

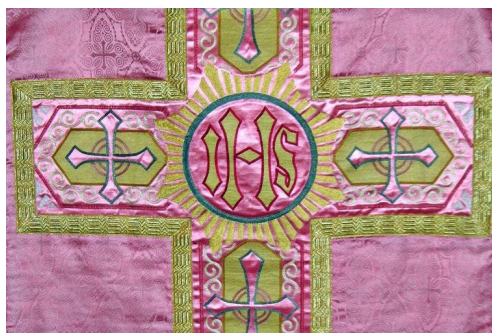
INSPIRE • ACHIEVE • SERVE

John F Kennedy Catholic School

20th March 2026



Laetare Sunday



I began Monday morning's staff meeting with a reference to Mothers' Day and expressed the hope that all the mums on the staff had enjoyed a day on which all their hard work in that role had been appreciated by their children! The date of Mothers' Day will vary each year, but it will always be on the 4th Sunday of Lent, known as Laetare Sunday - laetare meaning 'rejoice'. Lent is an austere time, with its focus on reviewing our lives and bringing us closer to God. But, having now reached the midpoint of Lent, Laetare Sunday is meant to interrupt this penitential period of time and give everyone a day of celebration. This is signified by the priest wearing rose pink vestments, which he does only twice during the Church's year.

The theme of this week was 'vision', chosen because of its link with the Sunday readings and it links with a theme from a couple of weeks ago. The Gospel reading, from St John, was quite long and complex and I benefitted from the priest's explanation of what its key messages were. It told the story of Jesus curing a man who had been blind since birth, restoring his sight, and the post-miracle analysis by the Pharisees - the experts in the religion of the time. In terms of context, this man's blindness was considered a punishment from God for some kind of sin, and anyone helping the man on the Sabbath was contravening the rules of the religion, which forbade work on this special day of the week.

I understood that this Gospel reading is about the way in which we see and perceive other people. The healing of the blind man is actually incidental to Jesus' key message. He is confronting the stubborn attitudes of the bystanders, who believe there is nothing good in the man - he is a sinner, and by helping him, Jesus is a sinner too. Their minds are completely closed to any other possibilities. However, we learn that God does not see as human beings see. Human beings look at appearances, but God looks at the heart. And the Gospel encourages Christians to do likewise - to look beyond appearances and outward signs. For we know that the best way to look at the heart is to look with the heart.

The message to our students this week was about vision and how we can contribute to a better community by having the clarity of vision explained by Jesus - to look with kindness and compassion, with understanding and a spirit of reconciliation, as we look beyond external appearances and see the good within.



SCIENCE



Last week, John F. Kennedy Catholic school celebrated British Science Week. A national event to highlight and recognize the importance of science in our lives, with this year's theme being 'Curiosity'. As ever, the science department pulled out all the stops and laid on events for our students to get involved with.

Lunchtime saw our ever popular daily clubs, which included a moss safari, rainbow science, fire writing and to end the week, dissection club. Students had the opportunity to look in a sheep's skull and learn about the structure of a sheep's heart.

Tuesday was a Year 8 drop down day, in which students researched, built and tested out modifications to wind turbines. The aim of the day was for students to understand more about renewable energy and how their choices can impact our environment and the sustainability of our future energy sources. At the end of the day students had completed a poster presentation which was delivered to a panel of judges. It was wonderful to see the quality of work, the effort that had been put in and the understanding shown by all the students involved.

Wednesday saw Year 7 take part in their STEM drop down day, investigating the flight of a bottle rocket. Students planned, designed and built their rockets and despite some extremely windy weather that did hamper the rockets' flight, fun was had by all. They also produced some fantastic work by the end of the day, presenting their posters confidently and with much enthusiasm. There was even a human size paper rocket built by some members of 7J! Our judges were suitably impressed.

We had a visitor in for year ten, an engineer from Airbus Defence and Space and a STEM ambassador. She gave a fascinating talk on the use of digital twins in the design and use of mechanical parts. It was an excellent insight into science in the real world and opened Year 10s' eyes to the careers available in engineering and product design.

