



SEND NEWS

Summer Term 2022

From Mrs. Howe's Desk...

What an amazing end to a truly inspirational Summer term for our students! There have been trips galore and fantastic achievements both in and outside of the classroom. We have dedicated this newsletter to celebrating some of those achievements and highlighting the hard work and can-do attitude of our students.

Below are some mental health tips to help you through the summer. Some of these are obvious, but they all offer something easy to do to help lift your mood if you find yourself feeling low. Have a terrific summer and I look forward to seeing you in September.

Mrs. Howe

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Mental Health Tips



Talk about your feelings



Talking about your feelings isn't a sign of weakness. It's part of taking charge of your wellbeing and doing what you can to stay healthy.

Keep active

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better.



Keep in touch

There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!



Ask for help



None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If things are getting too much for you and you feel you can't cope, ask for help.

Eat well



Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.

Take a break

A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from revising or a week-end exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some 'me time'.

BREATHE...

Well Done...

Shout-outs to amazing attitudes and exceptional efforts!

When we asked the staff if they would like to give a special mention to any of their students who demonstrated exceptional effort and an amazing attitude to learning or anything else they wanted to highlight, we were flooded with responses! We'd like to give a massive round of applause to these students and to all of our SEND students, as they've all faced their own challenges throughout the year.



Miss Hughes shared the following comments, "**Florence**, 11A, and **Sophie**, 10B, have shown impeccable behaviour, excellent effort in classwork and homework/revision and contributed to a positive classroom atmosphere. They both consistently showed an outstanding Attitude to Learning in Maths. **Ella**, 8K, has made excellent progress in Maths throughout the entire school year. **Chloe**, 9B, has worked very well throughout the year and has offered excellent verbal contributions in class and achieved impressive end-of-year exam results."

Mrs. Lynch wanted to highlight two of her students in Spanish, "**Eden**, 8A, has worked so hard and although she finds it difficult, she always gives it 100%. **Nicola**, 9S, has persevered through a number of barriers, showing up for all her lessons and being attentive. Although she did not do a speaking test, she did ask to do it as a written test instead. The easy option would have been to leave the test, however I was so impressed by her commitment and determination."

"**Phoebe**, 9H, deserves a huge mention for getting stuck in on the Go Outdoor day. She overcame her apprehension to go down the slip-and-slide and got stuck into the assault courses. I was very proud," exclaims Mr. Meakin!

Miss Bloom shared a number of commendations for some of her SEND students in Drama lessons this year. "For their outstanding contributions, **Mia**, 8A, and **Amalie**, 7H. I want to commend **Abi**, 7H, for her development in confidence and enthusiasm. **Sabina**, 8H and **Karolanne**, 8P, for their enthusiasm and **Lucia**, 9K, for her excellent effort and focus. Last, but certainly not least, **Charlie**, 10C, for her excellent effort and enthusiasm throughout the year."

"**Sophie**, 10B, has worked really hard in food this half-term. She has been very organised and always willing to help out wherever needed," commented Mrs. Parry.

Miss Peppin responded immediately to our request for special mentions, with the following, "**Ella**, 8P, has shown EXCEPTIONAL progress, effort and commitment to geography. She really is a budding geographer! **Eden**, 8A, always gets involved in lessons, asking questions and volunteering answers. **Roxy**, 7C, consistently demonstrates a positive attitude in geography and always checks that she understands a task so she can complete it to the best of her ability. Finally, **Bessie** and **Megan**, 9S, and **Sofie**, 9P, are all continuously growing in confidence when answering exam questions!"

And the praises keep coming...

Mrs. Crowther asked us to share the following, "Could you please say a massive well done to **Tuuli** 10R, as she has shown a fantastic attitude, commitment and talent this term, both in PE and in extra-curricular rounders and tennis!"

"Throughout the year, **Karolanne**, 8P, has shown great focus and determination in French. I have been so impressed by her positive attitude. Bravo!!" Madame Hill

Zara, 11B, received a wonderful mention from Mrs. Hardman, "Zara worked so hard on her Open Award for Science. She concentrated fully and did a fair bit of independent research and achieved excellent results. It was a real pleasure to work with her."

Miss Addison was pleased to highlight the amazing kites made by **Jess** in 7S, **Hazel** in 7K, and **Lois** and **Nicole** in 7H. She shared, "I am super proud of them and how hard they have worked!"

Mr. Hunter was keen to commend some of his students for their work, "**Nohaila** and **Summer**, both in 8P, have really matured this year, made great progress, and have been a pleasure to teach. **Ella**, 8P, has done well all year and continues to be an absolute delight."

"**Karolanne**, 8P, always goes the extra mile in History. Her effort is so high and she has entered lots of competitions this year. Additionally, **Sabina**, 8H and **Lucy**, 8A, always answer questions in class and have grown in confidence when discussing their opinions. Well done!" Miss O'Driscoll

"**Hazel**, 7K, has been a star in RE. She is always so helpful and really gets involved in all activities. She has been a role model for other members of her form. Well done!" Miss O'Driscoll

And for one final shout-out...



