Percy Hedley School's

Whole School Blog

News, Stars - *OT Week! Remembrance Day with Beth and What's CLANG?*

– from John & the PHS Team

Friday 13th November,

Hello everyone

It's OT Week. Have a look at these before anything else! And if you want to know more about OT, scroll to the foot of the blog – or get in touch with our OTs!

OT Week is great! Not everyone could get the pictures and stories they wanted to this week because of the IT outage that we had (annoying!) and I couldn't post it at the usual time, but there's still a lot here to enjoy, and hopefully some things that mean something to you. We'll also start to get you our dates for the end of term soon – Eileen has already got some – as we start the run-up to Christmas

Hope the outages didn't affect you too much, and that you're OK. Thanks for your support. Do enjoy this blog, Eileen's or Lizzie's – don't miss the articles on Online Safety - or anything else on the website and wider Foundation one

Cheers and all the best

John S

☺ *from John & the PHS Team* ☺

OUR SCHOOL VALUES:

Respect,

Teamwork

& Resilience

HOW THE CURRICULUM WORKS & WHAT'S IMPORTANT TO US:

3 Super-Steering Groups deliver our Key Drivers through our curriculum.

The Key Drivers are Communication, Wellbeing and Independence

The Groups are Literacy, Physical Development & Personal Development

Celebrating OT week at Percy Hedley School!

This week we have been celebrating OT week!



This year's theme is ' **Participation Changes Everything!**'Students have participated in different activities including baking and crafts as part of our celebrations.













What matters to our students?

Students have shared what activities are important to them on postcards and posted them in our OT Post box!



We can't wait to see hear what matters to YOU!

Thank you for celebrating OT with us!

From our Attendance Team – this is last week's data

The latest data from the Attendance Team

147 PUPILS	23/10/26
Current Week	**89.18%**
Year to date	**89.66%**
PA – attendance 50-90%, current week	14.86%
PA – attendance 50-90%, average	21.62%
SPA – attendance 0 - 50%, current week	6.76%
SPA – attendance 0 - 50%, average	4.05%
Unauthorised absences	1.64%
Unauthorised absences average	1.33%

School Council News

"We meet every two weeks & discuss all sorts of important projects. We listen to what the students want & try our best to make this happen"

The Student Council make a difference in our school!

It's great to have such a good School Council, and they make a real difference to our school!

This really fits in with our ethos and the vibe of the school too. Thanks to them!



Kayden, a brilliant school council member

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Last week, the student council were busy selling poppies for Remembrance Day. Also, we are supporting with Children In Need activities this week, including selling raffle tickets and face painting

We are also looking for projects for this year and are gathering some ideas, including improving the outside area and some trips or visitors for the whole school to enjoy

Literacy

Becky, our Literacy Specialist Lead, leads a team that improve all aspects of literacy, including writing, oracy, reading, phonics, books & the library! Let's catch up with the latest

GO ALL IN. National Year of Reading 2026

NON-FICTION NOVEMBER



You may remember we mentioned our celebration of all things Non Fiction this November, as we join in with the national campaign from the Federation of Children's Book Groups. This week we wanted to remind you of the resources you have access to at home using our subscription to online library Pickatale.

All students have access to Pickatale, so if you aren't sure of your child or young person's log in please speak to their class team (and if they have a reading record book that comes home, the log in will be stuck on the inside!)

Pickatale is an e-book library but many books also have a read along feature that will turn it into an audiobook too. Some books have animation and some have quizzes so students can test themselves on what they've learned.

There are so many topics available, but have a look at some of our favourites below including Ripley's Believe It or Not series, Nitrocircus (all about stunts!) and a very wide range of biographies.







Malala Yousafzai | Tony Hawk | Megan Rapinoe | Lin-Manuel Miranda | Ruth Bader Ginsburg



We'll be continuing to celebrate Non Fiction all through November so if your child or young person has a favourite Non Fiction book at home they are very welcome to bring it in to share, or just tell their team about!

Becky Finn

Happy Reading!



Physical Development

Everything that is in the world of physical development, including physio, hydro, MOVE, PE, HI, VI, OT & other key areas for us, including Outdoor Learning & many other aspects. Steph oversees this & it's always a priority! This time Vicky has a message

BUILDING HEALTHY HABITS

When thinking about building healthy habits there are three key factors regarding our health that can make a massive difference!!

