## Behaviour

We regularly mention behaviour of students and improving the behaviour of students in lessons and around school remains a key priority. We have a small group of students who are late to lessons, leave lessons or don't arrive at lessons at all. If your child is struggling with their learning or relationships in the classroom, they should speak to their form tutor or Head of Year at break time, lunch time or after school instead of leaving the classroom.

Students who are displaying this behaviour cause disruption to the school day and distract students who are learning in the classrooms. Our new toilet blocks are much improved, and students should use these for the sole function of using the toilet and only one student should use a cubicle at a time.

Please speak to your child about all of the above, even if you don't think it applies to them, to support our school in raising our standards of behaviour and outcomes.

## Mobile phones and other devices (including airpods/headphones)

A reminder that the government has released new guidelines on the use of mobile phones and other devices in schools. This guidance can be found [here](#). Education secretary Gillian Keegan warned 'mobile phones are, at a minimum, an unwanted distraction in the classroom', and said 'she was giving hard-working teachers the tools to take action to help improve behaviour'.

We have seen a reduction in the use of mobile phones and airpods/headphones around school over the last half term and I want to thank you for your support with this. Please remind your child that if they are using these devices in school, staff will confiscate them and hand them in to the reception who store it safely for your child to collect at the end of the day, after completing a 30 minute detention.

Should there be a need for your child to contact you, they will need to ask a teacher who will find a time and space for them to do this appropriately. If you need to contact your child, please consider going through the school office to support the implementation of our policy. Your support with this is greatly appreciated.

I recently read an article on The Guardian website that I wanted to share with you all. If you have time over the holiday to read this I found it really informative. The article is written by prominent American social psychologist Jonathan Haidt and you can access it through this link - [Mobile phones and anxiety](#).

## Vaping

I wrote to you at the end of last half term about vaping and the rise in incidents within schools across Hertfordshire. The BBC have recently released a programme with Jordan North that looks at the facts and the science behind vaping. I've shared the link to the programme below in case you haven't seen this on the iPlayer.

[Jordan North: The Truth About Vaping](#)

## Social Media

We are using Instagram and Facebook to promote the events and activities going on at school and would encourage you to follow the accounts below to see more about what the students can take part in. Our Instagram page is: [theastleycooperschool](#) and our facebook page is: [The Astley Cooper School](#).

Once again, I thank you for your continuing support of The Astley Cooper School, we hope you have a good break over the Easter holiday and for those observing Ramadan, on Eid al-Fitr, Eid Mubarak to you all.

## ACS House System

Parks	King	Curie	Nightingale	Hawking	Shakespeare
108,968	108,325	101,013	113,968	89,249	98,070

Follow our social media pages for up-to-date news and information about ACS.

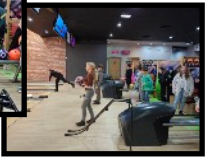
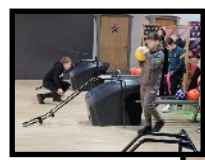


Further information is also available on our website.





# Year Group News



The **Year 7** students were rewarded for all their positive work, 100% attendance and top house points in their end of term assembly.

Also, 30 students were nominated by their form tutors to have an afternoon at Hollywood Bowling and to have lunch there. They had great fun trying to get higher scores than the staff that attended with them. Mrs Goodchild

As we reflect on the year so far for **Year 9**, I want to acknowledge your dedication and hard work. Despite challenges, you've demonstrated resilience and determination in your studies. Your efforts have been truly inspiring.

As you enjoy this break, let it serve as a well deserved reward to your commitment. Your recent selection of GCSE options marks an important milestone in your academic journey and I have every confidence in your ability to navigate this next chapter with grace and determination.

I look forward to welcoming you back with renewed energy and enthusiasm for the challenges that lie ahead. Wishing you a joyful break filled with pride in your accomplishments and excitement for what lies ahead.

Happy Easter and Eid Mubarak to those of you who celebrate. Ms. Msanide

A massive well done to all **Year 10s** for their continued hard work and attitude this term. You have come on so far, rising to the challenge and making a significant imprint onto your GCSE option subjects. I am so proud of each and every one of you.

Special shout out to all of those students who have won special awards in our end of term celebration assembly, awarding achievements like 0 negative points, 100% attendance and most positive points. A further congratulations to those students winning the highest awards, tutor star and Head of Year award.

