The Parkside School

learn grow thrive

Welcome to Parkside



Welcome

A warm welcome to The Parkside School. We are an outstanding specialist communication and interaction school, supporting the individual needs of pupils in the heart of Norwich.

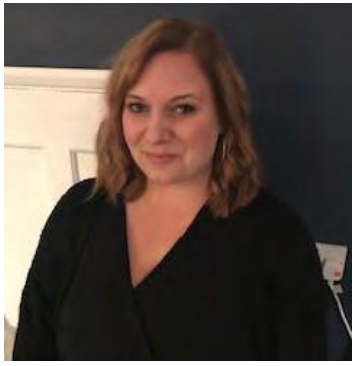
Parkside has high but different expectations for each of its pupils. We understand that pupils' different needs require different approaches and their personalised learning journeys lead to varying outcomes that best support their needs.

Pupils at Parkside have a highly personalised route to support them becoming a confident and active citizen and the school encourages a community spirit, where pupils learn to care for one another.









Our aim is to provide a learning environment with outstanding teaching, support and pastoral care. We will empower all students to have the skills necessary to become valued members of society who will not be afraid to try new experiences or feel limited by their particular needs and who will aspire to achieve their best.

Carolyn Ellis-Gage, Head Teacher

Fitness and Wellbeing







We have recently installed a new gym as part of our wellbeing and healthy lifestyles programme. It includes five pieces of cardiovascular equipment and a dual pulley weight stack. The pupils have been very excited to start using it this year and staff have been trained in supervising them within it. Classes have now been using the Health Club in lessons, not just within PE!

The aim is to equip pupils at Parkside with the skills, knowledge and confidence to access a gym environment outside of school, as part of their healthy lifestyle and to support them in gaining their independent living skills.

Recreation Road Sports Centre

Just across the road from the school is the Recreation Road Sports Centre which we use regularly for PE lessons. We share the use of its facilities with two other schools in the local area and it is a great space to enjoy.

We believe that PE is really important to build up self esteem and confidence. The PE Department firmly believes in Sport for All and caters for the full range of abilities by adapting the sports activities to ensure that we are all inclusive and meet the needs of every pupil.



Dining

School Meals are provided through Norse at the standard charge for those families who are not eligible for free school lunches.

Children have a set weekly menu with different meals each day, consisting of a main meal and dessert. Schools meals are cooked on the premises to provide a healthy, nutritional lunch and a packed lunch is provided when children are out of school on visits.

Children may bring their own packed lunch to school and will eat it in the dining room or classroom with the pupils having school meals. Packed lunches should be kept in a sensible bag or container with their name marked on. Please avoid glass bottles.

When not eating their meals children play out on the school playground or join in the activities organised during wet weather. Staff supervise the children during their lunch break, normally under the direction of a senior member of staff.

Primary pupils also benefit from structured group activities at lunchtimes to develop interaction, co- ordination and motor control.

We also have a Breakfast Club at school to support pupils in starting the day well through self regulation and a full stomach.





The school encourages all pupils to eat healthy balanced meals and advice to families about healthy lunchboxes is always available upon request.
If you would like any ideas around healthy eating or lunchbox ideas, please let the school office know and we can arrange for someone to contact you.

Getting to and from school …

Parkside School is attended by some local children but many pupils come from much further afield. Each day pupils who require transport to school arrive and depart either by taxi or on one of our many school busses provided by Norfolk County Council. Transport to and from school is provided for all children by Norfolk County Council, free of charge for those who live more than three miles from school (or over two miles for those entitled to free school meals).

Please follow the link below to the website if your child will require this service and follow the guidance.

https://www.norfolk.gov.uk/education-and-learning/school-and-college-transport/home-to-school-transport/who-can-get-free-school-transport

We do encourage families who live nearby to walk to school if possible as it can become quite congested at school drop off and pick-up times, not to mention the fitness benefits!

If your child will be biking or scooting to school, we have a bike and scooter park just inside the school gate, so pupils are able to leave them locked up safely. Please note that locks will need to be provided.



Meet Bella ... our Therapy Dog



Bella is a Cavapoo and she joined our school in 2020, much to everyone's delight.

When she's not snuggling and entertaining the children and staff in school, she likes to cause mischief at home with Mrs Ellis-Gage and her family!

Bella is a very popular member of our school community and brings many benefits and joy to the pupils. She is good at reducing anxiety and enabling children and young people to feel more secure. Caring for Bella also improves the pupil's ability to think of the needs of others.

The pupils are able to walk her around the site with staff, pet her kindly and enjoy her company in class!

Parent Support Advisers

Vickie Hunter-Lines & Laura Stevens are our Parent Support Advisers at The Parkside School.

Vickie & Laura are available to support families with signposting to specialist services. They can also support with form filling and benefits advice. They are able to attend meetings with families and help families to make links with other agencies and organisations.

Vickie Hunter-Lines **-** (Available term time only) Monday, Tuesday & Wednesday. To contact Vickie phone 07831 283371

Laura Stevens - (Available term time only) Wednesday, Thursday & Friday. To contact Laura Phone 07388 488704

Our school Parent Support Advisers are available to support families with a variety of different issues and can be contacted by getting in touch with the school office in the first instance.

