

# RAEDWALD TRUST

NEWSLETTER

EASTER 2021

## DANTE'S YEAR

Student praised for showing initiative with email plea

## TECHNOLOGY

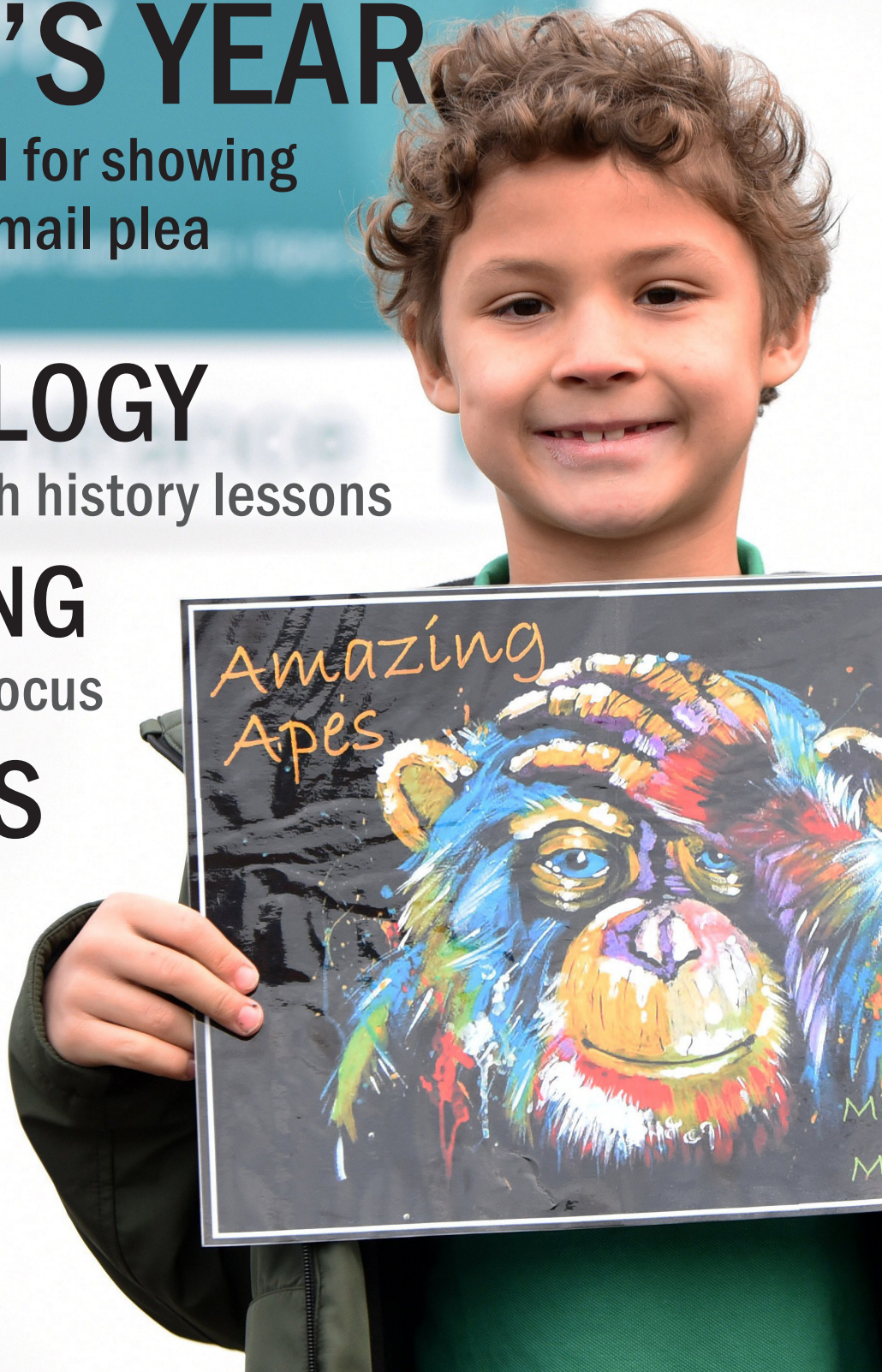
Robots help with history lessons

## WELLBEING

Mental health focus

## SUCCESS

Assistant's new qualification





Colourful characters  
 STAFF dressed up as their favourite literary characters to celebrate World Book Day. There were also lots of fun activities around the schools across the Trust.

## Rising to the challenge through tough times

RAEDWALD TRUST CEO, Angela Ransby



To serve the Raedwald Trust community has always been both my privilege and an honour; this has never been a greater truth than throughout the events of this year.