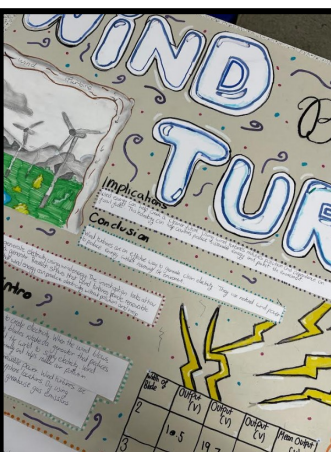
Friday was our annual dress up day for the science team - this year's theme was planets. For guessing which planet the teachers had dressed up as, students received house point stickers to add to their BSW reward card. We have had over two hundred cards submitted for the lucky dip so far. Which, with six stickers per card, represents nearly 1300 times that students have done something extra special in science this week. Students have until Monday 23rd March to submit their cards to a science teacher to be in with a chance for a prize.

Thank you to all the science teachers for their stellar efforts, and particularly our science technicians, without whom this week would not happen.

Ms Williams - Science Department



SCIENCE





FOOD SCIENCE



Congratulations to our lovely Year 11 GCSE Food groups, who have all completed their 3 hour practical exam over the last 2 weeks.

Our fantastically talented students produced some wonderful dishes all made from scratch, such as freshly made pasta for Lasagne and Ravioli, whisked sponge for Tiramisu, de-boned chicken to make Skewers and Curries, filleted fish for steamed and pan fried fish with veg and noodles, Pavlova, and Crème Brûlée

Well done everyone, we are super proud of you all.



Ms Parker - Technology Department

ST PATRICK'S DAY



A huge well done to four of our fantastic Year 10 girls who performed to the students at St. Rose's Infant School this week for St Patrick's Day. The group took it upon themselves to choreograph and perform a brilliant Irish dance routine in just two days. Well done to the girls for representing the school so well and putting on such a great performance!

Miss Turner - PE Department

DUKE OF EDINBURGH



On Wednesday 18th March our current Year 10 students were preparing for their upcoming Bronze Duke of Edinburgh practice expedition.

This entailed a lengthy kit check to ensure students are fully equipped for the weekend ahead. Students were asked to fully pack their rucksacks and bring them into school. We then met during period 3 and asked the students to empty the contents of their bags and then each item from the kit list was read aloud to check that they all had the appropriate equipment/clothing.

Their practice expedition is Saturday 21st - Sunday 22nd and they will be starting at Waitrose in St Albans then make their way to Phasels Wood activity centre where they will then be able to cook themselves dinner and pitch their tents. Thankfully the weather forecast is looking good, making ideal walking conditions for our students.

