



The Parkside School

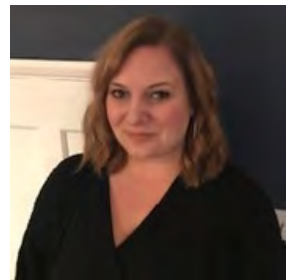
learn grow thrive

Spring Term 1 Newsletter 2023

Number 261

A Message from Mrs Ellis-Gage

I would like to start by welcoming our new teachers Amy Webb and Phil Omerod, they have made a brilliant start joining our



Teaching Team and we are pleased we have them with us.

As always, we have had a busy half term, one highlight being winning the Special School Kwik Cricket tournament last week, wonderful work Holly Class.

This term we have spent some time and money on our site, with new signs going up inside Parkside, making it nice and clear exactly what we use each room for. We have also been re-decorating the old ICT area to create a common room for the secondary pupils to enjoy and we hope to have our music room ready to go just after half term. Thank you Justin, Shirley and the site team for all the hard work with this.

From 6th-10th February we will be taking part in Children's Mental Health week, with lots of activities to support children with their own anxieties and concerns. We would love to have your input to make a really big paper chain, showing how we are all connected. Please make one with your families and bring them in!

Key Dates for your diary

Wednesday 8th Feb—Parent and Carer event

Pathways College 11 -1 with free refreshments available

Thursday 2nd March - World Book Day



The Big Help Out at Parkside School & Pathways College



People are being encouraged to spend a day [volunteering](#) in their local community, as part of celebrations for [King Charles III's Coronation](#).

Organised by [The Together Coalition](#) and 25 of the UK's biggest charities, [The Big Help Out](#) will highlight the positive impact volunteering has on communities across the nation. From rolling up your sleeves to help a local group, to volunteering at a food bank, this is the chance to lend a hand in your neighbourhood

A statement on [royal.uk](#) says: "In tribute to His Majesty The King's public service, The Big Help Out will encourage people to try volunteering for themselves and join the work being undertaken to support their local areas. The aim of The Big Help Out is to use volunteering to bring communities together and create a lasting volunteering legacy from the Coronation Weekend."

Here at Parkside we have some outside areas that we would really like to improve, transforming them into areas that the Parkside Community can really enjoy and benefit from in a number of ways and we hoped some of you might like to join us by volunteering a few hours of your time to help us out?!

We hope to start by improving our Sanctuary Garden which we would love to see brought back to its former glory with new plants, shrubs and a good tidy up.

Although The Big Help is officially taking place on the 8th May, we will be holding our event at some point during the week leading up to it as the 8th is a Bank Holiday.

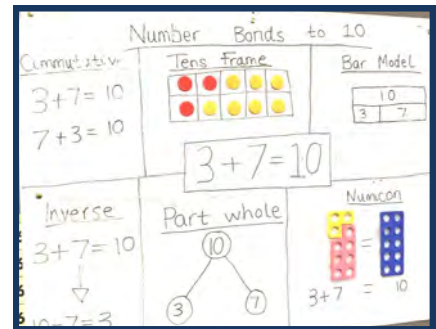
We shall send out further information nearer the time regarding the volunteering day but in the meantime, if any of you have any cuttings you might like to pot up for us, or any spare bulbs you might like to pass on, please consider donating them to our garden project! **Many thanks**

Class News



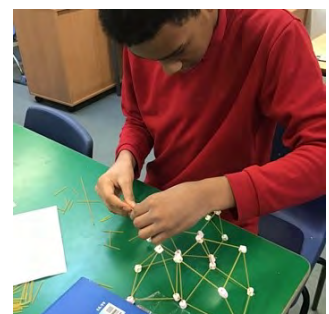
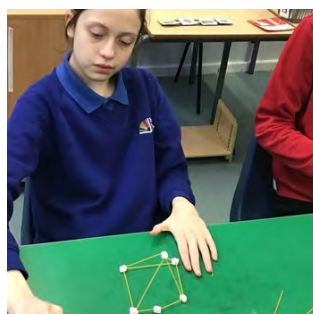
Octopus Class have been learning their number bonds to 10.

