

NEWS-HAVEN

Summer Newsletter : Newhaven School July 2023

Welcome to the 2nd edition of News-Haven, our curriculum newsletter. As you will see, it's been a very busy year at Newhaven as we work hard to make sure our students have the skills and experiences they need to move on to be successful in their next steps and the rest of their lives.

The first step for us is to build **trusting** relationships as we recognise that our students have often had difficulty with schools before they arrive.

Once we've managed this, it's important that we give students the skills they need to be able to **restore** relationships so they can sustain them through their lives.

This also helps them to **achieve** a lot, as you will see below!

I'd like to thank you for the way you have worked with us this year and also the staff for the amount of effort , physical and emotional, that they put into the place. I hope you have a restful Summer break and that all of you can stay happy and safe.

Best Wishes

Jon Kelly (Head teacher)

**PE & Arts
SUMMER
SPECIAL !**



Physical Education

You've got to be in it - to win it:

Newhaven School Sports Day Special 2023

On Thursday 13th July 2023, students throughout the school enjoyed our annual sport day at Sutcliffe Park athletics track. Using the fantastic facilities, alongside staff expertise and the skills they have practised in PE in the preceding weeks, the students demonstrated perseverance, positivity and unity. We are delighted to announce this year's winning team was Gardens.

A huge thank you from the PE team to all the participants and support staff for their efforts and for making it a successful day.





Physical Education

LONDON YOUTH GAMES FOOTBALL TOURNAMENT

Our school had the chance to represent the Royal Borough of Greenwich in the London youth games and compete against other 16 London boroughs. From the Beginning Newhaven Ambassadors showed their dominance to secure qualification to the quarter finals. Our team won 5 games in a row in the group stages at Hackney Marshes Sports ground with 4 different goalscorers Adam, Louis, Kian Ivair .

A vital part of Newhaven team success in this tournament has been their teamwork and discipline on the pitch and of course the Talented Goalkeeper Kyle Wright who kept clean sheet and massively contributed to the team qualification to semi-finals by saving couple of penalties during the penalty shoot outs and performing a double save during the game and ended up with a chipped tooth for the team. We had tears, sweat and blood and all the players coped very well with gradually increasing pressures on them throughout the tournament.

In the semi-final, although we were one player down and had to play 6 V 7 we won 2-0 against Hackney. The team stuck together and all the players doubled their efforts and were tactically disciplined on the pitch until the final whistle. The wide play was used very well during the game and caused havoc for the opponents that hardly managed to keep possession of the ball and either ended up making errors or giving our team a free kick.

Then we went into the final against Haringey which ended up with a draw and went on to penalties and the pleasure of the last penalty was given to Kyle Wright who delivered the ball into the back of the net and the whole team went onto a hysterical celebration of winning the tournament and the trophy.



LYG SEND Commonwealth Games Legacy Mega-Fest

Our students participated in the LYG SEND Commonwealth Games Legacy Mega-Fest on May 16th, 2023. This fun-filled festival was specially created for SEND pupils. It featured a range of Circuit-style multi-sport activities that aimed to continue the Birmingham 2022 Commonwealth Games legacy. The event focused on encouraging participation and trying out new skills, including tennis, sitting volleyball, and judo. The festival was held at Shooter Hill College and involved timed rotations between various activities. Our students enthusiastically participated in all activities and showed great talent, enabling them to win the trophy and gold medals



Ding - Ding Round One Boxing intervention Programme

The First Round Foundation is an intervention program put together by ex - Amateur Boxer Justyn Page. Justyn was a competitive boxer between the ages of 13-25yrs competing for 12 years which allowed him to engage in the sport at the highest level.

Our department's aim for our students was to encourage a good standard of health, fitness, mental wellness and discipline through the non-contact boxing sessions.

We utilise boxing as a tool of engagement for students helping to create a strong desire to succeed, strong mental attitude, and a sense of belonging. Many of our students lack self-esteem, self-confidence; this program is aimed at engaging our young people to help them enjoy sport, work with one another by building student/team cohesion with pupils from all different year groups and backgrounds, which motivates students to come and engage in school.

The feedback from our students has been positive. They have shared that the sessions have helped with their mental wellness, confidence and have also helped support their focus in lessons.

Get on yer bike! Inclusive BMX School Games

Our students had the opportunity to attend BMX cycling sessions at our local track, where they significantly improved their skills, confidence and ability on a bike. The sessions gave our students a positive experience cycling on a BMX track and have motivated many to come back to the track to enjoy cycling in their own time. A key outcome achieved from the sessions was that everyone gained a greater understanding of the benefits of cycling.

To round off a busy academic year our students represented the Royal Borough of Greenwich at Access Sport BMX School Games at the notorious Lee Valley's Velodrome, where they competed against other London schools.

Our students performed fantastically and not only managed to achieve Gold and Silver in the secondary schools finals race but also came first out of all secondary school teams!

What an amazing achievement!



London Youth Games Para-Olympic Games

On 5th June Newhaven King's Park had the chance to represent the Royal Borough of Greenwich in the London Youth Games. This gave them the opportunity to show off their sporting prowess and compete against a number of other London Boroughs. We travelled to the Linford Christie Stadium in Hammersmith in high spirits considering all the traffic!