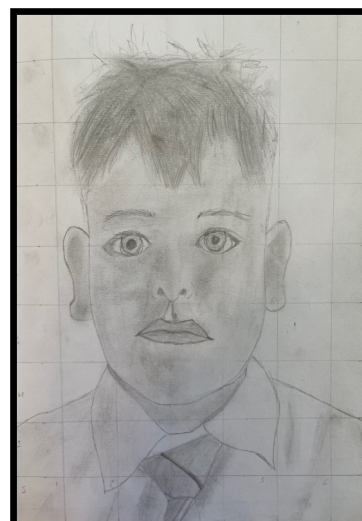
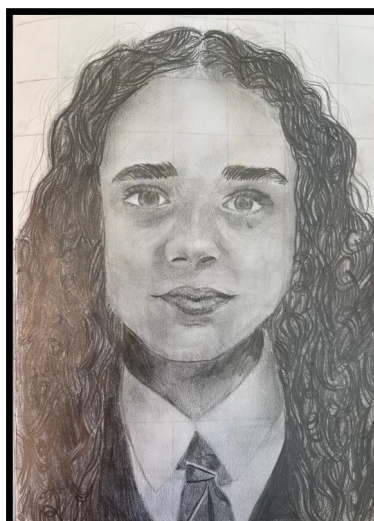
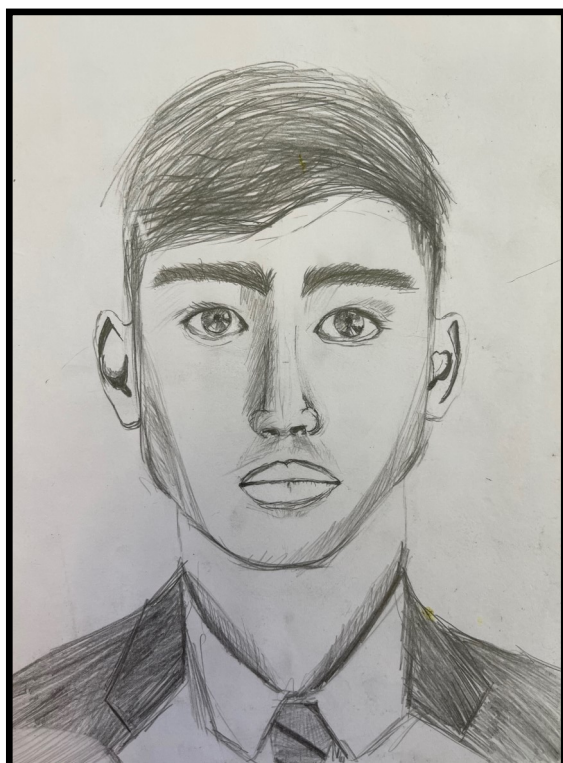
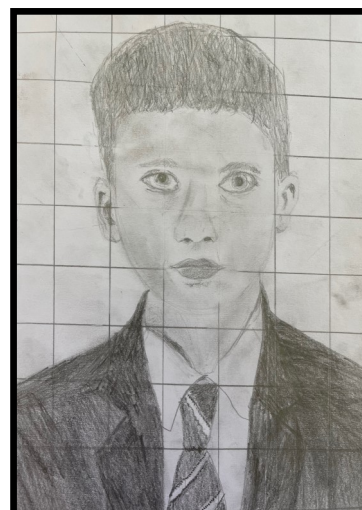
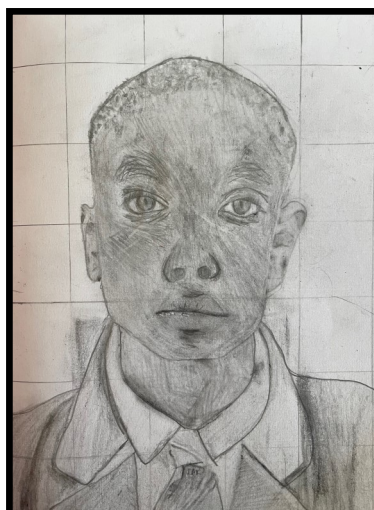
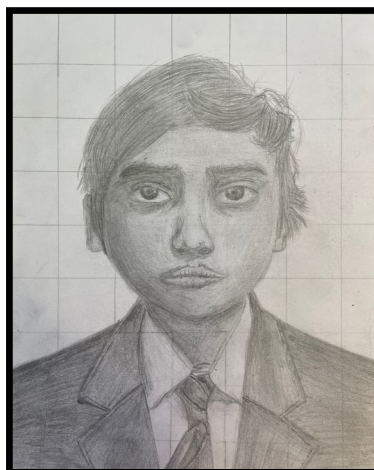


Miss Casserly - DofE Coordinator



ART

Year 8 Portraits



CRAFT CLUB

Thanks to all the lovely students that come to the Art and Craft Club with me in the library once a fortnight. This term we have made, amongst other things, pom poms, posters for World Book Day and wonderful creations with air dry clay! It's a lovely lunchtime place to chill and chat and get away from the hustle and bustle. We welcome new people and new ideas so if anyone would like to join us, come along - Wednesday lunchtimes in the library in Week 1. Or come and see me, Mrs Cole, in A5 Tuesday, Wednesday and Thursday.

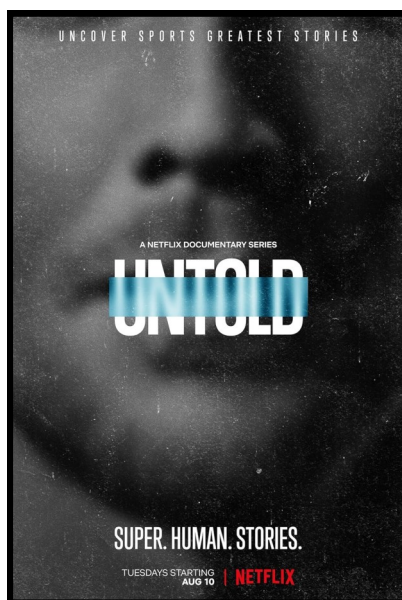


Mrs Cole - English Department



PE

Super Curriculum



Please read this review from Yvonne in Year 8 that helped her achieve her super curriculum badge.