They have been using different concrete resources and drawing pictures to represent them. They have been learning about commutative law and inverse equations. **Well done to all of you!**



Lion class have been doing team building exercises in Science this term. They used spaghetti and marshmallows to make different 3D shapes, they worked really well together to give instructions and problem solve with each other. Here are some of their shapes they made.

Great work Lions!



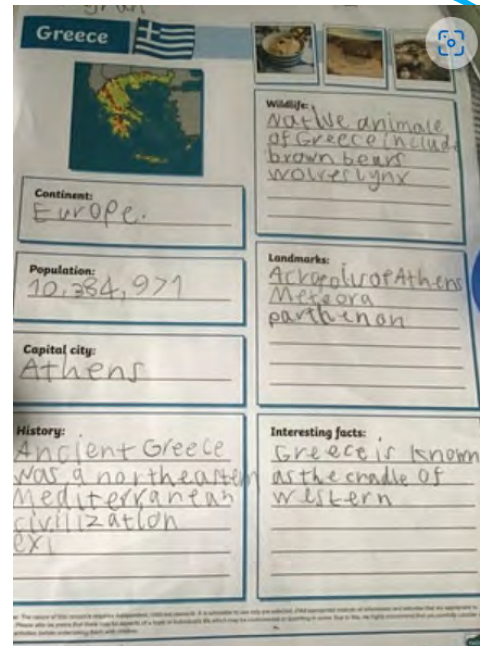
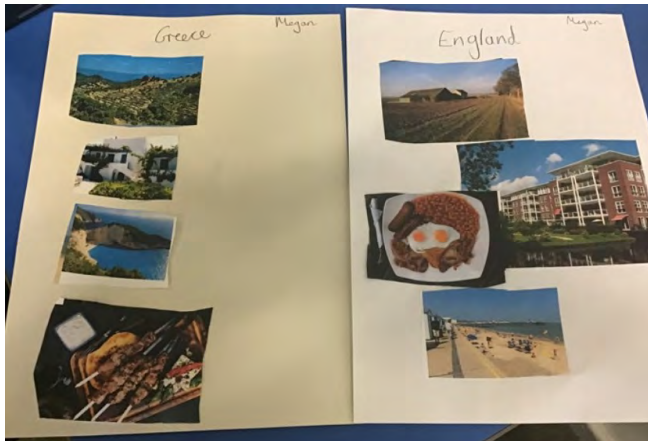
Shark Class have been learning what it means to be a good friend this

half term. We have been using this to help us with our STEM challenges that have included building marshmallow towers and building a protective layer around an egg to stop it from breaking when dropped!

Super Sharks!



Greece... This term in Rowan class we have loved learning all about Greece in Global studies. We have learnt about Greek culture, food, history and have even learnt to speak some of the language!



We have completed our own research and created these fact files while also looking at the similarities and

differences between Greece and the United Kingdom.

We particularly enjoyed tasting Greek food - but maybe not the olives!!

Impressive work Rowan Class!



This term Holly have been reading 'Jacob and the Bee Man'. Through this book we have been learning about friendship and kindness, but

also about bees and how they impact the environment. The main character in the book is a young man, looking for a summer job, so Holly class have been writing their own job applications as part of our functional skills English.

Also this term, Holly attended a Kwik Cricket tournament at UEA Sportspark. Holly class played 3 games and won all three, making them the 2023

