



# SEND NEWS

Summer Term 2023

## From Mrs. Howe's Desk...

We have dedicated this newsletter to celebrating achievements and highlighting the hard work and can-do attitude of our students.

Mental Health Awareness Week is fast approaching and we want to hear from you! This year's theme is anxiety and we want to explore different ways of coping when the uncomfortable feelings start creeping into our stomachs or our hearts begin to beat faster than normal. We've shared one of our favourite coping methods below, but if you have something that helps you, please email them to Mrs Powsey - our Wellbeing Champion and a Mental Health First Aider. Once they're collected, we'll post them up in the Pod.

Keep going as we approach the end of another year; you've all been amazing and I'm so proud of you!

Mrs. Howe

## Mental Health Awareness Week

### Coping with anxiety

This year's theme is anxiety and chances are, everyone has felt anxious at least one point in their life. Focussing on things in the present help us keep our mind on what we can control right now. Try this 5,4,3,2,1 rule next time anxiety creeps up on you. These five short activities send a signal to your brain to tell the anxious part that you're safe and don't need to use the fight, flight, or freeze response. Next time you're feeling worried, try this:

1. Focus on FIVE things you can see.
2. Listen for FOUR sounds you can hear.
3. Touch THREE things you can feel.
4. Be aware of TWO things you can smell.
5. Be mindful of ONE thing you can taste.

15 to 21 May 2023

**Mental Health  
Awareness Week**



#ToHelpMyAnxiety

### In This Issue:

Mental  
Health  
Awareness  
Week

Well  
Done!

Finding  
Your Voice

World  
Book Day

Creative  
Space

Costa  
Adventure

Learning in  
Action

Virtual  
Reality

Dates to  
Remember

## Well Done...

### Shout-outs to amazing attitudes and exceptional efforts!

When we asked 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 learners, as they've all faced their own challenges throughout the year.



Mr Burton sings the praises of **Mia in 9A**, who has worked with great determination in Physics, achieving a grade 9 in a recent test. He also highlighted **Ella in 9B** for her increased efforts.

Mrs Thomas wanted to commend **Matilda in 8A** for being brave and overcoming her nerves in English; she delivered a confident speech and even volunteered to go first! Well done, Matilda.

Miss Bloom shared, "I had a fair few SEND learners who have just performed brilliantly in their GCSE Drama practical exam but I'm not sure that they'd want to be mentioned!" Let's send out a general applause to all those students!

Mr Latham had not one, but two students he wanted to praise! He congratulates **Ella in 9P** for her excellent work in maths and he even plans to send a text home for her. Also, he shared **Poppy in 8C** has been fantastic all year and has demonstrated excellent effort.

**Eden in 9A** received a lovely message of praise from Mrs Martland and Miss Horne. They write, "We would like to send a little note of praise to Eden, who tries so hard each lesson and offers fabulous contributions within the lessons. She deals extremely well with the challenges of Shakespeare and we are exceptionally proud of her achievements so far this year.

Wow! Mrs Williams has so many to commend! **Phoebe in 10H**, **Libby in 10A**, **Erin in 10C**, **Erin in 10P**, **Alisha in 10A** and **Yazmin in 10K** for doing really well in making their children's meal for their child development coursework. She also commends **Nohaila** and **Karolanne in 9P**, **Nicole in 9C**, **Lilly in 9B**, and **Sabina in 9H** for working well and trying really hard in child development.

Mrs Campbell in RE wants to commend **Amelia in 10C** and **Sofie in 10P** for their amazing focus in their mock revision and lessons. They are both working so hard and proving that hard work pays off!

