

RAEDWALD TRUST

NEWSLETTER

WINTER 2022

PUPILS have been learning about different planets in our solar system at the 'It's Rocket Science' Discovery Centre in Claydon.



OUT OF THIS WORLD

FESTIVE SUPPLIES

Supporting those in need

AWESOME ANIMALS

Visitors help social skills

**RAEDWALD
TRUST CEO,
Angela Ransby**

Initiatives well worth supporting

IT has been another highly eventful and exciting term across our network of schools at the Raedwald Trust.

Developing a culture where our students feel they can be confident to express and be themselves is at the very heart of our mission as a collection of schools. To do that you need passionate, committed and dedicated staff who have been highly trained to meet the needs of our children.

As you will read in this newsletter, this term we have been paying tribute to those who go above and beyond for our students.

As the CEO of this Trust, I am privileged to see the dedication of our staff in action. They meet our daily challenges with compassion, support and care.

World Mental Health Day this term gave us the

chance to further reflect on how we can best serve the needs of our young people.

Our Youth Mental Health First Aid programme is helping to develop highly-skilled practitioners in schools across the county. In-house, each site has a Mental Health Lead who has undertaken the MHFA training. It is part of our commitment to supporting our students' families across the Trust.

Our schools are more than places where students learn, they are part of the fabric of our community. Our schools are like families where we look out for one another, particularly in times of hardship with the cost of living crisis making times tough for many.

Finally, I thank you, our families and community, for your support. I wish you all a restful Christmas break.



INCLUSIVITY SO CRUCIAL

Week of special events aimed at making Suffolk a more welcoming part of the UK...

STAFF have been joining in with a campaign to make Suffolk a more inclusive county.

Suffolk Inclusion Week is organised to pay tribute to workers and organisations helping young people feel supported and welcomed.

As part of the campaign, people are being invited to make Inclusion Pledges.

Director of Curriculum & Learning, Ashlee Jacobs said: "At the Raedwald Trust we believe taking collective responsibility supports a col-laborative approach which in turn helps students to feel connected and supported at school.

"It means creating a culture of high aspiration and high expectation where our children and young people have the confidence to be ambitious for their futures.

"As an Alternative Provision Multi-Academy Trust, we have developed and refined our systems to promote the inclusion of children and young people within mainstream school and the wider community within KS1-KS4.

"Our aim is to highlight and say thanks to the people and places that are helping young people feel supported and welcomed."

Suffolk Inclusion Week started with a project by SEND Young Person's Network.



Halloween treats for pumpkin pickers!

ALDERWOOD Academy students braved the wet weather on a trip to Gosling Farm where they picked their own pumpkins.

They walked around the farm, picking out pumpkins to take back to school and decorate before enjoying a snack at the café.

The following day they looked at designs for their pumpkins and worked with staff to carve them.

PCSO Ellen Whight also got involved by setting up a Halloween-themed treasure hunt around the school.

Head Teacher Tom Baker said: "It was good fun. The day was a bit wet but the students all got involved. We picked some for the staff to bring back to school as well.

"We went to the cafe and it was nice to sit down and do something a bit different. They loved it. It was a really fun interactive afternoon."

The children also went home with a fresh pumpkin and a pumpkin carving kit for them to carve their own pumpkins with their families.

Expertise, experience, excellence

PROVIDING VITAL GOODS

TO THOSE IN NEED

Trust helps those struggling with food and clothes over the festive period...

FAMILIES across the Trust are being supported with food parcels and clothing supplies following the cost-of-living crisis.

The schools offer additional support from agencies for people who might be struggling to buy food, pay their bills or buy necessities for their family.

Nic Shaw, Welfare & Safeguarding at Parkside Academy KS3, said: "We are building on these relationships with families. They know that they can talk to us.

"When a student joins us we meet their families and talk about the support we can offer them. We do it for so many of our families.

"People ask for help with food and hygiene products. Through the Christmas

holidays we want to make sure that they are signposted so they can get the support themselves and know that there are other places that can help them."

The Trust also has a hardship grant which enables us to provide additional support to people who need it.

Clothes such as winter coats have also been purchased to ensure students are prepared for the cold winter months.

"It's about making sure that all of our families are aware and have access to it," Nic added.

"They don't have to meet a certain criteria for the hardship grant, it's inclusive to all."

Please visit infolink.suffolk.gov.uk.

A HUGE thanks to Ipswich Community Church who donated food and products for our families.