Kwik Cricket champions! **Amazing effort!**

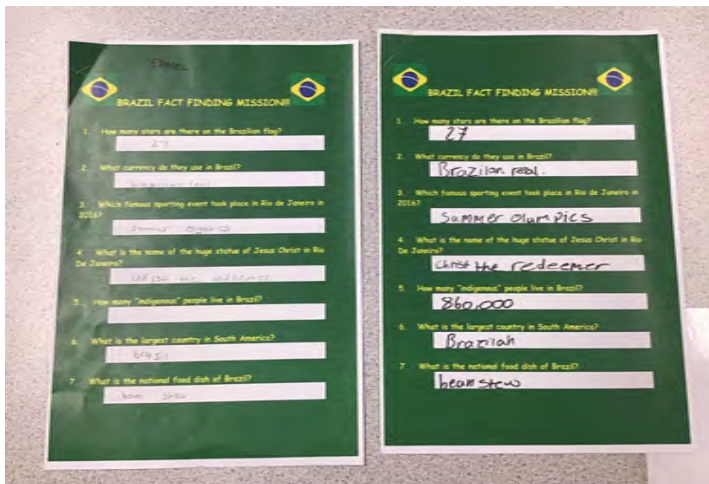




**Firstly I'd like to say a huge hello to all parents and carers.
My name is Phil Ormerod and I'm the new class teacher for
Maple class.**

I'm hoping that the students may have mentioned me already
(but I won't be offended if they haven't!).

We've been looking at loads of exciting
things this half term, including:
Celebrating Chinese New Year by creat-
ing Chinese lanterns and origami rabbits
(because it's the year of the rabbit!)



The students have also been finding out
all about Brazil and recently completed
a fact file, but only after they had
found the clues hidden around the
classroom!



Our book this term is Jacob and the Bee Man.

So not only have we been enjoying discussing the themes
involved, but we've also "been" finding out all about the life
cycle, habitat and importance of honey bees.

Did you know that if all the bees
disappeared human life would
die out in under 4 years!



Before I go, can I just take a quick moment to say a massive thank you to the students for making me feel so welcome, and an even bigger thank you to Maple class' two amazing TAs Gemma and Scarlett as they have been incredible at helping me settle in.

I really look forward to meeting all of you in person, but until then I'll keep you up to date with everything we are getting up to on the newsletter and on Earwig!

Oh and Morgan very much enjoyed trying on my coat! **A wonderful first term!**

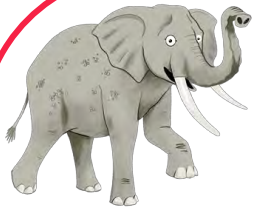


This half-term Buffalo class have been on their first trip out of school. We have been lucky enough to begin swimming in Harford Manor's hydrotherapy pool, it is a lovely warm pool and it meets all of our needs.

We have done really good listening and stayed safe on the mini-bus. Thank you to everyone who has supported this!



Well done Buffalo!

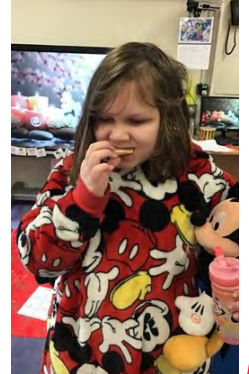


Elephant Class have enjoyed learning about friendships and kindness this half term. We have played lots of turn taking games and discussions around what makes a good friend.

Elephant Class also enjoyed celebrating Chinese New Year.

We tasted food, wrote our names in Mandarin and decorated a Chinese lantern.

Wonderful work!



This half term, Jellyfish class have enjoyed improving their basketball skills in their PE lessons. They have been practising dribbling, passing and shooting.

Dion, Daniel, Phenix, Krish and Callum also got to go to a Basketball Tournament. They did extremely well and what impressed us the most was the team work they showed and great sportsmanship.

Great effort Jellyfish!





This half term we have been talking lots about what it means to be a friend and how we can be a friend.

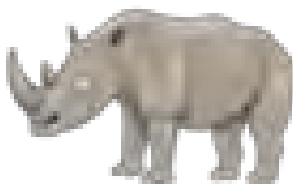
Dolphin class has been doing lots of teams and partner games which has created some lovely friendships within class. **Go Dolphins!**



Crocodile class has been

thinking about what qualities we like in our friends.

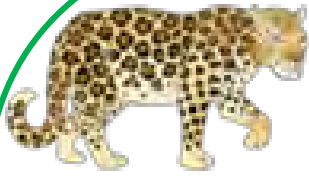
In Science we made friendship potions, with a generous sprinkle of sharing, a pipette of silliness and a big splash of hugs! **Such a friendly bunch!**



Rhino class have enjoyed learning about Chinese New Year.