Food

Looking at what we eat not only supports our physical health and development but also our mental health. Some top tips when looking at what to eat are

Eat a Rainbow - try to have as many different colours as possible on your plate

Get the whole family involved in food prep, this can make trying new foods more exciting or interesting

No pressure- Have a new food on a separate plate for everyone to explore but with no pressure of eating

Drinking

Making sure we get enough to drink each day is important and is often overlooked when the weather gets colder. Hydration is key to good concentration, digestion, constipation support, temperature regulation and general health

Keep a familiar bottle within reach

Encourage regular drinks throughout the day

Sleep

Sleep is often overlooked when considering healthy development with the main focus being food and hydration. Sleep is vital for positive physical development of all bodily systems. To support good sleep a routine is recommended where possible. Some ways this could be implemented are

Keep the routine consistent

Try a relaxing activity before bed

Reduce screen time for an hour before bed

Create a comfortable environment

Use visual routines



Personal Development & Wellbeing

One of the best things about the school and one of the most important for our pupils, PDW covers PSHE, Careers, Social Moral Spiritual & Cultural Issues, Online Safety, Behaviour, Wellbeing & similar areas. Jo pulls it all together. Let's hear from Louise F about the event this week

Jo Ferguson
Personal Development Lead
j.ferguson@percyhedley.org.uk

Thank you for your continued support. By working together, we can help our young people develop the confidence, resilience and independence they need to achieve their full potential

If you have any questions or would like more information, please feel free to contact me at **j.ferguson@percyhedley.org.uk**, or speak to your child's class teacher



Wellbeing!

Connect, Keep Learning, Be Active, Take Notice, Give

Wellbeing is a Key Driver at PHS. This year we've increased both the size of the team and the space they have for the children. Let's hear about the latest exciting things that are going on there



This week in our 5 Ways to Wellbeing groups

The *Connect* group played a game of Bingo and made a mind map, with connections that linked every student together, either by something in common or a shared interest

The *Learn* group learnt how to play the Star Wars theme tune on a keyboard and how to say 'hello' and 'goodbye' in 8 different languages

The *Active* group went for a walk in the local area, some students enjoyed racing across the field, while others appreciated having a 'walk and a talk' with a friend

The *Notice* group did some progressive muscle relaxation exercises and mindful breathing. This supports relaxation, regulation, managing stress and releasing serotonin (The Mood Hormone)

The *Give* group took part in a random act of kindness activity; they made delicious juice and offered it to staff and students. The group enjoyed the interactions with staff and students and were rewarded with the feeling of gratitude

You can remember the 5 ways to well-being by using the acronym, CLANG.
Connect. Learn. Active. Notice. Give



PE

PE is great here and very important for a lot of the students – in fact all sorts of movement. They've already made a great start to the year, so let's see what Nathan & Richard have for us!



Boccia Success at Gateshead Leisure Centre



This week, Alessia, Teddy and Abi enjoyed a fantastic day out at Gateshead Leisure Centre, where they represented school in a Smile Through Sport Boccia Tournament against students from other schools



The trio were brilliant throughout the event, showing great teamwork, determination and sportsmanship. They played exceptionally well and were delighted to win several of their games against strong competition. Their hard work and positive attitudes were rewarded with medals and certificates, which they were very proud to receive



After the tournament, the group met up with Lucas and enjoyed a short stroll around Saltwell Park, taking in the fresh air and beautiful surroundings before heading back to school



Well done to the group for being such fantastic ambassadors for our school. We are incredibly proud of their achievements and the enthusiasm they showed throughout the day! 🎉👏🎉



What a great day!



The Marvellous Early Years Blossoms!

We have a great Early Years class, The Blossoms, with a great area to learn & play in. Kate shares with us each week what they've been doing! Hope you enjoy the words and pictures



This week, we introduced our ELS sessions. We began our sessions by warming up our mouths, using feathers to practise blowing. Everyone had a go and we were very good at making our feathers move! We were then introduced to the sound 's'. We learnt an action to help us remember the sound and enjoyed listening to a song about 's' together. We also played 'What's in the Box?', taking turns to choose an object beginning with our new sound. Some of us have also been practising matching the letter 's' and searching for it hidden around our classroom



We also introduced a new nursery rhyme, 'Zoom, Zoom, Zoom, We're Going to the Moon!'. Everyone had their own rocket and joined in with the countdown. When we reached 10, we held our rockets down, ready for take-off. As we counted down to 0, we watched our rockets shoot up into the air!



In maths, we've been exploring the number 1. We practised making one beat on the drum, one clap and one stamp. We then had a go at finding and taking one item from a larger group of objects, including pom poms and trains



To finish off our busy week, we got creative by decorating yellow biscuits for Children in Need!





Therapy Star of the Week!

