

Orchard Manor School Newsletter

FEBRUARY 2021



Dear Parents and Carers

The first half term of 2021 has definitely been an extraordinary one.

At the beginning of January, we entered into our third national lockdown and returned to a combination of in school education and remote learning. From the parental questionnaire, we are extremely proud that out of the 41 parents who responded, 100% responded positively about our remote learning offer. We are extremely proud of this and will continue to work hard to provide in school and remote education for all of our pupils. Thank you to all of the parents who completed the survey!

Throughout this half term, staff have been lateral flow testing. Staff are now being offered testing twice a week, and so far, all results have been negative. As well as this, all staff within school have been offered a vaccine, with 94% having had their first dose.

This week, the Special Partnership Trust visited the

school and enjoyed meeting a range of staff and being shown around our amazing site. The Special Partnership Trust also introduced themselves to parents on Wednesday evening and responded to questions that parents had. Thank you to all of you who took the time to join this meeting.

This week, we also had an Ofsted monitoring visit. Although this will not change the school's current overall judgment, we will receive a short report which will be shared with parents once it is made public.

I appreciate that we are in difficult times and that supporting pupils with remote learning, along with other work and home commitments, is challenging. I would like to say a huge thank you to every parent and carer for your continued support and encouraging your children to engage with remote learning.

Have a wonderful half term and we look forward to welcoming pupils back to school on Tuesday 23rd February.

Mark Rose — Executive Principal



Lateral Flow Testing

Due to the nature of the COVID virus and its ability to spread, sometimes with little or no noticeable symptoms, it has been vital that we were able to give staff in school Lateral Flow tests to keep our school safe. Since we started testing on 11 January we have been able to offer all our staff two



Lateral Flow Tests per week.

We have a fantastic team of volunteers who set up the testing sites. The test consists of a swab of the throat and the nose which is then analysed and the results are available 30 minutes later. Once our participants register their test bar code on the app, the results go straight to their phone or email.



We are very proud to say that we have completed 728 tests to date—all negative. I would like to say a huge thank you to all the staff involved and well done! **Helen Stone - LFT Lead**



Parent View Questionnaire Jan 2021

Parent responses were collected in January 2021 via an online form. We are delighted to say that the feedback has been overwhelmingly positive. On average, 98% of parents responded positively to each question.

Due to being in a lockdown, parents were asked about their child's experience of remote learning. Again we are extremely delighted to receive a 100% positive response from parents around remote learning and contact with tutors.

The residential feedback was also extremely positive.

If you would like to see the full analysis of the questionnaire please [Click Here](#).

Abigail Norris - Executive PA



The Stonewall School Champion Gold Award

I am very proud and delighted to let you know that we have achieved the prestigious Stonewall School Champion Gold Award, which is the highest award given to schools working towards creating an LGBTQ+ school.

In order to meet the criteria for the award, evidence and statements were gathered from these areas of questioning:

Policies and Procedures: how does our school ensure that relevant policies cover LGBT issues and are communicated and understood by the whole school community?

Tackling Bullying: how does our school communicate that HBT bullying and language are wrong and how do our staff tackle and record instances of HBT bullying and language?

Curriculum and Support: how does our curriculum support and celebrate LGBT people and themes, gender identities, and how do we tackle stereotypes?

Wider School Community and Culture: how does our school celebrate difference and diversity?

The feedback from the evidence put forward was very positive, with particular strengths in PSHE, our gender-neutral uniform policy and the reflection of LGBT equality within the school. The application was described as being 'great', showing that LGBT inclusion is a whole school value and that every individual pupil is supported to thrive at our school.

I look forward to continuing to work on this by sharing the values that Orchard Manor School hold on LGBT inclusion with other schools, and to make sure everyone has opportunities to learn about trans role models.



Alex Caven—Teacher PHSE

Pen Pals for Teal Class

In the Dawlish community there are people that are isolating and not having any contact from anyone. Some of are elderly and are missing their grandchildren, and others are just missing any kind of human interaction.



Teal Class have set up a pen pal scheme. We have been writing letters every so often just to say hello and sometimes we send some of our artwork too. It has become a really popular idea in Lower School and Plum Class and Red Class have also said that they would like to join in. At the moment we are writing to a Care Home, 5 individuals and a Special Needs School in Wales.