We talked about how it was the year of the rabbit and the different animals in the Chinese zodiac. The pupils created some lanterns and did some year of the rabbit craft activities to celebrate. **Wonderful work Rhino!**





Leopard class have really enjoyed learning about Friendship and Kindness this half term. We have created lots of different types of friendship art including LGBTQ+ rainbows, bracelets and quilts and looking at faces by artist. Rashid Johnson.



In English, Leopard class has been excellent at learning and retelling the story of The Three Little Pigs. Creating storyboards, modelling playdough and using props to help retell the story. Leopards have also been producing some excellent work on "Lost and Found", role playing, exploring friendship in the story and starting to build simple sentences about what is happening.

Leopards have been learning about Greece and the Ancient Greeks. They tried on tunics, practised Greek dancing, sorted clothing and buildings into 'a long time ago' and 'now' and built Greek buildings using Lego and Duplo.

In Science they have been conducting simple experiments with the emphasis on teamwork and making simple predictions. **Brilliant Work!**



Recently Sycamore Class have been enjoying lots of craft activities.

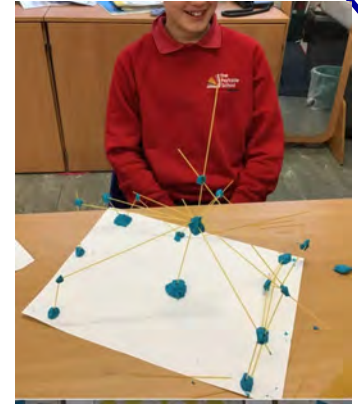
In particular we have been making pompoms and some of us have started having a go at knitting.

Knitting is a big challenge to learn as it is very complex and involves a lot of fine motor skills. Special well done to Tamika for making this amazing bag! **Incredible effort!**





This half term Seahorse Class have been looking at friendship and kindness.

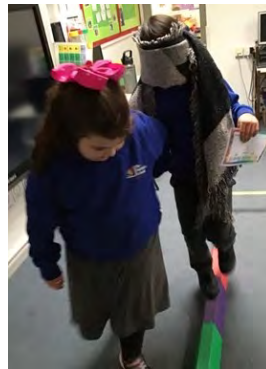


They had taken part in lots of team building games, learnt about the importance of being kind but also how to resolve conflicts when they happen.

Seahorse Class have also been swimming this half term for the first time this year, enjoyed following lots of delicious recipes in food tech and completed lots of exciting experiments in Science. **Well done Seahorse!**



Turtle class has had great fun with our topic this half term, 'Friendship and Kindness', learning to work in a team with fun and creative team building games.



Both staff and pupils have been giving out and receiving kindness awards from times we have been spotted using these kindness skills in our daily lives. Be sure to check out our pictures and videos on Earwig!



In the meantime here are a few for you to enjoy... **Great teamwork Turtles!**

Year 11 and 12 work experience with The Broads Authority

Here are some comments from some of the pupils from Pathways that do work experience each Friday with The Broads Authority at Barton Turf.

'On Fridays we go to Barton Turf. We work with Nick, Laura, Peter Martin, Fiona. The Jobs we do are to cut trees down, Lopping, cutting Logs to make footpaths, digging boats out of the ground. We also Make hedges. I like sitting around the Campfire toasting Marshmallows and making footpaths. I enjoy drinking hot chocolate and seeing different animals. I like working with the people at Barton Turf' - Brandon

'I like doing lopping and Campfire and Marshmallows and Hot Chocolate and making footpaths and seeing different people. I like doing toasting and enjoying jobs and working with people at Barton Turf and sitting around the campfire at Lunchtime' - Shauna

'These are the things I like campfire. Working with the People at Barton Turf. Seeing Different Animals And People. Also I toasted marshmallows' - Ashton



Pathways College

It has been another busy Half Term at Pathways College. The students are starting to think about their transition to their next college placement in September. To support this, we have visited City College and Easton College, where our students were able to see the classes they will be working in and meet some of their new teachers.