Those awards went to (and pictured below):

10C - Thomas P

10H - Soli H and Jasmine W

10K - Isabella B

10N - Gloria A

10P - James G

10Pathway - Jodi E

10S - Dave C

HOY award – Jessica T



An extended celebration to the Year 10 boys football team who are through to the District cup final to be played after Easter – I look forward to cheering you on from the side-lines

I would like to take this opportunity to thank all the students for their work this term and the parents for their continued support. I wish all students in Year 10 and their families an enjoyable and relaxing Easter break, I look forward to greeting them next term as top of the school as the Year 11's begin their exams. Mr Hardy

Our **Year 11** students have continued to work exceptionally hard throughout the winter months; in their lessons, intervention sessions, tutorial sessions, assessments, practical exams, mock exams, Drop Down Days and we are very proud of the progress they have made.

The hard work will continue with our Easter revision sessions, which you will receive a letter about and targeted interventions during the summer term leading up to their GCSE exams. We also have a lot to look forward to this half term, such as our celebration assembly and prom.

I would like to take this opportunity to thank you all for your continued support and for working with us to help our students achieve their goals and aim higher.

Happy Easter and Eid Mubarak to those of you who celebrate. Enjoy your holiday! Ms Tasher



# English Department

'Box Clever Theatre' put on a performance of 'A Christmas Carol' for the whole of Year 10. This was an interactive performance that made revising for the GCSE English component fun, engaging and a fantastic creative way to learn. Students engaged with the performers and then had a 30 minute workshop, where students participated and revised key quotes, themes and characters from the novella. Year 10 appreciated the time to discuss their GCSE English content in a performative context, and students interested in theatre were excited to discuss career opportunities for getting into acting.



## THE ASTLEY COOPER SCHOOL DANCE SHOW



**Tuesday 23rd April 2024**

**Venue: School Hall  
7PM**

**£5 Ticket Via parent pay**



The Performing Arts department is running a trip to London to see Wicked at the Apollo Victoria Theatre on Wednesday 19<sup>th</sup> June 2024. Tickets are still available but time is running out! Get your ticket before the 31<sup>st</sup> March to ensure you don't miss out on this fantastic opportunity.

# Performing Arts Department

## Move It Exhibition Friday 15th March

45 students attended Move It at the Excel in London. They fully immersed themselves in the workshops, performances and market stalls and it was great to see them talking to experts from the industry.

This is an annual trip so keep your eyes peeled for next year!

## Dacorum Dance Competition Friday 22nd March

ACDC performed at the Dacorum competition for the first time in 7 years. We were welcomed back with open arms and are proud to have come 4th overall. The company performed amazingly and did us proud.

## Particip8 National Schools' dance competition

On Wednesday 27th March, we took The Astley Cooper Dance Company to Milton Keynes, to perform in the Particip8 National Schools' dance competition.

Our students were able to experience a day full of workshops including mental health, confidence and tackling knife crime. The students also tried their hand at some new hip hop moves. The dancers were able to collaborate with other students from different schools.

We are very proud to have placed 2<sup>nd</sup> in the competition with our students each receiving a medal and certificate. Well done ACDC!!







## PE Department

### Year 8 Netball

On Tuesday 19<sup>th</sup> March, the Year 8 Netball Team headed to Ashlyns School for the Annual Versatility tournament. This style of tournament sees students play in random positions to test their ability and positional knowledge. The Year 8 team finished 2<sup>nd</sup> in their pool and faced Abbots Hill B in the next round. After a win against Abbots Hill B, they progressed into the 3<sup>rd</sup> vs 4<sup>th</sup> play off against Ashlyns School. The girls won 5 - 1 with some impressive long range shots from Emily B to finish 3<sup>rd</sup> in the

### Year 10 Football

The boys have had an outstanding season to date. They came 2<sup>nd</sup> in their district league with some strong performances during the campaign.

It's the cup run, however, which is most impressive. They overcame Tring 'B' in the quarter final winning a tense penalty shoot out. They then faced a very difficult challenge against Ashlyns in the semi final. We scored early with a thunderbolt from Prestyn, playing some excellent counter attacking football in the first half. We faced an onslaught in the second half, but we defended heroically to seal a famous win.

The final will be played at Kings Langley on the 25th April.

Good luck boys!

### Year 8 Rugby

The boys have done an incredible job coming second in two tournaments, only losing to the winners each time and are currently undefeated in the Rugby League with two matches left. They have all done the school incredibly proud ensuring they try their best and never letting their heads go down. Their rugby, behaviour and team spirit has improved throughout this year and we will look forward to seeing what they are able to achieve in the long run.

# Maths Department



## Class teach class

Students from 8x/ma1 had the opportunity to teach students from two other year 8 classes, in small groups. In preparation for this lesson, the students had two hours in a computer room to prepare their PowerPoint and resources. One of the students even brought his own laptop, keyboard and mouse to deliver his work. It was a fantastic experience to enable the students to work in groups collaboratively and plan together. Students feedback was positive and they want more sessions like these.

