Summer 1 Newsletter



Headteacher's Message

Dear Parents and Carers,

It has been another busy, action packed half term, full of fantastic learning experiences and opportunities for our children and young people.

As headteacher I have been so proud of how our children and young people have handled all the changes and challenges around transitions in the last six weeks. Their resilience and adaptability has been amazing to see. Whilst transitions are tricky for some of our children and young people, they have made the most of every chance to grow and achieve. It has been wonderful to see children adapting to new peers, new staff and new learning environments.

I know I say this often, but we are very fortunate to have such talented, creative and skilled staff who work tirelessly for the good of the school. With that being said, I want to take this opportunity to pay tribute to the incredible staff who are leaving us to go to their new venture at Futures (16+ provision) which we tied in with the timing of the children's class transitions. The Team, which includes Nicola, Nicky, Sarah H and Ruth, have all undertaken so much work which has helped to move Educate U move forward. They have forged strong relationships with our children and young people and our staff team and will all be sorely missed.

It was so lovely to see our proud, excited and happy young people finish the end of term on a high with the leavers trip today. Despite problems with the Hummer that was originally booked, we managed an upgrade to a party bus, complete with smoke machine, lights and music. Once the children were safely on-board with ear defenders, the children were able to be bussed off in style! Reports from staff on their return this afternoon was that all children loved the trip and had a fantastic time. We hope these memories last forever. As we lined the road to wave our young people off, there were lots of proud faces (and a few misty eyes) from the staff and families who attended today. Thank you to all who made it.

Have a lovely half term break.

Sarah Paoletti

Staffing

New Staff

We have larger than usual staffing changes this half term. Four team members are moving to 'Futures' after May half term Futures is the Post 16 Alternative Provision which will be based along on Chapel Road. The team will still support students when requested until the official registration of the Alternative Provision, but to support consistency for children and young people ready for September we have had a recruitment drive so that staffing is consistent.



Welcome to Noa!

Noa is an experienced Teaching Assistant and joined us from a previous SEN setting. She is already a firm favourite with our young people in Mike's class, where she will remain after May half term.



Welcome to Josie!

Josie joined us as a Teaching Assistant in Primary and the children have already formed strong connections with the children in Primary.



Welcome to Charlotte!

Charlotte joins as a Teaching Assistant after May half term and will be based in Martha's classroom. Charlotte has a trauma informed background and we are excited for her to join us.

Welcome to Elle!

Elle joins us as a Teaching Assistant in Primary after May half term. With a background in Education, we are sure that Elle will be a huge asset to Primary.

Goodbye

Taylor bids us farewell and will be missed by staff and students. We wish her well with her next endeavours.

Movement

Staff moving to 'Futures' after May half term (Post 16 Alternative Provision):

Nicola, Sarah H, Ruth, and Nicky.

Transition

At Educate U, we manage our transitions a bit differently than other schools that begin their academic year in September. We began ours after Easter and eased into it. In the past, some of our children and young people really struggled with the sudden shift from school in July to back-to-school in September. This caused a lot of anxiety at home and at school, leading to lower attendance figures and high anxiety in September. Plus, many of our students are neurodiverse, and dealing with change and the unknown was tricky for them. So, we decided to make the transition more gradual.

After Easter, the kids stayed in their regular classes except on Thursdays. We called these 'Transition Thursdays.' On those days, they spent time with their new teacher and classmates, doing activities together. They got to choose their seating and worked on projects as a new class. This time was all about nurturing connections and getting into new routines, while the rest of the week stayed the same.

Thursday transitions have gone remarkably well. The majority of our children and young people coped well with the changes. They adapted smoothly to their new classes, forming strong bonds with their teachers and classmates. Attendance remained high, and the anxiety levels decreased significantly compared to previous years. It was a successful implementation that has positively impacted the students' overall well-being and academic performance.

