

Dear Parents and Carers,

Galactic Challenge

On Tuesday, six of our Year 5 children represented our school at a Galactic Challenge event at St Albans School. This was a space-themed simulation mimicking real industry work where children worked in groups throughout the day to design a crewed space settlement in 2055 before returning in the evening to present their design in front of a panel of judges and an audience. The children engaged brilliantly in the challenge, spoke confidently on the stage and they won the competition! Congratulations and well done for them all.



Art Competition Success

During the February half term break, The Clarendon Fine Art Gallery held a competition for children to enter a piece of art work inspired by the theme of 'family'. I am very proud to say that one of our Year 6 pupils, Byron, won the competition, and his work will now be forwarded to the national competition. Here is a photo of his winning piece. Many congratulations Byron!



Attendance

Our current attendance for this academic year is 96%. Thank you for supporting your child's learning by not taking them out of school during term time.

Eid lunch

On Friday 20th we will be having a themed lunch to celebrate Eid al-Fitr. The menu will be changed next week so that the usual Friday lunch menu will swap to Thursday instead. Menus will be displayed outside the classroom.

Sports results

Our netball team have played 2 matches recently. They lost 10-6 against St Adrians but won 8-3 against Camp. They are playing in a tournament tomorrow at Samuel Ryder School so good luck to them all. The Boys football team played against St Columba's and were unlucky to lose 2-1 and they also lost 6-2 against Killigrew. Yesterday the whole of Year 3 took part in a tag rugby festival. The children participated enthusiastically in a sport that is new to them and we are very proud of them all. St Albans RFC would like to welcome new players to their club and their information is below.

Support for parents

I have included below some information and workshops that are coming up soon that may be of interest to help you support your children.

End of term arrangements

Friday 27th March is the last day of the Spring term, which has flown by unbelievably quickly! School will finish at 1.30pm on this day and there is no after school club. When we return after the break, 13th April is an INSET day so the school re-opens to the children on 14th April.

Have a lovely weekend.

Yours sincerely,

Mrs Stray

Diary Dates Spring Term 2026

16 March	Choir rehearsal 1-3pm @ Garden Fields School
17 March	Junior Orchestra Open Rehearsal - parents welcome
17 March	Parent Consultation meetings
20 March	Year 4 Viking Day
20 March	Senior Orchestra rehearsal @ Nicholas Breakspear School 9.30 - 12.00
23 March	Orchestra performing with St Albans Schools at Alban Arena (and 24 th and 25 th)
23 March	Multi-faith assembly with faith leaders
24 March	Year 5 Spring Concert 9.00am in the theatre
24 March	Choir rehearsal 1-3pm Alban Arena and performance 7pm
25 March	Year 6 trip to RAF museum
26 March	Reception trip to Hertfordshire Zoo
27 March	End of term 1.30pm

Sports fixtures

14 March	Netball tournament @ Samuel Ryder
17 March	Year 6 Girls football v Mandeville CANCELLED
18 March	Cross country @ Garden Fields
19 March	Netball match v Oakwood



