



# The Parkside School

learn grow thrive

Autumn Term Christmas Newsletter 2023 Number 266



## A Message from Mrs Ellis-Gage

I want to start by saying thank you so much for all the support you have shown us in this very long half term! It has, as always, been a busy one with Children in Need, Discos, Parents evening and of course our magical Christmas activities, including trips to the Polar Express, Santa's Grotto and having a pantomime in school.



We have been thrilled with the support we have received for our OPAL play project, with a new sandpit, mud kitchen, stage, huts and water wall all being built on a Saturday morning. We could not do these things without the support of our community, thank you.

Parkside is also very proud to have gained its National School Games Bronze award this term. Thank you Mr Mills for your help with this.

I wish you all a wonderful break and look forward to sharing our next half term adventures with your wonderful children who are back in school from January 4th.



# BUILD day at Parkside



**PLAYTIMES WITH OPAL** We have been busy this half term developing our playgrounds so the pupils can have the opportunity to play in as many of the 16 different play types as they can.

As our Head Teacher said, we had a great team of parents/carers, staff, staff family members, businesses and even a local resident to build some structures on a cold Saturday morning in November.

A special thanks has to go to Ronnie's Dad who brought 30 pallets, 4 huge cable reels, scaffold planks and has created new signs for the different zones on the playgrounds.

Also thanks to Jess Pearson's (Jellyfish class Teacher) husband who brought all the materials and workers with him to create a wonderful water-play wall.

**Thank you so much PHPS Pearson Harris Property Solutions**

## Continued ... Outdoor Play and Learning Update (OPAL)

The children and young people at Parkside have been busy digging in the sand pit, making dens, creating gourmet food in the mud kitchen, dancing on the new stage and climbing pallet structures on the playground.

We want the pupils to enjoy this all year round so please make sure to send in wellies, waterproof trousers and jackets for your child to make full use of their playtimes.

Don't forget to write their names in these too!

### Want to come and join in the fun too?

You may be jealous of all the fun that your child is having during playtimes but don't worry, we have some dates for you to come along too! You will have the opportunity to play on the equipment during the family learning afternoons:

**Junior Family Learning: Wednesday 31st January**

**Sensory Family Learning: Wednesday 7th February**

**Senior Family Learning: Wednesday 14th February**

**More information to follow ...**



## Trips and Visits



The purpose of our trips at Parkside are to Provide pupils with Spiritual, Moral, Social and Cultural experiences in order to support engagement in society and to support their aspirations.

So far we have had 230 total visits this term, including a residential trip for Pathways pupils.

These have included a vast range from farm visits and sports competitions to learning independence on public transport and navigating around the city, art galleries and museums to name just a few.



## A Plea for Hammocks!!

We are all very excited by all the new things being introduced to playtimes at Parkside and the pupils seem to be really embracing all that is on offer.

The next thing we hope to create is a space for hammocks as swinging is known for it's therapeutic benefits. It can help children to relax, ease their anxiety and calm their minds. Swinging can also help children with their balance and coordination.



**If you have any redundant hammocks that you would like to find a loving home for, please do consider sending them in to us, they would be very well received!**

This winter,  
join us for **FREE**  
family events



WINTER SWAN  
BIRD MARSIPES

A new space for nature and people in our city



- Learn about winter birds
- Make homes for sparrows
  - Hunt for treasure
  - Feed the birds
  - Look at the stars

Take your pick, tell your friends and book  
via the QR code, or through our website:  
[norfolkwildlifetrust.org.uk/whats-on](http://norfolkwildlifetrust.org.uk/whats-on)



Use QR code  
to find out  
more online



Help inspire a love of nature  
in the next generation

If you are looking for activities over the winter months, **Norfolk Wildlife Trust** have some free and fun activities on offer for families to enjoy.

Scan the QR code for more information.

## P.E. at Parkside

### Lessons

This term we have been focussing on Dance and Gymnastics. As part of this we have linked up with No Limits Dance who have taught some of our Maple, Octopus and Jellyfish girls. This is part of the PE offer where links to outside clubs is embedded within the curriculum.

