

RÆDWALD TRUST

NEWSLETTER

WINTER 2021



Staff and students at Parkside KS4 marked World Mental Health Day by wearing green. It's so important that everyone understands that it's okay not to be okay.

MENTAL HEALTH

Making our minds a top priority

Teaching ambition

Student aims to lead classes

Survival matters

Learning key skills at farm



Fabulous fundraising



PARKSIDE KS3 students raised funds by holding a bake sale to raise money for the Children in Need appeal.

They have been learning the importance of helping others while doing their bit for Pudsey Bear by fundraising with a dress down day.

Acting Head of School Sian Sherman said: "Children in Need is really important to us as a school. It's important to give back to our community and to help those that are less fortunate.

"There are areas of deprivation around the world. We are very much keen to develop the morality of our students so that they have a real sense of understanding and wanting to help others.

"It helps our young people to find their own place within our community and it was a real community effort.

"It was lovely to celebrate Children in Need with a piece of cake."



Harry learned to use different materials to start a fire at Foxburrow Farm.

Fuelling passions

YOUNGSTERS have been enjoying the great outdoors as they learnt survival skills at Foxburrow Farm.

Outreach students spend every Monday afternoon at the farm learning new skills and getting out in the fresh air.

They also learnt how to create a shelter using natural resources and to safely start a fire without using a match, which is risk assessed.

Regardless of the weather, the students attend every week, come rain or shine.

Head of Service, Alice Crozier-Green, said: "It's very good for mindfulness and it just aids their wellbeing.

"In terms of learning, it's a really good way to engage our young people. They are learning transferable skills, such as working with others.

"It's a very different learning environment for

our students and it enables them to see things through different eyes and work together."

One of the key skills they master is listening.

Mrs Crozier-Green added: "Listening skills are really important in this kind of environment because it's very closely risk assessed so it is absolutely crucial that they listen.

"If they are working on dangerous activities then they have got to be able to listen to instructions and understand.

"Resilience is also really important because they are out in the open for a couple of hours every week."

Each week, staff print off the photographs from their time outdoors and the students then write about it.

Expertise, experience, excellence

RAEDWALD TRUST CEO,
Angela Ransby



Wonderful dedication in difficult times

THERE are many wonderful things about being the CEO of the Raedwald Trust. I relish the challenge of the responsibility my role brings.

Taking the big decision comes with it a lot of accountabilities: success or failure the buck stops with me.

To do this job properly one needs to dedicate oneself to it: I have to believe in the transformational impact of education.

Nowhere was that better illustrated than on a recent television programme I watched featuring singer Adele.

Reunited with her old English teacher, she was overcome with emotion and gratitude for this person that helped to inspire her.

When I read this newsletter, I see that same footprint of great teaching.

Across the Raedwald Trust community, we all know that a great teacher; a great community and great education leaves an indelible mark in a young person's life.

The Raedwald Trust community comprises people that I am proud to call my peers. People who have dedicated themselves to improving the lives of our children. I believe this to be a noble cause.

At a time when we count our blessings, I give thanks for my colleagues; our community. The best of the best.

I'd like to wish you all a Merry Christmas. I hope you have a well-deserved break.

Jenny's got her eye on teaching



Our KS4 RT Outreach student, Jenny, wants to be a teacher, so we encouraged her to work with our younger learners.

IMAGINE dreaming of being a teacher and then getting the opportunity to teach at the age of just 14.

Year 10 Outreach student, Jenny, has been getting experience working with children by mentoring her younger peers

Jenny has embraced the opportunity presented to her.

Alice Crozier-Green, Head of Service at Outreach, said: "She desperately wants to be a teacher. That's her ambition.

"So we have provided opportunities for her on a Tuesday to work with two Key Stage 2 children.

"We look at how she could use her own experiences to work with others to achieve her own ambitions.

"She opens up. Her body language is different. With these children she's really nurturing and really caring. Her whole demeanor changes when she's working with these kids."