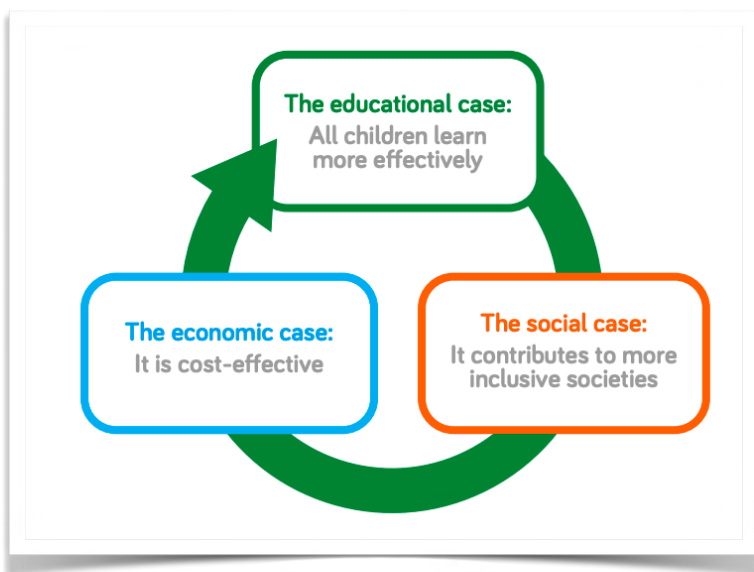
This year saw the first time a Y8 student has achieved a Discover Arts Award. Pictured with two of our Champions of the Arts pupils, along with Teaching Assistant, Mrs Powsey, Ella proudly displays her certificate.

Mrs. Palmer writes, "A big congratulations to **Ella**, 8P, on achieving her Arts Award Discover! The girls from the arts council were delighted to share this news with you! You have worked incredibly hard! Please have a celebration! A big well done to you!"



Why Does Inclusion Matter?

- It improves learning for all children – both those with and without disabilities.
- It promotes understanding, reduces prejudice and strengthens social integration.
- It ensures that children with disabilities are equipped to work and contribute economically and socially to their communities.



Luna the Therapy Dog Returns

Our favourite four-legged friend stopped by to say hello

When Mrs. Hunter pops in a classroom and Luna is at her feet, it's always a good day!

Mrs. Hunter shared that Luna had some really lovely reading sessions this term with Roxy, Hollie, Selena, and Heather. Roxy even remembered that Luna had just had her birthday and kindly brought in a birthday gift!

At break time, Tuuli, Zara and Hazel visited for cuddles and tricks for treats!





Phoebe investigating protons, neutrons and electrons in Chemistry.



Be Active

Every school holiday, Active Sefton's fully qualified, experienced and enthusiastic Be Active coaches deliver a great range of activities to children aged 3-16 across Sefton. A fantastic way for children to keep active, have fun and make friends in a safe environment, activities include one- to five- day camps, shorter sessions and reduced cost swim and splash sessions.

If you're reading this online, click through to find the [Be Active Guide for Summer 2022](#)



Lexi and Phoebe made the most of Sports Day this term and never missed an opportunity to enjoy a few giggles together!

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OUR MISSION
RAMPWORX IS A COMMUNITY OF YOUNG PEOPLE USING EXTREME SPORTS TO DEVELOP THEIR PHYSICAL AND MENTAL WELLBEING

2 FOR 1 VOUCHER

RIDER 1 NAME: _____
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NAME OF SCHOOL/CLUB: _____

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EXPIRES 31ST JULY 2022

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On Wednesdays and Saturdays, disabled young people/ young adults with Autistic Spectrum Conditions aged 11 - 19 are welcomed to socialise, increase independence and to use the services available to them whilst in a safe and encouraging environment.

All young people must be referred to the Aiming High Team in order to access this session. **To book, contact Aiming High on 0151 288 6811.**

Buddy Up What's on this Summer?

A number of our students are looking forward to lots of fun with Buddy Up during the summer holidays. Buddy Up is a mentoring and befriending project for young people aged between 13 and 18 who have additional needs and disabilities and are at risk of social isolation.

Buddy Up decreases loneliness, increases confidence and builds independence skills by providing fun social opportunities in and around Sefton. Activities include monthly social clubs in Southport and Crosby for participants to meet young people of a similar age and develop their confidence.

Additional activities and trips take place during evenings, some weekends and school holidays. Volunteers aged 13-21 are needed to help make the activities possible.

Are you 13-18 years old?

Do you live or attend school in Sefton?

Would you like to spend time with other young people and have fun?

Do you have a disability or additional need?

Buddy Up

..THEN BUDDY UP IS FOR YOU!

WHAT CAN YOU EXPECT FROM BUDDY UP?

- Monthly social clubs
- Support from peer mentors
- Make friends
- Learn new skills
- A chance to be more independent
- Meet new people
- Build confidence
- Group activities during school holidays such as bowling and days at the beach

WANT MORE INFORMATION?

Contact Sefton CVS by:

PHONE

Office:
0151 920 0726 ext 222
Mobile:
07971868105

ONLINE

Website:
www.seftoncvcs.org.uk/buddyup
Email:
buddyup@seftoncvcs.org.uk



Buddy Up is part of Sefton Council for Voluntary Services (CVS) Registered Charity No. 1014466
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Future Dates to Remember

Wednesday, 20th July 2022	End of School
Thursday, 1st September 2022	Trust Professional Development Day (Pupils not in school)
Friday, 2nd September 2022	Y7 pupils begin
Monday, 5th September 2022	Term starts for Y8-11