It has been a great way to be involved with the community, practice our writing skills and helping to stop people feeling alone. **Rebecca Higson—Teal Class Teacher**

10 Tors 2021

The army is still optimistic about running a COVID-19 friendly Ten Tors in May this year and talks of its plans on the website

www.tentors.org.uk.



In preparation for this, pupils in school have been taking part in walks in the local area. Pupils at home have also been training hard and sent in photos and routes they are walking. A particular mention goes to Jack and Gracie for their excellent walks. This beautiful photo of Jack in North Devon could be used for an advert for a walking magazine.

We will keep everyone informed of plans for Ten Tors and remain as optimistic as the army - so keep walking! **Janice Woodward—10 Tors Training**



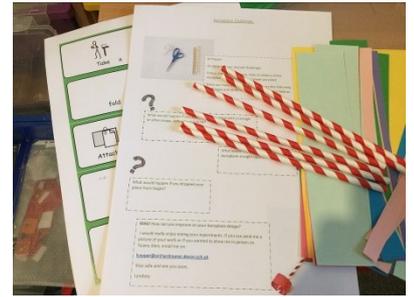
Speech and Language Therapy at Home

Speech and Language Therapy has continued with our young people throughout lockdown, even though some of them have not been in school.

We have made home packs to send out to student's homes which have been very successful in getting our young people involved in lots of different activities.

The packs are designed to get some critical thinking going, asking questions and encouraging family discussion. They are also really fun and we have had great feedback from parents saying that their children really enjoy using them.

So far, our students have made tube planes, paper plate mazes, mini trebuchet and stunt parachutists. It is fantastic to still be able to deliver SaLT even though from a distance.



Interactive Story—The Bear and A Tray of Snow



The pictures of the Bear and tray of "Snow" with sticks is from this Terms Interactive Story Groups.

ISG deals with expressive language, abstract language, exploration, social story, social interaction, imagination, perspectives, the list goes on. Its greatest application is embedding the building blocks of language and how it works. It's often prescribed for our young people through SaLT so this term we have spread it out across 5 of our lower site classes.

It has been quite a challenge as our pupil's needs are so different, but we have had fun working it

out together. We have also been taking advantage of Teams for some of our sessions. Here is one of our young adventurers discovering the "Bear" at the end of the "Cave". She was very brave!

As always if any of you have any worries or wish to discuss your child's Speech and Language needs then please get in touch with either Josie or myself via email by clicking on our names here:



[Josie Parkin](#) or [Lyndsey Cooper](#)

Lyndsey Cooper—SaLT Assistant

Calling All Budding Television Presenters to the BAFTA Kids Young Presenter Competition 2021



To encourage and inspire our young learners during this period of remote learning, I have

launched an inter-school competition to find television presenters of tomorrow. This is to run alongside a nationwide Young Presenter competition ran by BAFTA (British Academy of Film and Television Arts)

It's an exciting project for our young learners to develop their presentation and communication skills alongside drama techniques. To participate, they have to create a short video telling how they express themselves. If they want to actually enter the official competition, they have until Monday 26 April 2021. Have a look at the video in the link which will provide you all with some inspiration before you get started!

<http://baftakids.org/competitions/young-presenter-competition-2021>

This competition offers the opportunity to present for BAFTA Kids as well as present a feature on the popular Sky Kids TV show, FYI.



Previous winners of the competition have gone on to interview stars at BAFTA

events, including Tom Hiddleston and BAFTA President HRH The Duke of Cambridge.

Showbusiness aside, a lot of our pupils follow YouTube influencers and indeed create and post their own videos. This project will encourage students to talk about themselves confidently and develop drama skills and techniques such as articulation, vocal projection, facial expression, gestures, body language and vocal tones. This will also support cross curricular work with future English presentations, ASDAN projects, I.T./ Digital Media, Drama courses as well as improving self-esteem and self-confidence.

I look forward to seeing the videos!

Nina Jarram - Music and Drama

Staff and Pupil Singing Competition

I am launching a singing competition which is open to all staff and students across the school to help us focus on improving our mental health and wellbeing.