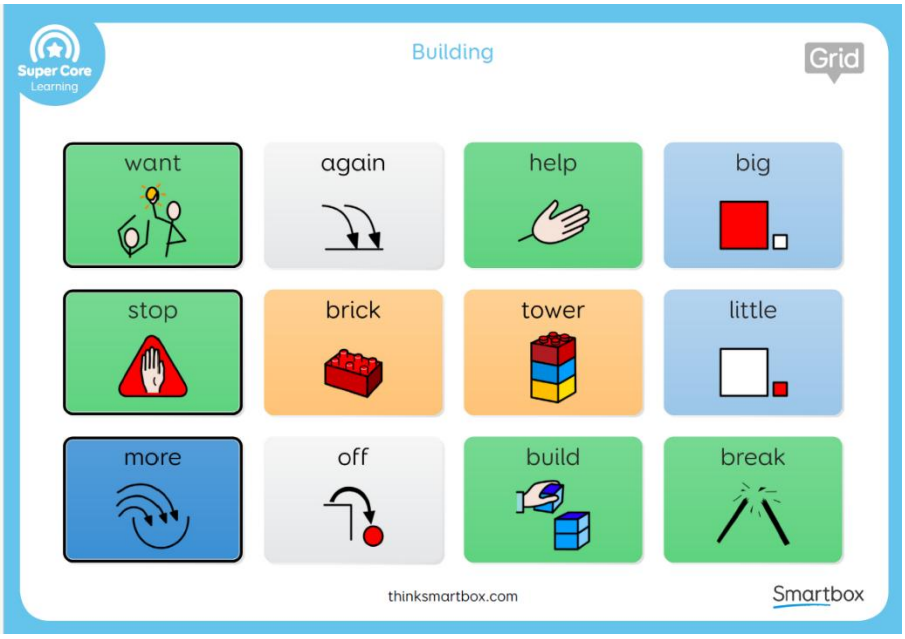
This week, with Rachel! Who is nominating.....

ALLI!

Communication!

Therapy Star of the Week is Alli, in Blossoms!

Alli loves to play with blocks and cups and has been working really hard on learning new words to make her requests more specific. We've been using a symbol board like the one below to help her expand her vocabulary, and she's been doing brilliantly!



Well done Alli! Therapy STAR!!!



Remembrance Day with Beth

This week, pupils in 4BE have been learning about Remembrance Day through activities in both Attention Box and Process Art

In Attention Box, pupils watched an adult create a handprint poppy before making one together as a group. They then worked individually to create a wreath on a paper plate and proudly showed their finished work to the rest of the class. In Process Art, pupils were encouraged to explore materials, colours and textures linked to Remembrance Day, creating their own unique artwork while developing their creativity and independence. Pupils explored red cellophane, noticing how it

changed when held up to the light, before using strips of it to decorate a poppy shape covered with sticky tape.

Attention Box aims to develop pupils' attention, listening and shared engagement skills through motivating and highly visual activities. Process Art aims to encourage creativity, exploration and self-expression by focusing on the experience of creating rather than the finished product





Lovely stuff with a great topic from Beth's class

Rich's Trips!

5RDRM Community Maths Learning at The Lock Café

Students in **5RDRM** have continued to develop their community access skills as part of our current maths topic

This week, the class visited **The Lock Café** at **North Shields Marina**, where students had the opportunity to practise important real-life maths and communication skills. They explored a menu, identified items they would like to order, and worked on recognising who they were sitting with and where they were seated within the café.

Everyone enjoyed choosing and ordering their own refreshments, with many students selecting hot drinks or a Coke while spending time with their friends and staff. The visit provided a fantastic opportunity to build confidence, independence and social skills in a real-world setting.

After their visit to the café, students enjoyed a short walk around **North Shields Marina**, where they spent time looking at the boats and taking in the sights along the waterfront before returning to school.

The students represented the school brilliantly and should be very proud of the excellent engagement, enthusiasm and independence they demonstrated throughout the visit. Well done, 5RDRM! 🚶🏾‍♂️🏾 ⛵ 😊





Rich & Rebecca's Crew in North Shields!

Gardening Club with Ben!



Or, Horticulture News, if you want to be posh! Anyway, great things are happening in this area of school!

Loving Horticulture News/Garden Club!

Nursing News!

The school is full of different teams working together for the good of the pupils, and we have a lot of different disciplines & types of people working here. It's really good that we have nurses & HCAs

Allergy Information – Important Reminder

To help us comply with Benedicts Law and ensure the safety and wellbeing of all pupils, we kindly ask that if your child has any allergies, you complete and return the allergy information letter recently sent home in their bag.

