

RAEDWALD TRUST

NEWSLETTER

SUMMER 2023



MENTAL HEALTH MATTERS

Wearing green to support campaign...

GAINING SKILLS

Preparing for adulthood

OUTREACH IN ACTION

PCSO builds pupil's confidence



Exciting challenges lay ahead

It is at this time of year I often reflect on the school life cycle. It is the time when our Year 11 students leave us.

For some, we have been supporting them on and off since they were young children, fresh faced and eager to learn. They leave us now as young adults, taking their first steps into the real world.

The staff at the Raedwald Trust worked incredibly hard to prepare them for their exams but our expectations of students is exactly the same as mainstream school, we expect them to study hard for their exams and we expect good grades.

Adults know the world changes dramatically for you when you leave the relative safety of school.

That is why we have also worked in more subtle ways to help develop the traits and characteristics they will need to lead successful lives.

Our post-16 life skills programme is tailored to help

them deal with life beyond the confines of education.

I feel we have helped prepare them for whatever comes next in their life. Yes, we are sad to see them go but equally we are excited for that next phase in their journey. At Raedwald we focus on developing the whole child, taking care of their physical and mental needs as well as their academic development.

As you will read in this newsletter, they have had the chance to learn music production, samba dancing and take part in live performances.

The chance to feel the sun on your back, the sand and water in your toes along with the sight, sounds and smells of the seaside. These are the experiences that enrich our lives, help us grow, and ultimately shape who we become as people.

It has been, as it always is at the Trust, an action-packed term. We have all earned a well-deserved break. Have a great summer.



TAKING THE NEXT STEP

Initiative helps to give our students the tools they need to make transition into adulthood...

STUDENTS are taking part in workshops to learn crucial life skills such as budgeting money and learning how to cook.

The Moving into Adulthood programme will help students take their next steps after leaving education.

After completing their GCSEs, they visited Suffolk New College to discover the range of courses on offer.

They also received specialist support on CV writing and interview skills from employment experts at the Job Centre.

Parkside Teacher Emma Osborne said: "With exams completed, our students have spoken of their desire to be ready and equipped for the world beyond a formal education.

The workshops have developed a skillset that is not covered through formal exams."

There were sessions on devolving social skills to help forge friendships and positive relationships which focused on having less reliance on mobile phones.



Students learn new skills that will stand them in good stead for future challenges.

They were taught to live independently by planning and cooking a range of meals on a budget as well as taking part in sporting activities to boost mental and physical health.

Mrs Osborne added: "Our students have shown great enthusiasm throughout the programme and feedback on individual sessions has been positive.

We intend to develop the programme even further in future years to ensure that all our students are well equipped and ready to 'Move into Adulthood'."

The workshops have developed a skillset that is not covered through formal exams..

Teacher, Emma Osborne

EVENTS HELP STUDENTS

LOOK TO THE FUTURE

Activities raise awareness of opportunities and help build confidence...

THE Trust is helping to prepare our young people for the next steps in their journey.

Students at St Christopher's taught younger children to read as part of their work experience placements at local primary schools.

Others visited Suffolk New College where they got the chance to glimpse into their futures during transition days.

There were also workshops focusing on mental health and wellbeing, socialisation and supportive transition to the next steps.

Teacher Lauren Hunwicks said: "It was lovely to see our students act as positive role models and interacting kindly with young pupils."

There was a trip to Felixstowe seafront for a mental health and wellbeing walk along the promenade and to Congo Rapids crazy golf at Ufford Park, with a picnic and games outside.

Other activities included sewing lessons, creating jars of joy and yearbooks for staff to leave comments in.



Students engaged in a variety of activities as they prepare for their next step.

The day finished with a tea party for leavers where students baked cakes and scones.

Ms Hunwicks added: "All staff and students at St Christopher's came together to reflect on the progress made by Year 11 students over their placements and

share highlights from the two weeks of activities we had just completed together.

"They will be sorely missed by everyone here and we wish them all the very best for their next steps.

"We are proud of them and all they have achieved both personally and academically."