To help us with future years' transitions, if you would like to feedback your parent/carer views using this form then this will help improve the process even more.

https://forms.office.com/e/i6MHucz5xg

Upcoming Trips

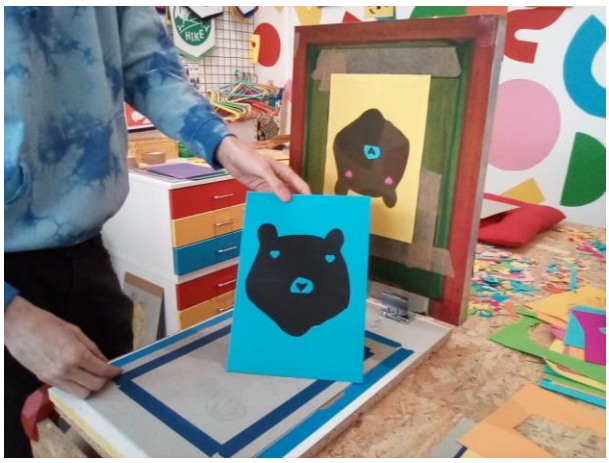
We are excited to announce we will be returning to both Lodge Hill Activity Centre at Pulborough in July and PGL Activity centre at Eastbourne in October. Previous trips to both venues have been hugely successful with children immersing themselves in a host of team building and adventurous activities. Whilst spaces will be limited, our school vision is that every child in our school will have the opportunity during their primary and secondary phase to attend at least one residential experience. Further details will follow soon.





Curriculum Trip - Hello Dodo

As part of our Music & Fashion topic, the students took a visit to local printing shop "Hello DoDo" where they were each able to design and screen print their own t-shirt. The students were able to learn about ethical fashion as well as what goes into running a small business, and they have created some amazing t-shirts! We are so proud of all the students who attended and loved watching their creativity during the design process. Well done everyone!






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LADS



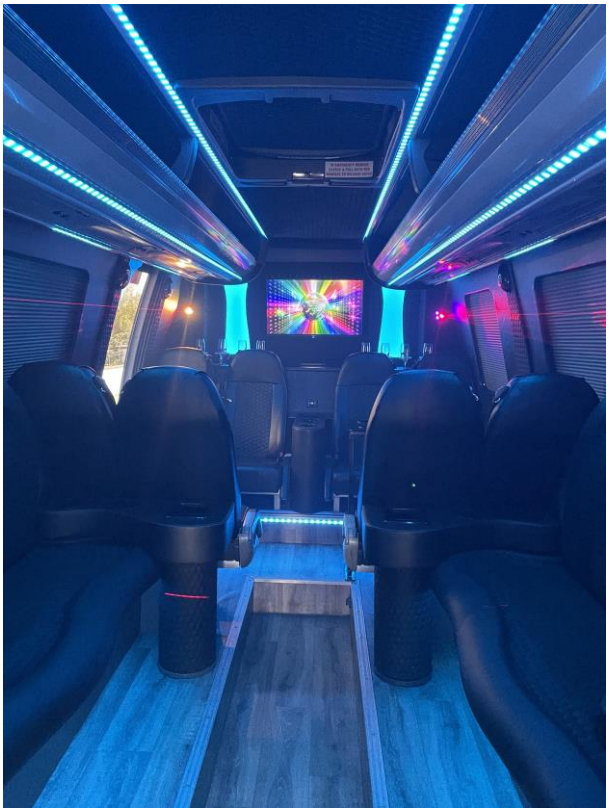


Year 11 Leavers

What an end to the term! From start to finish we had happy students all day. The party bus arrived to take our leavers and their friends in style to Brighton. The whole school came out to wave our

students farewell and wish them a great day. The Escape Room was a challenge but with great determination the students worked well as a team and managed to escape! The Lazor Zone proved to be fun with staff and students having a great time. The party bus took everyone back to school in high spirits , what an experience had by all!







Educate U Futures: Your Future; Our Guidance

Careers Event with Northbrook College

We are excited to share the wonderful experience our pupils had during the recent careers event hosted by Zoe from Northbrook College. This event brought together students from various year groups to explore their future educational and career opportunities. These sessions aimed to provide our students with a comprehensive understanding of the different pathways available after they complete Year 11.