Please ensure you provide details of

Name

Date of Birth

What your child is allergic to.

-What reaction they may experience.

-Any treatment or medication required.

If you no longer have the letter, please email the School Nursing Team on PHSNurses@percyhedley.org.uk with this information.

Thank you for your support in helping us keep all our children safe.



Go Nurses!



Eating, Drinking & Swallowing, from Jennie



Across the world we use the same words to describe food and drinks that have been modified because someone has eating, drinking and swallowing difficulties. This means that we all understand each other and the food or drink is the same no matter where you go or who makes it.

The dysphagia trained Speech and Language Therapists carry out assessments to work out what the safest foods and drinks are for our students and our excellent kitchen team make the food to the right consistencies.

Each week we will explain what it all means, so we can work together to make sure we get it right for our students.



Drinks can come in a range of consistencies and get thicker the higher up the levels you go.

Level 0 thin flows like water

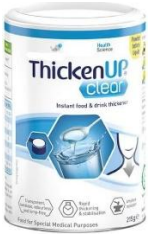
Level 1 is thicker than water and needs a bit more effort to drink

Level 2 flows off a spoon but needs more effort to drink

Level 3 can be drunk from a cup and will drip slowly through the prongs of a fork

Level 4 is taken from a spoon and sits on a fork

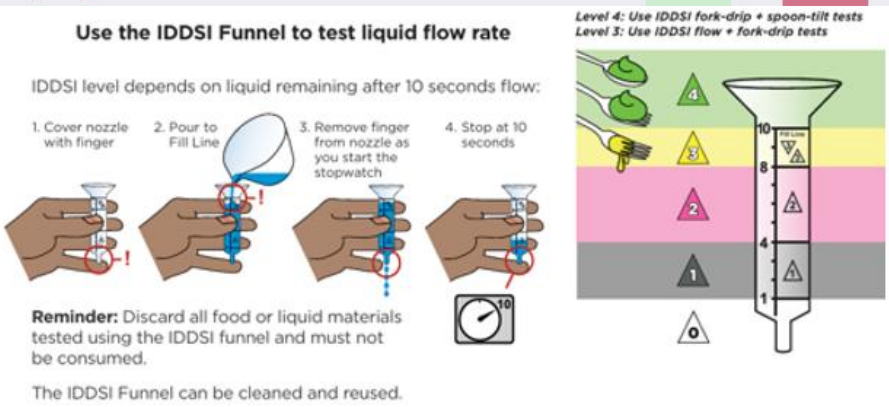
Drinks are usually thickened with a thickening powder provided by your GP. Most people use this one (but there are other makes available):



How do I know the drink is the right consistency?

Follow the mixing instructions on the thickener tin.

Use the IDDSI flow test (funnels can be provided by the SaLT team):



Any questions for the dysphagia SaLTs the email address is PHS.salt@percyhedley.org.uk

Behaviour for Learning (BfL)

Aylisha and Corin have developed the BfL Team and work on supporting our pupils all the time, in all situations. They've been joined by Nicola, Nat, Sarah & Andrea to make a really important team for the school

If you have any questions or queries please don't hesitate to contact the BfL Team

aylisha.holland@percyhedley.org.uk

c.orr@percyhedley.org.uk

Call: 0191 216 1811

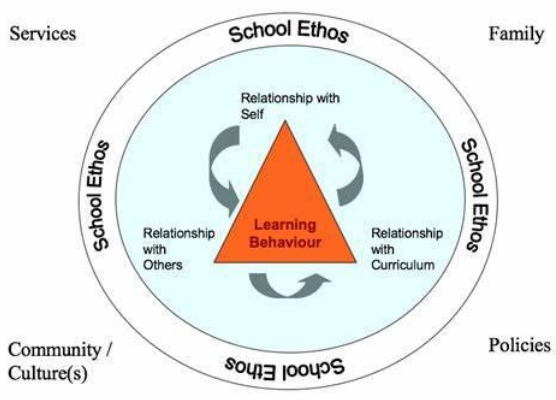


Figure 1: Behaviour for Learning conceptual framework

Preparation for Adulthood with Hannah

PfA is a priority for the us and always will be. Hannah & the PfA Team use this space to tell us what they've been working on, and it's always central to our mission



Your Voice Matters!

Last week, we explored the importance of student voice and the principle of "Nothing About Me Without Me." We discussed how understanding a young person's hopes, interests and aspirations helps to shape meaningful plans for the future. While the voice of the young person must remain at the heart of planning, there is another group whose contribution is equally important: their family.

