

# RAEDWALD TRUST

SPRING

NEWSLETTER

2026



# THE CEO:

## SPRING TERM At Raedwald

As you will read, this term, once again the pupils of Raedwald Trust have been busy!

They have been getting active with boxing, yoga and football, trying their hand at being scientists, and filmmaking through Lego.

I am proud to see their achievements.

Finally, I say thank you once again for your continued support.

**Have a happy and hopefully restful Easter.**

**We will see you next term.**

ANGELA RANSBY

**RAEDWALD TRUST CEO**



# PARKSIDE DELIGHTS AT CHEF WHITES!



Pupils at Parkside visited the Chef's Whites Restaurant at Suffolk New College and witnessed college students producing lunch in the professional training kitchens and front of house service demonstrations.

We were served a 3-course lunch, whilst observing a national competition judged by staff from The Ritz Hotel in London!

This was a great opportunity to learn about career and training opportunities in Suffolk for catering and Hospitality.

The Awe and Wonder sports programme at Parkside has offered students an invaluable opportunity to develop teamwork, resilience, passion, and communication skills through structured football activities.

This term's programme has been led and inspired by Luke Chambers, former long-serving Ipswich Town captain, widely recognised for his leadership and commitment on and off the pitch.

'Awe and Wonder' brings a wealth of professional experience that is greatly enhancing the students' learning journey.





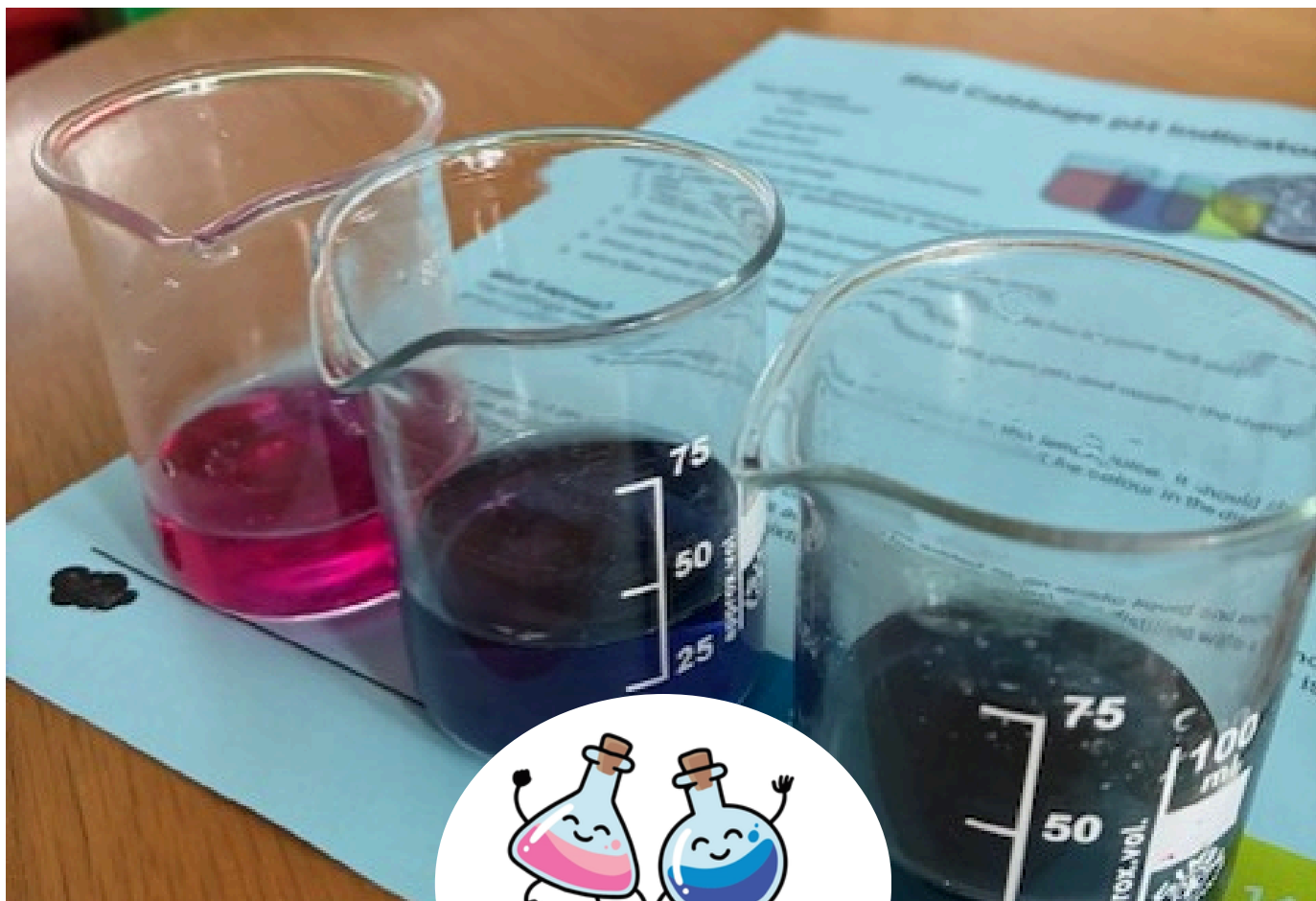
Pupils at Parkside have been engaging with news stories on a weekly basis as part of their Citizenship lessons. They have read a range of newspapers and looked specifically at House of Lords Reform, defection of the Iranian women's football team and fake news in the form of 'AI slop'. Copies of The Happy News was shared which has developed a broader understanding of what is going on in the world. Students really enjoy these sessions.