## UKMT

Congratulations to the following year 9 and 10 students who sat the intermediate UK Mathematics Challenge and achieved Bronze and silver awards.

Sean G (Silver Award) Best in Year

Denisse V-I (Silver Award)  
( Best in Year)

Willow S (Bronze Award)

Lilia N(Bronze Award)

Trystan V S (Bronze Award)

Michal S (Bronze Award)



Soli H (Silver award)  
Best in School  
Oliver S (Silver Award)

Lordjacob P (Bronze Award)

Ana-Sofia D  
(Bronze Award)

Siena A-T  
(Bronze Award)

Ruby C  
(Bronze Award)

Matthew S  
(Bronze Award)

Maja S  
(Bronze Award)

Nina N  
(Bronze Award)

Jessica  
(Bronze Award)

## PI Day

We had another successful pi day here at The Astley Cooper School. Students thoroughly enjoyed the day with many activities for them to participate in. Students were given the opportunity to win a golden ticket and pie a teacher of their choice.

Kacey A-M in 7S won the hula hoop competition. Kacey continuously hula hooped for more than 26 minutes, she eventually had to be told to stop as lunch time was finishing!

Thank you to the following Year 10 students who assisted the maths department in running the activities.

Jess  
Nina  
Soli  
Xander  
Michael







British Science Week is a ten-day celebration of science, technology, engineering and maths (STEM) that takes place every year, run by the British Science Association. This year we celebrated with activities between 18 - 22 March and the theme was 'Time'.

Students were introduced to Science week in their assemblies and were encouraged to think about how to “smash the stereotype” of a scientist, learning all about the careers STEM can take them into as well as the successes of current and past scientists.

Form groups took part in a quiz, fitting with the theme of 'Time', and were challenged to a Science Element Treasure hunt, with clues hidden around school. During KS3 lessons, students learnt about how travel has changed throughout time and were tasked with designing their own transport for the future. Some incredible entries can be seen in photos, including one Year 8 group who took apart a model train and rebuilt it to incorporate a solar panel! Engineers of the future from ACS - watch this space! The engineering didn't stop in class, during lunch times there were House competitions within each year group, for students to build the best parachute to land an egg safely - well done to all the students who took part in this!





# Art and Photography Department

The Art and Photography department have attended two trips with our KS4 and KS5 students this term, exploring new spaces, artists, ideas and themes related to their projects.

We had an inspiring trip to The Photographers' Gallery in London with our A Level students, viewing the work of Daido Moriyama. Our students have started developing their own photographs in relation to the techniques and ideas he has used in his work - using dramatic contrasts of black and white when editing their work. After viewing the exhibition, students had the opportunity to take photographs of their surroundings in the Soho area.



Our GCSE and A Level students have also attended The Tate Britain, where they were exposed to both traditional and contemporary works of art, from paintings and sculptures to photography and film. During their time at the Tate, students made note of artwork that related to their new exam themes 'Power' for GCSE Art and 'Observe, Seek, Challenge' for A Level Art and Photography, using this time to produce observational studies from what they were viewing in real time. They have made an amazing start to their exam projects, developing a range of ideas, we can't wait to see what their final outcomes are!



Congratulations to Sapphire Bradding has won the Senior category of the Rotary Young Photographer Competition, with her photograph, 'Golden Harvest'

Dr Champion the Chief Judge said, *"This was the image we all agreed on unanimously. It was not only beautiful and well balanced, but also made us think. Nature is rebuilding all the time, it slows down, shuts down, and then cells regenerate, photosynthesis resumes and life returns. I loved the centred dominance of the tree with its limbs in the air, almost reaching up out of the soil, celebrating life. It was also good to see the thought process in the other images that Sapphire submitted, we could see that rationale flowing through her portfolio."*

Sapphire's winning picture will be entered into the Rotary Young Photographer District Heat where it will be judged against the entries entered by clubs across Beds, Bucks and Herts. If you win that heat your picture will be entered into the National Final.

There will be an exhibition of photos from the competition, which will be displayed at the Open Door, Berkhamsted High Street between the 11th and 25th of May.



Five pupils from Year 8 and seven pupils from Year 9 left Astley Cooper to take part in The Berkhamsted and Hemel Rotary Club Technology Tournament. The event took place in the impressive oak panelled hall in the old foundlings' hospital at Ashlyn's School in Berkhamsted.

There were nine competing schools from the county and our three teams settled down to their tables amidst an atmosphere of excited chatter and anticipation.

