



The Parkside School

learn grow thrive

Autumn Term 1 Newsletter 2022

Number 259

A Message from Mrs Ellis-Gage

Dear Parents and Carers,

What an exciting start to term we have all had. We are thrilled to have Surlingham House, our new property on College Road open for Pathways pupils. This converted house is home to our bespoke 38 week placement for post 16 pupils. It also houses our refurbished hair and beauty salon and has allowed us to repurpose some of the office space at Parkside. We are planning an official opening soon to show it off!



We have also been lucky enough to host Education Superstar, Pie Corbett, the founder of Talk for writing. He is working closely with Parkside to further the Talk for Writing programme and improve outcomes for young people with SEN. He was very complimentary about Parkside and we look forward to continuing the project with him and his team.

Parkside outdoor learning and forest school sessions are being enjoyed, with our Hagrid's Hut as an outdoor classroom. Pupils have enjoyed making natural decorations and tending to the plants.

With the weather changing it is starting to make us think about the next season and all its festivities, please keep an eye out for more information regarding discos and school activities.

Key Diary Dates:

November 4 - Sparkly non-uniform day

November 8 - Parent's evening
4.30 - 6.30pm

November 18 - School Disco
organised by Pathways College students

November 21 - Parent Friends
Association AGM and General
Meeting - 6pm onwards

December 12 - Christmas Shop

December 14 - Santa's Grotto
and Christmas Raffle Draw



Pathways College opened to our Year 12 students at our brilliant, new Surlingham House location on Tuesday 20th September.

Our students have been amazing in their first few weeks and have risen to the challenge of trying new learning experiences to support their independence, communication and coping skills as they enter adulthood.

These experiences have included trips to the supermarket to do our weekly shopping and work experience on the Norfolk Broads.

When we are not out in the community, we are cooking in our purpose built kitchen, carrying out gardening activities to practise safe use of equipment such as lawnmowers and strimmers, plus completing class based activities that prepare students for adult life.



Congratulations ...

We would like to congratulate Daniel Herman, a member of staff at Parkside, for his casting in Kinky Boots at the Theatre Royal.

Wishing you all the very best with the show Daniel!



Parent Friend Association (PFA) News



AGM - Monday 21 November 6pm

In the professionals Meeting Room

We are holding the next PFA meeting in November. This will be our Annual General Meeting followed by a less formal members meeting, to discuss upcoming events and fundraising projects.

A link to join via 'teams' can also be accessed for those unable to attend in person, please contact the school office for more details.

We are very keen for new families and friends of Parkside School to join the PFA and support us in our fundraising and events, it really can be a lot of fun and a great way to meet new people!

We are mainly focusing this year on the Sensory Garden, looking at how we can make it more accessible to families throughout the school year.

All support gratefully received to help enhance the pupils experiences at Parkside School and Pathways College. Any help, no matter how small, really would go a long way in helping us make these events a success.

Many thanks, Claire Cumberlidge, PFA Chair



Class News



Octopus Class has been learning about knights. Octopus learnt that the picture/pattern on the front of a knight's shield shows which family they belong to.

Octopus Class then made their own shields to represent their own family. The results were fantastic!

Well done, what a lovely display you have created.



Shark Class enjoyed our first topic of 'Fantasy Worlds.'

We have been creating our own Wonderland stories and have taken part in some drama to help us with generating and remembering our own ideas.

Here we are warming up with a quick game of 'what is this?' where we pretended the chair was different objects.

A great start to the term!



Crocodile class's first year has started with us practising independence skills with new friends like sharing, communication and creating.

As a class we made two pieces of art, for which we used different pencils, pens and mark making tools as well as glue and different materials to create two big Crocodile collages! **Beautiful work.**



This half term Turtle class has enjoyed our time getting to know one another and making new friendships.

In PE as part of our fantasy world topic, we have enjoyed playing Quiditch just like the game from Harry potter!



We are also very much enjoying our new sand pit in our shared outdoor area where we have been making fantasy world castles and magic foods ... which when eaten turns you into something magical! **A Wonderful start to term**

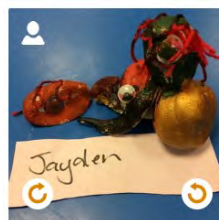


In Seahorse Class, we have been learning about Fantasy Worlds. We have written our own Fantasy World 5 sentence stories in our English lessons, using a model text and changing key words with our own ideas.

In Global Studies we have learnt all about the Romans and even made our own Roman shields. In PE, we have loved playing Quidditch! **Super work!**



This half term Rhino has been looking at the story of Where the Wild Things Are. They have learnt the story, written their own versions, made boats and created their own wild things out of clay. **Brilliant work Rhino!**





Maple class have been getting into their Fantasy Worlds topic.