Graduation is a proud moment

FAMILIES have thanked our outreach team for supporting their children through their GCSE exams.

They expressed gratitude for the support of the Resilience Group at a special graduation celebration to mark the end of their time at school.

Alice Crozier-Green, Joint Head of Outreach Teaching Service, said: "All the pupils were given a graduation certificate.

Now they all have post-16 pathways in place for September. It was a great celebration."

One parent said: "It was a very emotional celebration and I never dreamt

I'd see my son complete exams - it's thanks to the Raedwald Outreach team that supported him."

There was also a ceremony where children were given awards in recognition of their achievements.

There were awards for transition back into mainstream school, attendance, improved learning and outstanding progress.

Mrs Crozier-Green said: "It's to celebrate their achievements in a range of areas from transition back to mainstream school, attendance and improvement in learning as well as outstanding progress."

PUPILS have been inspired by the work of artist Anne Kelly as they explored the natural world. Children at Alderwood Academy have been learning about Anne's textured mixed media art as part of their own studies. They experimented with texture and different media and materials to create their own natural world based art work. Headteacher Tom Baker said: "It's been amazing to watch students' confidence grow when using different media and building upon their success each lesson."

Students earned their bronze art awards for producing eye-catching artwork.

GETTING CREATIVE!

Bright STAR

CHECK out the fantastic art which was created by KS4 Raedwald Outreach student, Tamina. She created this gradient background using blue acrylic paint and put black paint on top to create a silhouette of a tree. It will be on display at our end of term celebration event. #RTO outreach



Students enjoyed tapping into their creative sides this term...

CHILDREN got their creative juices flowing while developing their artistic talent working towards the bronze arts award.

They were able to pick the form of expression which included developing live performance skills, music production and DJing. The award also helps to develop key skills transferable to other subjects such as research and communication.

Music Teacher Gil Walters said: "All students enjoyed and got to develop live performance skills, music production skills and DJ skills alongside communication.

Students from most schools in the Trust also got to perform in an online Christmas concert which contributed to their arts award certificate."

A group of seven students all achieved a Bronze Arts Award.

Brilliant Brazilian beats

CHILDREN learned about the rhythms of Brazil while taking part in a workshop on Samba music.

First Base Bury pupils were taught to develop simple rhythmic patterns in drumming which mimicked the Samba beat.

Music teacher Gil Walters said: "It took place to help engage young learners with their creative learning skills via instruments, increasing knowledge around various music genres."

The children learnt different rhythmic patterns on the Djembe drum and developed their hand coordination when playing.

Students were also given the opportunity take part in one-to-one music mentoring on the drums.

They learned about the types of drums in the kit including snare and crash cymbals before being taught how to tap out a simple beat with hands and feet.

Music makers

STUDENTS learned how to create their own music using samples, loops and effects on computer software.

They produced their own tracks, communicating their ideas into a structured musical arrangement.

Alongside developing music and IT skills, they will also be taught how music is used in films and television.

Music teacher Gil Walters said: "It's important that students get to be creative in ways which reflect their ideas in an adaptable format.

"Students are very fond of developing IT skills through the use of music software and enjoy developing knowledge around loops, samples and music effects, while also developing their listening skills and attention to detail."

Mental Health Awareness Week highlights the importance of diet and habits in our wellbeing...

IMPROVING OUR MENTAL HEALTH THROUGH EDUCATION

STUDENTS learned about the importance of diet, connection and developing healthy habits for mental health awareness week.

Youngsters at Westbridge Academy enjoyed a whole school breakfast with a focus on making healthy choices for healthy minds.

They also used conversation starters to generate discussion about mental health and wellbeing. Staff wore green and students had a workshop where they designed their own t-shirt using tie dye.

Head of School, Emily Duque, said: "Good mental health and wellbeing is a large part of education at Westbridge Academy.

"It is vital in supporting our students to learn effectively, manage their day-to-day lives and to develop into mature, healthy adults.