The event introduced students to a variety of educational pathways:

• BTECs: Vocational courses that combine practical learning with coursework .

• T Levels: Innovative new qualifications that blend classroom education with significant industry placements.

• Apprenticeships: These offer a unique opportunity to earn a salary while gaining hands-on experience and a formal qualification.

Northbrook College offers an impressive range of courses across fields such as Motor Vehicle, Sport, Travel & Tourism, Cabin Crew, Trades, Hair & Beauty, Performing Arts, Catering & Hospitality, Childcare, Health & Social Care, and more. This diversity ensures that every student can find a course that aligns with their interests and career aspirations.

Our students were also guided on how to choose the right course and college for their future. They learned to consider their preferred style of learning and assessment, their career goals, and the supportive environment of the college. Zoe stressed the importance of feeling comfortable and supported in their chosen institution.

Additionally, the event highlighted the extensive support available to students, including extra help when needed, career advice, financial assistance, and a strong commitment to equality and diversity. Students were also informed about the exciting extracurricular activities offered, including trips within the UK and abroad.

We encourage our students and their families to start thinking about their future educational choices. Exploring college websites, attending open events, and asking questions are great steps to take. If you need help or advice in regard to your child's future, do not hesitate to contact mike@educateu.co.uk for a more in-depth discussion about the available options and also, keep an eye on your email to keep updated with our Futures Afternoons coming up during your child's time with us at Educate U.

JCQ Inspection Feedback

JCQ CIC

Joint Council for Qualifications

On Tuesday 23rd April, Educate U had a 'Readiness Inspection' from JCQ (the awarding body for exams) to see how ready we are as a centre for the upcoming GCSE examinations. We are super pleased to say that we were deemed 'fully' ready to deal with all aspects of the examination process!

Visit from Worthing Borough Counsellor Beccy Cooper



In May, we welcomed visit from Labour counsellor, Dr Beccy Cooper. Beccy is based opposite Educate U in the town hall but had not yet had the opportunity to connect with us.

The timing of her visit couldn't have been more opportune, as it provided an ideal platform for us to share insights into our operations, challenges, and aspirations as a school. Likewise, it offered Dr. Cooper valuable first hand knowledge of the needs and priorities of local community and businesses and she was able to discuss developments in the local Worthing area.

After a tour of Educate U, Beccy Cooper left very impressed with both our student and staff team, and later went on to pay tribute to us on her social media platforms:

“Amazing educational establishment offers placements to young people who have ASC (autism spectrum condition), ADHD (attention deficit hyperactivity disorder), high anxiety, attachment and trauma needs.”

“I was so impressed by the dedication and passion of all the staff members that I met - a fantastic, caring, positive place! ”

School Council



Another huge success with the whole school coming together for lunch, organised by the student council. Once again, every child was very happy with their chosen food option of either macaroni cheese or pizza and of course the sweet dessert! These events are always a cherished moment to have the school together, from primary to secondary all having fun. Due to one of our student councillors leaving us it was a massive privilege for him to help us cook one last time.

Lastly, in our last meeting a member of our team mentioned making the cabin a more accessible place for all children to use. We are very happy to announce that we have been given permission to go ahead and can’t wait to show it off once it is done. In the meantime, our members will be busy designing and building new things!

Therapy House

A big hello to you all from the team at Therapy House.



It's been another full half-term and the vibe this term from the house has been to embrace the creativity! Allowing a space for creativity can increase positive emotions which helps to manage and understand our more challenging feelings and anxiety. There is evidence that shows being creative improves the function of our immune system so creativity is a great bridge between our mental well-being and our physical health. Plus, it can be fun!



Using imagery to initiate conversation begins at the entrance doorway. One of our students created images of rainbows and flowers, not only were they beautiful but they also resonated with us and our belief in what EducateU and Therapy House can offer. The idea that a rainbow which is full of light, and colour can appear after there has been some rain is a wonderful metaphor for offering and experiencing hope. A flower, given the right environment will always flourish, as part of the therapeutic provision at Educate U we are proud to involved with helping all who walk through our doors, to be heard and to thrive.