PLAYERS WANTED

ST ALBANS RFC

All welcome 4-11 year olds



TRY IT
PLAY IT
LOVE IT



stalbansRFCminis / minis@stalbansrugby.com



FREE ONLINE SUMMER 2026 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by Hertfordshire County Council	Day	Date	Time
Identifying ADHD and/or Autism	Mon	13.4.26	10:00 - 11:30
Understanding Autism	Wed	15.4.26	19:00 - 20:30
Understanding ADHD and Autism in the Early Years	Fri	17.4.26	10:00 - 11:30
Understanding ADHD for Parents/Carers of Girls	Mon	20.4.26	10:00 - 11:30
Understanding ADHD	Wed	22.4.26	19:00 - 20:30
Tips & Tools for Sleep	Mon	27.4.26	10:00 - 11:30
Understanding PDA	Wed	29.4.26	19:00 - 20:30
Understanding Challenging Behaviour	Fri	1.5.26	10:00 - 11:30
Tips & Tools to Manage Anger	Wed	6.5.26	19:00 - 20:30
Understanding Neurodivergent Teens	Fri	8.5.26	10:00 - 11:30
Understanding Sensory Differences	Mon	11.5.26	10:00 - 11:30
Tips & Tools to Manage Sensory Differences	Wed	13.5.26	19:00 - 20:30
Working in Partnership with School	Mon	18.5.26	10:00 - 11:00
Tips & Tools to Manage School Absence	Wed	20.5.26	10:00 - 11:30
Half Term			
Applying for an EHCP	Mon	1.6.26	19:00 - 20:30
Preparing for an EHCP Review	Wed	3.6.26	10:00 - 11:30
Understanding Anxiety	Fri	5.6.26	10:00 - 11:30
Tips & Tools to Manage Anxiety	Mon	8.6.26	19:00 - 20:30
Tips & Tools to Support Puberty	Wed	10.6.26	10:00 - 11:30
Tips & Tools to Build Self-Esteem	Mon	15.6.26	19:00 - 20:30
Understanding Medication Options	Wed	17.6.26	10:00 - 11:30
Tips & Tools to Support Social Skills	Mon	22.6.26	19:00 - 20:30
Tips & Tools to Manage Eating Difficulties	Wed	24.6.26	10:00 - 11:30
Tips & Tools to Support Emotional Development	Mon	29.6.26	19:00 - 20:30
Tips & Tools to Manage Everyday Changes	Wed	1.7.26	10:00 - 11:30
Tips & Tools to Support Executive Function	Mon	6.7.26	19:00 - 20:30
Tip & Tools for Positive Behaviour	Wed	8.7.26	10:00 - 11:30

"What a fantastic workshop - thank you so much!
I've taken away a wealth of information"

"Absolutely incredible workshop, it has
been extremely beneficial to my child"

☎ 01727 833963

✉ herfs@add-vance.org

🌐 <http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website

These workshops are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only

Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

2026 SEND Coffee Mornings

DSPL7 & Vista Support Services host coffee mornings where School and SEND Family Workers are available to support parents / carers of children with SEND regardless of a diagnosis. This is an informal and safe place for parents / carers to share information and chat. The DSPL7 SEND Lead and other professionals may also be available for discussions. There is no need to book to attend this drop in session.

Time: 9.15-11.30am

Venue: The Hub, Fleetville Junior School, 228 Hatfield Road, St Albans, AL1 4LW. The Hub is to the right hand side of the school building at the bottom of the car park. There is no parking available onsite, but 3 hours free parking is available nearby in Morrisons supermarket.

Appointments

Running alongside our coffee mornings, there is also the opportunity to reserve a 20-30 minute appointment to speak to the following professionals between 9:30am - 12:00pm.

To book an appointment:
Please email
admin@dspl7.org.uk

Dates	Professionals attending
Wednesday 28 th January 2026	Laura Tarrant - ASD & PDA
Tuesday 17 th March	Jess Pickle - First Steps, eating disorders, ARFID
Wednesday 13 th May	Kayleigh Clayton - Speech and language
Tuesday 30 th June	Elaine Bridle- ADHD

Vista Support Services



vistasupportservices.org.uk



info@vistasupportservices.org.uk



01727 519128

DSPL7



dspl7.org.uk



admin@dspl7.org.uk



01727 519229

Spring Term Online Workshops 2026 for parents in Hertfordshire



Sibling Rivalry - Online via MS Teams

This parenting workshop promotes cooperation and manages conflict between siblings.

Friday 13 March 9.30 to 11.30

Anxiety around ADHD - Online via MS Teams

This workshop helps parent/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD and provides strategies to help support you and your child.

**Wednesday 18 March 7pm to 9pm or
Thursday 26 March 9.30am to 11.30am**

Empowering Parenting - Online via MS Teams

A workshop to equip parents with practical tools, resources and strategies to enhance parenting skills and navigate parenting challenges effectively

Friday 20 March 9.30am to 11.30am

Its a Dads Life - Online via MS Teams

A workshop for dads to help build strong attachment and relationships with their child.

Tuesday 24 March 7pm to 9pm

For more information, you can scan our QR code to make a referral or call Louise and Lesley on **0204 522 8700/8701** or email services@familylives.org.uk.



We build better family lives together

www.familylives.org.uk

@FamilyLivesHertsandBeds

Funded by
Hertfordshire
County Council



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