Did you know that singing:

- Stimulates The Brain
- Is a Stress Reliever
- Helps Show Feelings And Emotions
- Showcases Your Talent
- Lets You Breathe Better
- Improves Your Memory
- Builds Confidence

So, to enter, choose a song and learn how to sing it from memory along to a backing track. (Contact me if you need any help finding an appropriate version.) You can then video yourself or ask somebody to video you performing the song. Alternatively, if you don't wish to be seen then you can just record your vocals. You can



Entries to be in by Friday 26th February.

either upload your recordings on to your class page or ping it over via email to my email address:

njarram@orchardmanor.devon.sch.uk

This is open for all staff and students to get involved, so dust off those vocal cords, sing in to those hairbrushes and you could be the next Dawlish Diva, Exeter X-Factor or Shaldon Songbird.

I look forward to hearing your contributions. I assure you that no cats will be strangled in the making of this exciting project.

Best Wishes, Nina Jarram - Music and Drama

Christmas Card Donations

Organised again this year by Alex Caven, this Christmas our staff donated money which would be spent on Christmas Cards to a local charity. Names were drawn from a hat and Leanne Stone chose the Devon Air Ambulance to receive £30. This is the letter back from them. Well done everyone!

As we approach the end of the most challenging year in our history, your donation has never been needed more. Every day, our expert doctors and paramedics are treating people in Devon in the most severe, time-critical emergencies. And it's all thanks to amazing people like you who care.

Devon Air Ambulance



Dear Alex

Caring people like you mean the world to us and to patients experiencing the worst day of their life.

Thanks to your wonderful

donation, patients are more likely to survive to spend Christmas with their family and friends.

Massive thanks again for keeping Devon's emergency medical service flying and, from all of us at Devon Air Ambulance, we would like to send you our very best wishes for the festive season.

Devon Air Ambulance

P.S. Read some of the [stories of the patients](#) who have been helped by people like you.

Exam Updates

Due to COVID-19 restrictions, the Summer Exam Season has been CANCELLED

We are currently waiting for the results of the Department of Education

'Consultation on how GCSE should be awarded in Summer 2021'.

The results could include a combination of mini assessments and centre assessed grades being set. As soon as we know more we will keep you updated.

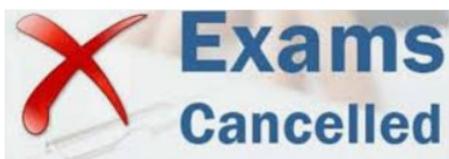
Key Dates

- **All Spring Functional Skills Assessments postponed until Summer Term**
- **GCSE Summer Assessment period likely to be late May / early June 2021 - TBC**
- **Results Day July 2021- TBC**

More details about examinations can be found on the school website, in the families section:

<https://www.orchardmanor.devon.sch.uk>

Jo Potts – Exams Co-ordinator



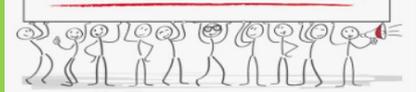
Staff Updates

After being long term supply staff, we are delighted to welcome Sophie Whittaker and Jamie Bristow as permanent members to the Orchard Manor team. They will both be working as Teaching Assistants on the Upper Site. In addition, we are very pleased to welcome Helen Peacock who joins Helen Stevenson on the Counsellor team.

Sadly though, we have to say a very fond farewell to Nicola Pye who is leaving our Admin Team to go on to pastures new. We will miss her! We wish you all good luck in your new positions!

Ali King — HR

WELCOME TO THE TEAM!



STAR

Star had a lovely Christmas, and would like to send a big "WOOF" to say thank you for all the lovely treats and toys you sent in for her.

She is continuing her training and has been off site with Bales who are introducing her to livestock. She hasn't quite realised that not every animal wants to play with her but she is working hard to curb her enthusiasm!

Another new experience was being in the snow on Dartmoor. She really liked playing in it.



Lisa Morley—Star's Trainer



Heartfelt thanks from those touched by Christmas Wishes from OMS



A residential care home in Ilfracombe, North Devon

Dear Pupils and Staff at Orchard Manor School,

I cannot thank you enough for the beautiful cards and gifts, what a special, caring thing to do during such a difficult time. The gifts really made the Residents smile and are decorated around the home, to continue spreading joy.