"Students and staff enjoyed spending time with each other and lots of interesting conversation was generated during breakfast. "The conversation starters enabled us to share our views and experiences around mental health.

"It highlighted to us that everyone has mental health and we need to take care of it."



Students let their creativity flow to support Mental Health Awareness Week.



Curriculum will help with home schooling

A NEW curriculum has been introduced at the Ipswich Hospital School for pupils unable to receive education from their mainstream school..

The new curriculum covers key skills in subjects such as maths, English, RE, science and reading.

Teacher Nichole Phillips said: "Our new curriculum has been written so it can be delivered where the mainstream school curriculum is either not available or appropriate.

"Our intention at the Ipswich Hospital

school room is that staff deliver the home school's curriculum so that pupils do not experience significant gaps due to an admission into hospital.

"If possible, we will try and stick as closely to the home school timetable as the situation allows to keep the routine for the pupil and avoid disruption.

"If this is not possible then English and maths are always prioritised and taught in the morning, then foundation subjects are delivered in the afternoon."

Our students enjoyed spending time at the seaside recently.



Seaside fun

OUR students spent the day paddling in the sea, building sandcastles and enjoying the sunshine on a day out to the seaside.

The trip was a reward for their hard work studying the book *The Storm Whale* about a friendship between a little boy and a whale washed up on a beach.

They spent the day having fun on the beach, capping the day off with a fish and chip lunch followed by ice cream.

Teacher Emma Clark said: "We try to do a trip at some point in the topic. It was to reward them for all their hard work. They absolutely loved it."

PCSO Ellen Whight talks about the importance of sessions aimed at improving mental health and wellbeing...

LET'S BUILD OUR CONFIDENCE!

THIS term I have been working with students at Raedwald Trust on improving mental health and their confidence.

It was great to introduce myself to new Outreach pupils to offer support and advice regarding drugs and alcohol.

They listened carefully and had great questions. I look forward to going back to do more work with them over the next few months.

I have also been undertaking one-to-one sessions with children, educating them on the laws and consequences of their actions.

During Anti-Knife Crime Week, I delivered a One Cop Stop Knife Crime presentation about the laws on knives and weapons as well as what to do if you are in danger, a witness or victim of

a crime.

The students listened well and asked questions on how the police are tackling knife crime and keeping the public safe.

Many of their own safety aspects of how to keep themselves safe and the public were very mature and positive.

I attended First Base Ipswich and took part in a role play experience with them where they pretended they were in danger from a hungry fox that was on the loose.

As part of it, I took a statement from the children and in the end, they caught the gingerbread people.

I hope all pupils and their families have a warm, safe and enjoyable summer and I look forward to seeing you all back in September.



PCSO Ellen Whight with our students at First Base.

A gripping read

CHILDREN'S author Sam Scott read an extract from her book and signed autographs during a visit to West Suffolk Hospital School.

The children and teen fiction writer spoke to children about the themes of tackling adversity in her books. She talked about her writing and read bits from her book *House of a Hundred Doors* as part of a tour.

Teacher Nicola Edwards said: "We had a great time listening to Sam then discussing the horror genre."



Second phase of multi-million pound development is well under way...



BUILDING FOR THE FUTURE!

A MULTI-MILLION-pound plan to develop the children's department at Ipswich Hospital School is in its second phase.

The project will see the development of a new treatment room, dedicated high dependency unit bay, sanctuary room, upgraded mental health facilities, playroom and technology room.

There will be a brand-new school room, children's assessment unit and a refurbished outdoor play area.

It is hoped the new department will open to patients by next summer.

The Ipswich Hospital School has also received a £500 grant from the Tesco community scheme to buy a new interactive whiteboard.

Effort adds up to success

ONE Year 10 student is celebrating after moving up two maths sets in her home school.

It comes despite the youngster from Westbridge Academy showing doubts about her passion for the subject.

Teacher Lizzie Ottley-Gooch added: "As her maths teacher at Westbridge, I couldn't be prouder of her growth and determination.

"This experience is about more than just maths. It's about overcoming limiting beliefs and proving to herself that she can achieve great things.

