

RAEDWALD TRUST

NEWSLETTER

SUMMER 2022



WHAT A YEAR!

Trust's Ofsted grading is simply **OUTSTANDING!** ✓

**Amazing
outreach**

Post-16 roles
for students

**Fab Forest
School**

Learning new
outdoor skills

Always ready to meet the challenge

THERE is a saying about buses that you wait ages for one, then two come along at once. For the Raedwald Trust the same could be said about Ofsted.

As you will read in this newsletter, we welcomed inspectors into two of our school this term; First Base Ipswich and St Christopher's Academy.

An Ofsted inspection can be a nerve-jangling experience at the best of times but two in two months at the tail end of a global pandemic would be a challenge for anyone.

As CEO, I was concerned for the wellbeing of staff but not about the outcomes. During the last two years I learned you only truly get the measure of a person's character when they are put under pressure.

Through lockdowns and school closures our staff went above and beyond every day for the young people in our

schools. That is why when Ofsted came calling for the third times this year, I knew we were ready. We are always ready.

The judgements confirm what those of us who work closely with the staff in this organisation already knew; their dedication to our students is unparalleled.

Next term will see a stark change to our policy regarding mobile phones. As a Trust we have decided to ban the use of devices in schools' hours for all secondary students.

Anyone who has spent time with teenagers recently will know this decision may not be greeted with huge enthusiasm. But this isn't a punitive measure from the Trust, the opposite in fact; the evidence is clear, too much screen time leads to mental health and wellbeing challenges.

We welcome feedback, so feel free to contact me. I would like to wish you a restful summer.

GLOWING OFSTED REPORT

Two of the Trust's schools are given excellent feedback following recent visit from Ofsted inspectors...

OUR caring and skilled teachers at two schools in the Raedwald Trust have received glowing praise from Ofsted.

St Christopher's Academy and First Base Ipswich Academy were judged to be supporting young people after a visit from inspectors.

At First Base, the quality of education was described as exemplary when receiving the very top Outstanding grade.

Meanwhile, St Christopher's Academy was judged Good after helping students return to school following prolonged absence due to a medical condition.

It is the third Ofsted inspection of a Raedwald Trust school this year after Alderwood Academy was judged Good by the watchdog just before Easter.

CEO of the Raedwald Trust, Angela Ransby, said: "The verdict in both these reports confirms our firm belief that with expert, extra support all children can reach their potential.

"It is a testament to the hardworking staff whose passion for teaching shines through in everything they do.

"Ours is a trust which has always thought differently about alternative provision. We do not see it as a step backwards or as a side step. We are all on a journey and sometimes we don't always take the same route."



Reading project praised

OUR bespoke reading curriculum was once again praised by Ofsted who say it has helped to plug gaps in knowledge.

The Ofsted report for Alderwood Academy last term found the programme developed with Greenfields Education promoted positive learning attitudes.

And it was a similar verdict when the watchdog visited First Base Ipswich this term with inspectors noting staff addressed knowledge gaps.

The report states: "Reading is a main focus. Many pupils have faced disruption to their early education experience. They have gaps in their phonics knowledge, which slows their reading. Leaders recognise the importance of helping pupils to read confidently and accurately.

"Staff quickly address these gaps through individualised approaches.

Books are well matched to help pupils practise the sounds they know.

"Pupils develop their love of reading by listening, reading and experiencing a variety of stories. These stories are carefully chosen to help pupils understand and manage their emotions."

Expertise, experience, excellence

Highly MOTIVATED STAFF AND PUPILS

School's excellent lessons unite student engagement with high expectations...

CHILDREN do not lose a minute of their learning while studying at the exemplary First Base Ipswich Academy.

That was the verdict of Ofsted after judging the Early Years and Key Stage One alternative provision school as Outstanding this term.

They noted the skilfully crafted lessons which motivate pupils and harness the high expectations for all.

First Base work alongside mainstream schools to help students reintegrate alongside their peers. The report makes note of the communication between schools which keeps pupils safe.

The report states that staff at First Base Ipswich are experts at re-engaging children with learning, and that pupils are challenged to learn and develop further.

Headteacher, Stacey Laws, said: "I could not be prouder of our amazing pupils and staff team.

"This judgement is a reflection of the daily commitment that we make to our children and to providing them with the best possible life chances.

"It was a privilege for me to lead the school in showcasing our quality of education and outstanding pupil attitudes and behaviour to the inspection team."

Academy's approach is life-changing for students



YOUNG people forced to miss school due to medical conditions are getting a life-changing education at St Christopher's Academy.