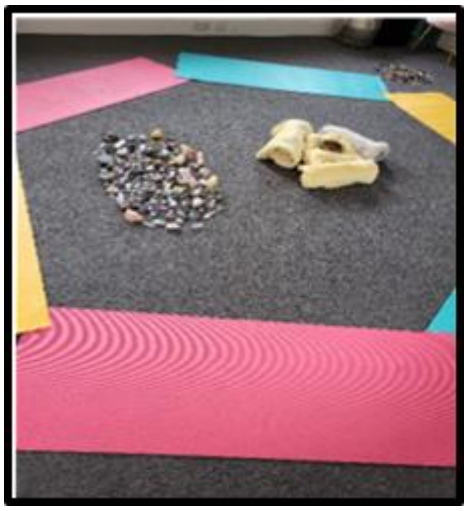




Here we give permission to just let go, to be in the moment and experience ways of relating without having to worry about finding the right words. Creativity offers no expectation, no right or wrong and our therapists are right beside the child, connecting with them and listening to what is being communicated. When we can feel safe, we can feel able to be authentic and share those big feelings, in whatever way feels best for us.



Sometimes our creativity can be too big for one session and the images progress through the weeks. One of our students gave me permission to share their work in the newsletter and it's such an honour to do so. Here is just the start of this creation's journey and Therapy House is curious to see how this journey develops.



We love to play at Therapy House, whether we are connecting via a game or finding ourselves fully immersed in a child's imagination we understand the important of play for students. Students of all ages can build relationships by using play. We have many different play resources available to the children, all our therapeutic play sessions are child led meaning we get a privileged invite into their internal world.

Yoga

Connection doesn't always have to mean using words, in fact at Therapy House we embrace different ways to connect which are unique to each person. There is evidence showing that Yoga helps to

improve the Vagus Nerve which is a key nerve in stress resilience. Strengthening the Vagal Tone helps our brains cope with social anxiety, helping us to regulate enough to experience a safe connection with others. The greater your vagal tone, the greater your perceived sense of felt connection. Group Yoga involves a synchronicity with others and it's that group movement and connection which helps to release those happy hormones from the brain allowing us to feel that we belong, that we are connected. Our yoga teacher Vicki invites the children to experience this unique way of connecting to self in a fun, playful way that is accessible to all.

We as a team we are so connected that often we turn up dressed almost identically!!



IEP Day

We hope that the changes we made to our IEP days were successful and thank you to parents and carers who fed back on the day. We aimed to give parents better access to resources and their child's progress. Each classroom had a space for parents to review their child's work, and we provided printed Earwig chronology. The hall was lively with refreshments and short presentations, ensuring access to key staff. We were thrilled to see so many parents mingling with our team, including our senior leadership team, our team from Therapy House, our SENCO Georgina Spoor, our Senior Mental Health lead, Mark Brown, our ELSAs and Youth Workers and other key staff members. Thank you for joining us and allowing us to share insights into your child's progress. It was a success, and we're eager to do it again! We are hoping that we can further improve access and provision by inviting our Early Help link worker for face to face introductions, so watch this space. Our next IEP day is 18th July 2024.

Changes to Stay and Play

Stay and Play sessions are an enjoyable and valuable experience for children and young people where through play they can reconnect, discover, explore and socialise. Children and young people who attend Educate U can keep much needed connections with both staff and the school building itself to reduce their anxiety about returning, particularly helpful after long breaks such as summer break. Sessions times are around 3.5 hours. As parents and carers, we encourage to attend and you are welcome to bring your other children. Snacks and drinks will available to all children in this time. Parents and carers are required to stay with their children, but the activities will be run by the team. There is an 'on the day' payment of £5 per family group (however large).

Stay and play sessions were previously offered to families and children in the Christmas holiday, in the Easter break and throughout the summer break. However, as only the summer break is having large enough numbers for us to facilitate with staff, we will be offering Stay and Play sessions throughout the summer break only from this point. Upcoming Stay and Play dates will be emailed to you and communicated in the next newsletter.