Jenny has been going to Foxburrow Farm with the students and working with them there

With these children she's really nurturing and caring...

Alice Crozier-Green,
Head of Service at
Outreach

before returning to the school to work with them on their maths on a one-to-one basis.

She also has been working on the Raedwald Trust reading curriculum with the students.

Mrs Crozier-Green added: "She reads the book that we have here as part of the reading curriculum and she listens to them reading. It's been amazing. The boys love it, it's really heartwarming."

Placing an importance on digital security

LEARNING how to stay safe online is of paramount importance in today's digital world.

Our Outreach students have been taking part in online safety workshops to develop a strong understanding of how to use the internet in a safe way.

As well as understanding the basics such as using social media safely, students have also been taught about radicalisation and the dangers of online grooming.

Students were also shown how to report a concern that they might have.

Alice Crozier-Green, Head of Service at Outreach, said: "It's such a huge part of the culture of our young people, now more so than ever.

"With the pandemic, it's opened our eyes to the amount of time that they spend online. Most of our children aren't in mainstream education so they are in smaller settings. That's been the case for a lot of young people regardless of where they attend.

The students have also been visited by the Trust PCSO, Ellen Whight, who has been delivering special workshops about online safety.

Poetry power

STUDENTS have been marking National Poetry Day by studying American poet Sarah Kay.

Outreach students looked at the power of language while learning her poem 'If I Should Have A Daughter.'

Alice Crozier-Green, Head of Service at Outreach, said: "We have got a lot of students in one of the groups who are really musical and they enjoy the sorts of poems that merge with rap music.

"One of the groups has been working on a project where they have created their own music. They are quite creative and they like looking at language and rhyme."

Taylor's talent expresses himself in music and art

Taylor completed this piece of art for his Arts Award Bronze. It's a fantastic painting of a rapper which he enjoys listening to.



STUDENT Taylor is taking on the challenge of teaching piano skills to his peers as part of the Arts Awards.

He is completing an Arts Award Bronze in visual arts and Arts Award Silver in Music.

The Arts Awards are a range of qualifications that support young people to grow as artists and arts leaders.

To achieve an Arts Award, young people take on challenges in an art form, participating in arts activities, experiencing arts events and being inspired by artists. It is run by Trinity College London.

As part of the challenge, Taylor has enjoyed taking on workshops to teach fellow students how to play the piano.

Claire Guernari, Art and Design Teacher, said he has taken it all in his stride.

"Taylor is a very creative young man and has worked tremendously hard in both arts areas," she said.

"In his bronze award he has developed his skills in painting and in music his piano skills.

"Taylor has shown he is keen to continue to develop his skills further to complete his awards. He has appeared more confident in the arts after each session, particularly in his silver award.

"He has planned and delivered a workshop in piano skills.

"Taylor was a pleasure to engage with during a trip to an arts exhibition about the art work and also wrote a review for this exhibition for the Bronze Arts Award."

Taylor is a very creative young man and has worked tremendously hard in both arts areas...

Claire Guernari,
Art and Design
Teacher

Socking it to the bullies

STUDENTS have been taking on a range of challenges and activities around the theme of kindness as part of Anti-Bullying Week.

Youngsters at Alderwood Academy took part in Odd Socks Day as well as taking part in various workshops and sessions focusing on bullying and how to combat it.

Tom Baker, Head of School at Alderwood Academy, said: "It's about highlighting the importance of kindness and how little acts of kindness can have a big impact.

"We used the opportunity to wear the bold-est and most odd socks to encourage our pupils to express themselves and celebrate what makes them unique."

Staff also spoke to students about bullying in detail.

Mr Baker added: "We had quite open con-



versations with the children about what they feel bullying is and how someone would feel if they were bullied.

"We spoke about how we could show kindness to others and helping people up if they got hurt. One student drew a picture to represent the way that kindness and respect can be shown."