Parents and carers know their children better than anyone else. You have seen their achievements, supported them through challenges and celebrated important milestones along the way. You know what motivates them, what brings them joy and what helps them to thrive. This knowledge provides valuable insight that can help schools and professionals understand the whole person, not just the pupil they see in the classroom.

Effective Preparation for Adulthood is built on strong partnerships between young people, families and professionals. When families share their aspirations and experiences, they help us create plans that are meaningful, realistic and ambitious. Together, we can develop a clearer picture of the future and identify the steps needed to move towards it.

Family perspectives are particularly important when thinking about the four areas of Preparation for Adulthood. You have valuable insights into your child's interests and talents that may influence future employment opportunities. They can help identify

priorities for developing independence, whether that involves personal care, communication, travel training or household skills. Families also play a key role in supporting community inclusion by encouraging friendships, social opportunities and participation in activities outside school. You are central to promoting their health and wellbeing and developing the habits and routines that will support them throughout adult life.

We know that thinking about the future can sometimes feel daunting. Aspirations may change over time, and plans may develop as young people grow and discover new interests. This is completely natural. The most important thing is that families feel able to share their hopes, ask questions and work alongside school staff to explore possibilities.

Person-centred planning works best when everyone contributes their knowledge and expertise. Young people bring their ideas, preferences and ambitions, but you bring their deep understanding and vision for the future and, of course, we bring our skills and experience. Together, these different perspectives help create the strongest foundation for successful adulthood.

Reflection Question

What is one strength, interest or personal quality that your child has which could help them achieve their future goals?

Taking time to recognise these strengths is a powerful starting point for planning the next steps on your child's journey towards adulthood.

If your child has an Annual Review coming up, please take time to fill in the parental contribution in as much detail as possible. It strengthens the case for your child's preferences to be taken into account, and helps us to help you plan for the future.

Here are some useful links you might find interesting:

Preparing for Adulthood Resources - Percy Hedley School

SEND code of practice: 0 to 25 years - GOV.UK

Preparing for Adulthood | NDTi

Supporting Planning & Writing Good PfA Outcomes | NDTi

Year 9 Annual Review Guide | NDTi

Preparing for adulthood | SENDIASS

SEND Code of Practice | Mencap

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Do visit the Parent Carer PfA Resource Page

Preparing for Adulthood Resources - Percy Hedley School

PfA Lead: Hannah Fuller Hannah.fuller@percyhedley.org.uk, Careers lead: Louise Finlay l.finlay@percyhedley.org.uk or Family Liaison Officer: Eileen Robinson e.robinson@percyhedley.org.uk



Mobile Phones in schools!

We've been working on a new policy to reflect what's going on in the country about this, and what the government is telling us. Please do have a read

Rebecca is happy to answer any questions about it at all. Reach Rebecca on r.fletcher@percyhedley.org.uk

Mobile Phones in School procedure

To maintain a safe, focused and supportive learning environment, all students must hand their mobile phones to a member of staff at the start of the school day. Phones will be stored securely and returned to students at the end of the school day.

The school recognises that many students rely on mobile phones for their journey to and from school. Students may therefore bring their phones to school for transport and travel purposes, but they must be handed in immediately upon arrival.

Exemptions and Reasonable Adjustments

The school acknowledges that some students may require access to a mobile device during the school day as part of their individual needs. Reasonable adjustments will be considered on a case-by-case basis and may include:

- Medical needs, such as the management of diabetes through mobile phone-linked monitoring systems.
- Communication needs identified within an EHCP or other support plan.
- Therapeutic interventions recommended by healthcare professionals or therapists.
- Activities that support Preparation for Adulthood outcomes, where mobile phone use has been identified as an appropriate tool to develop independence, travel training, communication skills or community access.

Any exemption must be agreed by the school in partnership with the student, parents/carers and relevant professionals. Arrangements will be reviewed regularly to ensure they remain appropriate and supportive of the student's needs.

Use of Phones Under an Agreed Exemption

Students with an approved exemption may only use their phone for the specific purpose agreed with parents/carers, a medical plan and the DSL. Where this is the case parents/carers will be invited into school to discuss the exemption and an individual contract will be in place to safeguard all pupils and staff. The school reserves the right to review, amend or withdraw arrangements where use is no longer appropriate or where there are safeguarding concerns.

Unauthorised Use

Students must not use mobile phones during the school day without prior authorisation. Unauthorised use, including photography, recording, messaging, social media access or gaming, may result in the phone being confiscated and further action being taken in line with the school's behaviour policy.

This approach reflects current Department for Education expectations that schools should be mobile phone-free environments by default, while making appropriate adjustments for pupils with SEND, disabilities or medical needs.



