



# Weekly Bulletin

20<sup>th</sup> September 2024

Dear Parents/Carers, Learners, and Staff,

We are thrilled with the positive response to our hot lunches! A big congratulations to the learners who have quickly settled into the routine of collecting their meals and tidying up afterwards. We have noticed all the clear plates!

Due to the high demand for hot meals, we have been unable to accommodate packed lunches alongside hot lunches in the same area. For health and safety reasons, we cannot transport the hot food to the main hall. We do understand that some learners miss being with their friends, but on quieter days, those with packed lunches are and will be able to join their friends in the lower hall near the kitchen.

We would also like to extend our thanks to Mandy Hembury for delivering these wonderful lunches and helping us find solutions. Thank you to all Parents and Carers for completing the four-week menu decisions. If your child would like to try a hot lunch, please let us know at the office—there are always options like sandwiches or plain pasta available if required.

A quick note regarding taxis: We have noticed a few learners arriving as early as 8:20 am. As staff are not officially on duty until 8:30 am, we kindly ask if your taxi driver could be asked to wait for five minutes before letting the learners out. This would be very helpful, as we do open the gates but supervision begins at 8:30 am. This allows for short briefings in readiness for the school day.

Finally, we are excited to announce that on **Wednesday, 25th September**, we will be holding a **Macmillan Coffee Morning**. It is open to all parents and carers, come for a cuppa, cake and a chat! At breaktime, there will be hot drinks, along with carrot cake or lemon drizzle cake available for the learners for a small donation for the Macmillan. If your child prefers to bring in homemade or store-bought treats (with all ingredients labeled) to sell and help raise funds; they are more than welcome. Learners can also bring up to £2 if they would like to purchase any of the treats. Further details in the bulletin.

Thank you for your ongoing support!

Warm regards,

*D. E Seagrove*

## From our SEN Lead, Mrs Cormack



September is Sleptember at The Sleep Charity, who are running an awareness campaign about the benefits of getting a good night's sleep. They offer some useful advice for young people with additional needs:

### **Young Person with SEND**

If you have a young person with additional needs and sleep issues, bedtime can be tricky. Whether they struggle to communicate how they are feeling, have increased anxiety, sensory issues or social cueing problems, sleeping well may be difficult. For example, research estimates that between 40-80% of children and young adults with autism have sleep problems. If your child regularly has difficulty falling asleep or staying asleep, it may be a sign of a sleep issue.

Lack of sleep can impact in the following ways:

- Aggression
- Depression
- Hyperactivity
- Increased behavioural problems
- Irritability
- Poor learning and cognitive performance

Here is some advice that may help if your child struggles to drop off or stay asleep.

1. Explore reasons for your child's sleep issues. Underlying reasons may include sensory processing difficulties, lack of understanding about night and day or medical issues.
2. Record what is happening at night by using a sleep diary. They can be used to establish any unusual patterns or identify any factors that are impacting on sleep. Share this information with professionals to see if they can help you to explore why your child may have sleep issues and what might be appropriate strategies to try to improve your child's sleep.
3. Use visual clues to support your child's understanding. Visual timetables can help to show your child what is going to happen next during the bedtime routine. This can make the evening calmer and easier for you and your child.
4. Television viewing may hinder melatonin production so avoid any screens in the hour leading up to bedtime – this includes mobile phones and computer screens. Melatonin is the hormone that helps us to fall asleep and some research suggests that some children with additional needs may not produce enough or may release it later in the evening. Replace TV with calm activities like completing a puzzle together or colouring.
5. Review your child's diet to ensure that they are not eating or drinking anything sugar loaded before bedtime.
6. Ensure that your child is in a reassuring routine and put them to bed at the same time each night. It is also important to wake them at the same time each morning. Children thrive on routine such as bath, reading a book, gentle music and then bed.
7. Review your child's bedroom and assess whether it is a good environment to promote sleep. Ideally it should be cool, quiet and dark. However, if they are visually impaired

or hearing impaired then sleeping in total darkness may be disorientating for them. Consider how their bed feels and whether it meets their sensory needs.

Sleep problems can be complex and it is important to try to identify possible causes. These can include anxiety issues, behavioural issues as well as medical factors. Ask your health practitioners for guidance and make sure that you tell them about any unusual night time behaviours such as snoring, teeth grinding or night terrors too.