Training drive addresses our mental wellbeing

DURING the past academic year, the Raedwald Trust trainers have trained more than 120 people in Youth Mental Health First Aid.

Aside from staff, the Trust trainers have trained delegates in mental health from many other agencies such as the police, healthcare workers, church groups, social care, sports coaches and the fire service.

The Raedwald Trust Staff Training programme runs on a yearly cycle for staff, rotating the various courses.

Meanwhile, staff across all sites marked World Mental Health Day 2022 and have been busy raising awareness of Mental Health across the Trust for the pupils.

Each site has a Mental Health Lead who has attended a two-day Mental Health England First Aid training. They meet at least once a term to discuss upcoming term's events and to share resources for staff to plan events, as well

as discussing difficult cases and sharing resources to support young people.

All RT staff also received mental health training on self-harm which was delivered by Kate Kingsford-Bere, Hospital School Lead Teacher.

She said: "This training included information about the functions of self-harm, on how to support pupils who self-harm, when to refer and staff were introduced to various resources such as Wellbeing Recovery Plans (WRAPs) that can be used to support pupils through these difficult periods.

"Feedback from staff indicated they have more confidence now in dealing with self harm incidents and they know where to go for support and advice."

At the Hospital School they have been building a lending library for staff and families focusing on supporting mental health.



Feedback from staff indicated they now have more confidence in dealing with Self Harm incidents...

Kate Kingsford-Bere, Ipswich Hospital School (Pictured right)



A variety of events took place to mark Dyslexia Awareness Week.

HIGHLIGHTING DYSLEXIA

Planning for next step of education

STUDENTS have been enjoying a tour of Suffolk New College as they explore their post-16 options.

The group of Year 11 pupils enjoyed a visit to the college and took part in some workshops as well as listening to a talk from staff. They enjoyed taster sessions in mechanics, catering and health and social care.

Alice Crozier-Green, Head of Service at Outreach, said: "It's so that they can get a feel for what's available to them post-16."

Visits have also been organised to Suffolk Rural College so students can learn more about agricultural education.



Famous faces quiz helps to raise awareness during special week of events...

STAFF and students at Parkside Academy took part in activities to mark Dyslexia Awareness Week in October.

There was a quiz going throughout the week for staff and students to complete with photos of famous people with dyslexia who have achieved great things displayed in the community room.

The challenge involved naming the people and what they are famous for.

In addition, families were also informed about an online webinar which was held by the Specific Learning Difficulties team at Suffolk County Council.

Zoo trip is big hit

FIRST Base Ipswich pupils enjoyed a day trip to Colchester Zoo for their 'Animals Around the World' project. The rain did not dampen their spirits!



TALENTED LEXI IS A BREATH OF FRESH AIR ON TRUMPET

Lexi has enjoyed learning the trumpet this term.



Outreach support programme helps students follow interest in arts and music...

AN Outreach student is showing off her musical talents to staff after she learnt to play the trumpet.

Lexi comes to the Trust a few times a week for additional support as she also attends mainstream school.

Recently she has shown an interest in music and started to play the trumpet.

Alice Crozier Green, Head of Service at Outreach said: "We support the arts and music as part of wellbeing and cultural capital.

"Lexi's school provided her with an instrument and Lexi is really excited about it. She is really keen to bring it to her lessons to show her teachers how she's improving."

Striving to innovate

Racoons ready to rock climb!



OUR Racoons class listening intently ahead of their first PE session at Clip and Climb.

Students get crafty

OUR Meerkats class has been developing their artistic talents by looking at shades and tints in art lessons.



OUR Outreach students have been capturing shadows as well as reflections in still life in art.

Safety was key to a busy term

IT HAS been a busy term for PCSO Ellen Whight who has been working hard with students.

They have been taking part in events and activities associated with County Lines Week, Hate Crime Awareness Week, Knife Crime Awareness Week and Anti-Bullying Week.

Children learnt about the laws and consequences around these topics, addressing their worries and concerns. There was also a discussion about how the police can do better at tackling these issues to make children feel safer at school and in the community.

They celebrated Halloween with quizzes,

pumpkin hunts and pumpkin carving while talking about being safe and respectful over October half-term.

Ellen started mentoring young people at Parkside KS3, giving them one-to-one sessions and educating them on the different laws, the consequences and outcomes on various crimes.

They have also taken part in Christmas-themed activities such as quizzes, a candy cane hunt, and making and creating decorations for their homes and Christmas trees.