Despite arriving late, Lily, Mikey, Riley and Sam got straight on with their events and all did extremely well. Mikey even stepped up to do long jump even though he was not initially down to do this.

We came home with some free LYG t-shirts and two medals; a gold for Riley in shot put and silver for Lily in long jump. Well done all!



English

Here's a Summer Poem selected by Mr Fairnie

Summer

BY CARLO BETOCCHI

TRANSLATED BY GEOFFREY BROCK

And it grows, the vain
summer,
even for us with our
bright green sins:

behold the dry guest,
the wind,
as it stirs up quarrels
among magnolia boughs

and plays its serene
tune on
the prow of all the leaves—
and then is gone,

leaving the leaves
still there,
the tree still green, but breaking
the heart of the air.

Speaker's Trust - Year 10 pilot PRU programme for 5 weeks to develop persuasive oracy skills and write a speech, is running very successfully and the students are engaged

KS3 @ KP- Young City Poet's Workshop - were given the opportunity to participate in a workshop with a professional poet and they then produced their own poetry

KS3 Nest have engaged really well with the *Holes* novel scheme of work, created by TCL, producing a formal letter, creative writing and analytical responses to the text

Year 11 and P16 showed great resilience, across all sites, by attending targeted revision sessions during the half term. Lots of positive feedback from students after the exam

Kieran Fisher from Year 9 at King's Park has written two chapters of a novel entitled *The Hollow Tree*- this was inspired by a new Gothic storytelling card game introduced by SBL.

Lily Porter, Year 10, is currently working towards the creation of a set of storytelling cards, inspired by classic myths.

Art, Design and Technology

DrChoc Chocolate factory

July 14th, 2023

The ADT crew visited the DrChoc chocolate factory in Windsor, we spent a bit in the mini bus but it was a smooth ride. We had to walk a few minutes to the factory and admired the Windsor castle on our way in. We were given a lounge to chill and relax and then down to the chocolate room. The attendant demonstrated how to fill our trays with 3 flavour and a selection of toppings to decorate with. We all had our turns and it was fun watching everyone engage with the task.

We proceeded back to the lounge after we put our chocolates in the fridge to chill and set. The attendant educated us on the history, origin and the process of chocolate from the cocoa plant to finished products we find in our shop.

We had a moment of Q&A and we tried a variety of pure and unprocessed chocolates, from very dark to white chocolate made from the husk of the cocoa pods. We also had the opportunity to buy from their shop, they had a selection of treats at reasonable prices.

Mrs Shambira-Mpofu/ & Mrs Udzu-Otoo



Food- Popping Boba drink Project

March 2023

Aim: To transform drinks into Semi-solid juice balls that pops in your mouth.

Resources: Fizzy drinks, sodium alginate, blender, syringe, bowls, weighing scales, cling film.

Adventures at Crazy Golf and Jimmy's Restaurant at The O2!

June 29th, 2023

The day kicked off with an invigorating round of Crazy Golf, located near the iconic venue of The O2. Laughter and friendly competition filled the air as the students tackled the challenging obstacles.

To continue the celebration, the group proceeded to Jimmy's Restaurant. There, they were greeted by an array of culinary delights from various cuisines. The students relished the opportunity to try a range of flavourful dishes while engaging in conversations and sharing stories of their golfing adventures.

We would like to express our appreciation to Jack Burstow for his commitment to the students' education. His expertise have undoubtedly contributed to their growth and success. We also congratulate the students on their remarkable achievements over this year at Shooters Hill and commend them for their consistent effort in Building Services.

Miss Davies



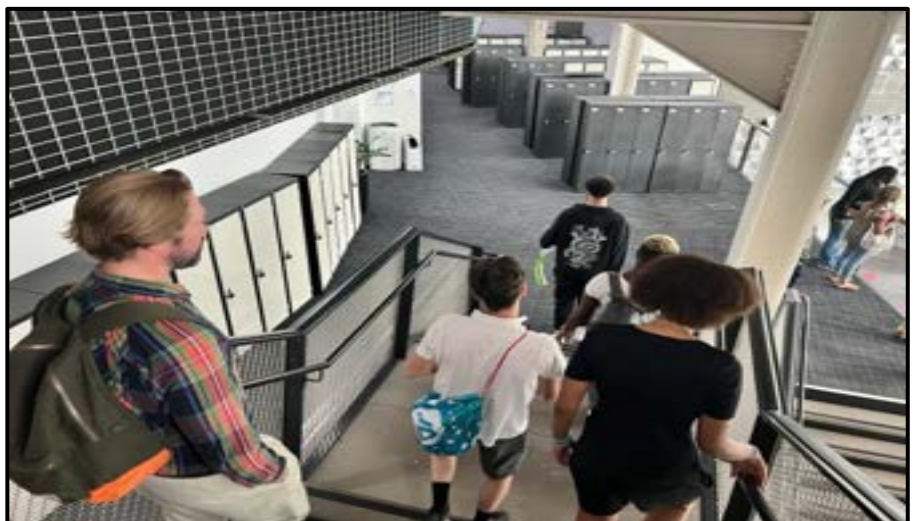
A Successful 'Discovery Day' Trip to Ravensbourne University

27th June 2023

During our visit, our students immersed themselves in the artistic environment of Ravensbourne University, engaging with faculty members and current students to gain insights into the various courses and programs available. The hands-on experience in the Games Development workshop enhanced their understanding of arts-related subjects and how a games designer considers their audience.