That is the verdict of Ofsted following an inspection last month at St Christopher's Academy.

Ofsted gave the school, which is based in Ipswich, a 'Good' judgment with the report finding that pupils renewed confidence and self-esteem because of high-quality care and support.

St Christopher's Academy provides educational support for children aged 11 to 16 who cannot

attend mainstream school due to medical or mental health conditions.

Inspectors said that students thrive in a caring and supportive environment and are given the tools to return to mainstream education. They also praised the schools' use of technology. AV1 telepresence robots have

been used to take the place of the student at school using a live feed camera enabling the students to access their classroom learning whilst they are not able to attend school in person.

The glowing report went on to say:

"Parents describe the school as 'fantastic' and 'life-changing'.

"Pupils are supported to reintegrate into their previous schools.

"Pupils thrive in the caring and supportive environment."

CEO of the Raedwald Trust Angela Ransby said: "Students at St Christopher's Academy often have complex medical or mental needs.

"They come to us in challenging circumstances where both child and family need lots of additional support.

"Our staff are adept at creating an environment where the children in our care, and their families, feel supported."

Ofsted's verdict...
Pupils thrive in the caring and supportive environment

Ofsted's comments on First Base...

Caring & skilled

Teachers are caring and highly-skilled at meeting the needs of every pupil who attends. Pupils form exceptionally trusting relationships with staff....

Dedicated staff

Parents and carers cannot praise the school highly enough. They talk about the dedication of staff who have changed children's lives for the better...

High expectations

Leaders have the highest expectations for pupils. Classrooms provide a tranquil space that is very effective in supporting pupils' learning and development...

Striving to innovate



Students have benefitted from support from The Resilience Project.

AWESOME OUTREACH!

Sophie's so thankful for support

AN inspirational former student who is training to be a veterinary nurse, returned to the school to thank staff for their support.

Sophie shared with former teachers her progress, including completing her animal nursing course at West Suffolk College.

She made the 120-mile round trip to chat with staff at Outreach after they helped inspire her to pursue her dream career.

Sophie, who is the very proud owner of a beautiful dog, Honey, is due to move into her own flat and says she is happier than ever.

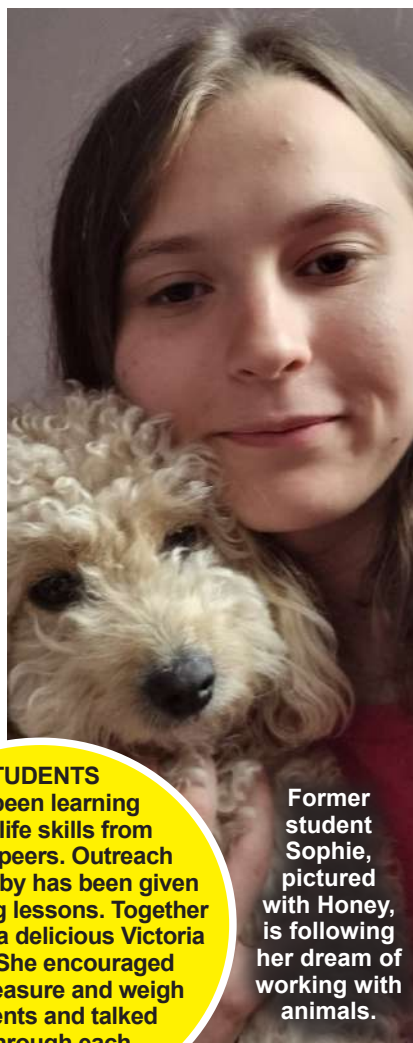
She said: "I feel really happy about what I have achieved as it's been a difficult journey.

"I have always wanted to work with animals from a young age and now I have the qualification I need for my dream job.

"The staff who worked with me always pushed me to do my best and always said I had loads to offer.

"Even years later, the Trust still really cares about me and all their pupils."

Joint Head of Outreach, Alice Crozier-Green, said: "We are very proud of Sophie for all she has



STUDENTS have been learning crucial life skills from their old peers. Outreach student Libby has been given Lexi cooking lessons. Together they baked a delicious Victoria sponge. She encouraged Lexi to measure and weigh ingredients and talked her through each step.

Former student Sophie, pictured with Honey, is following her dream of working with animals.

achieved and for following her dreams.

"Her hard work, courage, and quiet determination has got her where she is today, and it has been an honour to have been part of her journey."

Students show great resilience by securing post-16 placements...

