



The Parkside School

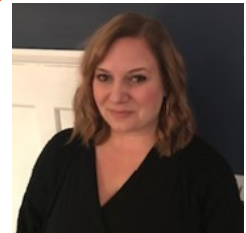
learn grow thrive

Autumn Term Newsletter 2023

Number 265

A Message from Mrs Ellis-Gage

Hello and welcome to the first Parkside Newsletter of the year. We have had a fantastic half term and our new pupils have settled in brilliantly.



This half term has been busy with sports trips in classes and some of our young people doing work experience for the Broads Authority, looking after our the environment and helping the wildlife to thrive.

In school we have all been embracing OPAL at playtimes, supporting the pupils to use their imaginations and take some safe risks with the resources available. This has been really positive and the feedback from the pupils has been encouraging.

We are also seeing the return of our lunchtime leaders scheme, with older pupils supporting play with the younger pupils. An excellent way to build a community feel across the school and allow our older pupils to have some responsibility.

This next year we hope to run more family events and so we are asking for volunteers to come and join the Parkside Friends to help this. We currently only have three members and with two of those families leaving us at the end of the year we really need your support to keep it going. It is a great way to feel a part of the Parkside Team and Community, as you get to know other families and run fun activities. Please contact the school office if you would like to get involved and we can arrange a chat over some tea and cake!

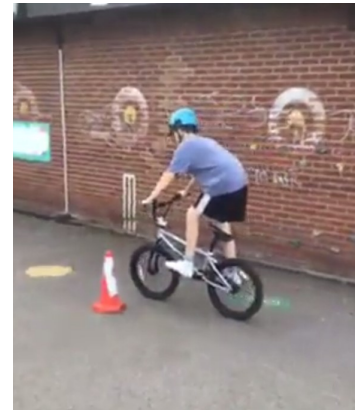
P.E. News at Parkside

Lessons

We have been focussing on wheeled transport this half term with a big focus on balance and fitness for cycling.

It has been great to see the pupils either learning to balance on a bike with no stabilisers, learn to ride a bike with pedals or show off their control of a BMX or mountain bike.

They have also been showing off their skills on scooters.



Little Riders have been coming in every Thursday to support pupils 1-1 with learning to cycle. If your child is interested please contact your class who can then let me know to add them to the list.

Extra Curricular

Jellyfish visited **Wymondham Leisure Centre** on 17th October. It was a great opportunity to talk about careers in the leisure industry as well as experience a commercial leisure centre environment. It is the perfect visit following a 6 week unit of Fitness work in Parkside's own Health Club Gym. We have to thank Wymondham Leisure Centre for allowing us to visit for free and for Alabama (our own Sports Coach Apprentice) for organising it.

Horse Riding

Shark and Crocodiles have started Horse riding this term and they have enjoyed seeing the horses as well as working on their EHCP outcomes.



Cricket

Seahorse class have been attending the UEA every Tuesday for cricket lessons with Norfolk Cricket.

Swimming

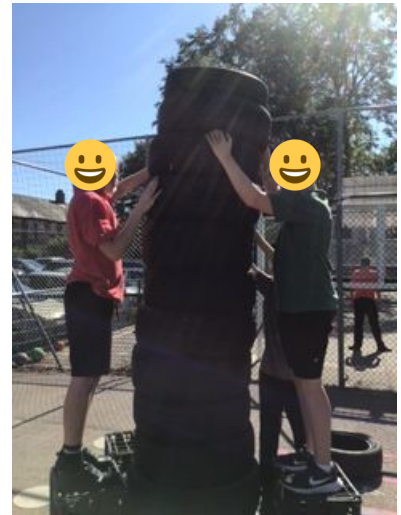
Crocodiles have enjoyed swimming at Harford Manor Pool again this half term. Parkside and Harford Manor switch pools during this Thursday session to meet the needs of our different classes.

Outdoor Play and Learning Update (OPAL)

What's been happening on the playgrounds?

Hopefully your child or young person has told you about the amazing changes we have been starting to make on the main playground.

We now have tyres, pallets, crates, scooters, arts and crafts, music, role play and there is more to come.