Pupils at Parkside are campaigning to bring a PET Therapy dog to the school. They have interviewed staff to understand more about the positives this would bring along with further considerations that need to be made. The campaign is student led and is focused on making communities a better place for everyone! Our students are invested in building a community where they can make a difference to everyone.



Kirsty Osborne, Head Teacher at Parkside Academy, being interviewed about PET Therapy



# WESTBRIDGE SCIENCE WEEK

Our KS4 pupils at Westbridge had a fantastic week diving into real-world science through the “I’m a Scientist, Get Me Out of Here!” online event. Students took part in a live chat with a range of inspiring scientists.

Emily Duque, Head Teacher at Westbridge Academy, said “Our pupils were brilliantly engaged throughout the session, asking thoughtful, curious questions and showcasing real enthusiasm for STEM careers.”

As part of our whole-school focus on data and decision-making, students also explored how much we trust machines to complete different tasks. Acting as data scientists, they analysed the results, compared viewpoints, and considered the growing role of AI and technology in everyday life.

To top off an exciting week, KS4 pupils enjoyed hands-on practical work in their science lessons, using red cabbage indicator to test the pH of different substances. Lots of colour changes, lots of learning, and lots of fun!

A brilliant week of curiosity, creativity, and scientific thinking at Westbridge!

# RT LIVE GOES LIVE!



Our new online RT LIVE cohort has made an encouraging start. Engagement levels in learning have been good, with pupils participating appropriately in sessions and settling into routines as expected.

Staff have noted that students are interacting well with the programme structure and showing a positive approach to their work. Emily Duque said “We are really proud to welcome them to Westbridge Academy!”.

# THIS TERM AT ALDERWOOD:

We started thinking about what it means to be an engineer and how this could help our environment by getting to Net Zero. We knew lots already about Net Zero, including why eating meat isn't good for carbon emissions. The classroom and school have obvious sources of carbon emissions (e.g lights, whiteboards, heating, air-con etc) but it really made us think when we discovered literally EVERYTHING in the classroom leaves a carbon footprint - even us!

For the second part of the lesson, we were challenged to harness the Sun's power to make a solar oven. We chose black as that absorbs heat and foil as this would reflect the Sun's rays onto our oven. Sadly, it was a bit cloudy to test out cooking marshmallows.

Tom Baker, Head Teacher at Alderwood Academy, said "To continue this topic, pupils will be tasked with inventing something that will help Alderwood reduce its carbon footprint. We are excited to see what they come up with!"

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At Alderwood this term pupils have started a unit on Recount writing in English. To create some inspiration for pupils of an experience, we visited the local bakery. Photos were taken at the various stages of the trip to support in structuring our writing and the use of paragraphs. Each pupil had to select a cake for their peer and so this also involved speaking and listening skills to identify what cake their peer would like!