It's all a reminder of how important it is that students understand the impact that bullying can have on another person.

Mr Baker added: "We would love to be a school that can say bullying doesn't happen but we can't - no school can. This is about giving students the skills to be able to handle it themselves and to transfer what they have learnt to every day life."

Always passionate



Football mad boys enjoy Ipswich tour



TWO keen football fans saw their dreams come true when they were taken on a tour of Portman Road.

The Ipswich Town fans from Westbridge Academy visited the ground and saw the changing rooms, the dugout and the area where the press conferences take place.

It was organised in a bid to help inspire them and pursue their potential interest of a career in the world of sport.

Amanda Powell, Learning & Progress at Westbridge Academy, said: "The boys were talking about careers in sport. They went and had photos in the changing rooms and had a look around the ground. They went and sat in the seat in the press area.

"It's nice for them to see behind the scenes. They loved it. I think they were actually going to the game that weekend. It was nice for them to do something out of school and it was just a bit of fun."

Paying respects to the fallen

Outreach pupils, Isaac and Harry, learned all about the poppy for Remembrance Day.

Students mark Remembrance Day with two minutes silence and touching art display...

STUDENTS at Westbridge Academy have been learning more about Remembrance Day as they marked it with a two minutes silence.

The young people helped make a display and took part in discussions about the meaning of Armistice Day.

Amanda Powell, Learning & Progress at Westbridge Academy, said: "We have got a large display area in our common room where the students have their breaks. We put a bit of astroturf there to make it look like grass and we put some poppies up there. We also did a display in the classroom.

"The students took part in the two minutes silence. One of our youngsters is an army cadet and took part in the parade so we talked about what it all means to people.

"A lot of the children have grandparents who served in the forces and so a lot of them know about it already.

"So we talked about the fact that we need to be thankful to the people who put their lives on the line for us. They were quite interested and keen to listen."



Striving to innovate

Tasty way to raise funds for charity



Staff and students raised just over £80 for Macmillan Cancer Care when they took part in their annual coffee morning.

Everybody made cakes and brought them in while making a donation to the charity.

Amanda Powell, Learning & Progress at Westbridge Academy, said: "We just sat and chatted. We talked about what Macmillan do and why we want to raise money for them. It was nice to just sit and chat with the students while eating cake.

"It's nice to show the student that we support charities as a lot of them are reliant on the public to keep them going.

"It may be that some of the students have had family members who have been affected by cancer and maybe they didn't realise."

Project extends to support more students

More than 30 schools in Suffolk are now signed up to the Medical Needs In Schools (MNIS) project.

The project which launched last year is in its second phase as it is now extending the number of students it reaches, helping even more young people get the education that they need when they are unwell.

There are now six junior schools that are working to become MNIS representatives. Kate Kingsford, lead teacher at Ipswich Hospital School, said: "We launched it last year so it's a very new project. We have successfully launched phase two this term."

As part of the local work, the hospital school has now joined up with the Ipswich

Wellbeing and Resilience Network which is run by the Ipswich Opportunity Area. This will further help to support children with health needs across the area.

The project has also seen hospital staff running workshops to share their knowledge about a range of medical conditions including chronic fatigue, cystic fibrosis and epilepsy.

Robot helps Lexi with her learning

IMAGINE a robot taking your place in the classroom because you're unwell.

That's exactly what happened for Lexi who was unable to attend school but wanted to continue with her lessons.

The Telepresence Robot has an iPad on it which meant that Lexi could continue with her studies from her hospital bed.