Students continue to build on their independence skills, by taking the bus to Morrison's Supermarket for othe weekly grocery shop. Students are building their resilience in a larger supermarket environment and getting lots of practise using public transport, a key skill to prepare them for adult life.

At the college we have started work on preparing the independence flat for everyday use. The students are going to paint the lounge themselves over the coming weeks.

The photo left shows one of our students preparing the room, using masking tape to prevent paint bleed.



The students are also enjoying cooking their own meals. This Half-Term they have been learning to cook lasagne and tuna pasta bake, as well as baking cookies, buns and other sweet treats.

In the classroom, we have begun to write our CV's, which has provided us with good opportunities to practise learning our address.

Well done, a fantastic term!

We have had another great half term of PE!

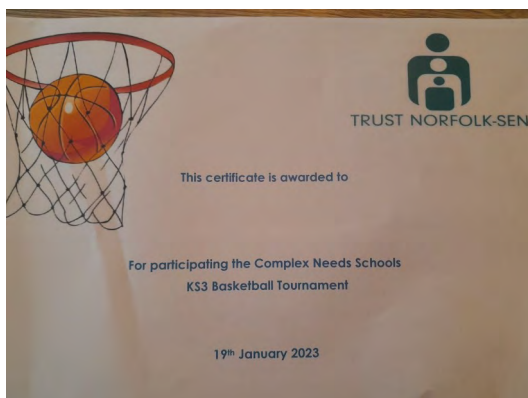
Classes have been learning about basketball in lessons. Pupils from Jellyfish and Octopus were able to take part in a Basketball Tournament at UEA. They learned about winning and losing as a team, as well as squad rotation to make sure everyone had a turn.

Sycamore will be visiting Park Farm Hotel at the end of this half term. They will be finding out about jobs in the leisure industry as well as use and have a tour of the facilities.



Holly Class have attended the Special Schools Kwik Cricket championship at UEA and won the trophy!

Brilliant work!



Parkside School organised and ran an Inclusive Leadership event at the UEA with 8 other mainstream and SEND schools attending.

The 59 pupils attending learned about how to be a young sports leader whilst making sure all abilities are able to take part.



This is part of Parkside's role as the Lead Inclusion School for the Youth Sports Trust in Norfolk whereby we promote inclusive practice in physical activity.



Our very own pupil from Parkside was the Young Athlete Role Model. Craig stood up in front of a crowd of 70 people to tell his story about his leadership journey.

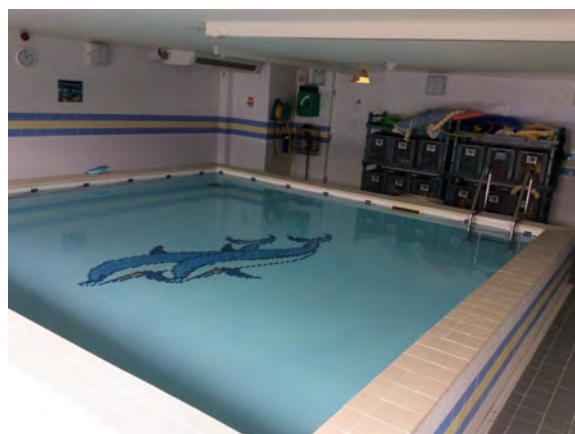
We are all so proud of how well he did and the growth in confidence Craig has had since starting his Sport Leaders Level 1 course at Parkside.

Alistair Patrick-Heselton supported the delivery of the day and brought further inspiration to the pupils about his climb to Paralympic Football fame.

Shark and Crocodile have been enjoying Horse riding this half term at Weston Longville RDA. This gives our pupils such a great experience of animal care, balance, turn taking, coordination, understanding instructions, personal safety and much more in order to support their EHCP outcomes and rounded development.

Buffalo have been enjoying a trip each Thursday to Harford Manor School Swimming Pool.

This has given the pupils a far greater sensory experience with lights in the ceiling as well as a much warmer pool. Harford Manor have also been sending a class over to Rec Road Swimming Pool to extend some of their KS2 swimmers.



Looking ahead we have more trips such as KS2 Sportshall Athletics, cross country, table cricket and the multi-skills festivals to look forward to.