<https://www.nolimits-norfolk.co.uk/>



Our Sport Leaders have had completed their final assessment lesson and are close to finishing their Sport Leaders Level 1 qualification. Their recent session saw them teach Dolphin class Goal ball, Tri-Golf and Frisbee Golf



Rowan Class have just finished their Fitness unit of work and it was their turn to visit Wymondham Leisure Centre. This is again, part of creating links to the local community and a chance for pupils to see what they can do after Parkside both for pleasure and careers.

### Extra Curricular

Continuing on from last half term, Seahorse have not finished developing their cricket skills with Norfolk Cricket coaches at the Sports Park, UEA. We are very thankful for this free opportunity to be taught by knowledgeable coaches.

Little Riders have been continuing to help our pupils become more independent on their bicycles through 1-1 tuition. This is something we do all year round as long as there is the need. Please let Iain Mills know if your child would like to learn to ride a bicycle to increase their physical activity and independence at home.

<https://www.littleridersuk.co.uk/>



## P.E News Continued ...

**Football** saw 3 teams from Parkside take on other Norfolk SEND Schools in U16 and U12 5 a side games at the FDC in Bowthorpe. This was run by the Norfolk FA and was a fantastic day out. The Parkside teams were young compared to the other teams but never shied away from a tackle and always shook hands at the end of the game. They showed great determination and perseverance for which all staff were very proud of them for.



We also took 2 U16 **Basketball** teams to the Sportspark for a tournament against other SEND Norfolk Schools. The staff were so impressed with the pupils sportsmanship, behaviour and respect for the other teams. Other Schools even commented on their attitude whether they won or lost a game. It was a tough competition but yet again, Parkside pupils never gave up and put in 100% effort throughout.



Claire from Hoopstars also came into School to train our teams for a few weeks prior to the tournament. This is a SEND friendly basketball club which some of our pupils attend: <https://www.norfolkhoopstars.com/>

Dolphin class attended the **Dance** Festival where they learned a dance to perform to other SEND Schools in Norfolk. The pupils put in a lot of effort training for the festivals and put on a great show. **Well done to all of you.**

## P.E News Continued ...

Horse Riding has now come to a close for this year for Shark and Crocodiles. They have loved the experience and enjoyed a special Christmas session on their last visit.

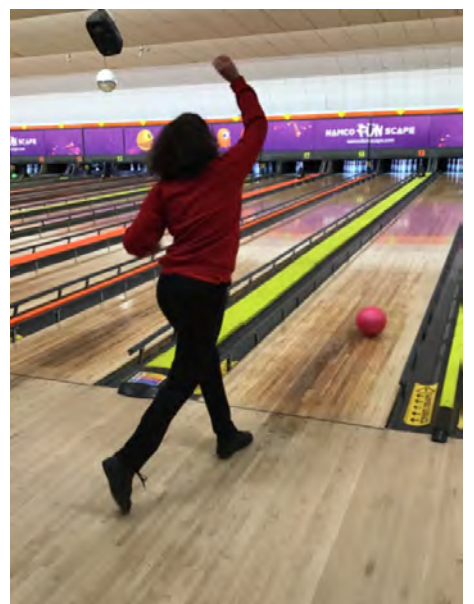
Buffalo class have now had the turn of swimming at Harford Manor School pool. This pool is a hydrotherapy pool so much warmer as well as having a sensory light experience as well. Parkside then allow Harford Manor pupils to use our larger pool for their more able swimmers.

Sycamore, Maple, Holly, Octopus, Rowan and Seahorse had a fantastic time on 23rd November when we had a Team Rubicon coach come to our School to teach our pupils skateboarding. Since the visit, we have introduced some skateboards onto the playground.



## SEND Schools Sport Competition events

Seahorse class have enjoyed going bowling at Namco in Bowthorpe. Approximately 12 Norfolk SEND Schools took over the centre which was thoroughly enjoyed by all.



## A BIG THANKS this term goes to ...

**Dulux Decorator Centre** for generously donating outdoor paint to brighten up the equipment in the playground, making it a more pleasant environment for the pupils to enjoy.



**Travis Perkins** who very kindly supplied us with pipes and guttering to help make some of the water play areas, as part of our new OPAL initiative in the playground.