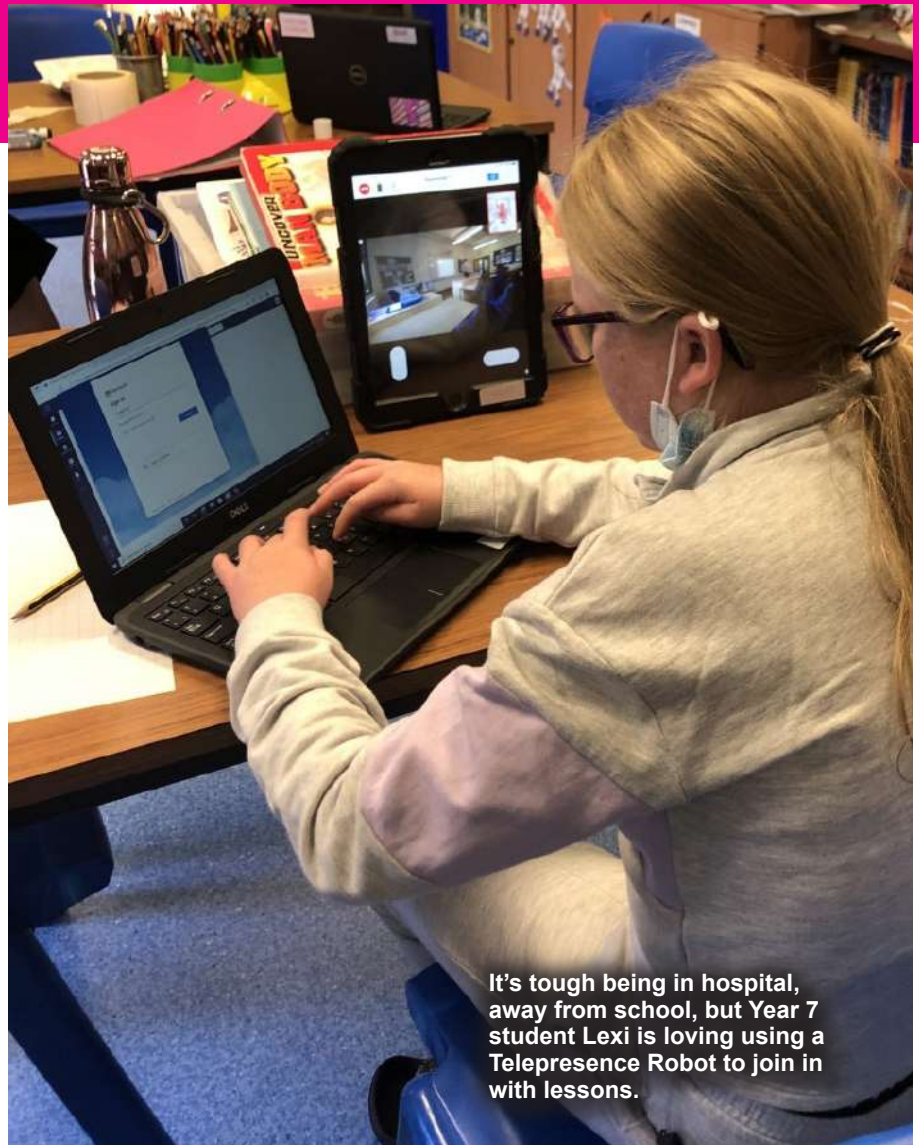
There are two different robots in use - one with an iPad which allows inter-action between the student and their peers, and another one with a robot's head which gives the student privacy should they need or want it.

Kate Kingsford, lead teacher at Ipswich Hospital School, said: "The children are really excited by it. The robot bridges the gap for those children who are off school for a couple of months. It's a really exciting project which is reducing isolation for some young people.

"They can continue to learn, following their curriculum but also keeping that social interaction with their peers."

The robot bridges the gap for those children who are off school for a couple of months....

**Kate Kingsford, Lead Teacher,
Ipswich Hospital School**



It's tough being in hospital, away from school, but Year 7 student Lexi is loving using a Telepresence Robot to join in with lessons.

Michelle takes the lead after assessment

STUDENTS at First Base Bury will get the chance to further explore the natural world thanks to Michelle Goodenough, Learning & Progress.

During half term she has successfully passed her practical assessment on her way to become Forest School Lead Teacher.