I watched a sports documentary on Netflix called 'Untold' which looks at real stories behind big sporting events and athletes. The documentary focused on how pressure, expectations and mistakes can affect athletes both on and off the field. Something I found interesting was how the media can change the way people see athletes, sometimes unfairly. It showed that athletes are normal people who make mistakes too and have to deal with stress, criticism and high expectations just because they're famous athletes.

The documentary also highlighted how important mental strength is in sport. Physical ability is important, but mindset and confidence can make a huge difference to performance. I learned that setbacks, such as injuries or poor performances, can be used as motivation to improve rather than give up. The athletes in the documentary showed resilience and determination, even when situations became difficult.

Lastly, I found the documentary engaging and educational. It gave me a better understanding of challenges athletes face away from competition and made me see sport in a more realistic way. I would recommend this documentary to other students because it is inspiring, informative and helps you appreciate the mental and emotional side of sport, not just physical performance.



MUSIC



Spring
CONCERT

Monday 23rd March 2026

A Lent and Easter reflection given by the chamber
choir

No tickets required, 7:00pm, St Marks Church

All are welcome

Mrs Metcalfe - Music Department



CAREERS

Free Online - Parent and Student Exam Prep Masterclass

The Degree Gap hosts a Live Online Complimentary Webinar: 'How to Maximise Every GCSE Mark'.

So, what will we cover?

- Where marks are being lost
- How to use exam mark schemes
- How to convert weak topics into scoring topics
- How to keep momentum without burnout

You will get the chance to listen to specialists in Maths, English and Science, explaining how they achieved top grades and how to pick up lots of marks in exams. We will focus on the most effective revision strategies before the exams, so you can maximise the next 3 months.

[To sign up for the event on the 26th of March 7-8pm, please use this link.](#)

Parent Survey

To help support our careers education provision, specifically around knowledge of Apprenticeships and Work Experience, the Hertfordshire Opportunities Portal, Amazing Apprenticeships and Hertfordshire's Careers Hub have created this survey for school parents and carers to complete.

The information you provide will help us to understand your knowledge of Apprenticeships and Work Experience and tailor our programme and how we raise awareness of careers education with our community.

Please take a few minutes to complete the <https://www.surveymonkey.com/r/john-f-kennedy-catholic-school-parents-26> and help us to continue improving our provision.

Mrs Jenkins - Careers Leader

SAFEGUARDING IN FOCUS



At John F Kennedy Catholic School, safeguarding is at the heart of everything we do, and we work hard to ensure that every child feels safe, supported and listened to within our school community.

Our safeguarding team plays a vital role in this work. The team works closely with students, families, staff and external agencies to promote a culture where safeguarding is everyone's responsibility. Students and families can reach out to the safeguarding team for support. We recognise that parents and carers are key partners in safeguarding. We encourage families to familiarise themselves with our safeguarding approach, policies and procedures, which are available on the school website:

Safeguarding information and policies:

<https://www.jfk.herts.sch.uk/page/?title=Safeguarding&pid=82>

In addition, the school provides a range of **supportive links and resources** for students and families, covering areas such as mental health, online safety, wellbeing and external support services:

Support for students and families:

<https://www.jfk.herts.sch.uk/page/?title=Support+for+students+and+families&pid=100>

If you ever have a safeguarding concern, no matter how small it may seem, we urge you to share it. Concerns can be raised confidentially by emailing:

staysafe@jfk.herts.sch.uk

Letting us know about concerns, however small they may seem, allows us to offer the right support when it is needed. Working closely with families helps us maintain a safe, inclusive and caring school community where every child can feel secure and valued.

Mrs McKenzie – Assistant Headteacher



TRIPS 2026 – 2027



NEW TRIPS COMING.....