### **BSS** Pipeline and Heating Solutions

BSS also generously donated pipes for us to use to make the new water play equipment for the pupils to enjoy.



Pipeline & Heating Solutions

### The **Parkside** School Community

Thanks so much to all the parents and carers that came out in the cold to volunteer on our BUILD day. The pupils are really enjoying playing with all the new additions which is wonderful.



Thanks to **Radio Norfolk** and their listeners, we have managed to raise £1240 through Crowd Funding which means that Father Christmas will be able to visit Parkside again this year in his Grotto. We have been overwhelmed by people's generosity and are so grateful for every penny that has been donated to this very worthy cause.





# Class News



In Lion Class this half term, we have enjoyed learning about lots of different celebrations from around the world. We have created lots of artwork inspired by the different celebrations. We have also had lots of fun in Science where each week we have carried out a different experiment linking to our celebration of the week.

In Literacy, we have been looking at the story *The Best Diwali Ever* and learning all about the Diwali festival. We were inspired by the story to create our own fantastic stories about our favourite celebrations.

Lion Class have also continued with 'Lion Fresh' this half term and have been going to the shops to pick up ingredients for staff to make different recipes.

**Lion Class have had a brilliant half term and we are all very proud of them!**



This half term, Holly class have been participating in a range of science experiences based on different celebrations. We have been making predictions, observing and making conclusions based on what we have seen. Our experiences have involved vibrations, dissolving and chemical reactions. **A brilliant term, well done!**





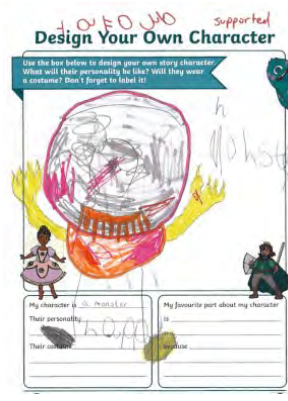
This half term in Octopus Class we have enjoyed learning about lots of different celebrations around the world. We have created lots of artwork inspired by these festivals and celebrations, such as making Hanukkah Menorah candles, Diwali lanterns and firework paintings.



We have also taken part in some special events in school which have kept us very busy. We particularly loved 'No Pens Day' to raise awareness for Speech and Language needs. It was strange to have a whole day of school with no writing. We made pasta salad in food tech, explored shapes and patterns in maths and visited the school library in the afternoon. **A Wonderful term Octopus!**



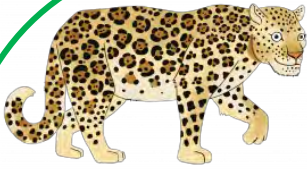
This is just some of the incredible work that Dolphin class have completed recently. They've been very creative when designing their own villains and writing about them in Literacy.



Sharks have also been getting ready for Christmas by decorating our very small class tree, as well as making their own Christmas trees in art!



**A great term, well done Sharks!**



**Leopard class had a wonderful half term learning all about our whole school topic of Festivals and Celebrations.**

We have learnt all about Diwali with our Talk4Writing book *The Greatest Diwali Ever* by Sonali Shah; enjoying fireworks, dancing and making beautiful diya lamps. We also looked at the traditions seen at Halloween, bonfire night, Hanukkah, Advent and, this week, Christmas! We have emptied pumpkins, created firework pictures, hand printed Menorahs and used figurines to retell the story of the Nativity.

In PE, Leopard class have enjoyed using the sensory circuits as well as developing their gymnastic skills. They have been demonstrating excellent balancing, dismounting, working up high and down low.

The class loved going to see the *Beauty and the Beast* pantomime and watching other classes perform the Nativity to the rest of the school, well done!

**Have a wonderful break and we will see you in January!**





Shark Class worked hard this half term to coordinate an effort to decorate our very own Parkside tree at the Rotary Club Charity Christmas Tree Festival. All the pupils planned out what we would need to decorate the tree, made posters, and visited every class in school to ask for donations. They took care to collect all the decorations, and on Tuesday 5th December we travelled into the city to St Peter Mancroft Church and decorated the tree.



