

Message from the Head teacher:

Hello everyone,

The Summer Term is here and with it the beginning of the spring sunshine.



Today we have been celebrating Autism Awareness and the students have been getting involved in fun activities and a fun run / walk / roll. The colourful outfits are lovely to see and matched everyone's cheerful moods as we move into spring.

Have a great weekend.

Mary Bickmore, Head Teacher

Willow Class

We have been learning about Ramadan in topic this week. The students enjoyed songs, stories and different activities linked to Ramadan.



Message from the Deputy Head:

Dear All,

What a great start to the new term we have had.

I just wanted to remind parents of secondary pupils that we are offering Lateral Flow Tests for collection from main reception. Check the website 'Covid' Tab for more information.



We would like to say a huge thank you to everyone for their support and patience this morning whilst we waited to gain entry to the building.

The pupils made us proud with how calmly they waited in the sunshine or on buses with their classes. Well done everyone!

Have a lovely weekend.

Keep safe.

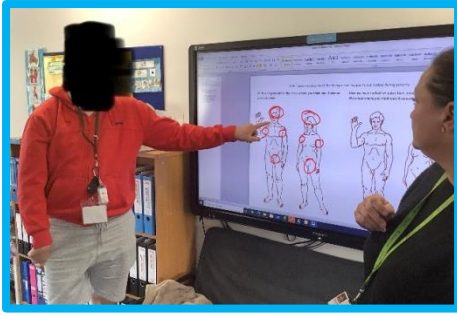
Laura Clements

Deputy Head

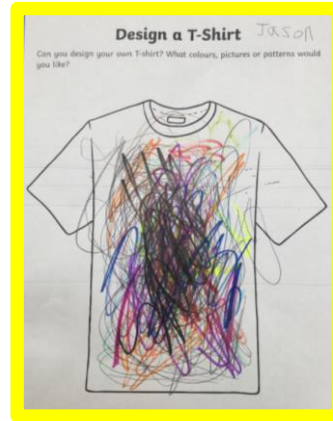
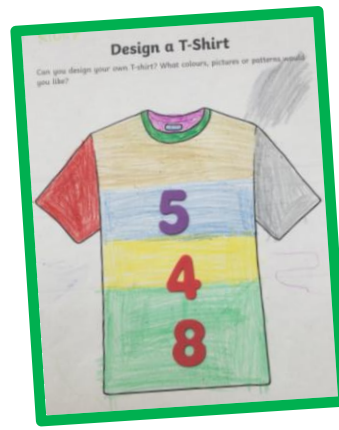
Palm Class

Our BTEC Sports teams have their new T-shirt's and are proud to be the first group of learners in the school to work towards this qualification. Great work team.





Palm class has been working hard on their SRE this week. Learning about changes in the body as they grow from childhood to adulthood



Autism Awareness

This week we are celebrating diversity by acknowledging the strengths, differences, and needs of Autistic individuals. Classes have had great fun celebrating Autism Awareness Week. Thank you for all of the donations received.



www.autism.org.uk

Makaton 'Sign of the Week'

This week's sign of the week is...Feelings!

Check out twitter for Sam's Makaton clips



The students designed a T-shirt for Autism Awareness Day and they all looked fantastic!

We are happy to announce the winners:

Juniors: Riley from Willow class

Seniors: Jason from Oak class

Sixth form: Benetley from Aspen class

Congratulations to the winners and to everyone who took part! A big thank you to Mary for choosing the best T-shirt designs.

National Online Safety

Have you registered? nationalonlinesafety.com



**National
Online
Safety**

Lunch Menu – Week 2

Mon	Fish Fillet Burger Vegetable spring rolls v Potato Dippers, Pasta, Peas/Sweet Corn, Salad Iced Smoothie
Tues	Chicken Nuggets Wraps tuna or cheese v Wedges, Pasta, Mixed Vegetables, Salad Blueberry Cake
Wed	Pepperoni Pizza Vegetable fingers V Curly fries, Pasta, Green Beans Cauliflower , Salad Strawberry/vanilla frozen mouse
Thurs	Jerk Chicken Mac and cheese V Cajun Diced Potatoes, Rice, Peas/carrots, Salad Pancakes and strawberry sauce
Fri	Fish Fingers Sweet & sour stir-fry V Oven Chips, Rice, Peas/Carrots Salad Raspberry Ripple Ice cream

Stress Awareness Month 30-DAY CHALLENGE

It's fair to say that the past 12 months have been more demanding than most of us would have imagined. A recent study by the Stress Management Society found that 85% of people have felt more stressed since the pandemic began. Even before Covid-19, modern life had created an epidemic of anxiety, with high stress levels damaging the health of millions. To mark the start of Stress Awareness Month, we're joining in with the Stress Management Society's 30-day challenge. Below, we've given you 30 tips to get you started: each day, simply pick a stress-busting action to complete from our categories and give your physical, mental and emotional wellbeing a lift. Why 30 days? Because that's how long it takes for an action to become a habit. Our social media details are at the bottom of the page - let us know how you're getting on as the month progresses!