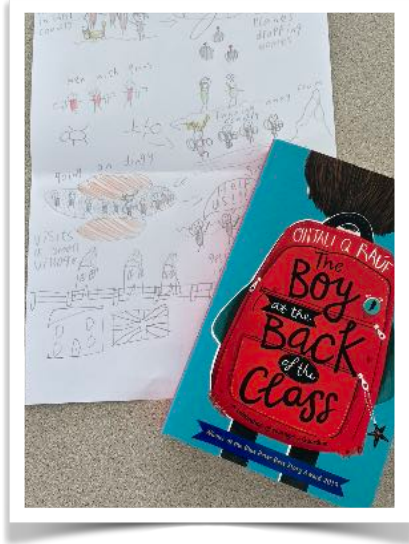
Mrs Lynch shared that **Tegan in 11H** has made great progress this term and has been really focused in Spanish lessons as she prepares for her Spanish speaking assessment. Mrs Lynch added her praise for **Nicola in 10S**, commenting that she tries to push herself in Spanish, even though at times it can be hard for her. She always gives it her best shot, and she is proud of her.

A popular place at Greenbank is the front office, and one particular student has been recognised by Miss Guest. She wanted to acknowledge **Abbie in 7A**, saying Abbie is always so polite when she is at the window and always makes her smile.

**Phoebe in 11P** has been recognised by Ms Addison for working very hard on her GCSE DT Textiles coursework, along with **Nicole in 9C** for the beautiful needlecase she made for her homework project.

Mrs Heyes said she'd love to mention **Alisha in 8S**, as she is consistently, amazingly hardworking and produces beautiful work!

## And for one final shout-out...



Miss Peppin couldn't wait to highlight two amazing pieces of work by **Charlotte** and **Evie in 7H**. Miss Peppin shared, "During the lesson we were looking at challenges refugees face when forced to flee their country due to safety concerns. Charlotte and Evie read a passage from the book *The Boy at the Back of the Class* and to aid their understanding, produced a wonderful story map summarising the challenges refugees face. I am so impressed!"



## Teen with Autism Finds Voice through National Poetry Competition

Read 12-year-old Ava Gallagher's winning entry below:

Take a seat and sit with me  
I want to talk about ASD  
If you don't mind I'd like to explain  
A little thing called autism and how it affects my brain  
It can make me anxious, angry and afraid  
But this stays in my head, on my face it's not displayed  
I may seem heartless and question your meanings  
But it takes me a little longer to process the feelings  
Take a seat and sit with me I want to show you ASD  
A girl sitting quietly is all you see  
But inside my mind I am far from free  
My thoughts collide, my senses take over  
I become overwhelmed by the smallest sound  
Clicking pens, ticking clocks  
That boy's chair and the way it rocks  
All different smells attacking me  
The perfumes, the coffee, the teacher's tea  
Take a seat and sit with me  
But not too close, I have ASD  
I try to be social, I try to fit in  
I come across rude, I can never win  
I am very literal and straight to the point  
If you want the truth I won't disappoint

When my brain is overloaded I sometimes lash out  
My control fades, I scream and shout  
I get confused and it all spills out  
Intense emotions all trapped inside  
Finally have nowhere to hide  
Take a seat and sit with me I want to tell you about ASD  
Please understand I am not to blame I've just got an atypical brain  
But it's not all doom and gloom  
I'm often the sportiest girl in the room  
I'm quirky, unique, kind and caring  
I'm loyal, protective and always sharing  
I'm obsessed with frogs and all things green  
I'm the youngest trendsetter you've ever seen  
Take a seat and sit with me  
I am Ava, I am me  
I'm not just my label of ASD.







## World Book Day

### Our TAs became Things!

**W**orld Book Day is always a great opportunity to explore our creativity and celebrate our favourite characters or literary pieces. This year, our smashing team of Teaching Assistants wore some very colourful hair pieces and chose to celebrate the work of Dr. Seuss. As you can see from the group photo below, we certainly stood out from the crowd!