Everyone worked really hard to make this event possible, and the

Parkside School Christmas Tree was on display at the festival from Tuesday 5th - Tuesday 12th December. The pupils enjoyed learning about the celebration of Christmas and festivals that



surround it from lots of different religions, such as Diwali and Hanukkah. We found that lots of celebrations at this time of year revolve around light, so we worked hard to make both the Christmas tree and our classroom full of beautiful light displays.

**A wonderful group effort Sharks!**

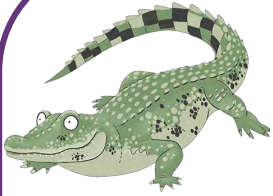


Rhino have been busy learning about festivals this half term.

As part of our talk for writing work we have learnt about Diwali and enjoyed many activities around this. More recently we have been getting ready for Christmas! The pupils have enjoyed putting up and decorating the tree. We have also been creative and made some festive art pictures.

The Rhino staff are all very proud of how hard the pupils have worked this half term. They all deserve a well earned rest. **Brilliant work Rhinos!**



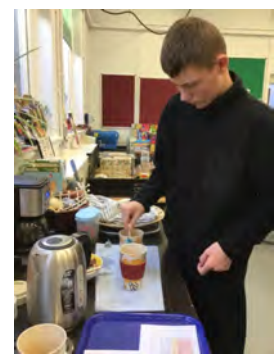


For the last few weeks of this half term, Crocodile has been getting ready for our Nativity performance. We have been trying on costumes, learning signs and our song and making crowns!



Sycamore class have been studying Romeo and Juliet this half term. We have a good understanding of the tragic story and the Elizabethan culture when it was written and first performed. Pupils have used their knowledge of invitations in the story, to write their own invitations to our Seasonal Cinema Event in the senior department next week.

Also this term, several pupils have been going to Barton Turf every Friday to do work experience with the Broads Authority. Pupils have been involved in rebuilding paths, learning about different species of trees and campfire cooking. Sycamore class also went on a trip to Edford's Care farm to learn about the conservation work they do and the rare breeds they keep there.



On Wednesday afternoon's Sycamore class have been running our Cafe 11 enterprise, delivering hot drinks and snacks to staff around the school - in the run up to Christmas we've also been offering some festive treats! **Well done Sycamore Class.**



Turtle class has been busy with lots of celebrations and getting ready for the festive season this term.

We have indulged in the story of Rama and Sita and have learnt to sign and read our five sentence story.

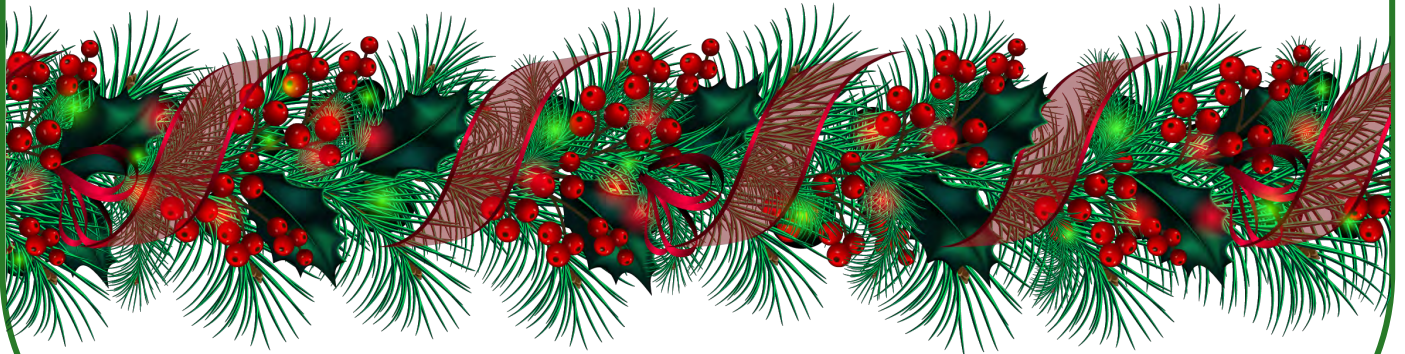
In numeracy we have been recording data and transferring the data to charts and graphs. In science and technology we have been investigating what happens in certain experiments such as making bath bombs and a lemon light. It has been wonderful to see the children engaged with experiments and come up with some amazing theories.