Through this kind of play not only are children more active at lunchtime they are also having the opportunity to further develop life skills such as cooperation, team work and problem solving. They are becoming motivated and enthusiastic builders, engineers, explorers and designers.

The next phase will be to create a sandpit, build some seating areas and develop some tyre planters to introduce a bit more nature into the site.



Thank you for your continued support by:

- Donating to school small world creatures, cars, pots and pans etc. for the creative play
- Supporting the OPAL ethos by asking your child about their play and accepting that they may get dirty.

To check out the OPAL philosophy go to www.outdoorplanandlearning.org.uk

Parkside Parent and Friends Association News



Sparkly Non-Uniform Day Friday 3rd November 2023.

Why not dress up in your favourite sparkly or bright items?



A suggested donation of £1 can be placed in the class PFA money box on the day. All monies raised will fund crackers and tableware at the Christmas dinner this year.



Many thanks for your support.

Feel free to wear any colourful and comfortable home clothes if you don't have anything sparkly.



Dates for your diary

Parkside's PFA DISCO With James D



Friday 17th November

5.30-7pm for lower school

7.30-9pm for upper school

A tuck shop will be open for drinks and sweets!

Families are welcome.

Maximum cost for a family is £10.

All children attending must have an adult with them. Tickets will be given out on a first come, first served basis.

Tickets £4, additional siblings £2 each.

Tickets can be purchased online using Teacher2parents



Parents' Evening on 7 November 2023

This will take place between **4 pm - 6.30 pm** and is an chance for parents and carers to come and spend time with the class team, see the classroom and talk to other school professionals at the stands in the hall; this will include the Parent Support Advisors, the Friends of Parkside and some wider curriculum stands.

Refreshments will be available in the hall.

If you are unable to travel, we can provide a phone call or an online meeting but we would like to encourage as many parents into school as possible.



SIGNALONG



With every newsletter we shall now be including a sign for families to learn. We hope that you and your family will know a few more by the end of the year?!

This is the sign for '**SCHOOL**'

Working flat hand (palm back, pointing up) makes vertical inward circle in front of chin.

Do not conceal mouth.

A BIG THANKS this term to ...

Diamond Controls Ltd who have contributed to the Theatre trip within the Senior Department. Without this generous donation we wouldn't be able to give this great opportunity to the children and young people.

<https://www.diamondcontrols.co.uk/>



Kerrison's Toys who have kindly given us a cashier's till and pretend money for the pupils to use at playtime as part of OPAL.



Aviva have offered to donate old keyboards and desk phones as part of Opal as they are proving rather popular with the pupils!



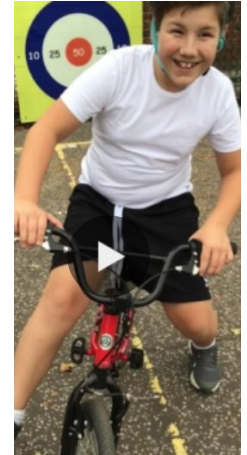
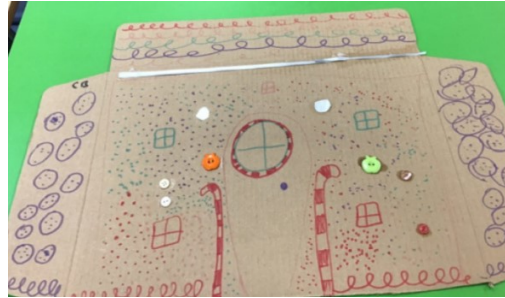
Class News



Lion Class have made a fantastic start to this school year and have really enjoyed our Homes and Families topic.

We have enjoyed learning the story of

Hansel and Gretel this half term and have been focusing on our adjective choices.



In our Art lessons, we have been making our own gingerbread houses.

We have also had a very active half term, practising on the bikes and scooters as well as swimming! **A fantastic start to the year!**



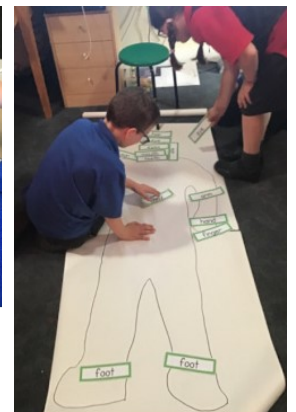
In Jellyfish class, we have had a great half term getting to know each other! We have been working hard as a team to support each other and form friendships.