Thank you so so much! Wishing you all a safe Christmas and New Year,

The Staff and Residents at Pinehurst Residential Home

This Christmas was like no other as we all know. The pupils of Orchard Manor decided that they would share a little joy and Christmas cheer by sending gifts, pictures, postcards, letters and cards to two very different places: one being a Residential Home for the elderly and the other to the cruise ships anchored off shore in the bay.

Have a look at the letters they sent back! We are so pleased they enjoyed our efforts.

Well done to all of our students for being so kind hearted. You make us proud!

Dear Mr Rose and the amazing pupils of Orchard Manor School.



Please accept this letter as a heart-felt thank

you for the kindness, commitment and generosity shown by Orchard Manor School in sharing some festive joy with our seafarers working on board our cruise ships this Christmas season.

I understand how much time, effort and thought went in to making this happen for our seafarers, which is hugely appreciated, the generosity of the local community has really touched those currently on board.

The cards, letters, kind thoughts and well wishes have certainly added some extra sparkle to the spirit currently on board, whilst our crew are eagerly awaiting the return of our guests and of course getting back to delivering special holiday moments, for now they will enjoy the festive season with all the trimmings, usual celebrations and of course your kind donations.

So once again a huge thank you to each and every one of you for this lovely gesture.

Wishing you all the very best for a prosperous 2021 and a Merry Christmas!

Best wishes on behalf of myself and all of our ship's company.

Daniel Yeates, Fleet Wellbeing Manager, Carnival UK

Dear Staff and Pupils of Orchard Manor School,

On behalf of all the crew on board Ventura thank you so much for the amazing hand made Christmas cards and decorations. We were so happy to receive them and were amazed by the efforts your fantastic pupils put into creating them.

As we received so many gifts and cards from well wishers we have managed to create a little Christmas bag for each of the 105 crew members on board. Each bag will contain some of the cards your pupils made making it all the more personal. I personally placed some of the decorations on our Tree and they look fantastic.

A large majority of the crew will remain on board for 9 months straight with no opportunity to go ashore due to Covid 19 therefore this lovely gesture is all the more special. Many of the crew have kids of their own and really appreciate everything you have done for us.

Having viewed your website I am very impressed by your values, mission statement and what you do for the pupils. Keep up the good work in 2021 and beyond.

Festive Wishes Kind regards,
Captain Patrick Maguire, Master, m.v. Ventura



RURAL SKILLS

Birdwatching! A Brand New Hobby.

We took part in this year's RSPB Birdwatch. I was pleasantly surprised to learn how many children already have an interest in garden birds, in fact, they would report on birds they saw around the rest of the school.

Most commonly seen birds were groups of Blue Tits, groups of Chaffinches, a pair of Blackbirds, and 2 territorial male Robins. The Nuthatch seems quite exotically coloured, petrol blue body, dark eyebrows and an orange-pink breast – 3 or 4 would be seen daily. The Great Spotted Woodpecker would arrive sometime in the afternoon and feed on the sunflower seeds.

There are lots of books and bird identifying sites on the internet. We researched the features and colours of the birds we saw, and learnt to identify them and we watched out for them around the school. It was quite exciting when the male Chaffinches arrived after 10 days of only the females out foraging.

I can now identify 3 little brown birds — Blackcaps and Dunnocks (which I had never heard of before) and the female Chaffinches with rusty bodies and black and white wings.



Why don't you have a go at identifying the birds in the grid below. We have seen these birds around school whilst we were taking part in the Birdwatch for the RSPB.

If you get stuck the answers are here →

In the bird feeders we use peanuts, bird seed, sunflower seeds and fat balls. The children keep them topped up during their horticulture lessons. It seems we have birds nesting all over the school grounds in a mixture of nesting boxes, native hedging and large shrubs and trees. Interestingly, the Blackbirds always arrive at the feeders by walking through the hedge.

We are really looking forward to the Spring so that we can watch the birds and their mating rituals before they start nesting. Have a great half term.