Futures Afternoon (*Year 9s into Year 10*)

We are delighted to share the highlights of our recent Year 9 Futures Afternoon, an inspiring event designed to guide our students towards making informed choices about their future education and career paths. The session provided invaluable insights into the various pathways available to our young learners.

Staff ran through details about the functional skills and GCSE Maths and English pathways and how these apply to post-16 courses that are available after year 11. We also spoke about ASDAN courses and how these project-based learning topics help our students gain a certification that is recognised in the wider world and teacher our young people excellent life skills. Our SENDCO was on hand to talk about access arrangements which was very valuable to ensure that all students get the specific aid needed. Our bespoke curriculum offer was explained to help students and parents/carers decide on what the academic journey looks like with us at Educate U in relation to other academic and vocational courses.

We thank all parents who attended and look forward to the second session after half term. If you have any questions around futures or you believe you may be able to help us with regard to work experience, please do not hesitate to contact mike@educateu.co.uk for details of how to get involved.

The Year 8s into Year 9 Futures Afternoon will be held on **Wed 12th June 2024**

Embracing Growth in Nature at Forest School



This half term, we've been fortunate with the weather, which has had a very positive impact on our Forest School days. Our students have thrived in the natural setting, exploring new things, developing new skills, and enhancing the knowledge they already possess.

It's been wonderful to watch our students engage both individually and in group activities. Every child who has attended has shown significant growth emotionally, socially, mentally, and in their overall knowledge. A focus has been observing the majority of our students making their own mallets, a hands-on activity that not only teaches practical skills but also boosts their confidence and sense of achievement using the tools required safely.

In addition to these creative projects, our students have learned to orientate maps to better understand their surroundings, developing spatial awareness and problem-solving skills. Team games have brought plenty of fun and friendship, while mindfulness walks have offered a peaceful alternative for those seeking moments of calm.

We're also excited to share the continued success of our Yoga sessions in the woods, which have been a favourite among particular students. Recently, we've introduced reflexology in the woods, and it's already proving to be a real success. These sessions have provided students with additional ways to relax and connect with nature, further supporting their overall well-being.

The key relationships between staff and students have played a crucial role in this growth. These strong bonds, combined with the calming influence of nature, continue to provide a stress-free environment where students can regulate themselves more effectively and feel secure. This supportive atmosphere has enabled our students to grow more quickly and confidently.

We look forward to continuing our Forest School adventures and witnessing even more remarkable progress in our students as they grow and learn in while immersed in nature.

Ticks and Forest School

We are so fortunate to have the Forest school land that we do. The site is incredible, and since last year pathways and access into the site has been improved; partly to avoid ticks. However we are in nature and to help avoid ticks, please be advised that long trousers in preferably light colours will allow any ticks to be spotted and brushed off. Our staff will check all children before they leave the site.

You may wish to use insect repellent containing DEET to reduce ticks. Please see links below for more information on tick awareness.

UK Health Security Agency

Enjoy the outdoors but **'be tick aware'**



'Be tick aware' to avoid tick bites and know how to take action if you or your family get bitten by ticks



Tick sizes compared to a one penny coin

What are ticks?

Ticks are small, spider-like creatures that feed on the blood of animals, including people. The size of a tick can vary, with a larva being as small as a tiny freckle, and fully fed females similar in size to a baked bean.

Where do you find ticks?

Ticks survive in many habitats, but prefer moist areas with leaf litter or longer grass, like in woodland, grassland, moorland, heathland and some urban parks and gardens. Ticks don't fly or jump. They wait on vegetation for a host to pass by, and then climb on. They bite and attach to the skin and feed on blood for several days, before dropping off. Ticks are found throughout the year, but are most active between spring and autumn.