They have been exploring the Romans and how they lived and recently starting finding out about Volcanoes.

They have also been looking at newspapers and coming up with their own headlines based around the book for this half term "Alice in Wonderland".

Super work Maple Class!



In Buffalo Class this term, we have been reading Alice in Wonderland in our sensory story.

During Art, Buffalo class created our very own White Rabbit.

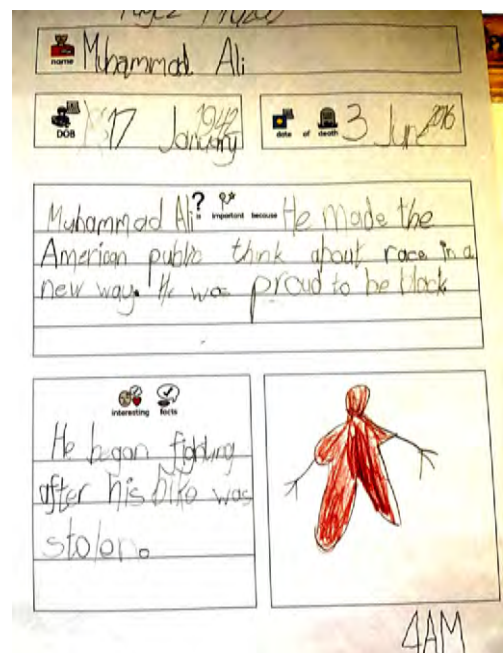
We did good safe cutting, sticking, colouring and construction.

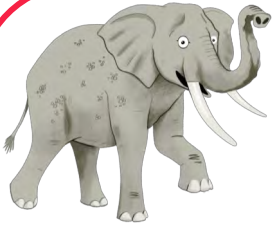
Such creative work Buffalos!



Lion Class have been talking about Black History Month, everyone chose a black person of influence and did some research to find out what made them special.

Some of the people we found out about were Rosa Parks, Barack Obama, and Nelson Mandela. **Great work Lions!**





In Elephant Class we have been practising our independence skills. We are going to the local Co-Op every Friday afternoon to spend our money!



We practise crossing the road safely, choosing what we would like to buy, budgeting and paying for these items independently.

We really look forward to our Co-Op Fridays!

A great start to the term Elephants



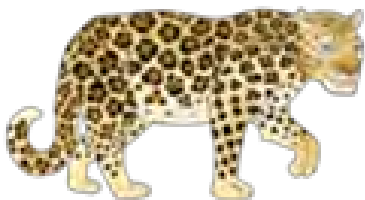
This half term, Jellyfish class have enjoyed learning about the Romans.

They learnt what life was like for the Romans and their armies.

Jellyfish class loved making their own Roman shields! Once they were finished, we went outside onto the playground and practised some phalanx formations.

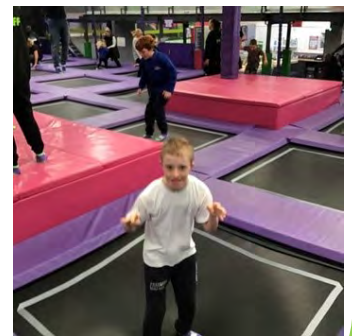


Well done to all of you, what great shields!



Leopard class had a fantastic trip to High Altitude this term! We learned about lots of different trampoline moves and enjoyed bouncing.

We were all really tired by the end of it!





Dolphin class has been exploring our Fantasy world topic this term. We have been reading 'Where the wild things are' by

Maurice Sendak. Dolphin class have been acting out sailing on a boat like Max to the Wild Things Island, created our own rumpus dances and most importantly learned to 'roar' our terrible roars and gnash our terrible teeth and roll our terrible eyes and show our terrible claws.

Our picture is an example of some of the Wild things we have made including our own claws. **Well done Dolphins, a great start to the term!**



What a fantastic first term in Rowan!

We have particularly enjoyed Global studies this term. The pupils have learnt about Ancient Rome and Volcanoes.

We created our own paper mache volcanoes and experimented with baking soda and vinegar to erupt them!

Brilliant work Rowan.





Holly and Sycamore classes have been reading 'The Wild Robot' by Peter Brown.



We have discussed the characters and settings, learnt our own version of the story and we're writing our own fantasy stories, with a particular focus on creating new settings.



We have also been exploring our Post 16 options, by visiting local colleges and the Norwich Opportunities Fair at Norwich City Football Club.

Holly and Sycamore are preparing for our enterprise project 'Comfy Cuppa' where we will be making and delivering hot drinks and snacks to staff around the school. **Good Luck with the new venture guys!**



Sports News Special

By Iain Mills - to recap on last year and have a sneaky peek at what is going on this year ...