Ellen said: "I am proud of our cohort and the success they are paving their way towards. They should be very proud of themselves."

First Base students learned ways to tackle bullies.



Pupils get a close look at variety of visitors from mobile petting zoo...

ANIMAL FRIENDS PAY US A VISIT!

CHILDREN at First Base Bury made new friends when they had a very special visit from a mobile petting zoo.

They have been reading the book *There's A Rang-Tan In My Bedroom* and as part of it, they welcomed in Kimmy's Mobile Petting Zoo.

There was a snake, a tortoise, a chinchilla, a guinea pig, a bearded dragon and giant snails.

Stacey Laws, Head Teacher of First Base Bury, said: "The children loved it. Some of them were a bit wary at the start but others just jumped straight in with a snake around their neck."

"It really helps with their confidence and their social skills. This was all about seeing different kinds of endangered animals."

"It's good for them to see new people. They know that they could grow up and have a job working with lovely animals."

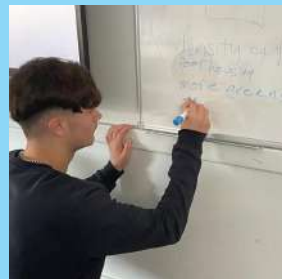


The visit from the mobile petting zoo helped students with their social skills and confidence.

IN THE PICTURE



FIRST Base pupils made their own costumes for their superheroes' project.



PARKSIDE students have been taking ownership of their geography lessons with students helping to run classes for their peers.

OUR pupils recycled an old wooden bench for fire wood using a bow saw at Forest School.





Students embrace different culture by learning about events and people...

CHILDREN have been enjoying studying art, shape and form as part of their topic, Dia de Los Muertos (Day of the Dead).

The topic focused on Mexican culture and art by studying artist Freida Khalo, Aztec mandalas and the Dia de Los Muertos festival.

The Parkside KS3 pupils designed masks that incorporate aspects from all of their learning across the topic.

The masks were painted and varnished and were ready for pupils to take home for Halloween.

MEXICAN ART PROVES REAL INSPIRATION

REMINDER about awesome OPEN DAYS!

OUR school community are being reminded about open days taking place locally after New Year.

Suffolk One will hold an open day on Tuesday, February 7 from 5pm until 7.30pm.

Suffolk New College will hold an open morning on Saturday, March 4 from 9.30am until 12pm.

The open days provide a chance for students to find out more about their post-16 options.

Donations will help Ukraine

FIRST BASE Ipswich pupils have donated school supplies to help children in Ukraine.

The children then went a week without any pens and paper to help them understand how difficult it is to learn without basic supplies. The supplies will be delivered directly to the children by a contact at First Base.

Stacey Laws, Head Teacher at First Base Ipswich and First Base Bury, said: "Someone we know drives a van to Ukraine with supplies. She asked if anyone had

anything they could donate and they were particularly asking for school supplies.

"At First Base Ipswich we donated a lot of paper and pens for them to be able to carry on with their learning at school.

"Our children did a week of learning without paper and pens, we played charades and painting on perspex.

"They loved it. It's good for them to understand how lucky they are to be able to go to school. It's a privilege. It's a good way for them to start thinking about helping other people."





OUR Outreach students explored their post-16 options by participating in animal care workshops and joinery on a visit to Otley College.



OUR Outreach pupils braved the wintry weather to learn about life at Deben Care Farm.



OUTREACH pupil Libby has been inspired by her research of fashion house Chanel to design her own red dress.

PICTURECORNER



OUR happy planters have been learning about growing vegetables. Gardening is linked to good mental health and wellbeing.



WHO needs toys when boxes are so much fun!



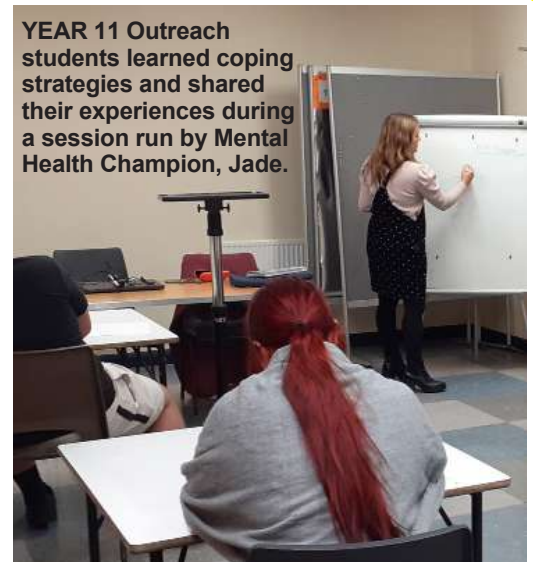
FIRST Base students learned all about capacity in Maths by filling up pom-pom jars. Their reward was to make biscuits.