BRIGHT students are on the pathway to success after completing an innovative programme held at Outreach.

The Resilience Project was launched three years ago with the aim of supporting students struggling to engage at school. Students work on English, maths, PSHE, science and life skills.

It is a pastoral and academic programme designed to refocus pupils while building resilience and self-esteem.

The programme includes careers and post-16 pathway support, wellbeing workshops, workplace visits and enrichment opportunities.

Their achievement is made all the more remarkable given this is the first full year students can attend sessions following lockdowns in the pandemic.

Joint Head of Outreach, Alice Crozier-Green, said: "It's such a positive outcome and we are so impressed that with less than a year on the project they returned to sit exams.

"All students have secured post-16 placements which include animal care courses. Erin and Aiden have even attended their school prom which is testament to how far they have come on their journey.

"It's a really positive news story and an incredible outcome for them. They all brought staff presents on the last day and it was emotional – a very special day for everybody."

Making a difference

BEING MINDFUL OF MENTAL WELLBEING

Activities aimed at raising awareness of mental health issues...

FUN and creative activities designed to address loneliness were the focus as the Raedwald Trust marked Mental Health Week.

Even the rain couldn't dampen the spirits of staff and students as they enjoyed a picnic and games in the park.

A request from students saw a 'Muffin Monday' takeover at Breakfast Club where chef Rosie baked a selection of different flavoured muffins for all to enjoy and eat together.

The rest of the week focused on wellness activities such as colouring, hair and make-up, nail art and a movie. There was also a dress down Friday and a cake and chat for staff.

Each student received a Mental Health Awareness box, which contained a chocolate bar, pen, notebook, mental health pin badge, bookmarks from Teenage Mental Health, and a mindfulness puzzle book.

There was also a mental health questionnaire and a print-out of helpful resources for students to access to support their mental health. Each school in the Raedwald Trust has a Mental Health Champion with most having received specialist training or trained as Mental Health First Aiders.

Students and staff took part in a range of events to highlight Mental Health Week.



THE Raedwald Trust has trained over 120 people in Youth Mental Health First Aid – despite the challenges from Covid. They have trained professionals from a range of industries including law enforcement, social care, clergy groups and sport.



OUR Medical Needs students marked Mental Health Awareness Week by thinking about building connections. Drawing on this year's theme of loneliness, they shared past growth and future growth by identifying skills previously learnt, past difficulties and hopes for the future.



OUR First Base Ipswich children made zen gardens.

Striving to innovate

Taking a digital break

STUDENTS will get a digital detox while they are at school to help boost their mental health and wellbeing.

Starting next term, secondary students will leave their mobiles and digital devices in charging lockers the whole day.

Studies show a direct link between smart phone use and low self esteem and depression among UK teenagers.

Researchers at the University of San Diego discovered adolescent wellbeing started to decline in 2012 around the times smartphones become widely used.

A survey at the Raedwald Trust, which runs alternative provision schools across Suffolk, found staff unanimously in favour of the ban.

Ashlee Jacobs, Pedagogical Lead said: "This is something we did to reduce students' anxiety. The welfare of our students is at the heart of everything we do, and we wanted to be proactive in addressing concerns over mental health and mobiles."

"While we really do understand the value of mobile technology in modern learning, so much research is pointing to serious harm caused by the constant distraction of needing to check phones."

Stay safe over the summer

PCSO Whight works side-by-side with the Raedwald Trust and the Police helping to keep our children safe. Here, she speaks about last term's community work.

THIS year I have been looking at improving our community and town centre with art and photography from our students.

We have been working to create a safe and comfortable space for our young people to be able to speak about things that concern them, such as their mental wellbeing, school, crime, community, and their future.

Our pupils have created positivity jars to keep track of their progress and positive attitudes to look back and reflect on what they have achieved.

Goodbye and good luck to our Year 11 leavers who will soon receive their exam results. I wish you all the best in your next endeavours and the exciting opportunities you will be given. You should be proud of all the hard work and dedication you have put in towards your exams and education.

Have a fabulous and fun summer but STAY SAFE and if you need any help or support then please don't hesitate to access these numbers.

Remember to always call 999 if you find yourself in an emergency or 101 in a non-emergency.

IN BRIEF...

Students enjoy Jack and The Beanstalk.



STUDENTS at First Base Ipswich are developing a love of classic fairy tales by bringing to life the magical world of Jack and The Beanstalk.

They got their creative juices flowing by performing their own adaptations with changes to characters and text.