Curriculum development:

Sport Leadership: Secondary School options groups are working towards a **Sport Leaders UK Level 1 Qualification**



Parkside leading the way

Parkside is the Lead Inclusion School for the Youth Sports Trust.

This involves running training for Norfolk Schools on inclusive practice as well as advising activity providers and event organisers on SEND friendly events.

Sport England Project Lead:

Parkside School has been leading a project for 13 Norfolk SEND Schools in order to develop teacher training in Physical Activity.



Swim England Project Lead:

Parkside School has been leading a project to develop teacher training for SEND pupils in Norfolk.

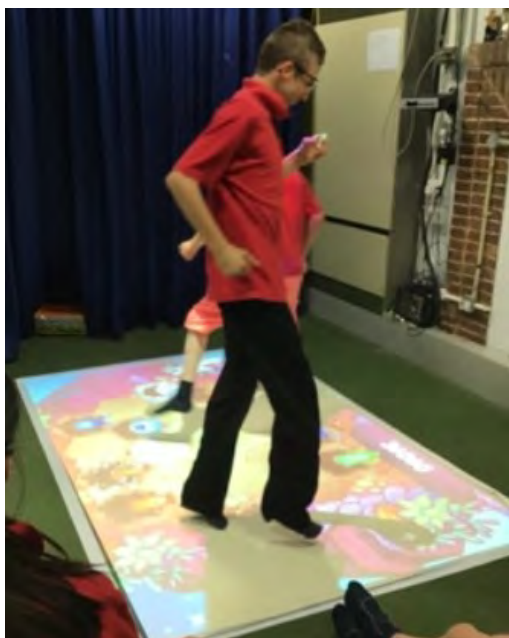
Staff:

We welcome Alabama Thompson as a Sports Coach Apprentice for the next 18 months.



Lunch clubs starting after October half term

- Cycling by Little Riders
- Karaoke
- Sensory Circuits
- Table games
- Girls only football
- Football
- Fitness
- Art
- Mindfulness



We will also continue to offer 1-1 cycling as well as **Able2B** boxing club and Stay and Play after school.

Parkside will also still be leading the way as the Youth Sports Trust Lead Inclusion School for Norfolk, where we will be running different projects throughout the year.

After-school Clubs

We secured funding from Active Norfolk to enrich the after-school club offer.

This has included sessions on:

- Choi Kwang Do (Self defence martial art)
- Archery
- Bouncy Castles
- Scooters
- Able2B boxing club
- Stay and Play



This years additions to PE

- Quidditch lessons
- Interactive Orienteering course
- Peer Massage
- Interactive activity projector in the School Hall
- Blazepods - interactive fitness pods that train fitness through flash light technology

Trips leading up to Christmas include:

- Horse Riding for Turtle and Dolphin class
- Rebound (trampoline) event at High Altitude for Leopard class
- Park Farm Gym for Octopus and Pathways
- Football for KS3/4 students including Girls only
- Dance festival for Turtle class
- Bowling for Lion class
- Basketball for KS4 pupils



Extra Curricular Events

The aim is to provide every pupil with a sporting trip experience throughout the year. Last year we went to:

Girls football Festival, Inclusive Sports Festival , Panathlon Athletic Competition, Dance Festival, Football Tournament U16 and U14, Basketball Tournament KS2/3

Tennis in the Summer Term 22. Pupils from Sycamore, Rowan and Maple have attended at East Anglian Tennis and Squash Club on Wednesday afternoons.

Interactive Squash in the summer term 22. Octopus and Willow pupils have been attending this on Friday afternoons at East Anglian Tennis and Squash Club.

Horse Riding throughout the year.

Little Riders throughout the year. Jon from Little Riders has been working 1-1 with pupils to help them learn to ride a bike. This is such an important skill for pupils to have which can open up many more opportunities to be active and explore the world.

Presidents Day Maple Class had taster sessions in different sports in Thetford.
East Anglian Special School Athletics.



Financial Support for Families

We understand that this is a very challenging time financially for many families, so we have put some useful information together outlining support that is available. If you require any help with accessing



anything, we would be very happy to help. Please contact the office on **01603 441126**, who can put you in touch with us (Vickie and Natasha - Parent Support Advisers).

Food/Fuel: The NAS website - <https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme> - **this is the preferred route.** Or phone **0344 800 8020** - Customer Service Centre

NAS phone line – **01603 223392** (Option 5) – voicemail available existing applications

Email nas@norfolk.gov.uk

Team Leader nathan.agate@norfolk.gov.uk

Money Support Service NCC- 01603 223392 option 4 - help with budgeting

www.norfolk.gov.uk See **Help with Living Costs** (money support, food support, free vouchers, get local support plus Emergency financial help, (Norfolk Assistance Scheme) Household Support Fund .