PHYSICAL

- 1 LEAVE YOUR PHONE AT HOME**
Now the weather's turning nicer, go for a long walk ... without your phone!
- 2 EAT WELL, FEEL WELL**
Find a recipe online for a tasty, healthy meal. Eating well is a great way of reducing stress.
- 3 PUT THE 'NO' INTO 'NOTIFICATIONS'**
Turn off ALL your phone's notifications for the day. No pings, no FOMO, no distractions.
- 4 APP-LY YOURSELF**
Download one of the thousands of fitness apps that can help banish stress - from crunches to push-ups to simply counting your daily steps!
- 5 GO TOTALLY TECH FREE**
Digital detox: organise a tech-free family day. No phones, no consoles, no tablets for 24 hours.
- 6 STREAM SOME STRESS AWAY**
Find a new workout or yoga routine on YouTube and try it out. Exercise is stress kryptonite!
- 7 TIME FOR A CUPPA**
Working from home? Take regular screen breaks. Even just five minutes can do the trick!
- 8 LAUGH YOUR CARES AWAY**
They say laughter is the best medicine. And they're right! Make time to watch a classic TV or movie clip that always makes you giggle.
- 9 TAKE A BREATH... OR TWO**
Fitbits and Apple Watches have built-in breathing exercises to lessen stress. If you don't have wearable tech, YouTube has lots of breathing exercise videos.
- 10 PUSH THE ENVELOPE!**
Write and post a card or a letter to a loved one. It'll make them feel good too!

MENTAL

- 1 SOUNDS RELAXING**
Stream some stress-busting audio. Ocean waves, jungle sounds or ambient music are a blissful way of winding down before bed.
- 2 WELL, FANCY THAT**
Go online and learn something new. Just any random fact that you didn't know this morning!
- 3 ELIMINATE SOME EMAILS**
Few things scream "mental clutter" louder than an overflowing inbox. Weed out those emails you've actioned that are now just taking up space.
- 4 BEAT THIS**
Create a feelgood playlist on your phone ... all those tracks that never fail to give you a boost!
- 5 CLEANSE YOUR SOCIAL MEDIA**
Tidy up your Twitter and streamline your Snapchat. Unfollow accounts, leave groups, hide updates - all the stuff you never look at.
- 6 LET THEM WAIT**
It's OK not to reply to friends' messages immediately. Maintaining a chat when you're already busy can create more stress.
- 7 GET PRODUCTIVE**
Download an app to boost your productivity and help combat stress. It could be a sleep monitor, a memory training app or a 'to-do' list manager.
- 8 PEACE IN A POD**
There are some brilliant stress management podcasts out there. Fire up your podcast app and see which ones appeal to you.
- 9 SPRING CLEAN YOUR PHONE**
De-clutter your phone: notifications, the camera roll, unused apps. Your phone will benefit and so will your brain!
- 10 HELP YOURSELF**
Apps like SAM (Self-help for Anxiety Management) can help you to understand and manage your stress levels better.

EMOTIONAL

- 1 FABULOUS FACETIME**
Video call a friend or family member, just to catch up. Or, if you have time, do both!
- 2 SPREAD SOME GOOD VIBES**
Choose your favourite post of the day from your social feeds and share it.
- 3 CUTE, CUDDLY AND CALMING**
An old school classic: just google image search "adorable kittens" or "cute puppies", whatever. It literally never fails to make your day better!
- 4 READY PLAYER ONE**
Gaming is good! The achievement and enjoyment you get from progressing can really lift your mood. Just don't play too long!
- 5 BRIGHTEN THEIR DAY**
Share some love! Message someone just to tell them that you're thinking of them.
- 6 U OK HUN?**
Go online and reach out to someone you think might be struggling with stress too. Just talking about it can help both of you.
- 7 LIKE THIS, LIKE THAT**
Spread some positivity by reacting to your friends' social posts. Sprinkling those hearts and thumbs up will make you feel happier, too.
- 8 START ON THE FRONT FOOT**
Set an automated reminder about something you were proud of today. Time it to go off within an hour of getting up tomorrow.
- 9 PIC AND CHOOSE**
Scroll through your phone's camera roll. When you find a pic that makes you smile, share it with whoever else is in it!
- 10 SHARE SOME LOVE**
Someone you know achieved something special? Go online and publicly congratulate them!



For further info about Stress Awareness Month and more resources to help reduce stress, visit www.stress.org.uk/stressawarenessmonth/