Jellyfish has especially enjoyed our Science topic of learning about our human bodies. Each week, we performed a new experiment to demonstrate how our heart, lungs and digestive system worked.



In Topic, we have been focusing on our homes and families and have thoroughly enjoyed making our own houses in creative art.

We have also enjoyed making our own igloos out of polystyrene and packing foam!



Well done Jellyfish class for a fantastic half term!



Octopus Class have been enjoying our topic work about Homes and Families this half term.

In Literacy we are writing our own stories inspired by Little Red Riding Hood, including some very creative new characters such as a talking pancake and a delivery driver!

In Numeracy we have focused on key skills such as addition and applied these to some fun practical activities like planning a budget for fancy dress costumes.

We have also been making lots of beautiful creations in Art lessons, such as our own houses and fantasy maps.

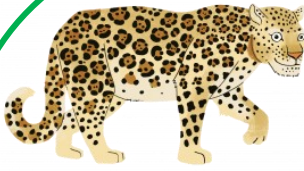
Brilliant work, well done!



This term in Dolphin class we've been getting to know each other and our school including our school Guinea Pigs, Sky and Penny. We learnt all about them and made some rules for everyone to follow while we have the Guinea Pigs in the

classroom. These included being quiet, not running and making sure we hold them gently! They did really well and loved having some little visitors. **Well done Dolphin!**





What a wonderful first half term in Leopard Class!

We have been very busy learning our Talk for Writing model text, Hansel and Gretel. We have worked very hard on learning the signalong shapes to sign as we tell the story.

We have become illustrators and worked on creating collages to accompany the text, as well as tracing over illustrations using the light table.

We particularly enjoyed learning to act out the verb "tiptoed" and following reading Widgit instructions to tiptoe, jump, hop and skip from place to place in the sensory playground! We are looking forward to creating new endings for our story.



Leopard Class has also been learning about our local area. We have been mapping out our classroom, going on a shape hunt to different classrooms around the school and have looked at old photos of Parkside. Leopard class loved exploring Parkside, comparing the new parts of the school to the old ones.

In the last week of term, Leopard class went to High Altitude trampoline park! We all had a super time with lots of bouncing; star jumps, tuck jumps, turns and seat drops. The class also really enjoyed going on the inflatable section of the park; bouncing balls, climbing, slides and jumping onto a huge bubble!

A great start to the year, well done Leopards!





This half term, Holly Class have enjoyed their Life Skills lessons with Anna. They have been to the local charity shops to find a few items for the classroom and they have been to the shops with their own shopping lists and money. Holly Class have been practising road safety and have shown they have a good awareness when crossing the road.

Well done Holly Class!



One of Shark Class' favourite lessons this half term has been cooking with Anna! We have looked at and tasted local produce grown in Norfolk, learned about healthy eating, and prepared lots of delicious food!



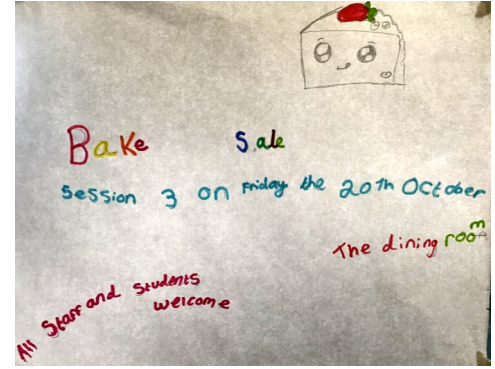
On the menu this half term has been wraps, sandwiches, Norfolk shortcake, jacket potatoes, and even pizza! Everyone in the class has enjoyed testing out new foods and developing their skills in the kitchen to make food for themselves or their family.

Such a great start to the year, well done all of you!

Wow, what a fantastic first half term in Rowan Class!

We have enjoyed going to the shops to practise our independence skills. Every Thursday we have been taking orders from staff around school, then finding and purchasing the items. We look forward to developing our skills further and hopefully going into the city next half term as well as visiting a local cafe.