Cathy Johnson — Rural Skills

- A. Blackbird
- B. Black Cap
- C. Coal Tit
- D. Long Tailed Tit
- E. Blue Tit
- F. Great Tit
- G. Nuthatch
- H. Chaffinch
- I. Great Spotted Woodpecker
- J. Herring Gull
- K. Magpie
- L. Wood Pigeon
- M. Crow
- N. Pheasant
- O. Wren
- P. Tree Creeper
- Q. Dunnock
- R. Jay
- S. Green Woodpecker
- T. Buzzard

The Great Big Art Exhibition

Following on with the animal theme, the country is taking part in The Great Big Art Exhibition. The theme is animals, and



everyone is encouraged to paint, make or craft their interpretation and then exhibit your art work in your window or garden. [Click Here to download your pack.](#)

If you want to get your work uploaded to their exhibition site, post a picture of it onto social media using #thegreatbigartexhibition2021. [Click here to see their gallery.](#) Of course we would love to have a photo of your work to put in the next newsletter too!

Have fun creating!

Kelly Rowlands — Post16



This has been another funny term in Forest School and we have definitely missed having a lot of faces - not the ones that we have made out of potatoes!

As things have been quieter down in the woods we have used this as a chance to clear a lot of the overgrowth and overtaking Rhododendrons, our aim is to create an open space in the forest which we can use as a "chill zone" for the students to use as and when they wish. This area will allow more sunlight in through the canopy and we will put in a hammock, tent and other comfy stuff for the students to really enjoy relaxing surrounded by nature.

Apart from this we have been getting creative down in the woods and have spent some time, as mentioned, making potato heads using cress seed as hair. This activity was very enjoyable and it was great to see the students using their imaginations to create many weird and wonderful faces and creatures.



There has also been some great displays of team work going on as the students have been making their own, almost entirely independently, rope swings.

We have also been taking full advantage of

the soaking wet weather we have been having recently and have been getting nice a dirty creating mud paintings using twigs, brushes or in many cases just our fingers. Getting dirty is what it's all about!

The wildlife in the forest is a little confused and thought it was spring for a moment. The daffodils and snowdrops have started to bud, some of the Rhododendrons have started to blossom early and the birds have been making lots of noises to mark their territories.



There has also been some toad spawn in the pond as well as what I think is Water Boatman spawn and thousands of microscopic creatures around the surface. We also stumbled across a very happy frog on one occasion basking in the sunlight just outside the pond.

Last, and certainly not least, the new fire-pit arrived halfway through the term. The students have been very patient in waiting for this essential piece of Forest School kit and we have been taking full advantage of it once again, being able to have a nice roaring fire to warm our hands and roast our marshmallows on.

With pancake day falling in the half-term we have spent the last couple of weeks using the firepit to make scrummy outdoor pancakes on too. This is, needless to say, one of the favourite activities of most of the students and it has been delightful to be able to experience cooking on an open fire once again.



I feel the forest has now fully returned to it's former glory since the arson attack in October. We have been working hard fixing it and thanks to you, we are looking forward to the new areas and activities that we are going to be adding soon. Thank you again for all your kind donations. We couldn't have made it as special as it is again without you.

Lastly, a plea to you all to recycle any unused and unwanted toys or action figures that may be lying around in a loft or garage. We are hoping to make some scenes in the trees next term, as well as having them for the students to play with. I have seen similar things on woodland walks with my family and think it would be really fun for the students to have this in their Forest School too. I hope you can help!



Chris Leeds—Forest School

PE Updates

This was a statement made by a pupil in Plum class during a PE lesson and I think it has been the mantra that we have all adopted in PE this challenging term!

"IT'S HARD.....BUT NOT IMPOSSIBLE"

The great thing about this strange term has been that we have been able to reschedule our PE curriculum and teach nearly all classes on the days that they have been in. This has meant continuity of the PE curriculum enabling us to continue to try and deliver a broad and balanced physical education provision. In many respects in PE it has been "life as normal".

Curriculum:

Our curriculum has focussed around either core skills stability work, gymnastics or health and fitness. Across the board, the pupils, after some initial trepidation, have responded fantastically, and excellent attitude and work has been delivered. In fact the response to the fitness work by the older pupils across both sites has amazed us, and we have all "worked out hard".



In many lessons a turn of a "Joker" card" meant completing a full set of the fitness challenges and hardly anyone has been fazed by the number of burpees, press ups, flappy boats, squat jumps, running circuits etc that they have had to do...except me and Dan I think!