Outdoor play and learning OPAL has been a success for Turtle class, the children are using their imaginations and creating some dens and mud pies.

We have also been working really hard on our Christmas song and dance. We are all very excited for parents and carers to come and watch us.



**A wonderful term Turtles!**





This half-term in Buffalo class we have looked at the celebration of Diwali with our talk for writing story 'The Best Diwali Ever'. We practised making rangolis in lots of different ways.



We have also looked at the celebrations of Halloween, Remembrance Day, Eid, World hello day, Birthdays and seasons of the year, Hanukkah and Chinese New Year!

We have been very busy and for World Hello Day we learnt lots of different ways to say hello, in different languages and different ways. We also sang our morning routine in a range of different languages which was very fun to learn!

**Well done Buffalo Class!**



This half term Elephant class have loved learning about a new celebration/festival each week as part of our topic from World hello day, to Diwali, Eid, Bonfire night, Day of the Dead, Halloween, Remembrance day, Birthdays and seasons, Chinese new year and Hanukkah.

We have also been busy learning about the Christmas story and preparing for our very own Christmas celebration too, with lots of practise for our Christmas Nativity show which we hope you all enjoy!



**A brilliant term, well done Elephants!**





In the theme of our topic; festivals and celebrations, the Jellyfish team worked really hard on a sequence of lessons to create their own 3D masks.



In science, we carried on with our weekly experiments. Each experiment was linked to different religious celebrations, we predicted what would happen, observing and evaluating.



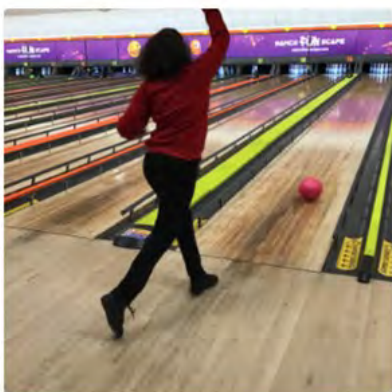
In independence, Jellyfish learned how to make hot drinks safely, including making and drinking our own hot chocolates! We also made our own rice crispy cupcakes.



**It has been a busy half term but it certainly has been a fun one!**



In Seahorse Class, we have enjoyed learning all about different festivals and celebrations around the world. We have made lots of wonderful artwork, used chromebooks to research for fact files and written our own 5 sentence stories in Talk4Writing. We went bowling as a class which some children found to be a new skill of theirs. The encouragement shown by each child was fantastic. We have also learnt how to skateboard and continued our cricket session at the UEA. **Brilliant work Seahorse!**







Well it's certainly been another busy half term for the gang in Maple class! Our half termly theme has been festivals and celebrations and who knew there were so many all crammed into 1 half term?!

We kicked things off with Halloween and whilst looking at the history and traditions surrounding this festival (did you know it's an ancient Celtic tradition designed to ward off evil spirits?) we also had a go at some traditional games associated with it... like apple bobbing!



We also created our very own spooky potions in science by mixing different ingredients together and predicting whether the colour and composition of the brew would change...



You may notice Aden in the picture above, who sadly left us this term to be educated at home. We miss him very much and the students all wrote him cards to wish him well and remind him to stay in touch.



Next up was the Hindu festival of light, Diwali. We looked at story sequencing and based our talk for writing sequence on the incredible story and Rama and Sita:

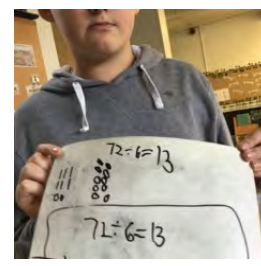
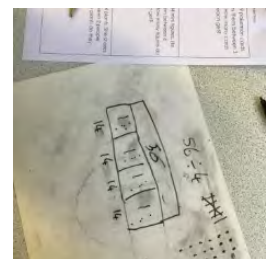
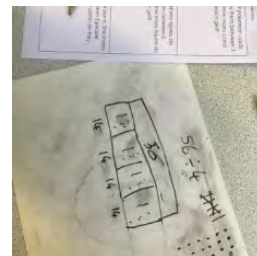
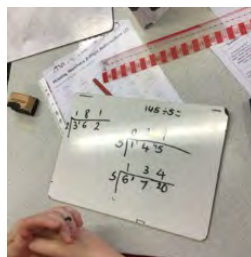