We have also been fundraising this term for our enterprise project. We are hosting a **bake sale on the 20th October** to raise funds for the Parent Friends Association (PFA) who are really grateful for our support.



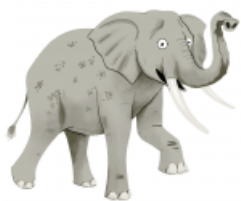
Rhino class have settled into life brilliantly since September.

They have enjoyed being back together and have been working hard.

This half term we have been learning about homes and families and our local area. Rhino class really enjoyed talking about their favourite places in Norwich and making them out of junk modelling.

Rhino have also been learning the story of Hansel and Gretel. Using talk for writing techniques they have been getting to know the story and will soon be moving on to making their own versions.





Elephant class have been enjoying our story of little red riding hood and her journey to Grandma's house. We have also enjoyed journeys of our own around the local community of Parkside school, going on school tours and walks to the swimming pool for our lesson, and walks to the local shops to support our understanding of road safety as a pedestrian. We have also been learning how to look after our selves and the school and classroom environment with life skill jobs such as taking out the recycling bin and cleaning!

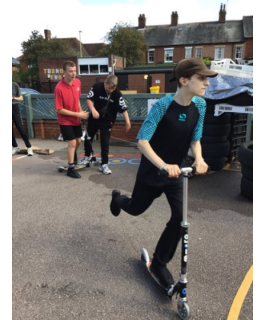
It has been so much fun getting to know one another and we look forward to our future learning adventures together, **happy half term!**





Sycamore class have started the new year by thinking about their future after Parkside. Debbie Wicks has taken pupils on trips to visit City College, Easton College and Pathways. Pupils have all completed careers interviews with our careers advisor Emily, to help them think about college, work experience, employment and living more independently.

Year 11 have used their research and budgeting skills to renovate our Sycamore common room. We have put in an order and are excited about creating a calm and relaxing space to spend leisure time.

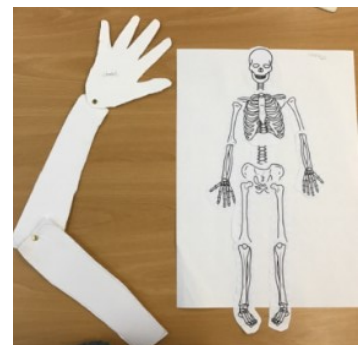


Lunchtimes are quite different now at Parkside. We have been practising our table manners, by eating in a 'family style' in class. We have also been enjoying all the new Opal resources on the playground - which make playtimes much more fun. **A wonderful start to the new school year!**



Seahorse Class have had a wonderful first half term getting to know each other. They have spent Tuesday mornings at UEA Sportspark playing cricket with a couple of other schools. They have developed lots of cricket skills but also communication and social skills too. The children are becoming more confident week on week.

They have been enjoying learning about homes and families in their topic lessons and their body in Science lessons. They have been working on character descriptions in Talk4writing through learning a model text and innovating their own. Children have also been using lots of concrete objects and pictorial methods in Maths to aid them with place value, addition and money. **Great first half term!**





What an adventure term one has been for Turtle class.

We have explored many textures in creative arts and created some amazing art work about homes and families.

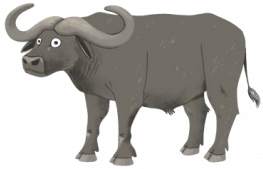


We have been retelling the story of Little Red Riding Hood. We have learnt how to retell the model text whilst signing the five sentence story. The children innovated the story and came up with some amazing ideas and characters. It has been a pleasure to watch their confidence grow when retelling the story.

We have been active this term with swimming, using the gym, also the scooters and bikes where we have learnt how to use them safely and take responsibility for our own safety by wearing a helmet.

Turtle class have been exploring the forest school area on a Friday afternoon where the children have been able to relish in nature and follow their interests. We have especially enjoyed watching the frogs in the pond.