She has been busy working on turning the meadow and forest area into an even more

exciting environment for the children.

Every child in the school benefits from the programme with the area transformed into a vibrant learning space where children can explore and study nature.

She said: "The children are loving the added opportunities to explore, use tools and equipment, create and build on their essential skills of cooperation."

Tree-mendous fun designing decorations

STUDENTS at Ipswich Hospital School enjoyed getting into the festive spirit by making Christmas tree decorations.

The decorations were hung on the tree at Christchurch Mansion Museum, giving visitors the chance to see their works of art when they visited the museum. Many of the decorations were designed in a way that celebrated the hard-working NHS staff that work at the hospital and across the UK. As a result, the tree was full of lots of colourful rainbows as well as some with the Trust's logo.

Kate Kingsford, Lead Teacher at Ipswich Hospital School, said: "Messages of hope were written by pupils and parents as well as some of the staff. It was lovely to see."

Safeguarding training continues

STAFF have been getting regular training on the importance of safeguarding and child protection in a bid to ensure children are safe and well at school.

All staff across the trust are trained annually and they are regularly updated on a range of safeguarding topics such as online safety, preventing radicalisation, sexual violence and sexual harassment and mental health. This makes it easier for staff to confidently spot the signs and indicators of any concerns.

Every site has a safeguarding team who respond to any worries or concerns.

There are also mental health first aiders who can provide first aid to people who may be experiencing mental health issues such as depression, anxiety, and psychosis.

Allocated school nurses regularly visit some of our school sites offering initial assessments, advice, signposting and strategies to support children and young people with emotional and mental health concerns, sexual health needs and physical health issues.

The Trust also has good links with local Charities such as FIND and Rope's Trust if families need household items, food parcels, furniture or bedding.

In addition, the Trust can apply on behalf of families to Suffolk County Council for those families who have endured financial stress as a result of covid and need immediate financial support.

Mental health in the spotlight

This year's theme for World Mental Health Day was Mental Health in an Unequal World.

The event took place in October and staff and students across the trust raised awareness by talking about it and making sure students were clear about what mental health is and why it is so important for everyone.

Kate Kingsford, Lead Teacher at Ipswich Hospital School, said: "Mental Health across the trust is of paramount importance. World Mental Health Day was marked across the trust. Each site has a mental health campaign that was discussed in its own right.

"Some students wore yellow to mark the Hello Yellow campaign raising money for the charity Young Minds."

At the Hospital School, staff shared resources with students about positive mental health and they also took part in a wellbeing workshop.

Staff and students at Parkside KS4 wore green for the day and many of them wore t-shirts with the slogan 'It's okay not to be okay'. They also continued with Wellbeing Wednesday which saw lots of activities take place on the day. Wellbeing books were creat-

ed and given to students.

At Alderwood Academy, staff and students took part in the Hello Yellow campaign and they also had class assemblies promoting mental health and wellbeing.

The school also has a worry monster, where children are encouraged to write down their concerns and worries and the monster will eat them up in a bid to reduce their anxiety.

Always passionate



OUR youngsters let their imaginations run wild with a puppet show.

A HARDWORKING student, right, gets stuck into his maths class work.



OUR Outreach student role played shopkeeper and customer as part of their numeracy learning.



CALLUM has been cooking up a storm in the kitchen.

PICTURE CORNER



PARKSIDE KS3 staff dressed up as elves in aid of the Alzheimer's Society



AN OUTREACH student enjoys some Lego therapy.



STUDENTS got to grips with their post 16 options on a trip to Suffolk New College this term.



STUDENTS got the chance to groom and stroke the animals on a visit to Deben Care Farm.



STUDENTS at Alderwood creating scary faces from pumpkins for Halloween.



Year 11 student Jai has created this artwork of Anime character Naruto.



WE are very proud of Martin Weston, Gil Walters and Jessica Ellery who have completed their assessments and are now fully qualified teachers.