## **Free SEND Briefing**

What will the new government mean for SEND? The team at SENDCast will be delivering a free SEND briefing in September.

Jane Friswell, SEND Consultant and Parent Advocate, is delivering the FREE SEND Briefing and will discuss what the new Government will likely mean for SEND. What changes can we hope for and what will happen with the SENDAP Improvement Plan?

**Tuesday 24th September 11.30 a.m.** – live session for 1 hour which you can register for [What will the new Government mean for SEND - FREE Briefing \(thesendcast.com\)](https://thesendcast.com). You can watch the live session or watch the recording afterwards.



## **Sendcast**

### **[Ask Don't Tell with Alison Knowles \(thesendcast.com\)](https://thesendcast.com)**

How often do you ask children what they think about something instead of simply telling them your opinion based on your own experiences? Often adults give answers based on their model of the world and views which aren't necessarily right.

In this week's podcast, Alison Knowles, Emotional Therapist, joins Dale to discuss 'Ask don't tell'. Alison tells us that by asking *WHAT?* and *HOW?*, you can transform your conversations with children. These simple questions not only build their confidence but also show them that you genuinely care about their thoughts. Encouraging them to problem-solve fosters independence and resilience.

Alison emphasises that children often hold the keys to understanding life's complexities. Sometimes, it is far more impactful to invite their opinions rather than overwhelm them with adult explanations.

Explore real-life examples of how empowering children and young people to voice their thoughts can lead to positive outcomes; click on the link above.

*“Just by asking rather than telling, you’re actually encouraging that conversation so that you can move through situations in a more positive, empowering way.”*

Alison Knowles



About Alison Knowles

Ali is a practising emotional therapist, author of the Ollie and his Super Powers series of books, public speaker and creator of the Ollie Model. Ali’s strength is the unique way she views the world and her instinctive ability to empower you or your child to find the solutions from within.

She believes you have everything you need inside you. She show you how to access your immense knowledge and skills so that you can be in control of your emotions rather than being controlled by them.

## What is Macmillan Coffee Morning?

Macmillan’s biggest fundraising event to support people living with cancer



Since 1990, Coffee Morning has brought together millions of people from across the UK to have fun and raise money for a good cause.

The first Coffee Morning happened in 1990. It was a small affair with a simple idea: guests would gather over coffee and donate the cost of their drink to Macmillan. It was so effective, they did it again the next year - only this time nationally.

Now Coffee Mornings come in all shapes and sizes. From small home gatherings to large corporate events; school fundraisers to a gathering with a local community group. They all have one thing in common - they raise vital funds to support the more than 3 million people in the UK living with cancer.

Belgrave School’s Macmillan Coffee Morning is on Wednesday, 25<sup>th</sup> September. Cake, coffee and chat! Open to all Parents and Carers from 9am-10am; then from 10.30 – 11.15am open to all learners. Enjoy a refreshments for some donation. Donations can be cash or a sweet treat to sell – homemade (all ingredients must be shown) or shop bought. Learners can bring a maximum of £2 to spend.

## Assembly

To celebrate the life and achievements of Stephen Sutton.

Stephen Sutton was 15 when he was told that he had cancer. He shared his journey by setting up a blog that he hoped might help others. You may recall a photo he posted that he thought might be his last, of him giving a thumbs up, as it went viral in 2014. When he lost his battle with the disease on 14 May 2014, he left behind a legacy of memories and had

done so much to raise awareness of teenagers with cancer. It was Stephen's bravery in dealing with some of the hardest news that anyone ever has to face, together with his sincerity, honesty and selfless determination, that made him such a remarkable character. Not only did he dedicate much of the time he had left to helping others, but he also raised millions of pounds for other teenagers with cancer. Stephen set out to raise £10,000 for the Teenage Cancer Trust. He vastly exceeded this figure - to date, he has raised in excess of £5.5 million! This is the most an individual has ever raised for the charity.



## Mindfulness for Bristol Parents of SEND Children



**Pause**

**Soften**

**Connect**

**Be**

A **FREE** Mindfulness Course for parents and carers living in Bristol, which looks at how to be with the stress and worry that comes from being in the role of a parent or carer of a child with additional needs.