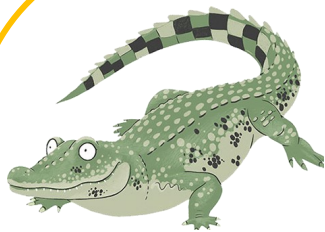




Buffalo class have had a lovely time settling into the new school year with our new friends, we have started every day with our breakfast, sitting with our friends, communicating what we want and tidying up after ourselves.

We have been learning about homes and families with our sensory story 'Little Red Riding Hood' and have learnt about the characters using songs and signing.

Well done Buffalo!



Crocodile class has been going on two trips every week! On Tuesdays we have been going Horse Riding and on Thursdays we have been swimming at Harford Manor. We love going in the mini bus around our local area.

A super start to the term. Well done Crocs!





Welcome everyone to the first newsletter of the new academic year!

We've spent a lot of time just getting to know all the new people in class and working out how we can all help each other to do our best every day. For the new students it's a stressful time with new adults and new friends to get to know, and for those of us who were in Maple last year it's sad to see our old friends leave and to have to navigate making new friendships.

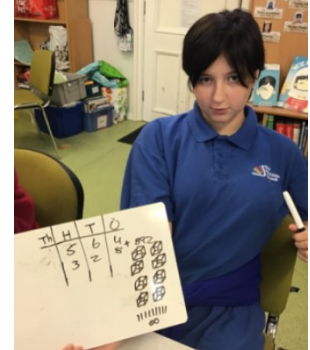
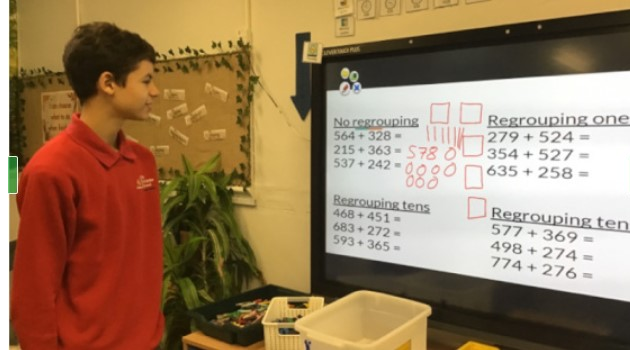
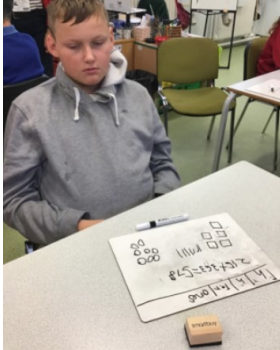
We've been working really hard to make this transition as easy as possible for everyone and we've had loads of fun along the way! Here are some examples of the things we've been getting up to. They're all on Earwig, but I know that everyone is busy and sometimes it's nice just to have a little taster of all the wonderful experiences the students receive here at Parkside. Our half term theme has been Homes and families and our book of the half term is Little Red Riding Hood.

But before we look at themes and books, let's start with a look at how life skills like cooking are built into our everyday curriculum - cake anyone?...





In Numeracy we have explored the concepts of concrete, pictorial and abstract to help our understanding of decimal places:



I also have to give a special shout out to Roxy who has officially taken the record across the school as having attained the most amount of minutes AND the most progressions EVER recorded at Parkside in 1 week!

Who's the greatest mathematician of all time?...

Status	Student	Maths Age	TOTAL Usage (mins/wk)	TOTAL Progressions (1/wk)
✓	Roxy E		301	35.0

The new play equipment in the playground has been a real hit, and with lots of discussions around what is "safe" the students are learning.