Our children, staff, families, friends and partners are a daily inspiration: so often, I moved by what we are able to achieve by working together.

Against a backdrop of extraordinary challenge, we have strengthened our ability to serve our children by pooling our knowledge and resources. Thank you for your support and your commitment.

The former Secretary-General of the United Nations Kofi Annan once said: "There is no trust more sacred than the one the world holds with children."

Well, at the Raedwald Trust, we take seriously the part we play in delivering on our promise to our children.

# Internal audits vital to reaching inclusivity goals

## CEO promotes nationwide inclusion project...

CEO of the Raedwald Trust Angela Ransby says when it comes becoming more welcoming and diverse schools must look inwards before we can move forwards.

She has partnered with Headteachers across the county to promote an inclusion project inspired by the Black Lives Matter movement.

She is asking schools to undertake internal audits on its diversity and inclusion policies, procedures and culture.

There will also be training and awareness programmes delivered through online webinars as well as pupil engagement programme focusing on the project's theme, which is Silence is Compliance.

Collaboratively projects would include inter-school Black Lives Matter inspired podcasts, drama and art projects. There are also plans for a music video with inspirational quotes from black historical figures.

Angela said: "Before we talk to our students about diversity and inclusion and Black Lives Matter, we must first get our own houses in order."

"We look first inwards to see if we can be doing better before we look to

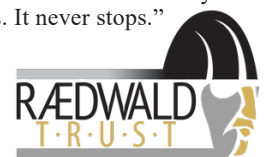
support others.

"We then move forward with an array of exciting projects aimed at making schools in this county more inclusive and welcoming places for all our staff and students.

It is a subject close to the heart of Copleston High School Headteacher Andrew Green. His school have already taken a proactive approach

He said: "Much of what has been proposed by the Raedwald Trust is work we were already undertaking at Copleston High School.

"I am in totally agreement that we all have something to learn by turning the focus inwards. Making your school a diverse and inclusive place to work and study is an ongoing process. It never stops."



Expertise, experience, excellence

# Alan's love of history fuelled by the future

ALAN Slomko missed history class the most while off school shielding from the virus and recovering from an operation.

He was out of school nearly a year while undergoing treatment for leukaemia. But since October Alan has been able to attend school while actually not being physically at his desk.

How? Well, it is thanks to an AV1 robot which has taken his place in class. The innovative technology allows Alan to see, hear and speak to his teachers and classmates through a live feed camera.

The robot is mobile so can transport around the school, meaning Alan can join in with playtimes and lunch breaks with his friends.

Alan was first diagnosed with cancer in 2017 aged just 9. He underwent treatment but was told the cancer had returned in February last year.

He was told to stay off school because of a weak immune system having just had a bone

marrow transplant. Alan told The Mirror newspaper in October last year: "It will make such a big difference to me because I miss my friends so much, it is the hardest thing about being off school for so long.

"The virus has made things even harder for me because I am not strong enough at the moment to go to school.

"This robot is amazing, it is the closest thing I have to being there right now. I am looking forward to catching up in History class as it is my favourite lesson. I love learning about the Kings and Queens and wars and stuff. I miss it so much."

Alan's mum Anna who is a full-time career to her son says the robot is a lifeline. She added: "He is such a good boy, he does not complain, just gets on with it and tries to be in a good mood but I know it gets to him."

CEO Angela Ransby said: "We are delighted we have been able to bring this important technology to where it is needed. The robots have the power to change children's lives."

Striving to innovate

WE are asking families facing severe financial hardship due to COVID-19 to get in touch with their contact at our schools. The Trust can refer families to the Local Welfare Assistance Scheme which provides household furniture and white goods, plus electric and gas top ups and supermarket vouchers. The council run scheme is part of the COVID recovery plan.

Alan, pictured with his mum, has been helped with his studies by a robot.



## Putting surplus supplies to a very good use

"Collectively, we have more than we need" — that is the driving force behind a new



'community shelf' in Ipswich which urges people to give their surplus food to struggling families.

The outbreak of the coronavirus crisis has left families across the town facing unprecedented hardship, with many facing job losses and reduced income.

So, the Raedwald Trust and Copleston High School have started the scheme to provide home essentials to those who most need them.

As well as helping people in a time of crisis, the schools hope it will become an "enduring scheme that empowers our community to share the resources it has".

They want to "redress the balance" of the "disproportionate allocation of resources in our communities" — an issue they believe has been heightened by the Covid-19 pandemic.

Ms Ransby said schools had been a "vital source of moral and practical support" during the pandemic, due to their regular contact with families.

"The community shelf will allow us to extend that support by delivering essential items at the same time," she said.