The trip sparked inspiration and broadened our students' horizons, exposing them to exciting possibilities in the arts.

Miss Davies





Maths and ADT Greenwich Observatory trip

February 2023

We picked the perfect day to go on our trip, the journey was fun and a nice walk through the park. We had a picnic in the secret garden and engaged with dog walkers and joggers. We also met students on school trip including foreign students from around the world. We explored the venue looking at other planets, the world around ours and a 30mins planetarium show. On our return we met a lady who had lost her dog and we helped her find her dog.

In all a lovely day out



Design and Technology - The Fast and the Furious

March 2023

Aim: To design and build a speedy car and compete in a race.

Resources: Batteries, straws, wooden skewers, lollipop sticks, elastic bands, bottle lids, glue gun, rulers, pliers, scissors.

Mrs Udzu-Otoo



Arts Awards

July 2023

Bronze Arts Award has been running for two years now and our first Silver submission this year. Students have engaged in a variety of interests, carried out research, modelled ideas and created their final pieces.

We also had Junk Kouture running alongside Arts Award. Mary used the same time line to make her dress.

Mrs Udzu-Otoo



Mary Burke - Junk Kouture

Mary's love for saving the planet led to her idea of making a dress out of recycled materials.

She followed the famous Junk Kouture train for ideas and researched ways to make her dress. Mary has collected over a thousand bottles to make her dress.



Mikey Whiteman Bronze and Silver Award

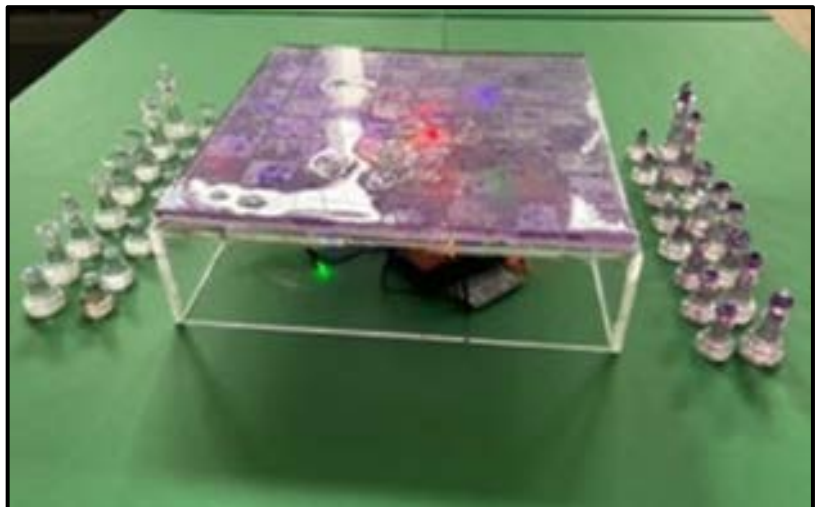
Mikey made a Gauntlet using recycled materials such as cardboard, felts and acrylic. He laser cut the skull and all other materials cut by hand using tools.

mikey chose modelling as a skill for his Gold Award he wanted to improve. He is a fan of building structures from flat packs and also love cars.



Kye Bronze Award

Kye chose Chess as a new skill he was interested to develop and proceeded to create his own chess board, pieces and storage box with lights.



Hotwire Game Project

May 2023

KS3 successfully made their hot wire game this term.

This project involved new and different electronic techniques.

They were all engaged in the project and completed each step:

1. Designing their boards
2. Bending their wire course
3. Safe use of tools
4. Connecting the circuits and wires.
5. Running and testing their circuits.

All students engaged, worked to their full potential and took pride in their work.

The project was very competitive, challenging and we had the chance to test them out.

Ms Udzu-Otoo



BORED OVER SUMMER?
Six Free Art galleries to Visit in London

- Tate Modern
- Tate Britain
- Saatchi Gallery
- Serpentine Galleries
- Whitechapel Gallery



Dyson Engineering Box project

"Design from the inside out"

June 2023

The Engineering Box is a free resource that unpacks Dyson technology, harnessing young people's curiosity for how things work. The Engineering Box is the perfect tool for my students to understand the purpose of design briefs, product analysis and creating specifications.

KS3 successfully disassembled and assembled Dyson machine, to identify design clues, understand the engineering thinking behind how and why it works.



Is it Art? King's Park Go to the Galleries

On Monday the 19th of June the Year 10, Kings Park GCSE Art students visited the world famous Tate Modern Art Gallery in London Bridge. Each student explored the public galleries in full and selected pieces of art that linked to their chosen themes.

Our students should feel proud of their ability to cope with crowds and navigate such a large public building.

The year 10's also met A&E objectives by budgeting for their lunch and paying for it independently.



**Pictures on my
Wall - King's Park
hang it up**

Inspired by the GCSE Art Exam Paper of 2023 the KS3 Art students at King's Park have been exploring mark making and textures in paint.