Groups have also been challenging themselves with how long a plank and a wall squat sit could be held for. Although when we saw that the World Record for a plank is over 8 hours it made our 2 minutes seem quite small. Pupils have been prepared to try for longer times every week, so we will be challenging that 8 hours soon! Perhaps you could try it at home and let us know.

Remember: It's hard but not impossible!

Other classes in their gym and core stability work have been doing a lot of strength work as well as working on

rolling, linking balances and moves together to create sequences and using the apparatus to jump and vault. All of this is further challenged by pupils being required to practise on their own and work at skills they find hard. Classes have risen to the challenge and we have had many fun PE lessons.

There is a serious side to all of this. The pandemic is the current cause of alarming data around increased lack of physical activity and with this, and very linked, are reductions in not only physical health but mental well being. The increase massively in "screen time" through online learning, which although essential, is also detrimental. Healthy eating, routines to ensure good sleep and limited screen time are all so important as well as the need to maintain or increase regular physical activity. This is not just for the children but all of us! My husband is also a PE Teacher and on an average day does about 17,000 steps at work. He is currently delivering most of his secondary PE on line and most days now only does 3,000 steps. There is a message for us all!

As part of this Orchard Manor School have been very "lucky" to have their own Jo Wicks delivering LIVE a HITT session (high intensity) from Tuesday to Friday at 9.30- 9.40am. The dynamic duo known as Jo King and The Wickerman have been trying to get classes and staff moving each day. Hope you have been joining us!



Some staff on the Lower Site also joined me this week for their very own OMS Staff Get Moving and have discovered parts of their bodies that they weren't aware off! On this theme, next half term, we will be starting an Orchard Manor Around Britain event and I hope that you will all join us in our mission to see how far the fantastic Orchard Manor Community can get.

Look after yourselves this half term, keep active and look forward to seeing you all soon.

Catherine and Dan—PE

Orchard Manor Railway



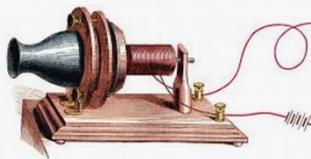
The progress on the model railway in Gala House is spectacular as you can see from the photos. This is a great project that has captured the imagination of the students. We still have a lot of work to do but the hard work and creativity from the students has been fantastic.

Speaking of models, the WarHammer craze is still going strong, so much so that Gala house are using the models as a new incentive for the Residential students as an activity after school. Its really great to see our young people learning new skills and having such a good time too. Well done! *Amanda Graham—Gala House*

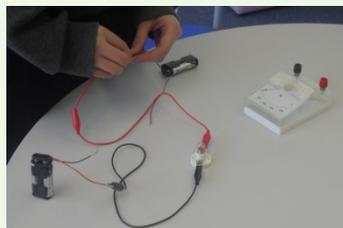


Plum Class Updates

In Plum class this half term we have been learning about Inventions. We have written some explanation texts looking at how the telephone was invented and been exploring how electricity works and has been used in lots of modern inventions.



the Black Death considering what people believed caused it, cured it and comparing this to what we now know about how to prevent and protect people from disease.



Our Science work has seen pupils experimenting with different types of circuits and exploring how these are applied in the world around us.



During Children's Mental Health Awareness Week, we participated in a range of mindfulness, awareness and yoga activities. Hopefully, this will have given students some

strategies which they might apply to their wider lives.

In art we have been studying the work of Austrian artist and designer Hundertwasser. We have explored how he represented trees, houses and windows using a range of patterns and bright colours.



It has been a very interesting term so far for Plum class with a mixture of in-school and home-based learning and the staff are very proud of what has been achieved in these challenging times.

A massive thank you to all those who have supported the pupils in the class with working at home - your input has enabled the pupils to continue to make steady progress and to produce some amazing work!

Peter Smith — Plum Class Teacher

In History we have been exploring



Gladstone

Gladstone have been super busy this half term. They have enjoyed games nights, cooking, smoothie making, film nights and walks out. The boys have also enjoyed a few takeaways here and there. Decorating continues within the house and we have moved onto the dining room and hoping to have this completed in half term.



We were very lucky to welcome a new young person into the residents and all boys have been fantastic at making him feel very welcome and comfortable, showing him the routines and fun that Gladstone has to offer.