Sports Tour 2027 – Current Year 7 and 8 students

UPCOMING DAY TRIPS AND EVENTS

Year 10 Rock Climbing, May/June 2026 - PE students only

UCAS Information Day, 24th March 2026 – Year 12 students

TRIPS

Monthly Instalments are due on the 1st of each month for the following:

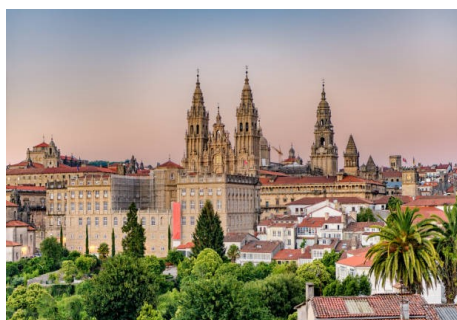
A Level Biology F/T, 1st - 3rd June 2026

Croft Farm, 22nd - 24th June 2026

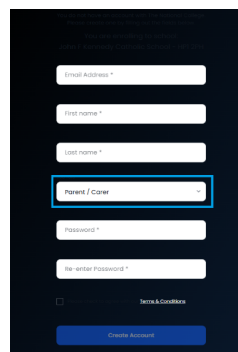
Pilgrimage to Santiago de Compostella, 30th June - 7th July 2026

GCSE Geography F/T, 6th - 8th July 2026

Duke of Edinburgh 2026, Bronze and Silver



SAFEGUARDING IN FOCUS



We're delighted to let you know that John F Kennedy Catholic School has become a member of The National College – a multi-award-winning online training provider for staff and parents.

What does this mean for you?

As part of our membership, The National College provides dedicated training and resources for parents and carers – particularly, around online safety and keeping children safe online.

Online safety advice on any topic

Of course, staff will continue to teach children about the risks online. But with the internet so readily accessible, the most effective approach to online safety needs everyone involved, including parents and carers.

That's why you've now got access to **hundreds of courses, explainer videos and online safety guides** to support your awareness of the online world. Topics range from understanding apps like TikTok and Instagram to recognising the signs of online harm and what you can do to help.

Signing up is easy

Signing up to the platform is simple. Just follow <https://v2.nationalcollege.com/enrol/john-f-kennedy-catholic-school> and complete your details. You will be asked to enrol and enter some key details. As you enter your details it is important that you sign up as a parent/carers. Once you're set up, you'll get instant access to all training and resources.

Download the app for free

Another fantastic benefit of The National College is its National Online Safety app, which you can download for free. It gives you access to all their parent and carer resources on the go, whenever you want.

You can download the National Online Safety app using the links below:

- [App store](#)
- [Google Play](#)

They're always here to help

The National College has a brilliant support team if you have any questions. Their [help centre](#) provides a comprehensive bank of answers to most FAQs, but if you still can't find the answer you're looking for, you can always get in [contact](#) with them.

Mrs McKenzie – Assistant Headteacher



CYCLING SAFETY



Cycling to school is a great way for pupils to stay active and independent, but it's important that it's done safely.

We strongly encourage all pupils who cycle to wear a properly fitted helmet every day. Helmets can greatly reduce the risk of serious head injury in the event of a fall or collision.

It is important that:

- **The helmet fits snugly and sits level on the head**
- **Straps are fastened correctly every time**
- **The helmet is in good condition and has not been damaged in a previous fall**

Bicycles are designed for one rider only. Carrying passengers on handlebars, luggage racks, or the back of a bike is unsafe and affects balance and control. Pupils should be reminded not to carry friends and to make sensible decisions even if others encourage them to do so.

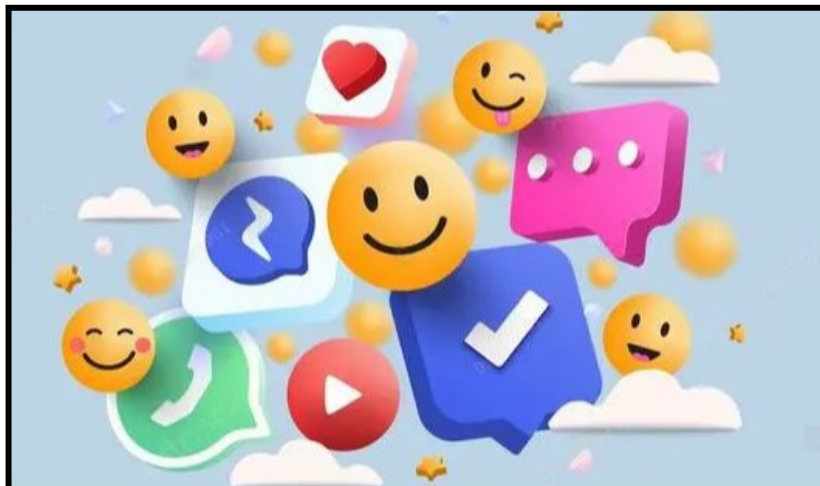
The roads close to school can become particularly busy at the beginning and end of the school day, with cars, buses, and pedestrians all sharing limited space. Pupils should ride sensibly, stay alert, follow road signs and signals, and clearly signal their intentions when turning. Pupils should not weave in and out of traffic or between vehicles, as this is dangerous, unpredictable, and greatly increases the risk of an accident. Distractions such as mobile phones or headphones should be avoided.