The problem this year was that each group of four had to find a way to get a survivor's pack across a crocodile infested river to an earthquake ravaged village on the other side. They were given some materials and a zip wire connecting each side of the river.

The teams were judged on their communication skills, ability to work as a team, technical knowledge and problem-solving abilities.

The Astley Cooper teams all made impressive electronic systems which were praised and commented on by the judges as they all solved the problem set. They came home having had a very enjoyable day and each received a certificate of participation.

Well done!

Ms Astor

Y8 Ethan M, Gracie L, Bethanie H, Sorayah H, Edward T

Y9 Jake C, Maddison B-T, Willow S, Bobby T, Evie M, Ianis A, Lilly-Rose R

Once again, we have a lovely selection of products to share from across KS3 and KS4. Here are some examples of the puzzles made in Year 7, pop up cards made in Year 8, tea-light holders from Year 9 and wooden toys from Year 10.

## Design and Technology

Well done to all those who completed their products and have taken them home this term.

Miss Dareve





# Sixth Form News

## Y11 Sixth Form Discovery Day

February saw all our Year 11 students arrive at school to experience life as a Sixth Form student. Students were asked to choose 5 subjects that they would like to find out more information about to potentially study Post 16. On the day students came into school wearing our Sixth Form dress code and engaged in four taster subject sessions delivered by our teachers. Walking around during the day there was a real buzz and excitement in the air and it was wonderful to see the students dressed smartly, the taster sessions in full swing and hearing students positive feedback. Since then we have had a huge number of Sixth Form applications for next year. We are looking forward to welcoming our Year 11 students back as Sixth Form students.

An induction process will take place during the summer term, more information about this in due course.

## Year 13 - UCAS

A big congratulations to those students in Year 13 who have applied for university. The UCAS deadline was back in January and all the students that applied have heard back from the majority of their choices. Students need to reply to their offers by the following deadlines:

1. If you receive your last decision on or before 16 May 2024, your reply date is 6 June 2024
2. If you receive your last decision on or before 17 July 2021, your reply date is 44 July 2024
- 3.

Can we also remind Year 13 students that they should be applying for Student Finance. The deadline for this is **31 May** to receive your first payment on time in September.

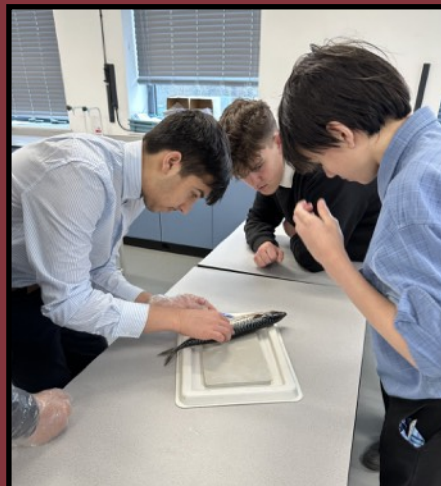
## Year 12

In the summer term, Year 12 will be starting to look at their next steps after Sixth Form during PSHE lessons. We would encourage students to start thinking about this process during the Easter holidays to prepare themselves for lessons.

Mrs Ollerenshaw-East  
Head of Sixth Form

Miss Hunt  
Head of Year 12

Miss Smith  
Head of Year 13





## Attendance at Astley Cooper is vital for every child's success.

Every day they are absent is learning time they won't get back. To help them make the most of their time at school, make sure they are attending as much as possible.

Attendance is directly linked to academic success- it is the first step up the ladder to achievement. When a student attends and engages, they can develop ambition to do better; as they complete their goals, they gain the confidence to push themselves further; eventually, they succeed. A student who does not attend cannot progress up the ladder to success.

175 NON SCHOOL DAYS EACH YEAR		175 days spent on family time visits, holidays, shopping, household jobs and appointments.	
190 School days each year	10 days absence	190 days of education	10 days absence
180 days of education	180 days of education	171 days of education	19 days absence
161 days of education	14 days absence	152 days of education	23 days absence
133 days of education	42 days absence	124 days of education	51 days absence
105 days of education	70 days absence	96 days of education	79 days absence
77 days of education	98 days absence	68 days of education	107 days absence
49 days of education	126 days absence	40 days of education	135 days absence
21 days of education	154 days absence	12 days of education	163 days absence
0 days of education	182 days absence	0 days of education	191 days absence



## What is your attendance?

100%	Perfect - well done!	You're giving yourself the best opportunity for success.
97%	Impressive! Up to 6 days absent from school	30 missed lessons! High attendance leads to improved and high achievement.
96.9% - 93%	Worrying! Up to 14 days absent from school	70 missed lessons! Too many missed school days. Less chance of success.
92%	Concern! Up to 16 days absent from school	80 missed lessons! Reduced chance of success. Possible court action.
90%	Serious! Considerable absence from school	Over 100 missed lessons! Lowest chance of success. Possible court action.