OUR Otter class were having fun with Maths by measuring and using blocks, rulers and meter sticks to measure length and height.



OUR Alderwood Academy students have been recording ideas on how to save the oceans from plastic using our Readers for Life Curriculum and the text Rise Up.



YEAR 11 Outreach students learned coping strategies and shared their experiences during a session run by Mental Health Champion, Jade.



TASTY cakes were the talk of the Trust as staff and students raised money for MacMillan Cancer Support at a special coffee morning.



Gainsborough Community Library

OUTREACH students got comfy on the sofas with a book of their choice during a visit to the local library.

OUR pupils have been inspired by the prints of Orla Kiely to create their own works of art.



Information on support with food, fuel & energy, housing, finance and debt through the festive period

TOP-UP SHOPS FOR FOOD

Ipswich Top up Shops –
ipswichtopupshops.co.uk
All welcome, £2 per bag

Tuesday 9.30am-10.30am – All Hallows Church, Landseer Road

Wednesday

9.30am-10.30am – St Mary Le Tower Church, Tower Street

9.30am-10.30am – Triangle Church, Dickens Road

11.30am-12.30am – St Mary's Church, Whitton

1.30pm-2.30pm – St Peters Church, Stoke Park Drive

2pm-3pm - St John's Church, Cauldwell Hall Road

Thursday

9am-10am – St Matthew's Church, Portman Road

1.30pm - 2.30pm – Safe Harbour Church, St Helen's Street

Saturday 10am-11am – St Francis Church, Hawthorn Drive

Felixstowe Top Up Shops

Monday 11am – Trimley Welcome Hall

Tuesday 11am - St Phillips Hall, Wadgate Road

Thursday 11am – St Peter and St Pauls Church, Church Road

Friday 11am- River of Life Church, Langer Road, Martlesham

Every second Saturday 1pm - St Michaels and All Angels Church Newmarket

Thursday 11am – The Racing Centre

ADVICE AND SUPPORT:

The Citizens Advice Bureau: The Citizens Advice Bureau is located at 19 Tower Street, Ipswich IP1 3BE. They offer free advice to people about a range of issues including:

- Benefits & Universal Credit Debt
- Employment
- Housing
- Family and relationship issues
- Energy advice
- Consumer issues
- Employment issues
- Housing problems
- Legal issues

Ipswich Housing Action Group (IHAG): IHAG offers money advice services and is located at Black Horse Lane, Ipswich, IP1 2EF.

They can offer free advice on:

- Welfare benefits
- Debt relief orders
- Applications for support grants
- Unpaid mortgage or rental payments
- Bankruptcy
- Debt related court proceedings
- Day to day money management
- Maximising your income
- Dealing with bailiffs

GROUPS HERE

TO HELP YOU



ADVICE AND SUPPORT:

Anglia Care Trust 01473 622 888
angliacaretrust.org.uk

Money Advice Service 0800 138 7777
moneyadviceservice.org.uk

National Debtline 0808 808 4000
nationaldebtline.org

PayPlan 0800 280 2816 payplan.com

For further information on support with food, fuel and energy, housing, warm spaces, finance and debt and support for mental health please enter the link into your browser:
infolink.suffolk.gov.uk/kb5/suffolk/infolink/family.page?familychannel=6
www.suffolk.gov.uk/community-and-safety/communities/healthier/cost-of-living-support/

WHAT CAN WE OFFER AS A TRUST?

Food Parcels - this includes hygiene products and feminine hygiene products.

Hardship Fund - £50, one application per household for any items.

Rope's Trust - a locally-based charity who makes grants to individuals living in Ipswich and south-east Suffolk via referrals made by local support agencies, including the Raedwald Trust.

FIND - A local charity who are able to assist with furniture and other household items.

Discretionary Grant - Supermarket vouchers for use during the school holiday, for pupils receiving Free School Meals. This funding is provided by Suffolk County Council, and we liaise with mainstream schools to ensure qualifying families receive these vouchers.

LWAS - Local Welfare Assistance Suffolk applications to be made directly to the Suffolk County Council Cost of Living webpage: suffolk.gov.uk/community-and-safety/communities/healthier/cost-of-living-support/1