They learned the subtle art of storytelling by studying story elements, characters, setting, and structure.

OUR talented artistic students are celebrating after passing their arts award qualifications.

Four students passed their Silver Arts Award in music which is the equivalent of Grade 5 at GCSE.

Meanwhile, a further six students were awarded Bronze in music and five students received bronze award in art.

Parkside KS3 achieved their Rights Respecting Schools Bronze Award this term and are looking forward to preparations for their Silver Award.

ELECTED TRIO TO LEAD THE WAY!

OLIVER



Glowing words for Alderwood Academy councillors who start new roles...

THE new school councillors at Alderwood Academy have won praise for showing maturity and leadership in their new roles.

The trio of Oliver, Tony and Braydon, were elected after hosting successful campaigns which included writing and presenting their own speeches.

They have been canvassing the opinions of their peers and meeting regularly to discuss how to improve school life.

Head of School, Tom Baker, said: "They really are the student voice and take the role seriously."

"The council was chosen democratically after they presented pitches and the rest of the students were all really on board with how they were selected."

"They have listened to their fellow students and discussed concerns and recommendations at weekly meetings. It was their decision to follow the Ipswich Owl Trail as part of their end of year trip."

TONY



BRAYDON





Colourful occasion

FROM street parties showcasing the best of British fare to beautiful artworks, students celebrated The Queen's Platinum Jubilee in style.

They helped plan and prepare the menu for a tea party with delicious cakes and scones.

At Parkside, a fine collaborative piece of art used to commemorate the Queen's Platinum Jubilee proved an amazing spectacle.



THE GREAT OUTDOORS

THE meadow near First Base Bury has been transformed into a dynamic Forest School exploring space thanks to the tireless work of Ms Goodenough.

Under the dedicated stewardship of Ms Goodenough, Learning and Progress, youngsters have been gardening and building campfires.

Ms Goodenough is also working towards her Forest School Leader qualification with her final exam taking place over the summer.

She said: "I am passionate about Forest School and how it helps children learn. They explore and question in a place where they feel happy and not overwhelmed."

"They have really taken ownership of the space. The conversations that take place between the children are fascinating."

The sessions are student-led with Ms Goodenough trying to help students build on their interests.

She added: "Some are into digging and using spades, so anything I hear them say I will try and facilitate for the following session to expand on their experiences."

Forest School gives students a chance to get some fresh air and learn valuable new skills...



"One of the children wants to build his own fire in a little colander. We've done a big fire and now he wants to create one individually – with supervision, of course."

Students enjoy getting to grips with a range of activities as part of the Forest School.

Increasing medical support

THE RAEDWALD Trust is now supporting over 40 schools via the Medical Needs in School (MNIS) programme.

The Trust has also partnered with Ipswich Opportunities Area, forming the Resilience and Wellbeing Network. Run from Ipswich Hospital School, MNIS continues to spread its reach across Suffolk.

The project, launched in 2020, is helping

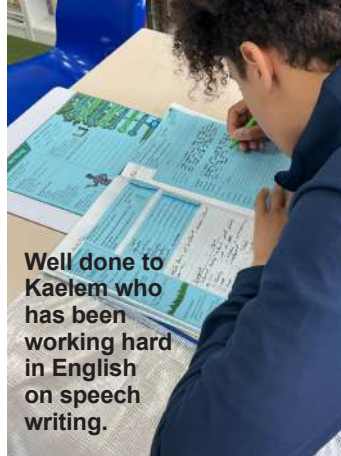
even more young people get the education that they need when they are unwell.

Kate Kingsford, Lead Teacher at Ipswich Hospital School, said: "We know the impact a medical condition can have on a child."

"Schools can feel out of their depth when asked to support a child with medical needs. Multi-agency working is the key to this support – with the child at the centre of our thinking."



Our Year 11 student leavers enjoyed a trip to the Zoo.



Well done to Kaelem who has been working hard in English on speech writing.



WE are so proud of Resilience Project students Aiden and Erin dressed in their finest for the school Prom.

PICTURECORNER



OUR students making new friends on a day out to Deben Care Farm.



THE school marked Pride Month with a range of activities including baking a rainbow-coloured cake.



WESTBRIDGE students have been very busy improving their roofing skills.



PUPILS have been learning ways to make 10 in maths class.



PUPILS learning maths with the help of role-playing monsters.



FIRST Base students had fun exploring the properties of 2D shapes using shaving foam.



STUDENTS got to meet Yoshi the Outreach programme's resident gecko.



