

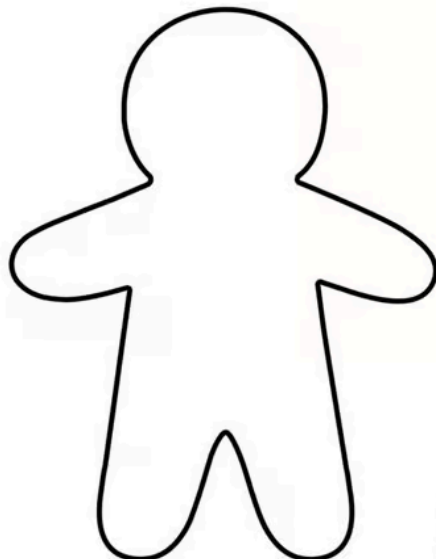
INCLUSION TIMES SUMMER EDITION

By the Inclusion Ambassadors



Voices of Hertfordshire

In the first half-term after the Christmas holidays, we had a Voices of Hertfordshire session. It was all about making friends and what makes a good friend. First we were given a few sheets with a question each. They had questions like: *what makes a good friend? What would you want to see in a friend?* We had to answer these questions with the people around us. For our main activity, we were given the outline of a person and were asked to fill it with what we would want to see in a good friend (*for some reason a lot of us wanted them to have a moustache!*) *What would you write in the outline below?*



Activity: How much do you already know about your friend?

We have a game for you to play! With your best friend[s] ask them things like:

- What is my favourite animal?
- What is my favourite colour?
- Name one food I don't like.



- What is my favourite hobby?
- What is my favourite book?
- Do I prefer reading or listening to music?
- What is my favourite TV show?

Then try and make some of your own! Have the other person guess your answer. Who has the most points? Have you learnt something new about your friend today?

‘Good qualities in a friend’ wordsearch!

H	L	O	Y	A	L	K	D	T	B	C	L	F	W	X	C
U	O	T	J	U	S	U	P	P	O	R	T	I	V	E	F
S	V	N	G	O	X	A	I	K	L	V	E	H	Y	W	U
R	E	P	E	J	G	E	N	E	R	O	U	S	I	Z	N
E	A	R	M	S	H	B	D	F	I	T	P	G	E	D	N
L	Q	N	P	V	T	R	U	S	T	W	O	R	T	H	Y
I	G	P	A	H	Y	C	N	M	U	F	L	H	E	T	I
A	Q	O	T	Q	M	Z	L	P	S	V	I	O	F	R	G
B	A	R	H	B	P	A	T	I	E	N	T	E	P	U	U
L	K	Z	Y	S	R	M	J	K	X	W	E	Q	O	S	N
E	N	B	J	T	H	O	U	G	H	T	F	U	L	F	Y
A	M	L	D	N	C	F	O	R	G	I	V	I	N	G	V

- | | | | |
|------------|-------------|----------|-----------|
| LOYAL | RELIABLE | LOVE | EMPATHY |
| POLITE | FUNNY | FUN | FORGIVING |
| THOUGHTFUL | TRUSTWORTHY | GENEROUS | |
| SUPPORTIVE | HONEST | PATIENT | |

What can you do if you are struggling with friendships?

- Talk to someone- use the class wellbeing check-in
- Think about your helping hand- who is on your support network?
- Who is your special person? Can they help?
- Visit the Rainbow room at lunchtime and check-in with Ms Bass
- Focus on all the positive friendships you do have



Metacognition presentation: 18 March 2026

As you know, our school cares about metacognition. However, we felt that parents didn't know what it meant or what we do (we know this for a fact because we surveyed our community and we had had 75 no's and only three yeses!). We knew we had to change that so we set up a parent presentation.



We talked about the three stages, thinking about thinking and how it applies to us in class. We even had a quiz at the end! Some of you may remember being taken out to talk about metacognition. We took videos of you and used them in the presentation.

As we all know, a good presentation isn't just about the slides. So much hard work went into it. We took videos of pupils, photographed metacognitive resources and even made flyers to hand out! I am happy to say that parents definitely know more about metacognition now. It helped us too. All this research helped us reflect on our thinking and how to improve, not to mention it helped build our self confidence!

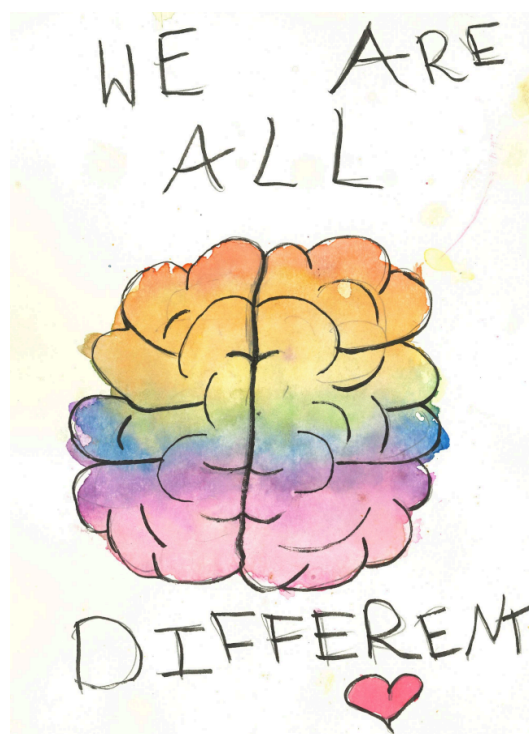
CJ: an expert by experience





Voices of Hertfordshire

We had another 'Voices of Hertfordshire' session. Unfortunately, Southfield could not join us for this one. CJ came with Sam and told us about his life as an autistic person. Luckily, he went to a very welcoming primary and secondary school and had a great time with friends, he felt he belonged. Same with college and university, he really enjoyed life at school. Nowadays, he is a part of a very special group of people called Experts by Experience. They are a group of people with disabilities (hidden or visible) who help the Hertfordshire County Council decide what to do with money. They also have 'reverse mentoring'. Usually mentoring is someone older than you helping guide you in the right way. However this is reverse mentoring because all Experts by Experience are 18-25 years old. The council tells them some of their plans and ideas with what to do with money and they explain what benefits and drawbacks that might have to people like them. CJ also recently spoke to some foster carers about how to help some children they may be caring for with autism. We asked plenty of questions and learnt so much about him. He really should be an inspiration to many.



Clubs

Do you know about all the fun clubs at Holy Family?

Here's what some children had to say...

'We like rounders and how the games are interactive and fun'

'We like homework club because you can get your homework done on time'

'I like the biscuits and juice!'

I love the food at the afterschool club!

'The teachers are so kind in athletics!'

'I love how I get to learn my times tables'

'I love learning new skills- it's fun and makes me a better footballer!'

'I love learning to dance in creative club'

'I really like learning new skills and techniques in cooking club and being with my friends'

'I like getting points when I win a game of chess!'

Which clubs would you like to see next at Holy Family?

Here are some suggestions children have made so far:

- Rugby club
- Singing club
- Food tasting club
- Basketball club
- Archery club

Let your teacher or Inclusion Ambassador know if you have any other suggestions!