School Lunches







Children In Need!

Please find the menus here: School Meals – Percy Hedley School

Unless your child is in receipt of Free School Meals or Bursary, please ensure your iPay account is topped up before meals are taken. Thank you for your understanding & continued support in helping us to provide good quality, safe & nutritious meals for our children

If you have any questions or need support with your iPay account, please don't hesitate to contact the school office





Exams with Kat!

Welcome to all returning students and new students that joined new class teams.

With the new academic year under way, the exams team is starting the full year cycle once more. Updating details, preparing the years schedule of qualifications, and setting up support and information for teaching staff and students. Updated regulations have been circulated by JCQ (Joint Council of Qualifications) which will be available on the Percy Hedley website under the exams section

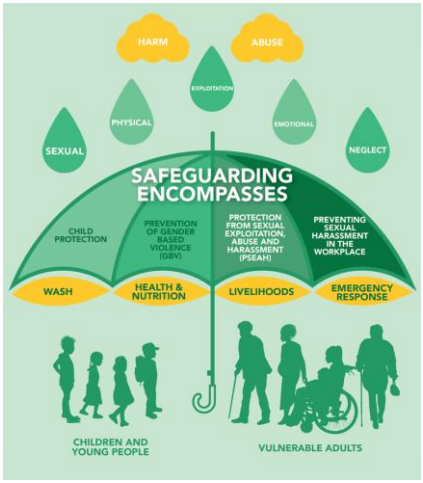


Safeguarding



Aylisha is our Safeguarding Officer, Rebecca is the DSL. Tracy and Corin round out a great DSL Team, with others like Carla, Lizzie & Vicky involved too in other aspects of safeguarding

As ever if there is anything that the DSL Team can help with, or if you have any queries or questions at all, then please don't hesitate to contact r.fletcher@percyhedley.org.uk or aylisha.holland@percyhedley.org.uk for anything like at all that you think is, or even may be, related to safeguarding



Safeguarding is a lot of different things!

Online Safety

Please do tell us what you feel would be helpful in the Online Safety blog, and the team will look into it. We know what a priority this is for many of you, so let's see what Lizzie is focusing on at the moment

Here is the online safety blog this week- Online Safety blogs - Percy Hedley School. It focuses on the rise in Online Grooming and advice for parents on signs to look out for!

If you would like support or advice about online safety, please don't hesitate to get in touch







No-Spray School

Just a reminder that we're a no-spray school. This means pupils & staff should not wear perfumes or aerosol body sprays, as these can cause serious allergic reactions, including anaphylaxis, for some members of our community. Roll-on deodorants & water-based sprays are fine to use. Thank you for your support in keeping our school a safe place for everyone.





Attendance!



Thank you for your support with attendance, an area of national scrutiny. Here's Kelly with an important reminder

*The school day begins promptly at **9:00am**. Any student arriving after this time will be marked as late unless there is a pre-arranged appointment and an absence form has been submitted in advance*

If you have any questions, please contact kelly.richardson@percyhedley.org.uk

Thank you, as always, for your continued support

<u>A brief reminder about how to contact the school for reporting an absence</u>

Parents & carers have a responsibility to notify the school if their child is going to be absent. Please note this is daily for each day the child is absent. This may be via

A note in the school diary if the absence is known in advance eg medical appointment

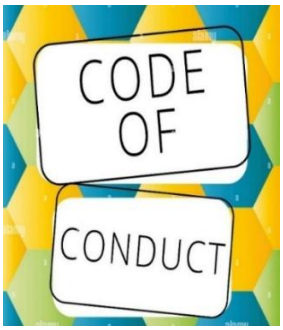
A telephone call to the school office before 9.30 on the first day of absence if the absence was unplanned, eg illness

Email to class teacher or *PHSattendance@percyhedley.org.uk.address* before 9:30 on the day of the absence

As always, any queries feel free to reach out to *kelly.richardson@percyhedley.org.uk*

Thanks for your support and partnership in this crucial area

Parent/Carer Code of Conduct



Our Parent/Carer Code of Conduct is on the website here: Parent and Carers Area – Percy Hedley School. Most schools have these, so please do have a read – they aren't used very often. Thanks for your support with it – generally but also in most things that arise every day

Friends of PHS – the FoPHS! FoPHS News!