‘Norfolk cost of living support scheme’ – small amounts of funding for adults and children with disabilities- see www.norfolk.gov.uk

Norfolk Citizens Advice have opened Warm and Wise to help people manage their energy bills. www.ncab.org.uk and **0800 1448 848** – free confidential advice on debt and benefits

www.moneyadvicehub.org.uk – great website

Trussell Trust- ‘Help through hardship’ helpline and foodbank

0808 2082138 www.trusselltrust.org

Norfolk adult learning – offer free courses e.g. Think Food- cooking on a budget, Think Food basic cooking skills , Finance e.g. Beat the bills, Managing your Money – Search ‘adult learning’ on www.norfolk.gov.uk

Norfolk Community Foundation- charity that runs schemes including ‘Nourishing Norfolk’ and community shops **01603 623958** www.norfolkfoundation.com

Christians Against Poverty – help with budgeting- hands on support for families. They offer courses for families on budgeting- www.capuk.org

Community Action Norfolk 01362 698210 – charity offering help including warm homes and collective oil buying

Money Advice Service 0800 138 7777 Mon-Fri 8-6 – www.moneyhelper.org.uk- offers advice online
Norfolk Community Law Service – debt advice

National Debtline 0808 808 4000 Mon-Fri-9-8- www.nationaldebtline- offers advice online

Debt Support Trust www.debtsupporttrust.org.uk – debt charity offering support and solutions to become debt free with trained friendly advisors

Step Change www.stepchange.org – Debt charity **08000 138 1111** Mon-Fri- 9-5- offers advice online

Greggs Foundation – www.greggsfoundation.org.uk resources breakfast clubs (gives schools fresh bread from nearest Greggs and a grant to support start up and ongoing costs . Gives grants for white goods , beds.

Phoenix Centre Mile Cross- 01603 403814 Norfolk Knitters and Stitchers have made 'warm bags' with hats, gloves, scarves blankets, socks and hot water bottles with covers
www.thephoenixcentre@hotmail.com

Mental health and money

Mind www.mind.org.uk has a money and mental health section

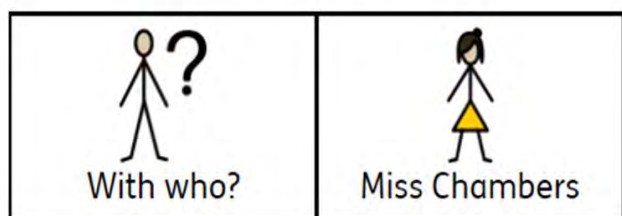
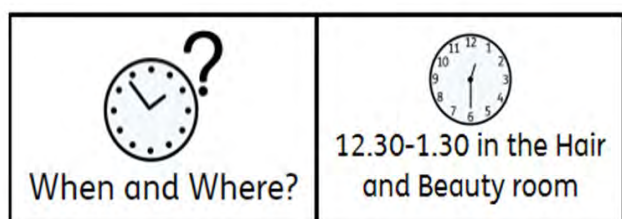
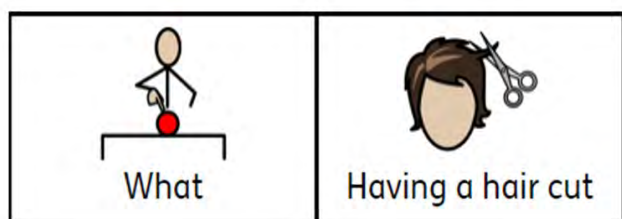
www.mentalhealthandmoneyadvice.org- clear practical advice and support for people experiencing issues with mental health and money – e.g. Welfare benefits

Things some of our network members are doing:

School food bank with contributions from parents for other families. Also using app 'Too good to waste' to access food for families

We are asking families for any uniform /clothes that their children have outgrown so that they can be offered to other families who can benefit from them . We have also asked 'Start-rite' to donate some free shoes ... Please leave any donations at the school office.

Haircuts are happening in school...








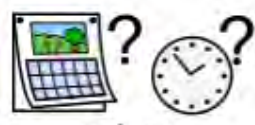



If you would like to book your child a haircut with Miss Chambers then please notify your child's class teacher.

They will inform Miss Chambers who will send you an email enabling you to pay by bank transfer.

Please note that payment will not be requested until the haircut is complete.



Swimming with Paul

 what	Private 1:1 swimming lessons  All ages Students of all ages
 who 	Paul Howe Parkside Employee 25 years swimming teaching experience Call: 07909332953
	Swimming Pool- Hewett School 137 Hall Road Norwich NR1 2RN
 when	Various slots within: Mondays: 4-5:30pm Tuesdays: 5-6pm Wednesdays: 4-6pm Thursdays: 4-6pm Fridays: 4pm-6pm
 how much?	  £22.50 for a 30 minute lesson