Students have been competing to get their work on the wall of fame and those who do will gain a one!



Performing Arts

All the World's a Stage - Apparently

Welcome to the Performing Arts Newsletter for 2023! It has been an eventful year filled with exciting performances, insightful workshops, and remarkable achievements. Let's take a moment to highlight some of the memorable moments and accomplishments within our department.

To kick off the year, we had a fantastic collaboration with the 'Little Fish Theatre Company.' Over a span of six weeks leading up to Christmas, our KS4 students participated in workshops on Consent. These sessions allowed our students to engage with serious and sensitive issues surrounding relationships and societal expectations. The workshops were well-received, and the content seamlessly integrated into the RSHE curriculum.

In terms of theatre experiences, a small group of students had the opportunity to visit the Globe and witness a breathtaking performance of 'The Tempest.' Thankfully, the rain held off, and our students were able to immerse themselves in the open-air theater, which beautifully replicated the original venue of William Shakespeare's plays.

Our trip to London to see 'Wicked' at the Apollo Theatre was a tremendous success. Students from all three campuses attended, representing our school with utmost pride. They thoroughly enjoyed the experience and created lasting memories.

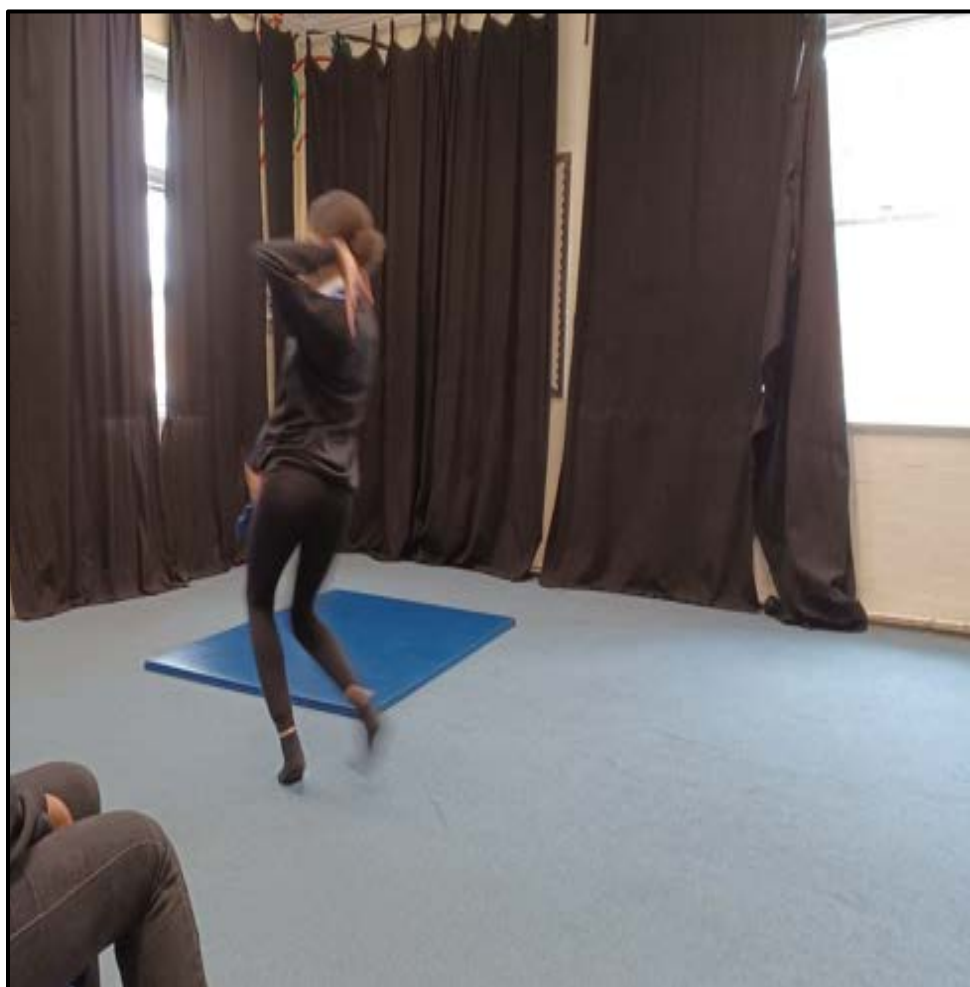


We also had some outstanding individual achievements this year. Brandon delivered a formal presentation on 'Gaming' during a school assembly, showcasing his confidence in an articulate manner. Additionally, Millie Cummings completed her Bronze Arts Award project with an engaging presentation on 'Voguing,' including its historical and social context. She concluded her presentation with a dance performance and confidently answered questions from the audience.



At Key Stage 3, our students explored a variety of styles and topics. They delved into 'Theatre of the Absurd,' which led to intense interrogation scenes performed in class. They also studied 'Macbeth' by William Shakespeare, analysed the role of media in the 'London Riots of 2011,' and engaged in thought-provoking discussions on race and equity through 'Noughts and Crosses' by Malorie Blackman. Furthermore, students developed their 'Devising' skills, creating original stories and presenting captivating mini performances complete with lights and sound effects.