As we can't get out to the shop, we have a weekly tuckshop in Gladstone that the young people can buy treats and practise money handling skills - This has been a real success and thoroughly enjoyed, keeping us prepared when we can return to the shops as a house.

We are looking forward to seeing in lighter nights and hopefully we can be out of lockdown soon. We wish everyone a happy and relaxing half term, whilst keeping themselves safe and well.

Megan Barr—Gladstone



Gala House

As usual the boys in Gala have been out and about, using the bike track and playing on scooters, and going on walks into Dawlish and the surrounding countryside—braving the freezing weather we have been having lately.

The train track continues to be added to with more scenery and even a canal and WarHammer modelling and painting is still popular. We have had lots of Movie nights and a takeaway evening but we cant wait until the end of the COVID restrictions so that we can go out properly. **Sam Poole—Gala House**

Jubilee House

Everyone in Jubilee House has been choosing things that make us happy! We have tried all sorts of new arts and crafts, from making loom band bracelets to modelling scenery. At the moment we are making a huge war scene. We will post photos when its finished.



We are very proud to say that one of our residents has been playing Botcha so well that she won the Botcha Trophy. Well done Scarlett!

Everyone has been working really hard at school too, working on different skills and getting involved in various projects. Tierney was very pleased to have reached his Level 4. Well done both of you! Its been a great half term.

Helen Stone - Jubilee House



Spartan House

Morgan did a great job of welcoming Guy and Ruth from the Special Partnership trust by using his Barista skills to prepare them some top quality coffee.

Our plans for the cafe have been put on hold this half term but we are looking forward to moving forward with this enterprise in the new half term.

Spartan has been making the most of our on-site youth club, particularly on the pool table. We are looking at setting up regular pool tournament nights in the new term.

Cooking skills have also been honed this term. Macca practiced a dish (Korma) which he prepared for the whole house hold, then took his skills home to independently cook the dish for his whole family. Great transfer of skills from school to home, and a massive achievement for Macca! Well done!

Chris Heard—Spartan House





ACTION CALENDAR: FRIENDLY FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Send someone a message to say how much they mean to you	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone else	4 Organise a virtual 'tea break' with colleagues or friends	5 Show an active interest by asking questions when talking to others	6 Get back in touch with an old friend you've not seen for a while	7 Make an effort to have a friendly chat with a neighbour
8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for the good in people, even when they frustrate you	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Send a friendly message of support to a local business	14 Tell your loved ones why they are special to you
15 Smile at the people you see and brighten their day	16 Check in on someone who may be struggling and offer to help	17 Respond kindly to everyone you talk to today, including yourself	18 Appreciate the good qualities of someone in your life	19 Share a video or message you find inspiring or helpful	20 Make a plan to connect with others and do something fun	21 Actively listen to what people say, without judging them
22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about their strengths that you value most	25 Thank three people you feel grateful to and tell them why	26 Give positive comments to as many people as possible today	27 Call a friend to catch up and really listen to them	28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS



www.actionforhappiness.org

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Our Work Medals ... Worn with Pride



Today I was doing a home visit, whilst waiting outside, one of the neighbours came out with two small children. The little boy said to me "I'm six!" and I said "Ooh lovely!"

Then he said "I like your medal," pointing to my name badge.

I held up my picture ID badge and said "This one?" and he said "yes". I told him from now on that I'd call my work badge my work medal and thanked him.

So everyone this is to you all, remember if your day is feeling hard and you're tired and anxious because it's a scary time, you'll be ok! Pick up your lanyard, look at your badge and remember it's your work medal and we all truly deserve it. I wear mine with pride. **Heather Atkins - TA**



Wear a Scarf to School Day

The Wear a Scarf to School Day was a great success during Mental Health Week, with almost everyone coming to school in some sort of neckwear.

One of the best bits of it all of course was the cake sale. Our lovely Home Economics teacher made some super cakes that we put

on sale on the day, helped by our very own "shopkeepers". We managed to raise a grand total of £104 which will be going to the Place2Be charity which provides mental health counselling support and training to schools, to improve the emotional wellbeing of pupils, families, teachers and staff. Well done everyone!



Bryan Webster—Wellbeing