This ten-week course allows us to notice how we habitually react when under stress and how practising mindfulness techniques can help us to regulate our emotions more effectively, including becoming more resilient during stress. With practise, we become more able to pause, soften, connect with our breath and be with difficulties in the moment. As a result, we may find we are able to respond more calmly and skilfully.

Evidence shows that when under stress, parenting skills are found to collapse. With Mindfulness for Parents, it's the parents' own stress and suffering, that is the primary focus of the training rather than the problem behaviour of the child.

Mindfulness for Parents/Carers supports you to:

- Reduce stress
- Reduce harmful intergenerational patterns of stressed-out parenting
- Improve emotional regulation
- Improve family communication and relationships

**Online Mindfulness for Bristol Parents of SEND Children:**

**Day: Tuesdays 9.30am-12 noon**

**Dates: 24<sup>th</sup> September – 3<sup>rd</sup> December 2024 (Term time only)**

**Via: Online Zoom**

**Cost: Free**

**Book: Call Claire-Louise on 07949399633**

**Contact: [mpcp.bristol@gmail.com](mailto:mpcp.bristol@gmail.com)**



Website: <https://www.mpcp.info>

## What Are Roots Allotments?

- Belgrave has a Roots allotment at Leigh Woods.
- Roots is like the cool, eco-conscious cousin of traditional allotments. They are all about making it easy for folks to get their hands dirty (in the best way possible) and cultivate their own patch of goodness.
- No Chemicals or Pesticides: They are all about natural remedies and improving soil health. So, no chemical warfare here—just wholesome, pesticide-free growth.
- It is a No dig site. No dig site is the principle of using a cardboard layer covered in compost to suppress weeds and plants on the surface but keep the microbial allies in the soil alive. Planting the seeds and seedlings straight into it creates the least amount of soil damage. It requires less weeding and less watering. No more back aches!
- Community Vibes: Picture this: You are surrounded by other green-thumbed enthusiasts.

Last weekend was the Roots Allotment official opening. Ms Kimber kindly took some photos.



## This Week:

Each week, our dedicated Learning Support Mentors will shine a spotlight on their classes achievements and provide a concise synopsis of their week's events.

**Key Stage 2 Class** We have been enjoying PE this term and are looking forward to our second lesson at Bike-ability. We also have been busy in the kitchen this week and have cooked pizza as well as making a Harvest Loaf during our Wednesday workshop with Year 7's.

## Year 7 Class

**Year 8 Class** We have had another good week: we enjoyed making sourdough bread and adding our own personality flavour. In Maths, we have been focusing on fractions and percentages. In English, we started our new Shakespeare play a *Mid Summers night's dream*. In Geography, we are looking at the erosion of coastlines. We have also been focusing on becoming a team and working together with positive results. In PE, we are working towards our cycling proficiency.

**Year 9 Class** The new Year 9s have settled into the new school year well and have accepted me as their new LSM, although there are still constant guesses about my age and changes to the pronunciation of my last name – Mr McGovern!!

On the 11<sup>th</sup> September, the majority of the class started this term's woodwork lessons at Tyntesfield. They are starting to make one legged stool without any machines. The next day we began bike-ability, and the class loved it. I obviously won the race we organised at the end of the session! On Friday, the class experienced their first STEM Lego session, in which the class were tasked to make a bridge sturdy enough to hold a weight. This brought out the whole class' competitive side. Throughout these first two and a half weeks the class have been thoroughly enjoying their English lessons on Jane Eyre, the challenges set in Maths by Mr Doyle and of course, the interesting world of Science presented by Mr Hewlett.



The class has made me feel so welcome and have made these first weeks in the job a joy.