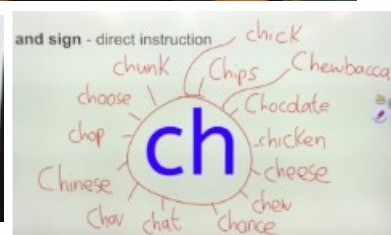
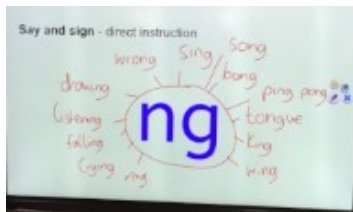
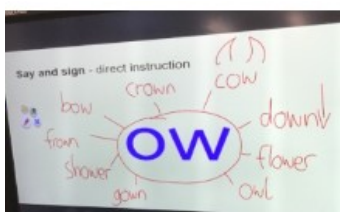
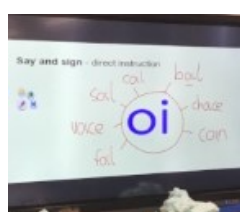
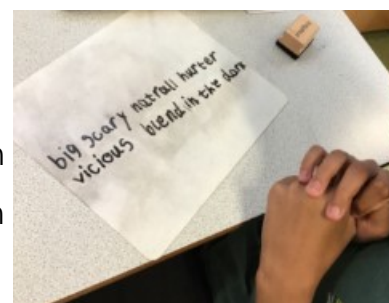
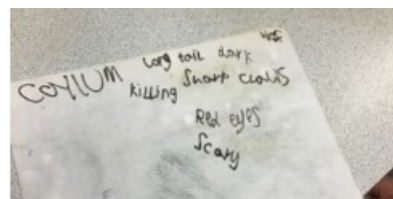




Literacy, communications and phonics are all going really well.

Our book this half term is Little Red Riding hood and we've looked at adjectives to describe the wolf.

In our phonics lessons we've been focusing on common digraphs and the students amazed me and the TAs with their incredible vocabulary



Art has allowed us to look at different homes from around the world... including Innuvit igloos!



Finally, Dance and Music has allowed us to look at how homes and family are important to different cultures around the world, so in honour of the rugby world cup I thought I might leave you with a link to Maple class' very own New Zealand Maori Haka!

https://drive.google.com/file/d/1e4_a0Oh2jZ3PINol-jp1kYtmG5BI2vWz/view?usp=sharing



Our students have been amazing in their first few weeks at college. They have risen to the challenge of trying new learning experiences to support their independence, communication and coping skills, as they prepare for their next college placement and adulthood.

These experiences have included using the public bus when visiting the supermarket to do the weekly shop, plus trips to the UEA, Eaton Park and Norwich City Centre. When we are not out in the community, we are cooking in our purpose built kitchen, carrying out gardening activities on our allotment, maintaining the independence flat and completing City & Guilds Entry Level maths and English qualifications.

This Half Term also sees us going on a week's residential during October, at Kingswood, in Overstrand. Students will have the opportunity to practise their self-care skills away from home and build resilience through exposure to adventurous outdoor activities.

Well-done to all at Pathways, it has been a great start to the year!



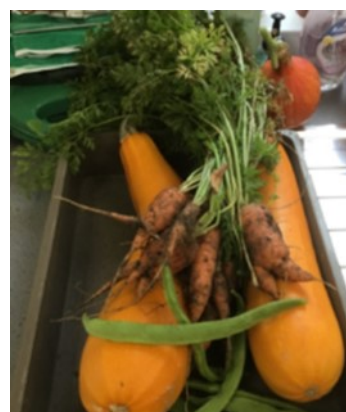
Practising our number bonds in maths.



Using the self-scan during the weekly supermarket shop.

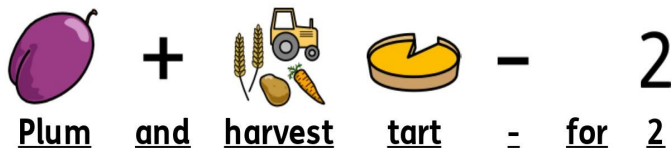


Students travelling on public transport.

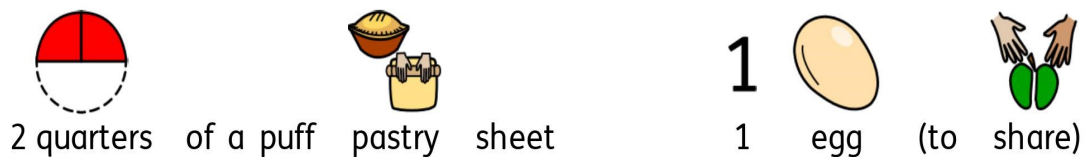
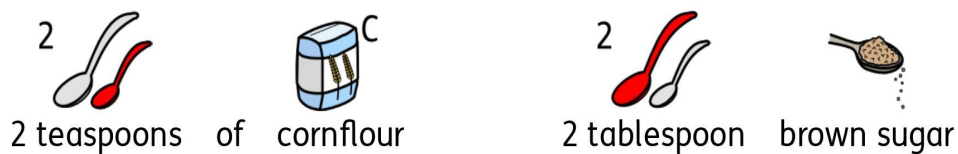
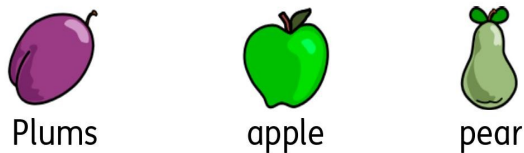