Another class will be going to Park Farm Hotel and Leisure and Parkside will be delivering more Inclusive practice for Physical Activity for other professionals in Norfolk.

Keep active and healthy

Iain Mills

Mrs Wilson's Delicious Vegan Chocolate Cake



Vegan



Chocolate Cake

2

(for

2

takeaway



tins).



Ingredients



150ml

dairy-free



milk

2



2 teaspoons



cider



vinegar

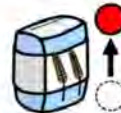


75g

baking



butter



150g

self-raising flour

100



100g



caster sugar

2



2 tbsp



cocoa powder

$\frac{1}{2}$

1/2

tsp



bicarbonate

of soda



50g

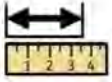
of



chocolate chips



Instructions



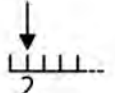
Measure your milk and add the cider vinegar and stir - this will



curdle and go thick.



30



Put your butter in the microwave pan and cook for 30 seconds.



Weigh and sieve the flour, cocoa and bicarbonate of soda and



put in a large bowl with the sugar and chocolate chips.



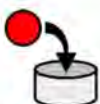
Add the melted butter and milk and stir thoroughly.



2



Share between 2 greased takeaway tins.



180°C



Put in the 180C oven for 15 minutes.

PARENT AND CARER EVENT

WEDNESDAY 8TH FEBRUARY 11AM - 1PM

AT PATHWAYS, **SURLINGHAM HOUSE**

191 - 193 College Road (opposite the school)

Please join us for refreshments and a chat



We will be celebrating Child Mental Health Week by getting involved in making a parent paper chain and also planting up some flowers for you to take home with you.

Our Nutritionist, Andrea from Health Embrace, will be available to answer your questions and offer support too.

Natasha and Vickie, Parent Support Advisors, will be there if you have any concerns or support needs you would like their help with and Mrs Ferris will be dropping in if you have any questions for the teaching staff.

Parking is available in the school car park but please leave by 2pm to allow buses to park.

Please sign in at Parkside's Reception first, many thanks.

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

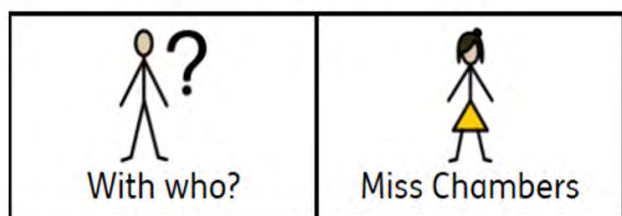
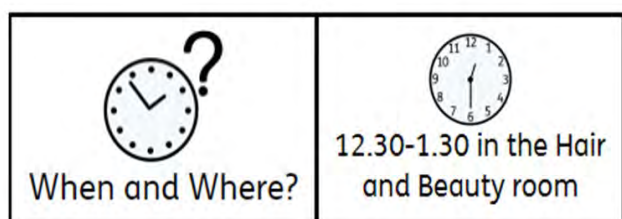
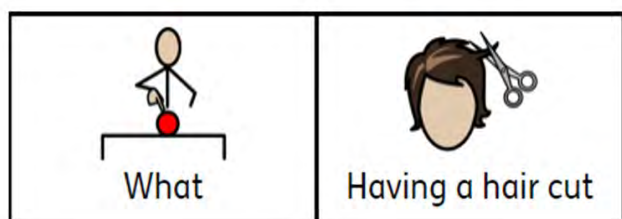
www.mentalhealthandmoneyadvice.org- clear practical advice and support for people experiencing issues with mental health and money – e.g. Welfare benefits

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...



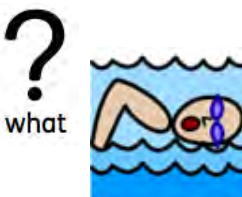




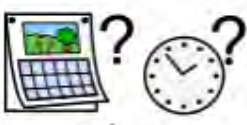



If you would like to book your child a haircut with Miss Chambers then please notify your child's class teacher.

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