Key Stage 4 students were immersed in a wide range of texts and theatrical styles. They explored works such as 'Blood Brothers,' 'The Crucible,' 'Seize the Day,' 'Girls Like That,' and engaged in monologues derived from diverse sources. It was inspiring to witness our students take ownership and agency over their performances.



As the Head of Performing Arts, I am delighted with the progress we have made this year. The dedication and passion of our students and the support from parents and staff have been truly commendable. I look forward to more trips, workshops, and outstanding student performances in 2024.

Thank you for your ongoing support, and here's to another remarkable year ahead!

Thomas Conway

Rocket Clan - Blast Off

KS3 students have been exploring the planets in our solar system and using their numerical skills to create a scaled down model of the solar system. Using the distance between each planet and the circumference of the planets they have created a display to show a smaller scale solar system within their classroom.

Burn Baby Burn

KS3 students have been looking at the uses of metals and recycling, as an exciting task students looked at how metals burn. Here you can see students safely holding Magnesium and Iron after it has been put into an open flame.

On Your Marks

Year 10 students used some of their reward time to test their reactions against one another. Setting up a game, students competed to see who had the best reactions to hitting the button when it lit up. Students can use their reward time to do fun science activities when they have completed a unit of work.



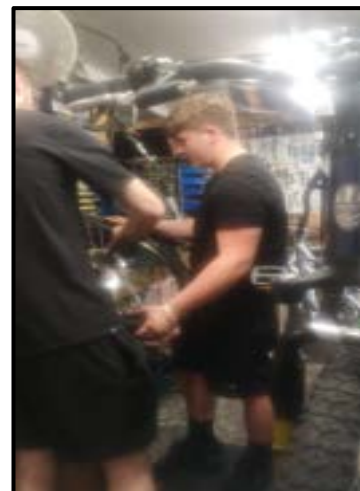
Careers Guidance

Work it , Work it, Work it

This academic year it has been great to see so many of our students out on work experience placements either for block periods of time or on one day per week placements.

Our students have entered a range of sectors some of which have been child care, motor vehicle repair, bicycle repair, hairdressing, air ducting, the police and many others.

Work experience is an important part of students gaining first-hand knowledge of the working world, building confidence and exploring careers for their future.



It's not about the Money, Money, Money

On Friday 21st April we visited the Financial Times Head Office in the City of London. We had the opportunity to speak with some of their employees and find out first hand the range of job roles there are within the organisation and the different routes employees had taken to get into these. Students also learnt about the Financial Times as an institution and exactly why the FT has its distinctive 'salmon pink' coloured paper!

Alongside this we also took part in a financial literacy workshop where students learnt various financial skills, including personal finance management, budgeting and investing.

The day was a great insight into one of the leading global newspapers and media outlets and has hopefully given students great food for thought about their own future careers.



If you have now finished your time at Newhaven we would love to know where you have enrolled and what course you have decided to study.

Please scan the QR code below and complete the form to keep us up to date.



If you need any help over the Summer with anything linked to your next steps, please contact

Simon Connolly from RBG Careers Team.

You can call or text:

07548117039

Or email:

Help-me-with-my-future@royalgreenwich.gov.uk

If you need any additional support in September after you have started, please call Paige Crosby on the school number or email

pcrosby@newhaven.greenwich.sch.uk

Humanities

What's been going in Humanities?

It's been another wonderfully productive term this year

The KS3 Gardens and NEST groups have been looking at rivers and completed their own models. They also went on a fantastic tour of London via the terrible Thames boat. This was an exciting (and a gross) experience learning all about the history of the Thames and what happened alongside it. .

Ks3 Students in Nest and gardens also completed a unit of work about philosophy students were able to share their ideas and opinions on big questions working on the skills of debate and questioning. They used these skills to question what they know about life, the world around them and religion. Students were insightful and offered a new and refreshing take on the world.

KS3 students in Nest have also been visiting an assisted living centre in Forest Hill, here students are able to speak to the residents as well as offer support with any ICT/phone related issues they may be having. This has been such a wholesome experience and the students have represented Newhaven in the best possible way.

KS4 Gardens and Nest students have successfully progressed through our relationships unit. The students were engaged and thoughtful ensuring that together we thought about what makes relationships healthy and looked closely at issues relating to health.

Students have worked hard this half term and we would like to specifically acknowledge the contributions of Brandon in the KS3 Nest group. Brandon is always willing to support and welcome new students and this has been prominent this term with many new arrivals.



GREENWICH HISTORICAL FACTS TO WOW YOUR FRIENDS

- The first railway to open in London (1836) ran between London and Greenwich
- The first golf club in England was set up on Blackheath
- A ferry has operated in Greenwich since 1308
- The Blackwall Tunnel was the largest underwater tunnel in the world when it opened in 1897

Library

By Carole Oldfield, librarian

Headline Library News

Borrowing and books

Library issues (number of books taken out of the library) are up again this year at Gardens and Kings Park, and are now double the 21/22 figures.

Library blog

The Spring/Summer library blog is now out and includes challenges and activities to entertain everyone over the summer holidays. You can see this edition and previous blogs on the school website.