"The importance of community has never been greater than it is now.

"This crisis highlights that there is a disproportionate allocation of resources in our communities, and we want to find a way to redress the balance.

"We're not replacing any service. We're responding to a specific need that we're ideally placed to address."

The East of England Co-op, The Rope Trust and Waitrose have helped to get the scheme started.

Making a difference

# Early intervention is best prevention

**Mental Health First Aid training helps identify issues at an early stage...**



**Ipswich Hospital School's Lead Teacher, Kate Kingsford-Bere runs Mental Health First Aid training.**

EARLY interventions with teenage mental health sufferers can help to prevent issues persisting in later life.

That is the verdict of Ipswich Hospital School's Lead Teacher, Kate Kingsford-Bere, who runs Youth Mental Health First Aid training for teachers and other professionals across Suffolk.

In addition to her teaching role at the hospital, Kate runs courses on how to spot the early signs of mental health issues such as Eating Disorders, Self-Harm, Depression, Anxiety and suicidal thoughts, among other conditions.

It seeks to challenge the stigma surrounding mental health, often a barrier to recovery. Participants also learn how to approach, assess and assist and listen in a non-judgmental way before guiding young people towards professional help and resources.

It was the government's aim through their strategic plan to ensure a mental health first aider was trained in every school by December 2020 but many schools have missed this target.

Doctors have said that there has been a concerning rise in eating disorders, self-harm and behaviours related to anxiety (eg ticks) among young people, from the beginning of the pandemic.

Kate has urged schools to take urgent action. She said: "Repeated studies have shown that early intervention is important in helping those impacted by mental health issues to develop the strategies and tools to cope in later life.

"That is why it is crucial that schools are able to get trained mental health first aiders in their schools so that they can give that non-judgmental support to children in desperate need."

"If mental illness is picked up at the early stages, there is a good chance of recovery for the young person.

"School staff are perfectly placed to spot these signs and with correct training, they can signpost a young person for further help.

Kate's warning comes as clinicians predict a surge in mental health referrals among youngsters when children return to school.

As the Lead Teacher at the hospital, Kate spends a lot of time working with students experiencing mental ill health.

She said: "Issues such as self-harm and suicidal thoughts are relatively common and our staff must be trained to listen and support our students with their mental health alongside the curriculum.

Across Suffolk, school staff are robustly trained to administer physical first aid to a high standard in schools, Mental Health First Aid is of equal importance and should be seen as a priority especially given the current climate."

"It is a hard job but an incredibly important one and one that must be done correctly by someone with training."

For those interested in knowing more about Mental Health First Aid courses for anyone working or supporting young people, see the Mental Health England website or contact the Raedwald Trust [MHFA@raedwaldtrust.org](mailto:MHFA@raedwaldtrust.org).

**Expertise, experience, excellence**

## BLM inspires new musical project

**Students have created their own instrumental music track and video inspired by the Black Lives Matter movement.**

The project was started by music teacher Mr Walters during music classes but was taken on by students who created their own song and promo film.

It features students playing a range of instruments as well as a forage of youngster holding up BLM posters.

Mr Walters said: "I am so proud of how the students have taken on this project. Though it was my idea initially they have really taken it on and made it their own.

"The effort that has gone into making the song on display is really wonderful. It shows our students have talent and maturity to take on complex issues."



Julie raises a glass to her recent success.



## Wellbeing grant for new nature garden

Students – as always at Raedwald – are leading the way when it comes to a new nature garden at Parkside Academy.

Our Year 10 and 11 students are working in partnership with Suffolk Wildlife Trust to create a new green space.

The garden is being funded by an £8,000 grant awarded by Supporting Wellbeing, Emotional Resilience and Learning with Young People (SWERL).

The project is run by UCL Institute of Education and funded through Ipswich Opportunity Area.

Head of School Nick Stevens said: “Many of our students have additional needs and we really wanted to create more space.

“Our students can have ownership of their garden and create things with a community feel.

“They are loving the garden and are fully involved — it’s been great for them. We are going to create an environment that will suit their needs.”

“We have decided to develop a social area that can be adapted also for use in delivering a life skills/employability skills programme.

“This will support our young people to increase their confidence and strategies for developing their skills. We hope that the project will go some way to enabling them to be aspirational but feel that their goals are achievable.

“It will support our young people to develop their skills for post-16 life and provide them with the best opportunities.”

## Special effects are so realistic

A student at the Westbridge Academy is hoping to break into the entertainment industry by completing a silver arts award in special effects (SFX). Take a look at this (very convincing) practice wound completed in preparation for a workshop.