The Arts

'the special language of children, who, even before they learn to speak, respond intuitively to dance, music and colour…'

Ernest Boyer

The arts are very important to us at Parkside, both in terms of curriculum content and the extra curricular clubs and therapeutic practices that we offer.

We are conscious of the beneficial effects that free expression through arts activities can have on wellbeing and behaviour, and believe that through providing a wide range of opportunities to creatively explore themselves and their world, pupils are more likely to develop holistically.

Speech, language and communication development is a primary focus for our school, and this is supported by our arts provision, through weekly communal singing, group music making, opportunities to perform on stage before an audience, group art projects, dramatic improvisation and role play.

We welcome visiting artists, musicians and theatre groups to work with and inspire our pupils, and have been involved in some really exciting projects.



Reading

Language and literacy skills are acquired through listening, speaking, reading and writing.

Here at Parkside, we recognise reading is an important skill to develop. We aim to encourage the enjoyment of books and sharing books and are lucky to have our own library in school. To develop pupils reading skills a number of approaches are used, including the use of phonics and whole word reading. Phonics lessons teach the letter *sounds* in an enjoyable, multi-sensory way, focusing on the teaching of letters by their sound, not their name.

We encourage you, as their parents/carers to be sharing books and listening to your children read, which will in turn, help your child's reading skills to develop. We believe that children should read anything that interests them and that reading is a really useful skill for everyone.





Suggestions to help your child with reading:

- Play I spy
- Read rhymes
- Listen to stories together on CD
- Talk about what you do
- Point at road signs
- Read signs in shops
- Read labels in the supermarket
- Become a member of the library where you will find lots of wonderful books to borrow

Parents and Friends of Parkside School Association (PFA)

The PFA was formed in 1983 and is now a busy Association. As the name suggests, it is a group of parents, teachers and friends of the school whose main aim is to enhance the education of the children at Parkside. This is done in the usual way by raising funds to purchase equipment which would not normally be available through the Local Education Authority. Equally important is the role the Association plays in helping parents and children and enabling them to support each other. Making parents aware of Further Education Courses available after 16 and discussion groups with teachers regarding educational issues in school.

The PFA are committed to fundraising for all the extra things that the wonderful Parkside pupils deserve and that bring them joy. Fundraising enables the PFA to continue putting on events for the pupils such as the Seasonal Shopping Experience at Christmas, providing refreshments at the Year 11 School Prom, School Discos and contributing towards the cost of residential and day trips.

The PFA is currently a small group of parents, carers and teachers and it would be great to welcome some new members to the team. We know first hand how busy life can be but just a few hours really would make a big difference!

If you are interested in joining the team or simply helping out at events sometimes, please do let the school office know and they will ask Claire, Chair of the PFA to contact you.



Claire Cumberlidge

Chair of the Parent and friends of Parkside School Association

Uniform

Parkside School uniform can be purchased from Birds. Parkside uniform consists of polo shirt, sweatshirt or fleece and dark trousers and shoes. The uniform can be purchased in red, blue or green depending on your child's preference.

Where possible we like pupils to wear school uniform to promote a sense of belonging and community. However, we understand that some of our pupils have sensory or personal care needs which makes this difficult and in these cases appropriate alternatives can be worn.

Pupils in year 11 and at Pathways College have the option to wear non-uniform clothes, but within the limitations of appropriateness for school.

PE kit is available from Birds and consists of white t-shirt, black shorts/tracksuit trousers and trainers. Pupils may wear their School fleece or jumper over the top if required. Hooded tops should not be worn as these are unsafe for some PE activities. Pupils in some classes can wear their PE kit to school for the entire school day. Please check with your class teacher if this applies to your class.

Subtle makeup is permitted.

Arrangements can be made to help families who need financial assistance with school uniform purchases. Please contact our Parent Support Advisors to find out more.

https://www.birdsofdereham.com/shop/category/specialist-schools-519/

BIRDS of DEREHAM

OPAL play

Playtime curriculum

Our school believes that all children need opportunities to play that allow them to explore, manipulate, experience and affect their environment. We believe play provision should be welcoming and accessible to every child, irrespective of gender, sexual orientation, economic or social circumstances, ethnic or cultural background or origin, or individual abilities.

The OPAL (Outdoor Play and Learning) rationale is that "… *better, more active and creative playtimes can mean happier and healthier children, and having happier, healthier, more active children usually results in a more positive attitude to learning in school, with more effective classroom lessons, less staff time spent resolving unnecessary behavioural problems, fewer playtime accidents, happier staff and a healthier attitude to life."*

Children and young people (CYP) who attend Parkside have additional needs (SEND) which creates further barriers to play compared to their mainstream counterparts. Parkside has created an environment that allows risk taking and challenging opportunities both physically and socially in order to prepare them for life outside of Parkside. Your child may come back from School with a bit more mud than they came with, but also with many more fulfilling experiences.