"I have no doubt that this accomplishment will have a positive impact on her overall mindset and approach to challenges in other areas of her life too."

Hard work reaps reward

STUDENTS are taking a well-deserved break after working really hard for their GCSE's.

Our staff gave students the best possible chance at scoring good grades by running targeted revision and interventions sessions.

Staff at Westbridge Academy worked

closely with home schools to ensure students were ready for their exams.

Head of school Emily Duque said: "Students showed great resilience and determination. One of them has secured work experience with Fred Olsen and a position to work with them in September."

USEFUL NUMBERS & LINKS

School's Out Activities – School's Out Activities | School Holiday Camps for Kids Aged 4-16yrs!

schoolsoutactivities.co.uk

Fun 4 Kids – Holiday Club Colchester, Essex | Childcare Provider | Fun 4 Kids

fun4kidscolchester.co.uk

Barracudas – Extended Hours |

Holiday Childcare | Barracudas)

Colchester United FC – Holiday

Activities – Colchester United cu-fc.com

University of Essex – Holiday Camps |

University of Essex

essex.ac.uk/sport/childrens-activities/chums-holiday-camp

Wyvernwood – Home | Wyvernwood

Smart Raspberry Cooking School –

Kids Cooking Party Ideas &

Childrens Cookery Classes After

School smartraspberry.com

Little Scrummers Rugby – Little

Scrummers Rugby – Colchester –

Colchester, Essex clubhubuk.co.uk

Kidz 4 Ever – Kidz4Ever

kidz4ever.webnode.co.uk

Summer Day Camps –

amazingactivitiesgroup.co.uk

Weeley Forest School – Holiday Club |

Little Hawk Forest School

Kid Zone Clacton – Kidzone |

Chestnut Grove Kindergarten

Ipswich and Suffolk Area

Schools Out – School's Out Activities

| School Holiday Camps for Kids Aged

4-16yrs! schoolsoutactivities.co.uk

All 4 Kids UK – Ipswich Children's

Holiday Clubs – Summer

all4kidsuk.com

Suffolk Holiday Activity Programme

- Suffolk InfoLink | Holiday Activity

and Food (HAF) programme 2023 in

Suffolk

Inspire – Holiday Clubs | Sports &

Crafts – Inspire inspiresuffolk.org.uk

Premier Education – Premier Education

premier-education.com

Ipswich Town FC – Ipswich

Community Trust – Soccer Schools

& Holiday Camps participant.co.uk

Kicks and Tricks – Kicks & Tricks –

Stowupland kicksandtricks.co.uk

VISIT US ONLINE
raedwaldtrust.com



OUTREACH student Alfie had a lovely morning at the BMW showroom testing out his favourite sports cars.

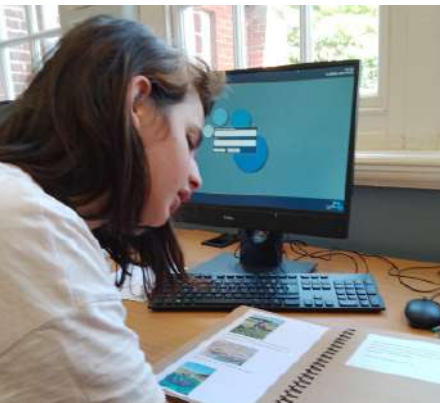


STUDENTS at First Base have been putting their computing skills to good use by typing labels and captions as part of their English work.

PICTURE CORNER



THE amazing Porsha (left) has been cooking up a treat in food tech.



OUTREACH student Chloe working on her speaking and listening skills.



SUNSHINE and superheroes are a great combination at First Base Ipswich.



STUDENTS have been sketching using carbon paper and painting with watercolours at our new art club at Westbridge.



Our Thrive students have been exploring facial expressions and laughter by tickling each other's faces with feathers.



OUR Raccoon Class at First Base Ipswich have been using their creative skills in art class.



OUR students making new friends at the community care farm.



OUTREACH students got a taste of life in the work place when sampling vocational courses at ERT.