Main health risks

- ticks can sometimes transmit microbes that may cause human diseases such as Lyme disease and tick-borne encephalitis (TBE), though TBE is rare in the UK. It is important to be tick aware and see your GP promptly for diagnosis and treatment if you recognise the symptoms of tick-borne diseases which can include:
  - a flu-like illness, fatigue and muscle and joint pain
  - a characteristic expanding red rash, known as erythema migrans (present in many but not all cases)
  - persistent headache, confusion or sensitivity to bright light
- you may not always remember being bitten by a tick, so if you have spent time outdoors and develop any of these symptoms, seek advice from your GP or dial NHS 111
- Lyme disease can be treated with a course of antibiotics. Without treatment, more serious conditions can develop such as swelling in some joints or problems with the nerves and heart, so prevention and early detection are key
- rarely ticks transmit tick-borne encephalitis (TBE), however the risk in the UK is very low. Symptoms include flu-like illness, persistent headache, confusion and sensitivity to bright light

Avoiding ticks

- walk on clearly defined paths to avoid brushing against vegetation
- wear light-coloured clothes so ticks can be spotted and brushed off
- use repellents such as DEET
- carry out a tick check

Carry out a tick check

Make it a habit to check your clothes and body regularly for ticks when outdoors and again when you get home. Check your children and pets as well.

Areas that ticks may frequently be found include skin folds, armpits, groin, waistband area, back of the neck and hairline. Data from UKHSA's Tick Surveillance Scheme shows that adults are commonly bitten on the legs, whilst children are commonly bitten on the head or neck area. It is important to remember, however, that bites can occur on any part of the body and more than one tick can be attached at one time.

If you have been bitten

- remove ticks as soon as possible
- the safest way to remove a tick is to use a pair of **fine-tipped** tweezers or a tick removal tool
- grasp the tick as close to the skin as possible
- pull upwards slowly and firmly, as mouthparts left in the skin can cause a local infection
- clean the bite area with antibacterial wash/soap and water, and monitor it for several weeks for any changes
- contact your GP promptly if you begin to feel unwell with flu-like symptoms or develop a spreading circular red rash. Remember to tell them you were bitten by a tick or have recently spent time outdoors

Tick removal with tweezers



Tick in the environment



Tick attached to skin



Lyme disease bullseye rash



Tick found under hair



Key tick awareness messages

- '**be tick aware**' and remember that you could be exposed to ticks whenever you spend time outdoors, including when in your garden or the local park
- ticks mainly attach to animals, but sometimes they may bite you or your family. It is important to remember that bites can occur on any part of the body and more than one tick can be attached at a time
- you can reduce the chance of tick bites by walking on clearly defined paths, using insect repellent and performing **regular tick checks**
- some tick bites can result in infection, so it is important to remove ticks safely and as quickly as possible
- the safest way to remove a tick is by using a pair of **fine-tipped** tweezers or a tick removal tool
- if you begin to feel unwell with flu-like symptoms, or develop a spreading circular rash (which usually appears within 1 to 4 weeks after being bitten), **contact your GP or dial NHS 111 promptly**

More information

For more information, search for the phrases 'ticks' and 'Lyme disease' on these websites: www.nhs.uk www.gov.uk

www.gov.uk/government/collections/lyme-disease-guidance-data-and-analysis

www.nhs.uk/conditions/lyme-disease/

www.nhs.uk/conditions/tick-borne-encephalitis/

You can also send any ticks you find to our Tick Surveillance Scheme. Visit www.gov.uk/guidance/tick-surveillance-scheme to find out more.

NICE Lyme guidance: www.nice.org.uk/guidance/ng95

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Corporate member of Plain English Campaign
Committed to clearer communication
339

UKHSA supports the Sustainable Development Goals

SUSTAINABLE DEVELOPMENT GOALS

Wellbeing

Mental health awareness week was 13-19th May – this year's focus was about finding our #momentsformovement. At Educate U we are aware of the need for movement throughout our school day; movement helps us when we feel stuck in times of overwhelm and with our sensory regulation. During Mental Health Awareness Week the goal was to name the importance of movement in our active sessions – and for the staff and students to notice changes before and after physical exercise, whilst at the same time, bringing language around emotions to describe these changes.

Continuing on from this week; the need for movement is always there to support our emotional wellbeing. With this in mind, let us see if we can all find our #momentsformovement.