<https://www.newhavenschool.co.uk/news/newhaven-book-beats-spring-summer-2023/>

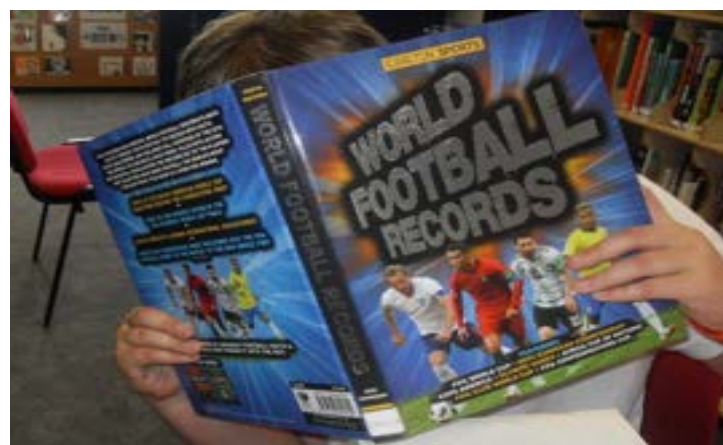
Library Lessons

As the Yoto Carnegie book taster sessions in library lessons draw to a close this term, KS3 students in Gardens have taken on a creative writing challenge from the author of the winning book, 'The Blue Book of Nebo'.

<https://yotocarnegies.co.uk/books/the-blue-book-of-nebo/>

Manon Steffan Ros asked students to write in ways they don't usually write, to plan or not to plan, to be quirky and imagine they are living after a world disaster. Not to worry about making a perfect draft but to let their imaginations flow. To describe the small and personal things rather than the bang and crash of a big event.

These are excerpts from the first drafts of stories by Femi and Aaron. Both stories feature a member of their family just as the 'Blue Book of Nebo' focusses on a mother and son who survive a nuclear disaster.



At Kings Park Year 7's come to the library every week straight from lunch break. They enjoy reading about their hobbies and activities outside school so we now have extra books about Mario, Minecraft, football and history. These are available for everyone to borrow.

Who is reading that Book?

Kings Park students Blu and Emmy have been updating the 'Mystery Reader' display in the Room 25 library. Can you guess who is hidden between the covers of these books?



Maths Poetry - It all adds up

At the beginning of July KS3 NEST students visited the library for three of their Maths classes with teacher Mr McCann. They have done three sessions chosen from a library lesson menu.

One of the lessons was on Maths and Poetry. You can find more ideas and Maths poems here <https://ypn.poetrysociety.org.uk/workshop/making-poetry-from-maths-science-the-third-summer-challenge/>

The Hospital School



The Wild Escape Art project:

The QE school room worked with The Painted Hall at The Old Royal Naval College on **The Wild Escape which was a major creative project run by the Art Fund for museums and schools across the country.**

The project invited school children to find a favourite animal in their local museum or gallery collections and create an artwork imagining its journey to a natural habitat.

The beautiful Painted Hall surfaces are covered in striking images depicting 200 figures including kings, queens and mythological creatures.

All the animals and mythical creatures we focused on are found in the Painted Hall .

Children drew inspiration for their artwork from the wildlife in The Painted Hall art work.



Butterflies:

As part of our summer mini beasts unit of work and as an extension of the forest school we had a butterfly garden in the school room.

The sense of wonder and excitement was felt by everyone on the ward and we loved watching the metamorphosis of the butterflies.

The butterflies were released into the garden to encourage mini-beast wild life in our garden.

Supported Internship at QEH

The Supported Internship has come to an end for the first Cohort from Newhaven School and DFN Search that placed ASD young people 17 and over at the Queen Elizabeth Hospital in Greenwich. All students had the opportunity to undertake three work placements and receive dedicated support from a teacher (Sonia Singh) and various job coaches provided by Unity Works. It's been a busy year but the students have made wonderful progress - they now go on to secure jobs over the coming months.

In the classroom interns have been working on their presentations for the upcoming Family Curriculum Day. I have taken snippets from each of them that can give an overall picture of their Supported Internship journey:

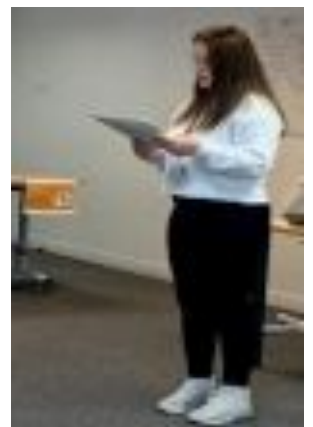
Israel "The word that I would use to sum up my DfN Supported Internship journey is marvellous. My overall experience of this course has been positive because I have gained transferable skills on my three rotations. I think that I am now closer to reaching my goal of getting a full time employment. I have started to apply for jobs in warehousing and portering".

