



Raedwald Trust

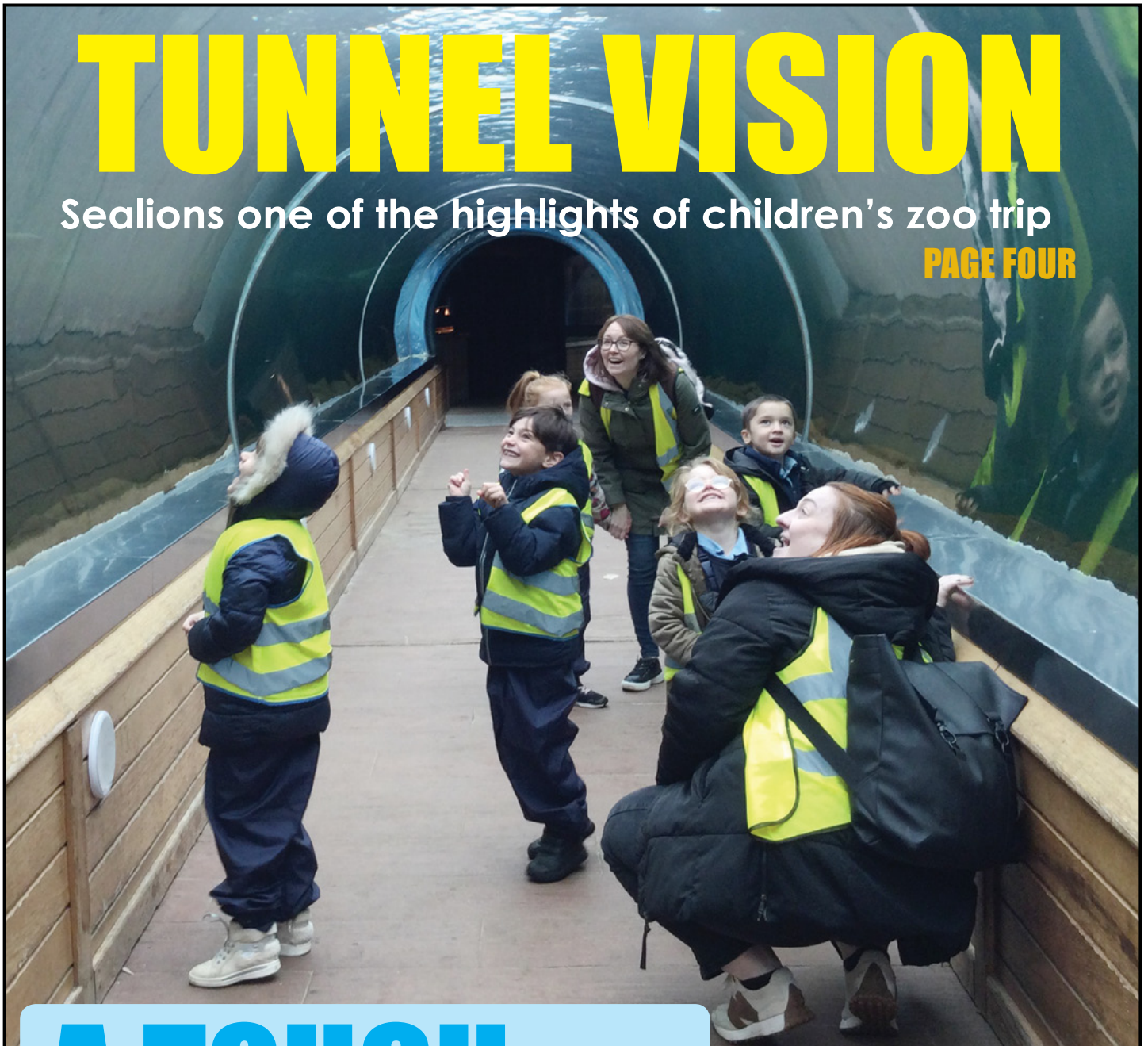
connection learning without exception resilience respect

NEWSLETTER
WINTER 2024

TUNNEL VISION

Sealions one of the highlights of children's zoo trip

PAGE FOUR



A TOUCH OF GLASS

TURN TO PAGE FIVE

Special skills learnt on food bank visit

TURN TO PAGE THREE

Statues & sketches

TURN TO PAGE SEVEN

A TASTE OF A CATERING CAREER



New skills are benefit of college restaurant visit

WESTBRIDGE Academy students had a taste of life as a chef on a visit to a local college.

The children visited Chef Whites' restaurant at Suffolk New College, where they were given a tour around the kitchens with one of the lecturers.