We ask that parents and carers to reinforce these messages at home and check that bikes are roadworthy, with working brakes, lights, and reflectors, especially during darker mornings and afternoons.

Thank you for your continued support in helping pupils travel to and from school safely.

Mrs McKenzie – Assistant Headteacher

DIGITAL SAFETY



In today's digital world, apps are part of everyday life for secondary-age children. They offer creativity, entertainment, and social connection. However, alongside the positives come risks that parents and carers should be aware of.

Understanding the risks

Many apps collect large amounts of personal data, from location details to contacts, often without children realising the implications. Others expose young people to inappropriate or harmful content, whether through unfiltered videos, anonymous chats, or user-generated posts. Bullying and harassment can also take place within these platforms, sometimes hidden from parents and carers' view.

Another concern is the presence of online predators who may disguise themselves as peers in order to exploit children. On top of this, the design of many apps can encourage overuse through constant notifications and endless scrolling which can interfere with sleep, wellbeing, and school performance.

Financial risks also exist, with in-app purchases or "loot box" style features that can tempt children into spending money without fully understanding the consequences. Some apps may even appear harmless but are designed to hide conversations or bypass parental oversight, adding another layer of complexity for families.



DIGITAL SAFETY

What parents and carers should look out for

When your child asks to download a new app, it's worth considering a few key questions. What age is the app designed for?

- Does the rating match your child's stage of maturity?
- How much personal data does it request?
- Are the privacy settings easy to control?
- Does the platform have strong moderation and reporting tools?
- What is the community culture like?

You may also want to check how easy it is to make in-app purchases and whether parental controls are built in. Exploring these factors together with your child not only helps you assess the risks but also builds digital literacy, encouraging them to think critically about the online spaces they inhabit.

A trusted resource

To make this easier, **Internet Matters** has put together a clear, parent-friendly guide to the apps and platforms most commonly used by children today. It highlights what each app does, its key features, and the potential risks to be aware of.

You can find the full guide here: [Internet Matters – Apps & Platforms \(11–16\)](#).

This resource is regularly updated, so it's a reliable way to stay informed as new platforms emerge and existing ones evolve.

The NSPCC website also contains helpful advice regarding keeping children safe online - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Practical steps you can take

The most effective safeguard is open communication. Ask your child what apps they use and why, and take time to explore those apps together. Set clear boundaries around screen time and “offline hours” such as at mealtimes or after bedtime. Encourage your child to block or report users who behave inappropriately, and make sure location sharing is switched off unless absolutely necessary.

Apps can be positive spaces where young people learn, create, and connect. But without awareness and guidance, they can also present real risks. By staying informed and keeping conversations open, parents and carers can empower children to use technology safely and responsibly.

Mrs McKenzie – Assistant Headteacher



UPCOMING EVENTS

Monday 23rd March, Spring Concert, 7.00pm, St Marks Church

Tuesday 24th March, Year 12 UCAS Trip

Wednesday 25th March, Year 8 Consultation Evening, Online from 4.00pm

Friday 27th March, End of Term @ 12.35pm

Monday 30th March - Friday 10th April, Easter Holiday

WE ARE HIRING!

[Click here for the latest vacancy information](#)



FUTURE DATES

Monday 4th May, Bank Holiday, School Closed

Wednesday 6th May, Year 12 Consultation Evening, In Person

Tuesday 19th May, New Year 7 Parent Information Evening, 6.30pm

Monday 25th May - Friday 29th May, Half Term, School Closed

Monday 8th June - Friday 12th June, Year 10 Work Experience Week



ATTENDANCE EXPECTATIONS 2025-2026

At John F Kennedy Catholic school, we believe that student performance, behaviour and attendance are fundamentally linked. Our ethos is to maximise the full potential of each student and in order to achieve this, high attendance rates are essential.

