

## News from Radlett

### Parent Network:

Although the weather does not feel like it, we are now in our Spring term. I hope you all had a good break and looking forward to another busy term.

As a school, this year we will be exploring ways we can further support the health and well-being of our pupils', staff and parents.

With this in mind, I would like to invite you to join the fabulous **Parent Mental Health Workshop on Friday 30<sup>th</sup> January from 12pm to 1pm**. This workshop run by the Herts Mental Health Support team will give you tools to practice mindfulness, gratitude, and movement activities which help to boost your mental health, invaluable for so many of us. This online event is free; all you have to do is scan the QR code or follow the online link below.



[Parent Mental Health Workshop Tickets, Fri 30 Jan 2026 at 12:00 | Eventbrite](#)

Looking forward to seeing you all soon,

**Mary**

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### Juno Class:

In "My World" Juno class have been learning about the continent of Africa. From the pyramids, deserts and lakes, Egypt is their latest stop.



So far, our pupils have made flat breads as well as pyramids complete with sand. We are looking forward to their next destination.



**Enabling our pupils to be the best version of themselves**

### Star Bakers in Neptune Class:

This term Neptune are reading "Goldilocks and the Three Bears". As we know the bears love their porridge oats, so the class decided to use this ingredient to create their own signature flapjacks.



The pupils worked hard mixing the ingredients and then added syrup and of course chocolate drops!



The flapjacks were spread onto baking trays, before baking in the oven.



According to the class they were delicious. Our next business enterprise??

### Rebound Therapy:



Our rebound therapy sessions are continuing twice a week. Thank you to all the trained staff who are helping our pupils develop new skills. They have already seen so much progress. Most importantly it is so much fun!

### Lunch in PS2:

As part of our independent living programme PS2 have been learning quick and simple recipes they can make themselves.

Firstly, they had to go and shop for their ingredients, following their list.

Once back at school it was time to start the preparation and get cooking.



Vegetable pasta was on the menu.



All the pupils were very pleased with the results, and it tasted delicious.

### And finally....

Because of the cold, wet weather Vesta class stayed indoors and enjoyed a session at our local soft play centre as part of their community-based education. Both pupils and staff had a great time.