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Pupils had their last session with Matt Little from the ITFC Divert Programme this term. The Divert programme is designed to use the power of sport and the ITFC badge to engage young people in positive, practical learning. The aim is to help them develop essential life skills and improve their well-being. Each weekly session focussed on important areas of personal development.



**IPSWICH TOWN  
FOUNDATION**

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# HEALTH AND WELL BEING AT ST CHRISTOPHER'S



This term as part of our Health & Wellbeing curriculum we have focused on 'Be Active'. Pupils at St Christopher's explored the history of boxing, starting in ancient Greece and Rome. We set up different boxing workstations outside and each activity had to be completed for 1 minute: hooks, uppercuts, jabs, freestyle. The pupils insisted on doing two circuits of the activities! Luckily the sun was shining and it was great to be outside! Continuing the 'Be Active' topic, we had a visit from Julia of Suffolk Yogo. We learnt the history of Yoga and the physical, mental and spiritual benefits of doing Yoga. We then had a 30-minute introductory Yoga session. There was the option of standing, and the focus was on breathing and the spine. Kate Kingsford, Head Teacher at St Christopher's said "Students did an Emotion Check before and after each activity. The results showed that students felt better after being active!"

## LEGO THERAPY AT WEST SUFFOLK HOSPITAL



Nicola Edwards, Teacher at West Suffolk Hospital, has been delivering the Lego Therapy sessions this term to great success. Pupils receive Lego Therapy every morning and join together to complete builds - sharing the roles of Engineer, Supplier and Builder - to develop communication skills. Our new iPad is used for delivering the Lego therapy and this enables patients, including those with visual impairment, to work together to create builds following the 3D instructions on the Lego Builder App. Pupils also develop their creative skills - a Year 6 pupil created his own animation on the 'Rocky' theme - using moving pieces, to music, to recreate a scene from his favourite film!

# RT PROFFESIONAL SERVICES:

**ALICE CROZIER-GREEN, HEAD OF TRADED SERVICES HAS BEEN BUSY REPRESENTING RAEDWALD TRUST!**



Firstly, teaming up with Atkins Realis to present to architects and designers on creating inclusive learning environments for children with SEND at the Education Estates SEND and Sustainability Conference 2026. It was hosted at the Excel centre in London and was a really collaborative and important opportunity.

Alice also attended the Schools North Conference 2026 in Durham to present "Readers for Life - designing an inclusive oracy-based reading curriculum".



Rev Emma Haggard from All Hallows Church visited pupils at Alderwood to talk about her job as a vicar. She told pupils about all the different things it involves, such as speaking at the church and caring for the community. Rev Emma is involved in toddler groups, 1:1 support, running the top-up shop and meeting with people in the community. She showed us a Bible explained the items for communion. Pupils were interested to hear her about her job and how she became a vicar.

Later on the term, pupils visited All Hallows Church to support with the top-up shop. Pupils supported in presenting the food so that it was accessible for the customers and were also very helpful in tidying the produce away at the end. Pupils spoke with Rev Emma to see how many customers there had been in that morning. We also got an introduction to the organ whilst we were there!