Vegetables from our allotment.

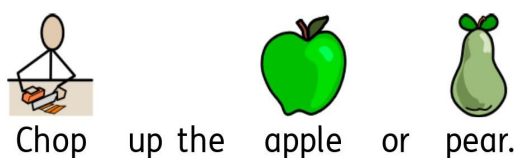
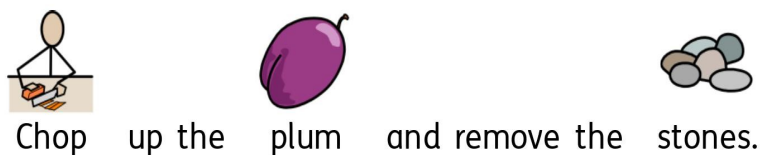
Anna's Plum and Harvest Tart Recipe

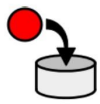


Ingredients



Instructions





Put in

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bowl

and



sprinkle

the



cornflour

+



sugar

over the



fruit

+

and



stir.



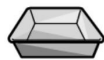
Put

pastry

on a



lined



baking tray.



Stir

the



fruit

again and then put in the



middle

with a 7cm

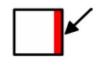


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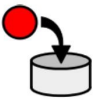


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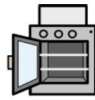


egg.



Put in

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for



15 minutes

or until



golden.



Financial Support for Families

We understand that this is a very challenging time financially for many families, so we wanted to share a link to Norfolk County Council's Client Hardship Fund which includes the Norfolk Assistance Scheme and the Money Support Service who can help with budgeting and arrears.



[https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/client-hardship-service#:~:text=The%20Client%20Hardship%20Service%20\(A,support%20of%20your%20support%20worker\)](https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/client-hardship-service#:~:text=The%20Client%20Hardship%20Service%20(A,support%20of%20your%20support%20worker))

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).

Nutrition Workshops with our registered school nutritionist, Andrea.



Andrea shall be holding some more informal drop-in sessions at **Surlingham House** over the coming months.

The dates we have already booked are **Monday: 4th December, 5th February and the 25th March.**

The dates shall also be advertised on the PFA's social media pages and the website

The last session went really well and once again, it was lovely to see some new faces. We really hope that more of you are able to come next time, it's a good way to learn about food and also a great way to meet other parent's and carers too.

The sessions can be tailored to meet the needs of each group and if you have any areas of interest or things that you would like to find out more about, regarding diet and/or nutrition, please email Emma Blake, (school's Community Development Co-ordinator) on [**emma.blake@parksidemail.co.uk**](mailto:emma.blake@parksidemail.co.uk) and she will be able to pass on your queries to Andrea who can try and cover them in her next session.

Swimming with Paul

 	<p>Private 1:1 swimming lessons</p>  <p>All ages</p> <p>Students of all ages</p>
 	<p>Paul Howe</p> <p>Parkside Employee</p> <p>25 years swimming teaching experience</p> <p>Call: 07909332953</p>
	<p>Swimming Pool at the Hewett School</p> <p>137 Hall Road, Norwich</p> <p>NR1 2RN</p>
	<p>Various slots within:</p> <p>Mondays: 4-5:30pm</p> <p>Tuesdays: 5-6pm</p> <p>Wednesdays: 4-6pm</p> <p>Thursdays: 4-6pm</p> <p>Fridays: 4pm-6pm</p>
	 <p>£22.50 for a 30 minute lesson</p>