# Julie’s success is no surprise

## Hard work pays off with qualification...

EVERY half-term the staff at First Base Bury St Edmunds hold an alternative Secret Santa as a way of promoting wellbeing.

The person at the centre is Julie Mead, making sure everyone is having fun.

But being good at parties isn’t Julie’s only skills. The learning and progress assistant has impressed colleagues at First Base Bury by gaining a counselling qualification.

Julie joined the team four years ago and started studying Level 4 Integrative therapeutic counselling at the same time.

The counselling qualification requires her to undertake regular CPD with the most recent training focussing on anger management with adult males.

Head of School Sonia Myhill said: “We are all extremely proud of her — she has worked so hard and gone above and

beyond to achieve the qualification.

“She is incredibly intuitive and is always aware of the wellbeing of others—she is an amazing colleague to have around.”

**DURING lockdown there was a fantastic turn out for mock exams which were held in November. Mr Stevens said: “The students have worked incredibly hard preparing for the January exams. We felt the students deserved the chance to put their hard work in to practice and are very proud of their commitment.”**

“It is nice to eat lunch together Julie creates really good team games and it’s such a good way of bringing us together — she looks after us in terms of mental health and has great intuition when we are feeling down.

“Our cohort are all males and it has helped us understand how anger is triggered within the male mind and how genders differ — it’s been really useful.”

Always passionate

## New sensory room will help wellbeing

Spending time relaxing in a dedicated space is a treat all of us would welcome.

That is what is on offer to staff and students at Alderwood Academy after the creation of a new sensory room.

It was a team effort to create the special space which features a bubble tube, fairy lights and stars on the ceiling.

The room also features Velcro and half tennis balls on the walls to really enrich the students' experience.

Head of School Tom Baker was impressed: "We knew with this year's cohort that we really needed the sensory room provision so converted one of the smaller classrooms.

"Some of the students helped out which has provided a real sense of ownership."

He continued: "It has also provided a much-needed space for children who are adapting to returning to their lessons.

"If the students feel a bit overwhelmed, they can use the sensory room. We have also started holding our 1-2-1 meetings there."

## Generous donation to hamper project

A generous couple are helping to feed our families with monthly cash donations towards our food hampers project.

The Raedwald Trust supply 45 food parcels every week to our families thanks to support from Fare Share and the county council.

Each month that cash is topped up by secret benefactors who spend their own money to help our families at a time of crisis.

Sam Willetts said: "We would like to say a huge thanks to our wonderful supporters whose generosity means we can continue to support our families.

"Special thanks go to our secret benefactors whose generosity reflects the support and community that exists at the Raedwald Trust."



# Celebrating good times at assembly

Weekly upbeat event provides students with a much-needed mood lift through lockdown...



Celebrating the achievements of students, even remotely, through assembly has been important to keep morale high. at St Christopher's Academy.

THE introduction of celebration assemblies made a big impression on the hardworking students at St Christopher's Academy this term – even while they learned remotely.

The weekly events held were introduced to boost morale and staff held raffle competitions.

Students were invited to attend online and join in with their friends.

The students from Years 3 to 6 were also able to enjoy the new Pit Stop room where the assemblies were held.

The Pit Stop room was a new space created for students who were feeling

anxious and required time out from learning.

Remote learning proved successful for many students with twice weekly workshops and online lessons.

Work packs were sent home and access to teachers helped the students during the challenging time of remote learning.

Making a difference



## SHOWCASING awesome art

Parkside Academy Students are getting wonderful opportunities to display their artistic talents thanks to a showcase at Gainsborough Community Library. The work will be exhibited as part of ongoing art focused part programme across the trust to build confidence by showing students they can achieve. Head of School at Parkside Academy KS4 Nick Stevens said: "It's fantastic for the students and really allows them to showcase their work. "Eventually we'd like to sell artwork and build on the partnership with the library." There was further good news for Parkside's young creatives as eight pupils achieved their Arts Award Explore (Entry 3) and Art Club is to return on a Wednesday.

# Courageous Dante's year to remember

## Student's email plea for own year group...

DANTE has achieved a lot considering he is only eight years old; not least starting his own year group at school.

First Base Ipswich have introduced a Year 3 after an impassioned email from "little hero" Dante persuaded staff.

Dante was due to move on to a new school after a couple of years at First Base Ipswich Academy. But the bright youngster loved going to First Base so much that he wanted to stay.

So, he emailed Angela Ransby, Chief Executive of the Raedwald Trust — which runs the school — urging her to add a Year 3 class.

"I really wanted to stay at First Base because all the adults help you but it only has Year 1 and 2 children," said Dante.