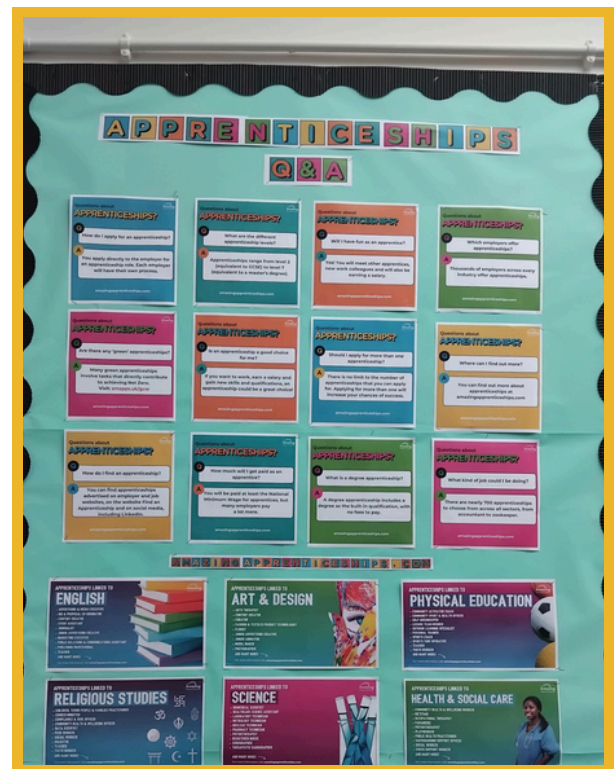
# CAREERS @ RAEDWALD



St Christopher's Next Steps Medical pathway students had the first of their planned Career workshop sessions with guest speaker Zibby Parker, Groundsperson for Ipswich Town FC. Zibby spoke at length about her career in grounds, her experiences prior and the opportunities she has had through building a skill base that has enabled her to change careers. Her message was positive and student centred. She focused on how hard work, a willingness to learn, pick up different skills and being true to yourself in following your interests and passions and how that will lead to different opportunities. Zibby also discussed pathways and qualifications, ranging from apprenticeships through to work based qualifications.

Kate Kingsford, Head Teacher at St Christopher's, said "It was a motivational and insightful talk and was a really positive start to this planned series of careers workshops."

Pupils at St Christopher's have also been visiting Post 16 provisions: Lapwing; New Skills; WS training; Suffolk One; TCHC; Suffolk New College. One pupil has already secured a place at New Skills!



The careers board at Westbridge offers the latest information tailored to support pupils with information around apprenticeships.

# CAREERS @ RAEDWALD

Pupils at The Albany have met with Gus, the RT Careers Advisor. Families have reported the conversations were thoughtful and construction, noting that pupils felt genuinely heard, well supported and clearer about the future pathways. Gus has followed up with each pupil to put actions in motion and to offer continued guidance.



# KEEPING YOURSELF SAFE ONLINE & IN THE COMMUNITY

## ONLINE SAFETY:

Do you play games online? Do you have social media? We have outlined some risks that you should consider:

Some online games will allow communication via a chat or direct message. Some online games offer the ability to switch communication off or the option to restrict bad language, so make sure these settings are applied to keep yourself safe. If you are playing online with strangers, then you need to be aware that there is many risks that come with that, things like grooming/exploitation, being sent/viewing inappropriate content, cyberbullying and bad or offensive language being used. If you don't know that person in real life then you don't know them at all and should not be playing or talking to them. **#StrangerDanger**

Some games do allow you to restrict communication to 'friends only'. Remember you can report, block and tell your parent or carer if you feel someone is not being kind, genuine or worries you.

Social media apps are regulated but unfortunately things still seep through the cracks. Social media is a great way of viewing role models/people you look up to, speaking and seeing what your friends are up to and seeing what is up and coming and relevant. There is also a dark side to social media with inappropriate content in the forms of videos, photos and messages, people adding or speaking to you who you don't know, online bullying, grooming and exploitation. There are things you can do to keep yourself safe, only speak, add and follow people you know, only allow people to follow and add you that you know, report any content you may come across which could contain inappropriate or harmful images or videos and keep your profiles private. Most social media apps are age rated and should only be accessed or used by that age range.



# KEEPING YOURSELF SAFE ONLINE & IN THE COMMUNITY

## **HOW TO KEEP YOURSELF SAFE IN THE COMMUNITY:**

Keeping yourself safe in the community involves maintaining high awareness and practicing safe habits while out. Stay alert by avoiding phone distractions, walking in populated and well-lit areas, keeping valuables hidden, and trusting your instincts.

**Stay Alert:** Avoid using headphones or staring at your phone while walking, especially in unfamiliar areas or car parks.

**Be Confident:** Walk with purpose and confidence, even if you do not feel it.

**Stay in Lit Areas:** Stick to busy, well-lit areas and avoid shortcuts or dark, isolated alleyways.

**Secure Valuables:** Keep bags zipped, phones hidden, and avoid carrying large amounts of cash.

**Trust Your Instincts:** If an area or person feels unsafe, leave immediately.

**Buddy System:** Walk with others when possible; you are less vulnerable in a group.

**Transport Safety:** If you feel you are being followed, cross the road, enter a shop, or make noise.

**CALL 999 IN AN EMERGENCY AND 101 IN A NON EMERGENCY.**



**SAFETY  
FIRST**

*Happy*  
**EASTER**