Our expectation is that individual student attendance should not be below 95%.

Section 7 of The Education Act states that 'parents are responsible for making sure that their children, of compulsory school age, receive a suitable full time education'.

Section 444 of The Education Act clearly states that 'if a child is absent without authorisation, then the parent is guilty of an offence'. This is a strict liability offence - i.e. all that needs to be shown is a lack of regular attendance. Sanctions can include a fine of up to £1000.

Holidays during Term time

Authorisation of absence for Holidays during term time is at the discretion of the Headteacher and is granted only in exceptional circumstances.

Fines are enforceable for a child being absent from school without permission. This is currently £80 per child for each parent, rising to £160 if paid after 21 days.

Lateness

As stated in the school Attendance Policy:

- Students should attend school "full time" and they should remain in school attending all timetabled lessons. This means that students should arrive in time for registration. In practice school buses may be late and in this case students should sign in at Reception so they can receive their mark.
- Avoidable lateness beyond 9.10 am constitutes unauthorised absence and can legally be the basis of an offence by the parent/carers
- Those students who arrive very late (after 9.10 am) without a good excuse will not be credited with an attendance. Their absence will therefore be unauthorised and a different mark (U) will be used to distinguish them from those who are "unpunctual". Steps will be taken by the school with the support of parents/carers to correct those students who are persistently unpunctual



BECOME A FOUNDATION GOVERNOR

Make a Difference Where It Matters Most —

Become a Foundation Governor!

Are you passionate about helping children thrive? Do you want to use your skills, values, and experience to strengthen your local community? We are looking for inspiring, committed people to join our Local Academy Councils as **Foundation Governors** — and you could be exactly who we need.

The Local Academy Council (LAC) is responsible for supporting the mission and strategic direction of the Catholic Multi Academy Trust (CMAT) at a local level. Rooted in the values and teachings of the Catholic Church, the LAC serves as a key link between the individual academy, its parish community, and the wider Trust. The primary responsibilities of the LAC include:

- **Faithful Stewardship and Ethos:** Uphold and promote the Catholic identity, values, and mission of the academy, ensuring Gospel principles guide all aspects of school life.
- **Advocacy and Governorship:** Act as advocates of the Trust's vision and strategy while serving as Governors for the local academy within the Trust, parish and wider community to build partnerships.
- **Impact and Accountability:** Provide local support and challenge to school leaders by monitoring standards, inclusion, safeguarding, and ensuring effective implementation of Trust policies.

Why this role matters:

Foundation Governors (practising Catholics) play a powerful role in shaping the future of our school. They help protect and promote our values, support our leadership team, and ensure every child has access to an excellent education. Your voice and your perspective can directly influence the school's direction, priorities, and success. There are limited spaces available for parents in their child's school.

No previous governance experience? No problem.

We welcome people from all backgrounds — what matters most is your enthusiasm, willingness to learn, and commitment to our school's ethos. Full training, guidance, and mentoring are provided.

See next page



BECOME A FOUNDATION GOVERNOR

We're especially keen to hear from people who:

- Care deeply about the wellbeing and development of young people
- Share and support the school's foundation and values
- Can think strategically and ask thoughtful questions
- Bring experience from any profession or community role
- Want to make a meaningful, lasting contribution

What you'll gain:

- A rewarding leadership role with real impact
- New skills in strategy, education, finance, and governance
- Opportunities to work with dedicated school leaders
- A chance to give back and shape the future of children in your community

Time commitment:

Around 6–8 meetings per year, plus some school visits and training.

GENERAL NOTICES

Road Safety

Parents/Carers are reminded about the importance of road safety and we highlight a number of points you may wish to discuss with your child:

- The importance of crossing the road at a safe place. Using either a zebra or pelican crossing where possible
- Avoid crossing behind parked cars
- Never run out into the road
- Be aware of your surroundings – take out earphones and stop talking with friends or on the phone when crossing the road
- Have reflective items on jackets or bag.
- If cycling, follow the same instruction and make sure you have lights on your bike and wear a helmet at all times.



Disabled Parking Zones

Please can we ask that the disabled parking bays located along Hollybush Lane be kept clear . They are marked on the path and are needed to be accessed by local residents.