He continued: "I have met Angela before and she is very nice so I sent her an email asking if we could have a Year 3 class at First Base. We had a meeting on the computer to talk about it and she agreed.

"I am very happy to be staying at First Base and we have even talked about running

some new classes like making chocolate. It will be so fun."

CEO Angela said: "Dante is one my favourite people. He showed wonderful initiative to contact me and made a very strong case. He is a little hero.

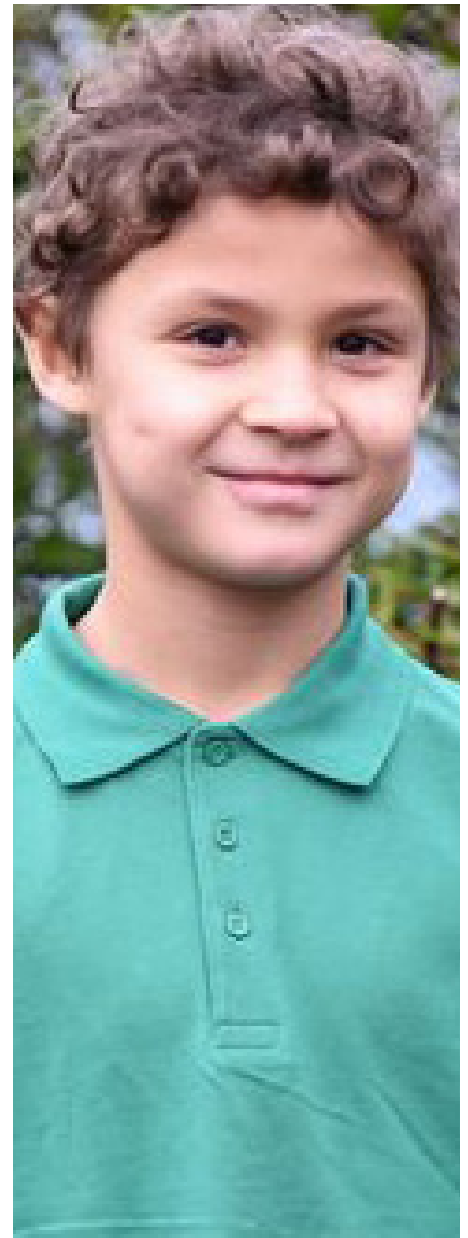
"It is so important that when our young people have the confidence to speak up they have their voices heard.

"In this instance Dante had the courage to ask for what he wanted and was able to make a difference and influence his surroundings. That is a very powerful lesson to learn."

Dante's mother Abbie commented: "I have a lot of praise for First Base Ipswich, they have done so well with him."

**Dante wrote an email asking First Base Ipswich to introduce a Year 3.**

Always passionate





AS part of National Careers Week staff at Parkside have been visiting form groups and classes to discuss future career paths.

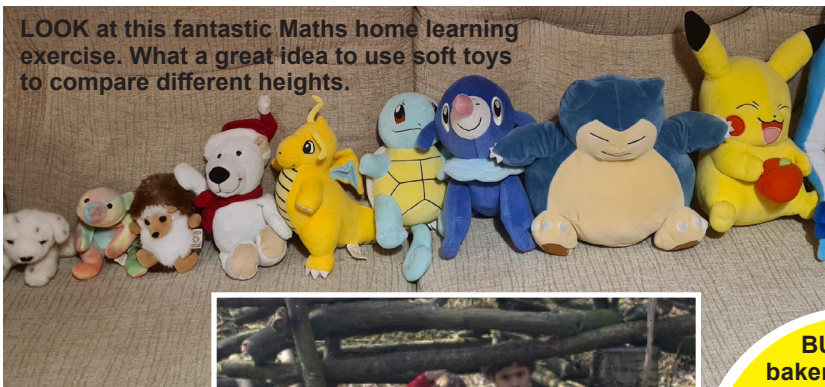
# Picture corner



**WELL** done to former pupil Charlie who came home with the over and above award for reading. He read his poem out in front of the whole class. We are so happy to hear how well you're doing.



**STUDENTS** in the Stingrays class at Alderwood enjoying experimenting with an array of colours by making rainbow foam.



**LOOK** at this fantastic Maths home learning exercise. What a great idea to use soft toys to compare different heights.

**THE** children at First Base Ipswich had an amazing time discovering dens and role playing.



**BUDDING** bakers put their skills to good use raising money for a Dementia Awareness charity with a special Christmas cake bake. The tasty treats raised £67.



**FIRST** Base Ipswich Academy students making the most of the snow.



**A HUGE** well done to Brandon who enjoyed baking cupcakes at home.