Sunny Weather



Fingers crossed that we will see some sunshine over the next few weeks. If sunshine is forecast (even if it is cloudy first thing in the morning) please remember the following:

•An application of 8-hour sun cream to all exposed body parts – particularly faces and neck

•A water bottle filled with fresh drinking water

•A sun hat/cap.

We will keep classrooms well ventilated and keep our children and young people hydrated in school.

Upcoming: Summer Fayre



Roll up, Roll up!

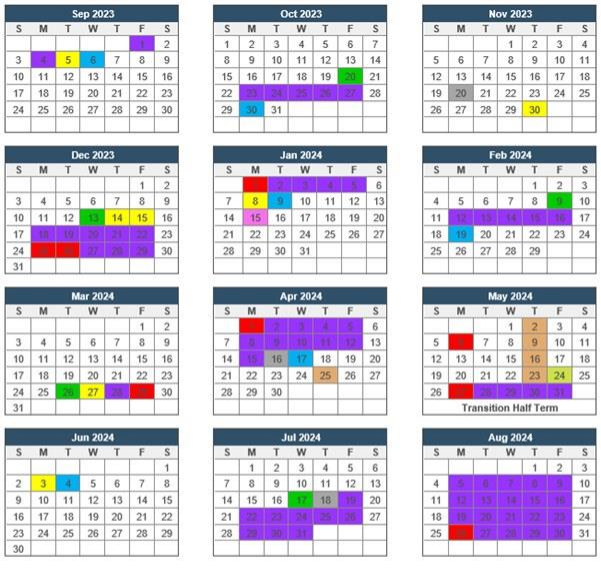
Join us for a day of fun and festivities at the Educate U Summer Fayre! There's something for everyone, so bring your family to enjoy a fantastic school event.

Lots of hard work has been happening behind the scenes to make this a great occasion. We will be having hot dogs, burger's, ice-cream, and lollies. Also, we will be selling so many beautiful crafts which have all been hand made by staff and students. Furthermore we have got some fun games for the everyone to enjoy: Wet the teacher, hook a duck, face painting and many more. Please keep a date in your diary **July 12th 3:15 -4:15**! Raffle Tickets are now on sale £1 per strip and prizes include: Craft hamper, Beach hamper, beauty hamper, 6 squish mallows, water gun and many more exciting prizes! Not forgetting having a tombola with over 80 gifts to win! We hope you can join us make memories in the sun at Educate U.

SEN Events



2023-24 School Calendar



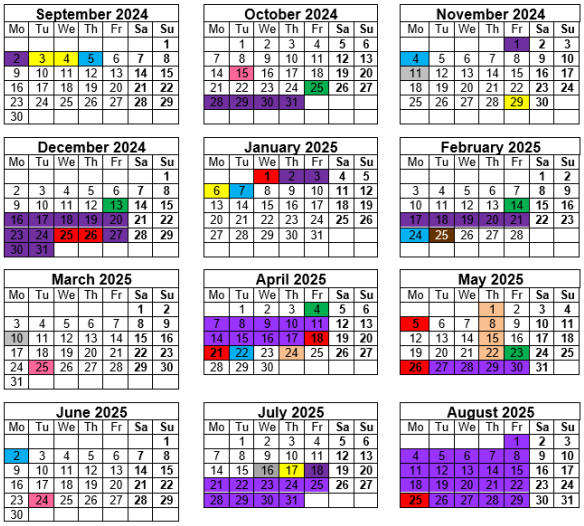
Educate U Term Dates:

Autumn Term: 6th September 2023 – 13th December 2023

Spring Term: January 9th 2024 – March 26th 2024

Summer Term: 17th April 2024 – 17th July 2024

2024-25 School Calendar



September 2024

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November 2024

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March 2025

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April 2025

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May 2025

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June 2025

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July 2025

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August 2025

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- INSET Days
- Open Days
- School Holidays
- Bank Holidays
- Start of Term
- End of Term
- IEP Days
- Transition Thursdays
- Yr 9 Futures Day

Educate U Term Dates:

Autumn Term: 2nd September 2024 - 13th December 2024

Spring Term: 6th January 2025 - 4th March 2025

Summer Term: 21st April 2025 - 17th July 2025