A huge thank you to all the FoPHS for their time, commitment & support with projects, ideas & all sorts. You're such an important part of the school. All parents, carers & staff are members of the FoPHS by default. Benefits include insurance for events, links with their partners & training for parents, carers & staff. The meetings are half termly

We have dates set for the year! You will find this attached. Our next meeting is on Wednesday 2nd December from 9.45-10.45. Please join us if you can as we prepare for the magical Christmas events. I have been scouring local shops for decorations for our grotto as we expect Santa will be with us for a full day on Tuesday 15th December. I am somewhat lacking in creative skills and would greatly appreciate the support of parents/carers on Monday 14th December to make this even better than previous years.

As you know, we support the 3 MOVE events in school, and all are wonderful. However, Winter Wonderland has the edge I think, and I am offering parents/carers the opportunity to see it after a social coffee morning on Wednesday 16th December. This is a tour of the trail, and it is unlikely that your child will be there when you visit. The purpose is to enable communication with your child about it

IQ Christmas Cards

Not all students chose to design a card, but for those who did order forms have been sent home. Today is the deadline for orders to be delivered to school and I have sent a couple of reminders. You may still order after today, but there will be additional postage to pay. Thanks to those of you who have ordered already. Once they arrive in school I will send them home. We hope that you love them

SAVE THE DATE: SUMMER FAYRE 2027

We have a date set, and Saturday 26th June 2027 will be our biennial FoPHS Summer Fayre. We will soon start planning. If any of our parents/carers has experience in organising events, we would love to get you involved. Many hands make light work. It will take place in the Sports Hall and the area in front of school reception from 11-14.00. The summer fayre is popular with our families. We rely heavily on our parents and families to make this a huge success. Can you help? Have you got some great ideas? Can you donate items for the tombolas? Can someone in your family volunteer their time to man a stall? Does any parent/carer

work for a company that offers match funding? If your answer to any of the above is yes, or even maybe please contact me. Let's make this bigger and better!

Why don't you join! The Fabulous Friends are always looking for volunteers for events! If you can offer any support, please contact Eileen at e.robinson@percyhedley.org.uk



Leading Parent Partnership Award (LPPA) – with Tracy and the Team!

LPPA Leading Parent Partnership Award 2024-2027

Leading Parent Partnership Award (LPPA) Questionnaire

Dear Families

We would like to thank parents and families for taking the time to complete the questionnaire which was sent out on 7th October. We would like to extend the completion date to Friday13th November

As mentioned in the blog before half term, responses may be submitted anonymously, however, if you choose to include your child's name this would help us to identify specific areas of school where further improvements or support may be beneficial

Thank you in advance for your time and support. Your feedback is invaluable and plays an important role in helping us continue to strengthen our partnership with families

Find the form here

Enjoy your weekend

Tracy and the LPPA Team

t.smithson@percyhedley.org.uk

Please get in touch with Tracy and she will be happy to respond to any queries, suggestions about the LPPA and other issues for parents



AND NOW...



STARS OF THE WEEK!

THAT REFLECT OUR SCHOOL VALUES!



PRE-FORMAL – CHERRY STAR!

Amelie!

Teamwork!

A huge well done to Amelie, our Star of the Pathway in Cherry Pre-Formal Pathway, for her fantastic teamwork and determination in developing her physical access to learning, particularly through her walking in MATP PE sensory sessions and throughout the school day



Well done, Amelie – STAR!!!

SEMI-FORMAL PATHWAY – DAMSON STAR

Joshua!

Resilience!



Joshua has really impressed everyone in class this week with his growing independence. He has worked incredibly hard during his *My Creativity* sessions,

showing determination and confidence as he independently created a collage. Joshua should be very proud of his achievements this week

Well done, Joshua!!! Great work!!! STAR!!!



Makaton Signs of the Week with Julie!

Every Sunday Julie prepares a message for the whole school on Makaton signs that are current and relevant to the time of year. We reproduce that here so that you can do the same thing at home if that suits you – or just for you to learn a few signs each week. Hope it works for you! Here's Julie

Makaton signs of the week 9th November

Children in Need Friday 13th November

By the side of every child- BBC Children in Need



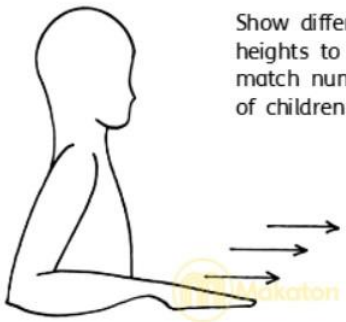
This year's theme is Challenge Yourself

A few useful signs for Children in Need day:
Children, help, to try, different and clothes (for dressing up or wearing relaxed clothes for school on the day), yellow and bear.

No video this week but please ask if you're not sure how to produce the signs.