## Creative Space

### Charlie goes for gold!

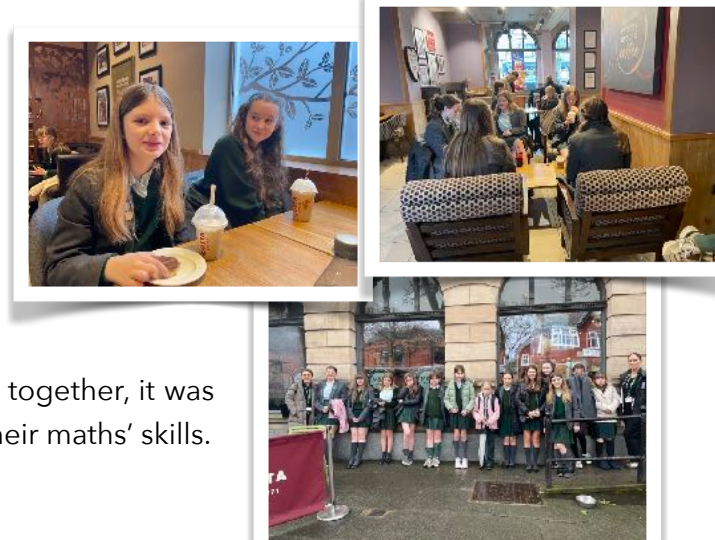
**H**i, I'm Charlie (you may know me as Charlie Brown from my recent role in Snoopy!) and I have been leading activities for my Gold Arts Award. Mrs Tinsley, who runs the weekly Creative Space, has allowed me to use this as a means to achieving my Gold Arts Award. Within these sessions, I have taught how to make origami bookmarks which the pupils chose to decorate and personalise to make their own unique bookmarks, and we have painted and drawn jelly fish using lots of different mediums. Within a future session, all students will create make a large, collective jelly fish mural to go on display in the art room.



## Out and About

### A visit to Costa was enjoyed by many

Mrs Howe's social communication group put their learning into practice and visited the local Costa in Birkdale village recently. Each student was given an adequate amount of cash and was tasked with ordering their own drink at the counter, ensuring they had the correct change. While it was a fun couple of hours in Costa together, it was also a great chance to practise their social skills, as well as their maths' skills.



## Work Experience at We Grow

Autism Initiatives' business enterprise teaches life skills



Weighing the vegetables, ready for packaging

Thanks to a working relationship with Autism Initiatives, Phoebe in Year 10 is now enjoying one full day a week at local farm and farm shop, We Grow. We Grow is an Autism Initiatives' business enterprise and Phoebe is immersed in hands-on work experience. When Phoebe arrives each week, she finds her name on the staff board

and from there, she receives her list of jobs for the day. Phoebe's skills are being developed as she finds herself doing a host of various activities. From opening up the farm shop and preparing the vegetable boxes for delivery, to feeding the

chickens and learning the entire process of farm-to-table with the chickens' eggs, there's never a dull moment!



Learning some drilling skills for up-cycling



Stocking the freezer, ready for opening time

## They're Virtually Ready!

Four friends explore the workplace virtually

Lexi, Phoebe, Sophie and Tuuli enjoyed an exciting, virtual exploration workplace experience, thanks to the Liverpool City Region Careers Hub. The girls took part in Let's Explore - a virtual reality work exposure programme designed to support students with additional needs to develop their confidence and employability skills in preparation for entering the workplace and earned a Certificate of Achievement for successfully completing the experience.



**The Liverpool City Region Careers Hub** is a collaboration of 137 secondary schools and colleges who work together to deliver the **Gatsby Benchmarks** with local **Enterprise Advisers**, **Cornerstone Employers**, universities, training providers, businesses and careers professionals to improve outcomes for young people and prepare them for the world of work.





# Who's Who on the SEND Team?

Mrs Smith



Mrs Gent-Jones SLT



Mrs Howe SENDCO



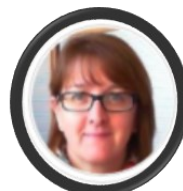
Miss Bond



Mrs Powsey



Mrs Citrine



Mrs Nolan



Mrs Desposito



Mrs Moran



Mrs Kernahan



Mrs Minshull



Mrs Low



## Future Dates to Remember

Monday, 1st May 2023	Bank Holiday
Monday, 8th May 2023	Bank Holiday for the Coronation of King Charles III
Friday, 26th May 2023	Term Ends
Monday, 5th June 2023	Professional Development Day (students not in school)
Tuesday, 6th June 2023	Term Starts for All
Wednesday, 19th July 2023	End of Term
Monday, 4th September 2023	Term Starts for All