They learnt about the two main roles of chef and front of house and they had a chance to practise a few new skills, such as shaking mocktails and making napkin fans. Students were then served a meal using the ingredients they had just seen being prepared earlier.

Teacher Emily Langdon said: "It was a great insight into a catering career and the students thoroughly enjoyed it."



Growing, learning and developing

Raedwald Trust CEO Angela Ransby reflects on the autumn term...

What a tremendous autumn term we have had across Raedwald! Our whole community has come together to learn; experience; grow; and develop.

Always pushing forward, striving to do better, we enter the festive period reflecting on our achievements, celebrating our collective impact.

This newsletter gives you a flavour of those! From all of us across Raedwald, we wish you a wonderful festive season.



ALL THAT GLITTERS



Pupils go for gold with decorations

CHILDREN at Ipswich Hospital School have been getting their creative juices flowing by making some Christmas decorations.

The children have been working hard with staff to create gold and silver decorations as part of the Christmas Tree Festival that takes place throughout December at Christchurch Mansion (pictured above).

The decorations have been on display

alongside work from other communities across the area.

Teacher Claire Guernari said: "Gold signifies prosperity and confidence. It can inspire and give us the confidence to reach our potential."

"Silver signifies new beginnings and fresh starts, which is particularly significant because we have a brand new school room that opened this autumn."

Children overcame fears

STUDENTS earned a special trip to Suffolk Ski Centre after working hard in class.

They had earned 250 Dojos for following the Alderwood Core Values.

Teacher Cate Fairweather said: "The pupils engaged well in it. They overcame fears and anxieties in going down the slope and it was a great bonding activity."

"The children developed their confidence. One pupil in particular was very reluctant to go down the slope but after about 20 minutes, with lots of encouragement, he faced his fears and went down."

FOOD BANK HELPS SOCIAL SKILLS

STUDENTS have played their part in supporting their local community by volunteering at a local food bank.

The Alderwood Academy students helped out at the food bank at All Hallows Church.

The visit helped the children understand why food banks exist and how they support people in their local community.

Teacher Cate Fairweather said: "It exposed the pupils to the running of a food bank. They were able to support

their local community and represent Alderwood positively.

"It supported their learning as they were counting people in, helping with the money and giving out the produce."

"They developed their social skills as they were interacting with the public."

"They were able to apply their learning from their Socially Speaking intervention, which has been looking at having conversations and how to engage in these well."

The trip proved successful with many students enthusiastic about returning to help out another time.

"The children absolutely loved doing it," Cate said. "They are so keen to go back and do it again."

"They loved supporting with clearing the shop afterwards and came back to school with a real enthusiasm and joy."

"They developed their social skills and built their confidence in interacting with others. It raised their self-esteem and sense of worth."

HAVING A WILD TIME



Children found more than just orangutans on their zoo visit

CHILDREN at First Base Ipswich enjoyed a trip to the zoo.

It was organised to relate to their topic this term, which was based on the book *There's A Rang-Tan in My Bedroom*.

The children were challenged with finding out about orangutans so that they could write their own factfiles about them, before visiting real ones at the zoo.

The children saw three orangutans of different sizes, as well as elephants, giraffes, zebras, rhinos, lions, monkeys, snakes, penguins, lizards and parakeets.

As well as seeing lots of different animals, they also went into the discovery centre to play with the interactive sand art.

Then they drew a picture of a fish, which was projected on to a large screen that brought the fish to life.

Teacher Lisa Catchpole said: "The trip gave the children a purpose for their writing. They had a real audience to write for, which helped to motivate them."

"They also learnt about an endangered animal and that humans can play their part in helping to keep the rainforests safe. Lots of the children had also never been to a zoo and so had never seen the 'big' animals before."

"There was a lot of awe and wonder, especially when we went through the sealion tunnel."

"The children loved it. They went home and told their parents about the animals and specifically about the orangutans."



Workshop trip gives students broader horizons

STUDENTS from Westbridge Academy enjoyed a sneak peak into the world of glass making.

They went to a workshop at Stoke Bridge, where the students met the business owners who showcased their stained glass work.

They also had the opportunity to design and create glass tiles and fish ornaments.

Teacher Emily Langdon said: "Students enjoyed themselves and the trip broadened their horizons, showing them a career they hadn't considered."

"It was a wonderful opportunity for them to learn something new and they had a wonderful time."

FROM CLASS TO GLASS



The students transferred their design ideas from paper on to glass



First aid is fun

CHILDREN at St Christopher's Academy have been looking at practical skills this term.