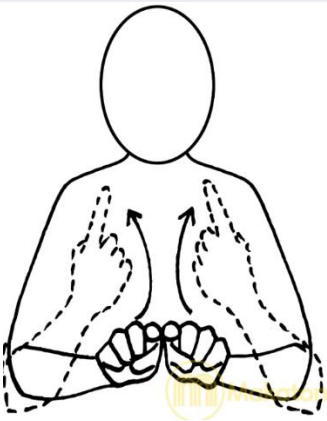
to try



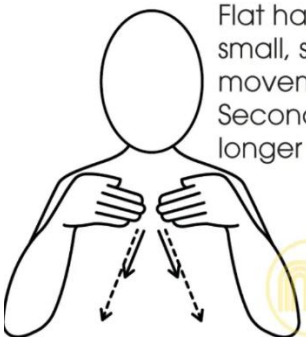
children



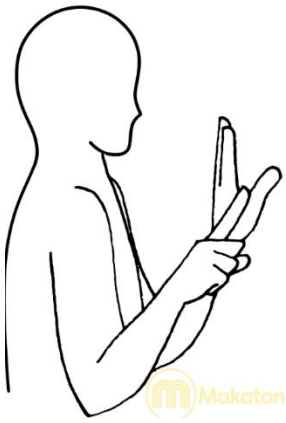
help



different



clothes



yellow

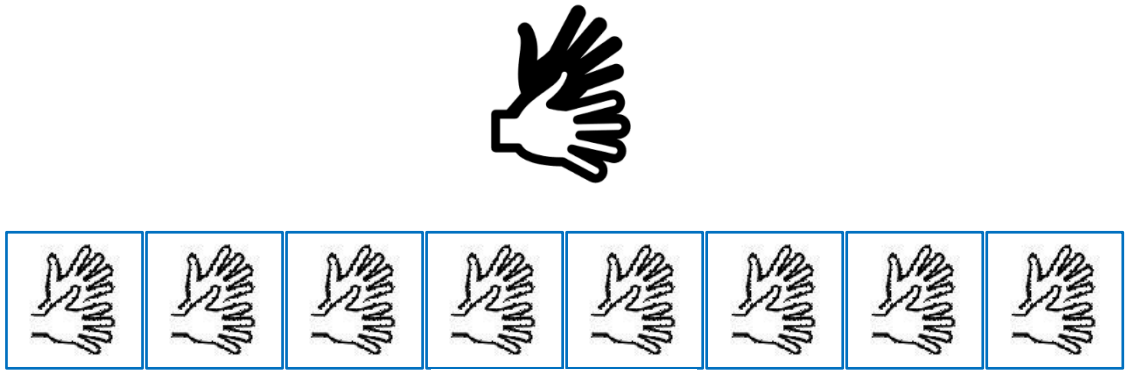


bear

Have a great day 😊

Keep signing!

Julie



And finally.....

More on OT Week!

What is Occupational Therapy?

In OT, an 'occupation' is anything we want to do, need to do or love to do – from getting dressed to playing football.

Here are some examples of different occupations

Want to do

- Make a choice
- Explore new things
- Explore sensory objects and environments
- Explore outdoors
- Learning to drive.
- Getting a job or work experience.
- Going to college or university.
- Learning to cook independently.
- Going shopping with friends.
- Travelling independently on a bus or train.
- Going on holiday.
- Learning to play a musical instrument.
- Joining a sports club.
- Moving into independent living.
- Learning to manage money.
- Developing a new skill or hobby.

Need to do

- Eat and drink
- Feel comfortable
- Communicate
- Have time to relax
- Washing, showering and personal hygiene.
- Getting dressed.
- Preparing and eating meals.
- Taking medication.
- Cleaning and maintaining our home.
- Washing and putting away laundry.
- Using and managing money.
- Attending appointments.
- Getting to school, college or work.
- Shopping for essential items.
- Maintaining a healthy sleep routine.
- Managing personal safety in the community.
- Looking after pets.
- Managing time and daily routines.

Love to do

- Play with bubbles
- Visit the sensory room
- Listen to music
- Enjoy sensory stories
- Explore textures
- Be around familiar people
- Spending time with friends and family.
- Playing video games.
- Listening to music.
- Dancing or singing.
- Going swimming.
- Playing football or other sports.
- Arts, crafts and creative activities.
- Gardening.
- Walking the dog.
- Going to concerts or events.
- Watching videos or films.
- Baking.
- Going to the gym.
- Exploring new places.
- Spending time outdoors.

.....from John & the Team here at PHS

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Our Key Drivers

Communication, Wellbeing, Independence