## Every day counts...

ATTEND TODAY  
ACHIEVE TOMORROW



## TALKING ANXIETY in TEENS

**Tuesdays 7.45-9.30pm** Online Course: ID 655  
4th June - 9th July 2024  
Our online support sessions are delivered weekly via Zoom.

6, weekly sessions for parents and carers of 12-19 year olds, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety and be able to avoid escalation.
- Reduce stress and tension.
- Encourage resilient behaviour and strengthen relationships in the family.

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

'This course has helped us all to cope day to day.'

**Booking essential**

Please quote the course ID  
To check eligibility and book a place, contact  
Supporting Links on:  
07512 709556  
bookings@supportinglinks.co.uk  
www.supportinglinks.co.uk



These courses are provided free to parents by Hertfordshire County Council's targeted parenting fund.



## TALKING ADDITIONAL NEEDS

**Thursdays 9.45-11.15am** Course: ID 651  
18th April - 23rd May 2024  
**Tuesdays 8.00 - 9.30pm** Course: ID 652  
4th June - 9th July 2024  
Our online support sessions are delivered weekly via Zoom.

A 6-week group for parents and carers of children with any additional need from 2-25. Your child does not need a diagnosis to join.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict, anger and arguments.
- Improve Emotional Regulation
- Explore sensory needs.
- Motivate, encourage and support your child.
- 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 son, 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 709556  
bookings@supportinglinks.co.uk  
www.supportinglinks.co.uk



These courses are provided free to parents by Hertfordshire County Council's targeted parenting fund.



## TALKING ANGER in FAMILIES

**Wednesdays 9.45-11.30pm** Online Course: ID 654  
17th April - 22nd May 2024  
Our online support sessions are delivered weekly via Zoom.

6, weekly sessions for parents and carers of children aged 0-12, supporting you to:

- Understand why children, young people and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger and be able to avoid escalation.
- Reduce conflicts and arguments.
- Encourage positive behaviour and strengthen relationships in the family.

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

'Their anger used to scare me. I now feel able to cope with it, and even help.'

**Booking essential**

Please quote the course ID  
To check eligibility and book a place, contact  
Supporting Links on:  
07512 709556  
bookings@supportinglinks.co.uk  
www.supportinglinks.co.uk



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## TALKING FAMILIES

**Tuesdays 8.00-9.30pm** Online Course: ID 656  
16th April - 21st May 2024  
**Tuesdays 8.00-9.30pm** Online Course: ID 652  
4th June - 9th July 2024  
Our online support sessions are delivered weekly via Zoom.

- 6, weekly sessions for parents and carers of children aged 0-12 sharing:
- 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

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 709556  
bookings@supportinglinks.co.uk  
www.supportinglinks.co.uk



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## TALKING DADS

**Thursdays 7.45-9.15pm** Online Course: ID 659  
18th April - 23rd May 2024  
**Wednesdays 7.45-9.15pm** Online Course: ID 660  
5th June - 10th July 2024  
Our online support sessions are delivered weekly via Zoom.

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.
- Being the dad you want to be.

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

'I can break out of the cycle and make things different for my child.'

**Booking essential**

Please quote the course ID  
To check eligibility and book a place, contact  
Supporting Links on:  
07512 709556  
bookings@supportinglinks.co.uk  
www.supportinglinks.co.uk



These courses are provided free to parents by Hertfordshire County Council's targeted parenting fund.



## TALKING TEENS

**Wednesdays 7.45 - 9.15pm** Online Course: ID 657  
17th April - 22nd May 2024  
Our online support sessions are delivered weekly via Zoom.  
**Wednesdays 7.00 - 9.00pm** In Person Course: ID 658  
5th June - 10th July 2024 The Reddings Family Centre Harcourt Rd, Bushey WD23 3PE

- 6, weekly sessions for parents and carers of children aged 12-19, covering:
- The Teen Brain: Recognising the physical and emotional changes taking place and why behaviour changes.
- The link between behaviour and communicating difficult feelings.
- Maintaining your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate during a conflict situation.

Groups are open to parents, carers, grandparents and guardians 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  
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07512 709556  
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www.supportinglinks.co.uk



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Follow our social media pages for up-to-date news and information about ACS.



Further information is also available on our website.