## Year 10 Class

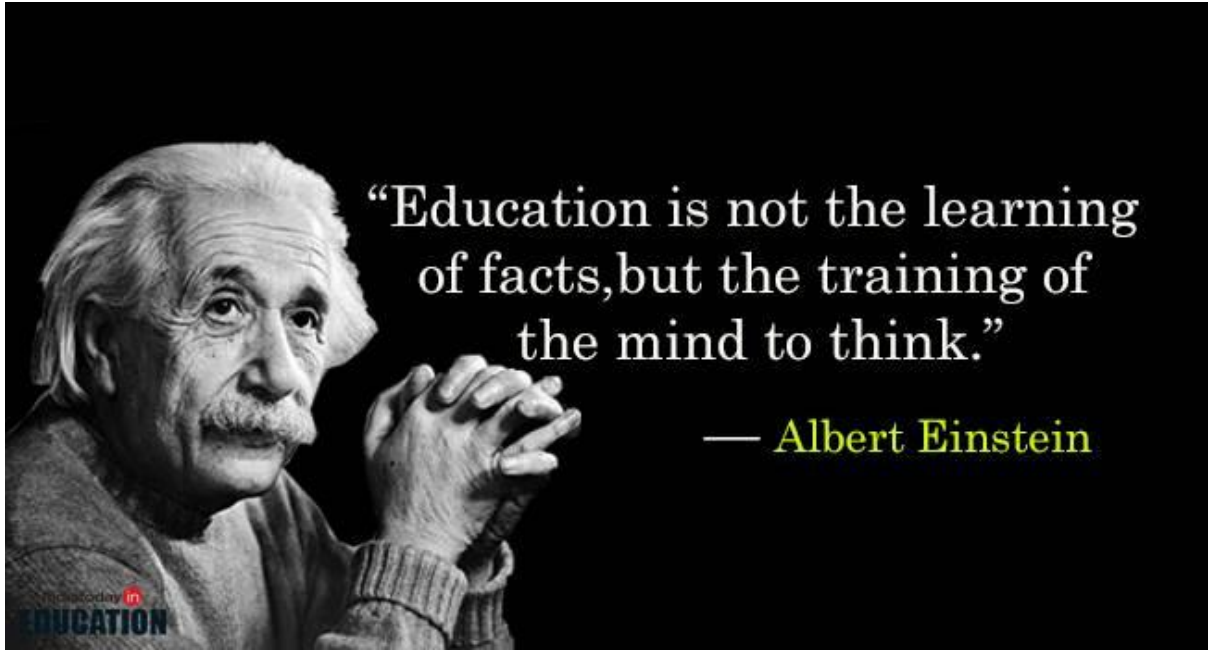
**Year 11 Class** This week Year 11 have worked on producing a test for looking at plant cells under a microscope, as well as reminding themselves of force and energy. In Art, many of our learners brought in photographs which ranged from car shows, walks with family,

marvellous buildings and dynamic arial shots. In Geography, they started an experiment at the end of last week, where over six days they will see which liquid is more corrosive to rock and already the results are pretty alarming! Finally in Tutor time, we have started to go through different road signs and their meaning, as many of our learners are approaching when they can start to learn to drive!

### **Dates for the diary next term:**

- 19/9/2024 Jo Newman from New Mango coming in to meet the Year 11 re. careers  
24/9/2024 Square Foods visit The Community Farm, Chew Magna  
25/9/2024 Attendance Briefing Teams online  
27/9/2024 Macmillan Coffee Morning  
9/10/2024 Ashton Gate National Apprenticeship Show  
Meet and Greet Learning Support Mentors and Learning Support Assistants  
6pm In person  
17/10/2024 Rowena Hector, the Head of Ashton Park Sixth Form, will be bringing Ethan and Chris (in Year 11 last academic year who both went to Ashton Park this September) with her to talk to Years 10 and 11 about what Ashton Park has on offer in their 6th Form  
23+24/10/2024 New Mango working 1:1 Year 11s re. careers  
28/10 – 1/11/2024 Half term  
4/11/2024 Inset Day  
5-15/11/2024 Work Experience Fortnight for Year 11s – choice of a week during this time to do work experience  
8-29/11/2024 Into Film Festival for Schools  
11/11/2024 Anti-bullying Week – Anti-bullying Alliance Theme: Respect  
12/11/2024 Odd Socks Day – wear odd socks to show support for the Anti-bullying Week  
18/11/2024 Mocks for Year 11 begin  
28/11/2024 Parent/Carers Evening for Years 10 and Year 11 Teams online  
appointments  
3/12/2024 Parent/Carers Evening for Key Stage 2 and Years 7, 8, 9 Teams online  
appointments  
16/12/2024 Christmas Lunch for all  
17/12/2024 End of term





“Education is not the learning of facts, but the training of the mind to think.”

— *Albert Einstein*