Jared "Since starting this programme I have learnt how to:

1. Become more confident by interacting with the other interns and when I was going for the MP role.
2. act more professional within the world of work and act appropriately
3. Adapt to different working environments whilst switching rotations
4. Deal with my mental health issues by taking time out and speaking to someone
5. Adjust my everyday sleep pattern so that I could have enough energy to do my jobs efficiently"

Morgan "Over the course of the Supported Internship Programme I have had three different rotations and I have contributed to each department by:

- 1 HR when I first started in HR I photocopied and printed papers for the Open Day which really helped Isi and the team as there was a deadline. The work I did helped the day to be a success.
- 2 ER/ Library When In ER I was creating the cases and sending emails for Aruna, this helped her meet her weekly target
- 3 Education centre- The Education Centre is currently very short staffed and so I helped with that by always asking for more work to do so that I can help out my colleagues - I can come and talk to her"



Susie "Things that I have struggled with over the year have been:

1 Being confident – at the start of the programme I was shy to talk to new people. I overcame this by speaking to new people and practising my presentation skills in the classroom; the more I did it the more confident and comfortable I felt.

2 applying for jobs – at first I struggled with how to get on to websites and attach my CV but I overcame this by remembering all of the steps that job coaches had told me"

Kelly "Now that I am nearing the end of my Supported Internship I would say that I am most grateful for the support from Sonia and the job coaches who have helped me throughout my internship. The work that we have done in the classroom working on pitches and presentations has helped me during my candidacy for MP and I am pleased to say I was elected".

Lindsey "Now that I am nearing the end of my Supported Internship I would say that I am most grateful for the team in the kitchen who have been very friendly and supportive".

Sylcia "The word that I would use to sum up my DfN Supported Internship journey is great.

I have been supported outside of the classroom by my tutor; she would come and help me out with whatever I needed, if it's my appointment for universal credit or something that had happened outside of the workplace I know that I can come and talk to her



It's Graduation Time

On Friday the 14th July it was a pleasure to see all of our wonderful interns graduate from the programme. It was a super lavish affair at Woolwich Town Hall and everyone deserved the praise heaped on them.

Here's to your next stage in your career. Well done. You will be missed



Finally congratulations to Kelly for becoming **the local MP for Advocacy** for the Royal Borough of Greenwich Council

Outreach



Outreach

We are extremely proud of everything Outreach students have achieved this year.

Academically students have acquired:

- Maths qualifications: 3 x Entry Level 2
- English qualifications: 2 x Entry Level 2 and 1 x Entry Level 3

Students are currently working towards GCSEs in Maths and Art as well as Extended Project Qualifications.

A number of talented students are working on vocational learning by attending Shooters Hill College and Animal Days Out.

One very skilled student has achieved several distinctions in their construction course at Flower Skills and has used their new expertise to revamp their garden, creating a fantastic space for their family.



Wheel of Independence-Independent Living Skills

Over the course of the year we have had 7 students engage with our Independent Living Skills curriculum – the Wheel of Independence. Students have learnt travel training skills; been for relaxing walks to feed squirrels and birds; gone shopping, to the cinema and out to eat. Others have been on a family holiday and attended weddings and family BBQ's; they've gone on bike rides, mucked out and walked horses, visited museums and art galleries. Students have also worked hard at developing their time management, money skills, meal preparation, self-care and housekeeping skills.

Exciting News!

The Outreach provision will be expanding next year to include 10 additional students as well as new staff members to support the growing provision.

Watch this space for future updates!



Transitions and Beginnings

There are a number of big changes for some of our students. One student left us to transition to a secondary school in Abbey Wood; another student will be leaving us to transition to Kings Park in September while another student will be moving on to start their adult life. We are extremely proud of all they have achieved. We have three new students that are joining us between now and September - we look forward to getting to know them.



Summer Self Care



Hello everyone, it's Rekha here. The school clinical psychologist. I wanted to support the school community to have a safe and settled summer. The summer holidays offer an opportunity to rest and recharge, but some young people may find themselves struggling without the structure and support network of school. It is also important for parents and staff to look after their mental wellbeing over the holidays, so I hope some of the tips here can help you too.

Self-care is all about what you can do to help yourself feel good enough. Everyone's method of self-care is different. Here's a link to 90 different self-care strategies that you can try

<https://www.annafreud.org/on-my-mind/self-care/>

It's worth creating a self-care plan that you can use over the summer which can be adapted weekly or monthly. Breaking it down into the four categories (physical, emotional, social and practical) will help you to see which ones work best and at what times of the day or week. Here's some examples of self-care strategies that are in 4 different categories:

Physical Activities

- Eat Healthy
- Get enough sleep and rest
- Relaxation techniques
- Time away from your phone/ipad
- Exercise for 30mins
- Dance

Social Activities

- Talk to your friends online or find an online support group
- Create a music playlist with your friends
- Join a local youth group/centre

Emotional Activities

- Be around supportive friends and family
- Be kind to yourself
- Write 3 good things that you did each day
- Talk to a friend about how you are coping

Practical Activities

- Organise your day
- Try and get showered and dressed each morning
- Set some goals for the future
- Learn a language
- Learn a new skill

Where can I find support?

If the self-care is not working well and if you need help right now, if possible, try and talk to a parent or carer, or a trusted adult. If you can book a GP appointment, then that would help too. If you are under a local CAMHS service then it is good if you can speak with your CAMHS clinician on 0203 260 5211 or 0203 260 5200.