JFK enjoys good relationships with our neighbours and local community. Please be mindful of driveways and access in Hollybush Lane and neighbouring roads if dropping off/picking up your child from school. **Please also try and avoid leaving your car engines running outside of school.**



GENERAL NOTICES

Appointments During School

Please try to avoid making medical appointments during the school day. If this is not possible, please alert the Year Team via email with confirmation of the appointment letter/ email/screenshot at least 24 hours in advance.

If your child does need to leave for a pre-arranged medical appointment please ensure that they are aware of the time and date of the appointment and are instructed to be ready in reception to be collected. There have been a number of occasions recently whereby the office staff have had to search for a student in order for them to be picked up.

Illness During the School Day

We have seen an increase in students calling parents prior to seeking medical attention at school. Any student feeling unwell during the school day should report to Student Services where they will be seen by a medically trained member of staff. Please do impress upon your children the importance of the school contacting home if it is required during the school day. It can cause parents unnecessary worry which we would like to avoid.

ABSENCE

If your son/daughter is going to be absent due to illness please telephone the school absence line by 9.00am on each day of absence.

Year 7 01442 229105 (year7@jfk.herts.sch.uk)
Year 8 01442 229124 (year8@jfk.herts.sch.uk)
Year 9 01442 229131 (year9@jfk.herts.sch.uk)
Year 10 01442 229132 (year10@jfk.herts.sch.uk)
Year 11 01442 229136 (year11@jfk.herts.sch.uk)
Sixth Form 01442 229137 (6thform@jfk.herts.sch.uk)

Students should bring a letter explaining their absence on their return to school.



Public Health
England

Guidance from Public Health England

Diarrhoea and vomiting: exclusion period: whilst symptomatic
and 48hours after the last symptoms

[Is my child too ill for school?](#)

NHS advice about when to keep your child off school



VACANCIES



St Cuthbert Mayne Catholic Junior School

Come join the team at St Cuthbert Mayne School in Hemel Hempstead as an **Afterschool Club Manager**. This rewarding role involves creating a fun, safe environment for children after school, leading activities and inspiring creativity. If you're enthusiastic, organised, and passionate about supporting young people, we'd love to hear from you.

Link to apply: [Afterschool Club Manager - Eteach](#)

St Cuthbert Mayne School, Hemel Hempstead, is seeking a reliable **Premises Assistant** to support the day-to-day running of the site. If you are practical and take pride in maintaining safe, well-kept buildings, this could be the perfect role. Join a supportive school community and help create a welcoming environment for staff and students.

Link to apply:- [Premises Assistant - Eteach](#)

EVER THOUGHT OF BECOMING A TEACHER?

School Based Teacher Training with the Dacorum Schools Alliance



We will be offering a School Direct Teacher Training programme in the following subjects for September 2026

Applications accepted from October 7th

Art, Biology, Chemistry, Computing, Drama, Design and Technology, English, Geography, Mathematics, Modern Foreign Languages, Music, Physical Education, Physics, Religious Studies

We also accept applications for Primary teaching

FOR MORE INFORMATION ABOUT OUR TEACHER TRAINING OPPORTUNITIES email
David Redwood – dredwood@tring.school

OR VISIT OUR WEBSITE – www.tring.herts.sch.uk/teacher-training



FLU VACCINATIONS



Vaccination UK

Respiratory and flu-like cases are rapidly on the rise. We urge you to ensure your child receives the flu vaccination. You have a choice between the quick and painless nasal spray or the Injection which is porcine & gelatine free. This not only protects your children against being seriously ill but also protects vulnerable members of your family and community.

We have several community catch-up clinics available. Please use the link below to book an appointment.

[Vaccination UK Immunisation](#)

If you previously declined consent for your child when we visited the school, you **can change** your consent. Please call our office on 01462 427008, and we will book a clinic appointment for you.

Thank you for your support.

Hertfordshire Immunisation Team



UNDERSTANDING MY AUTISM/ADHD

Empowerment Course for Children and Young Teens in Hertfordshire



Join us for an online transformative 6-week group course designed to empower Autistic & ADHD children and young teens. Through interactive sessions, participants will explore what being ADHD/Autistic means to them, identify strategies to support their well-being, articulate their needs, and celebrate their uniqueness.



SCAN ME



COURSE DETAILS

AUTISM PRIMARY Tues 14/04 - 19/05 (Years 4-6)

ADHD PRIMARY Wed 15/04 - 20/05 (Years 4-6)



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