They have been getting involved in different activities by growing things, fixing things, and making things.

They have grown plants, rewired plugs and applied first aid.

Variety of options proves a surprise

STUDENTS explored their post-16 options with a visit to Suffolk New College's rural campus in Otley.

They had a personalised guided tour, where they were given the opportunity to look at a variety of subjects from equine studies to construction.

Teacher Jo Perry said: "Students were surprised as to how many courses were available to them that they had not considered."

"It was great to see how the college worked on a day-to-day basis and watch the college students in action."

"After the visit students were supported by staff to make the appropriate applications."

PASTA MASTER

Student gets to grips with food technology

A STUDENT who is a long-term patient at West Suffolk Hospital School has been enjoying her food technology work.

Despite completing all her other school work, she was disappointed to be missing her food tech block as this was her favourite subject.

The school shared all the recipes being delivered in that block and staff enabled her to make dough and pizzas, as well as pasta.



Lessons in hospital bring structure for students

STUDENTS who have been admitted to hospital are working hard on their home schooling thanks to support from staff.

Many of the students who have returned for further treatment have built strong relationships with their home schools, so work is always available for them.

This helps the students to continue with their learning and

helps them to prepare for their exams. Teacher Nicola Edwards said: "We contact home schools quickly once we know students will be admitted for any length of time.

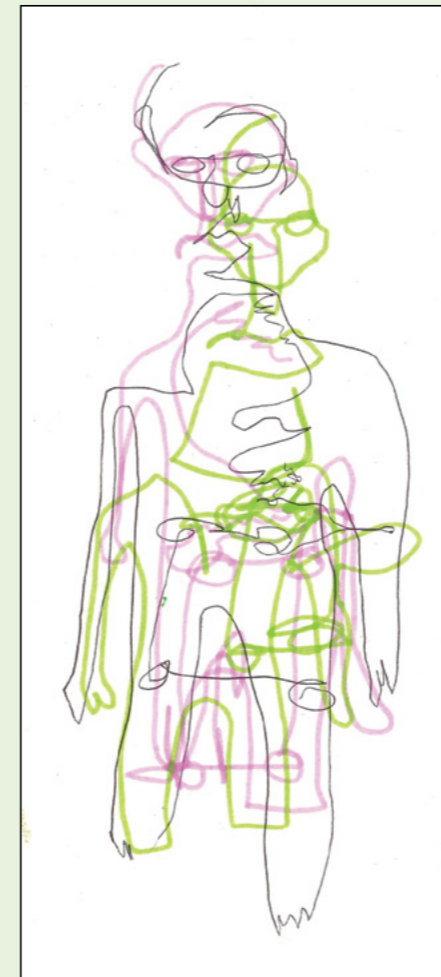
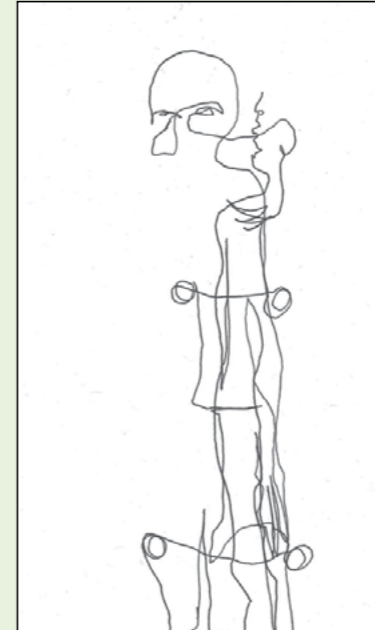
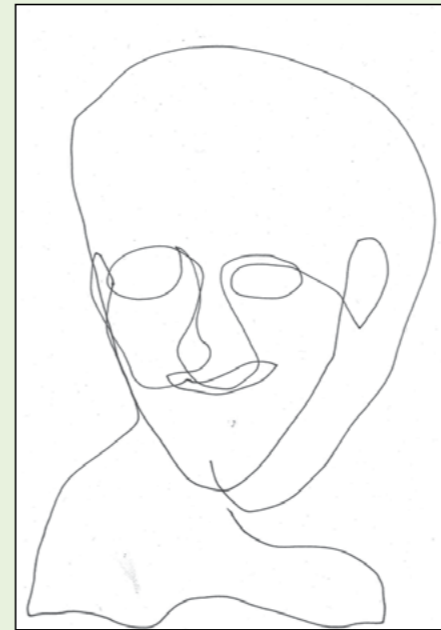
"The schools then share with us the learning that is happening in the classroom.

"This really helps students know they are keeping in line with their peers, reduces anxiety, and allows

them to receive a consistent education, regardless of where they are receiving it.