OUR Seals class have been learning to tell the time using model clocks.



RACCOON class enjoyed a swimming session.

Advice for parents and carers from **Childnet** about staying safe online over the summer holidays...

OUR children and young people are getting ready to have more free time to spend with friends and family as the summer holidays get into full swing.

For many youngsters, this time will be spent using the internet to keep in touch with friends, catch up with the apps and online trends, and play their favourite games.

In this feature, Childnet look at the ways in which parents and carers can help keep their children safe as they start to spend more time online.

Sit down together

1. The summer holidays are a great chance to sit down with your children and find out about the things they like to do online.

Together you can visit their favourite sites and join in with their favourite games. This is a great way to stay up to date with their online lives and show them that you're interested in what they are doing.

2. The holidays are also a good opportunity to have positive conversations about the internet, so if something ever does upset your child online they would feel more confident in confiding in you. Sometimes young people may find it difficult, or may not want to speak to an adult about their online lives. It's important to reassure them that no matter what the issue may be, you are there to listen without judgement, and help them without confiscating their devices or punishing them.

Become an expert

1. Although it can sometimes feel like young people are the experts when it comes to different apps and games, it's important to remember that as an adult you are the expert in keeping them safe.

2. To learn more about the apps, games and services children are using you can spend some time on them, familiarise yourself with their reporting and blocking features and ensure that you have the knowledge to be able to help them if they face a problem.

3. Find fun things to do together online.

4. As you and your children will be spending more time together, why not find some fun and engaging ways to use technology and talk about keeping safe:

- Read Digiduck's Big Decision with your children aged 3 – 7, this story follows the lovable Digiduck as he makes some tough decision about how to be a good friend online.

- Have an adventure with Kara, Winston and the SMART Crew as they navigate the online world, and help them to make SMART online decisions.

- Watch the Childnet Film Competition winning films, these have been made by young people across the country and look at issues such as digital footprints, positive comments and the ways in which you can connect respect.

- Spend some time on BBC Own It: the website for 7-11 year olds has real-life

SAFEGUARDING OVER SUMMER

stories, advice from experts, fun quizzes, and videos with CBBC presenters, celebs, and star vloggers.

- Get creative: Look up recipes and ways to be creative online together and replicate this offline.

Take time to do a privacy check up

1. During the holidays, young people may want to keep in touch with their friends through social networking sites or games.

It's a good time to ask them about what sites they use, and do a privacy check-up.

2. Encourage them to use the privacy tools on the services they use, so that the content they post is only available to people they know and trust in real life.

3. To help set these up, the UK Safer Internet Centre has a guide to the privacy settings of different sites. You can also download the UK Safer Internet Centre's safety checklists for popular sites such as Instagram, Snapchat and Facebook.

4. Have a conversation about sharing holiday pictures.

5. Some children may want to share photos and videos online of what they are getting up to in their summer holidays. Talk to them about what types of photos are appropriate to share, and who they are okay to share

with. Photos can hold clues that give away personal information. For example, when sharing a selfie, are there any landmarks or street signs that give away your location? This is true for photos you might share of your children too! It's always worth asking children if they are happy with an image you want to share online. We have written guidance for parents looking at 'sharenting' and the impact of sharing online.

Make a family agreement

1. A family agreement is a great way to start a conversation with your whole family about how you all use the internet and discuss together how to behave in a positive way when online at home, at school or at a friend's house.

2. The agreement involves generating promises, these are positive statements about how your family want to look after each other online and how you should treat others online.

The summer can be one of the best times to sit down as a family and agree these promises together. Childnet have created some handy guidance to help you put the family agreement into practice.

Most importantly, enjoy the holidays!

Important contacts

Childline: Childline.org.uk
Call free on 0800 1111

NSPCC: nspcc.org.uk

Samaritans: samaritans.org

Shout: (Free text service for anyone in crisis): 85258

111: NHS non-emergency advice.

101: Police non-emergency line.

Papyrus Hopeline UK: (Suicide prevention) 0800 068 4141

Young Minds: youngminds.org.uk

Kooth: (Counselling) kooth.com

Emotional Wellbeing Hub: 0345 600 2090 (Monday to Friday 8am to 7.30pm).

The Source: (Advice for young people in Suffolk) thesource.me.uk

Domestic abuse helpline: 0808 2000 247 nationalahelpline.org.uk

FRANK: talktofrank.com

iCASH: icash.nhs.uk/where-to-go/
icash-suffolk

Customer First: (Out of hours safeguarding concerns): 0808 800 4005