If you don't feel able to talk to someone you know, then you can try organisations that offer 24-hour support by text, email or phone:

- Childline – 0800 1111
- Samaritans – 116 123
- AFC crisis messenger service– text 85258



Where to turn to when we are not around

There are also lots of organisations that help with different problems that you might be facing. Here's just a few that might help you or someone in your family:

The Mix: call 0808 808 4994 / [email](#) / [online chat](#))

The Mix are there to help you take on any challenge you're facing – from mental health to money, from homelessness to finding a job, from break-ups to drugs. The Mix is for anyone under 25 living in any part of the UK. Their confidential helpline and webchat service are open from 11am to 11pm, 7 days a week, and are both free to contact.

HOPElineUK: call 0800 068 41 41 / text 07786 209697 / email pat@papyrus-uk.org

HOPElineUK is a confidential support and advice service for young people under the age of 35 across the UK who may be having thoughts of suicide, or anyone concerned that a young person may be having thoughts of suicide. HOPElineUK is open 10am-10pm weekdays, 2pm-10pm weekends, and 2pm-10pm Bank Holidays. All calls and emails to HOPElineUK are free, and you will be charged at your usual rate for text messages.

SANeline: call 0300 304 7000

SANeline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone over 16 affected by mental illness, including family, friends and carers. They are open every day of the year from 4.30pm to 10.30pm. Calls cost no more than calls to 01 and 02 numbers and are included in inclusive and free minutes on mobiles.

Nightline:

Nightline is a university student listening service which is open at night and run by students for students. Every night of term, trained student volunteers answer calls, emails, instant messages, texts and talk in person to their fellow university students about anything that's troubling them. To find out whether your institution is covered by a Nightline, go to their ['find your Nightline'](#) page.

C.A.L.L.: call 0800 132 737 / [text 81066](#)

The C.A.L.L. helpline offers a confidential emotional support and information about mental health and related matters to people living in Wales. Anyone concerned about their own mental health or that of a relative or friend can access the service, though if you are under 16 they ask that you get your parent or carer's permission before contacting them. The C.A.L.L. helpline is open 24 hours a day, 7 days a week.

Switchboard: call 0300 330 0630 / [online chat](#) / email chris@switchboard.lgbt

Switchboard is a confidential LGBT+ helpline there to listen and support you with anything that you want to talk about. All of their volunteers self-define as LGBT+ and they are trans-friendly and nonbinary-friendly. Switchboard are open 10am to 10pm every day of the year. Calls cost no more than calls to 01 and 02 numbers and are included in inclusive and free minutes on mobiles.

Shelter: call 0808 800 4444 / [online chat](#)

[Visit the Shelter website \(England\)](#) / [Visit the Shelter website \(Scotland\)](#)

Shelter help anyone in the UK with housing issues or homelessness by offering advice, support and legal services. They have a special emergency helpline for anyone who is (or might soon be) homeless, at risk of harm or feeling very overwhelmed by their housing situation. The Shelter phone helpline is open 8am-8pm on weekdays and 9am-5pm at weekends, 365 days a year, and is free to call.

FRANK: call 0808 16 89 111 / text 82111 / [online chat](#) /[email](#)

FRANK offers friendly, confidential support and advice to anyone concerned about drugs, including alcohol and legal highs. The FRANK phone helpline is open 24 hours a day, 365 days a year.

BEAT: call 0808 801 0677 (helpline) or 0808 801 0711 (youthline) or 0808 801 0811 (studentline) / [online chat](#) /[email](#) (18+) / [email](#) (under 18) / [email](#) (students)

Beat provides support to help young people beat their eating disorders. The BEAT phone helplines are open 365 days a year from 9am – 8pm during the week, and 4pm – 8pm on weekends and bank holidays.

Victim Support: call 0800 123 6600 / [online chat](#)

Victim Support are an independent charity which helps people feel safer and find strength to move beyond crime. The support offered is free, confidential and tailored to your needs. Victim Support's SupportLine operates 24/7.

NHS 111/NHS 24: call 111

[Visit the NHS 111 website \(England and parts of Wales\)](#) / [Visit the NHS 24 website \(Scotland\)](#)

If you live in England, Scotland or parts of Wales you can call NHS 111/NHS 24 when you have health or medical issue but it is not an immediate emergency. The service can give you self-care advice, connect you to a nurse, emergency dentist or doctor, book you a face-to-face appointment, send an ambulance directly (if necessary) or direct you to a local service that might be able to help you.

The NHS 111/NHS 24 service is staffed 24 hours a day, 7 days a week by a team of fully trained advisers, and calls to the number are free.

You should always call 999 when it is an emergency, such as when a crime is happening, when there is danger to life or when violence is being used or threatened.

Police 101: call 101

101 is the number to call when you want to contact your local police in England, Wales, Scotland or Northern Ireland when it's less urgent than a 999 call. You might call 101 if your property has been damaged or stolen, you have information about a crime that has already happened, or you become aware of suspicious behaviour in your neighbourhood.

101 is available 24 hours a day, 7 days a week. Calls to 101 cost 15p per call, no matter what time of day you call, or how long you are on the phone, and the system will identify your location so it can direct you to your local police force.

You should always call 999 when it is an emergency, such as when a crime is happening, when there is danger to life or when violence is being used or threatened.

Stay Safe
And
See You in September



NEWHAVEN SCHOOL
TRUST | RESTORE | ACHIEVE