"Completing school lessons also brings structure to the day, which can be long and tiresome and helps make the transition back to school smooth.

"School lessons also help provide distraction from pain and worry or before a procedure."



STATUES AND SKETCHES

Sculptor Gormley inspires students on visit

ALBANY Academy students enjoyed a visit to Houghton Hall and Gardens in Norfolk.

Children had the opportunity to explore the grounds and the statues in the almost desolate way that the sculptor Anthony Gormley intended.

All the statues are placed at the same datum level, with some only partially emerging from the ground.

Students had fun trying to match the eye line of each statue.

Teacher Rachael Holden said: "It was a really special visit, with the students taking photographs, completing blind drawing studies (some examples of which are above) and trying to find the biggest stag in the park.

"On behalf of the students, thank you to all that assisted in pushing this through."

The benefits of being kind to one another

STUDENTS at St Christopher's Academy have been focusing on their health and wellbeing.

Last term the focus was to 'Be Mindful', where the children learnt about how the adolescent brain works and

how to become attuned to their triggers and sensations.

This culminated in producing a Gratitude Tree, where students were invited to talk about what they are grateful for and to then write

it down and hang it on the tree.

It gave them the opportunity to understand the benefit of being kind to others, as well as others being kind to ourselves.

SAFEGUARDING

Ensuring pets don't go hungry

THE RSPCA is offering support to families who are struggling with the cost of living and the knock-on effect of struggling to pay for food for their pets.

The charity offers delivery of different types of animal food.

Boomerang is another organisation our families can gain support from.

They will send a link to create your own individual order for families. They also deliver the food.

Both services are receiving donations and delivering donations to people in need who have

animals.

Both can deliver per family or per case or deliver in bulk and Raedwald Trust can distribute when needed.

If you need support with feeding your pets, speak to your child's headteacher or a safeguarding lead who will support you. There is also support out there who can help out with medication for pets.

Families can apply via the following links:

www.pdsa.org.uk/pet-help-and-advice/our-services (Who can't afford treatment or medication)
www.dogstrusthopeproject.org.uk/help-with-vet-care/

ABC Checklist for parents

WITH Christmas just around the corner, the holiday period is a great time to take stock of the devices they have (plus any new Christmas devices) and ensure they are set up correctly with any parental features you feel are appropriate for your child.

One frustrating issue is that the available features and how you set devices up differ, so to help parents Internet Matters have really good,

non-techie guides that you can follow as part of their ABC Checklist. ABC stands for:

- **A** – Activate parental controls.
- **B** – Balance screen time.
- **C** – Check and chat.

You can find a full explanation, set up guides and advice at the following website:

www.internetmatters.org/resources/abc-online-safety-checklist/

Keeping children active

CHILDREN at First Base Bury have been kept busy this term with lots of enriching activities.

They have been enjoying gymnastics, a trip to the zoo to see lots of animals and an interesting visit to the food museum.

More recently, they also welcomed the local police into school, where they had a sneak peek inside a police car and even had the chance to try on the police hats!

- THE new RT Staff Charter was launched in September and a new group of RT Charter Champions has been created across the Trust.

- The aim of the Charter is to ensure that everyone respects the Trust's values which are: Learning without exception, connection, resilience and respect.

Charter aimed at creating respect

CONTACTS

Childline

www.childline.org.uk
Call free on: 0800 1111

The Source

<https://thesource.me.uk/your-mind>
Information, advice and sources of support for young people in Suffolk

NSPCC

www.nspcc.org.uk
If you are worried about a child call 0800 800 5000

NHS

Non-emergency advice line call 111
Choose option 2 for First Response (Mental Health)

Police

www.suffolk.police.uk
Non-emergency line call 101
For emergencies call 999

Kooth

www.kooth.com
Online wellbeing community

Stem 4

Supporting Teenage Mental Health
<https://stem4.org.uk>

Papyrus Hopeline

Prevention of Young Suicide
www.papyrus-uk.org
Tel: 0800 068 4141
Text: 88247

Samaritans

Support for people who are going through a difficult time
www.samaritans.org
Freephone call: 116 123

National Domestic Abuse Helpline

Freephone 24-hours call: 0808 2000247

Fearless

Enables young people to pass on information about crime 100% anonymously
<https://crimestoppers.uk.org/fearless>
Tel: 0800 555 111

Customer First

Social Care including out of hours for concerns about children or adults
Contact Children's Social Care (Customer First) on 0808 800 4005
Contact Adult's Social Care (Customer First) on 0800 917 1109