For bonfire night we found out all about Guy Fawkes and his plan to assassinate King James I (did you know that killing a king is called "regicide"?) We also made our own firework designs



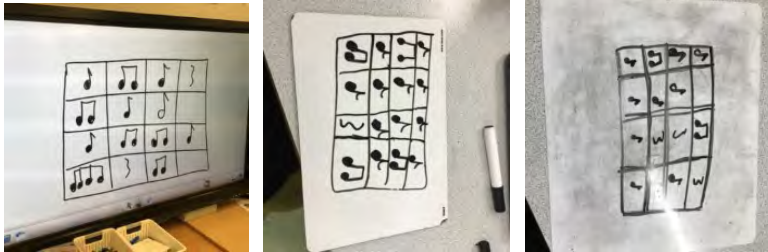
Numeracy this term has been all about multiplication and division. Using a combination of practical, visual and abstract tools we have learnt how to use:

- Bar models
- Bus stop method
- Number lines
- Arrays
- Multiplication grids



Maple class are now officially experts in all the above!

In music we looked at beat and rhythm and the students got a chance to use programming software to create their own melodies:



Maple were also incredibly helpful in assisting Daisy with the creation of our new OPAL play area and in tidying the "growers" area:



**On behalf of all the Maple team, we wish you a very merry Christmas/  
Diwali/Hanukkah and we hope that your holiday period is filled with  
wonderful memories!**





**Rowan class had a fantastic second half of the Autumn Term.**

We have loved learning about different celebrations and festivals from around the world and have created some fantastic artwork based on what we have learnt, like these Diwali Lamps and Menorah.



Rowan class have also enjoyed some trips out this term. We visited Edfords' Care Farm in Mautby and learnt about Organic farming, Wymondham Leisure Centre and learnt about a commercial gym and we visited St Peter Mancroft to look at the Christmas Trees.

**A really wonderful term, well done Rowan Class!**





## Pathways College – Autumn 2 Update:

Pathways students have had another great Half-Term, with them having lots of opportunities to practise their independence skills in the community and learn new skills for college and adulthood.

Our students are becoming adept at the weekly supermarket shop, letting staff know what needs to go on the list, then independently finding it and scanning it themselves. We have also been taking regular trips into the city and other shopping areas, to give our students experiences of different environments and having the opportunity to buy items with their own money, that they have chosen themselves.

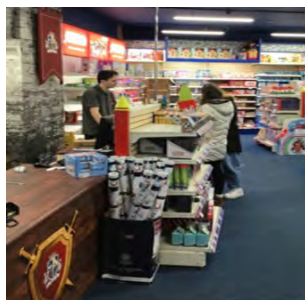
As part of the Arts Award the students are working towards this year, they have taken part in two UEA hosted workshops at the Sainsbury's Centre, where they have received positive feedback from tutors on their effort and engagement.

In the garden things are quietening down for winter, so we have commenced the digging for our Pathways pond. The plan is to have this completed by next Spring, ready for Parkside classes to visit when the weather brightens up.

In the kitchen, alongside the meals we cook and eat ourselves, the students have baked two cakes for the 'Free Cakes For Kids' initiative, which provides birthday cakes for disadvantaged children. Our students get a great sense of satisfaction from this activity. **Merry Christmas from Pathways and a happy new year!**



Taking part in an arts workshop at the UEA, working towards our arts award.



Independently paying for items in a shop.



Using garden tools to start to create a pond in the Pathways garden.



A cake baked by students for the 'free cakes for kids' initiative.

## **Parkside and Pathways Pupils continue to work with The Broads Authority**

on Fridays each week. This involves pupils in year 11 and 12 taking part in work experience and conservation activities on the land surrounding Barton Broad. Some of our year 10 pupils will also be introduced to this during the year.

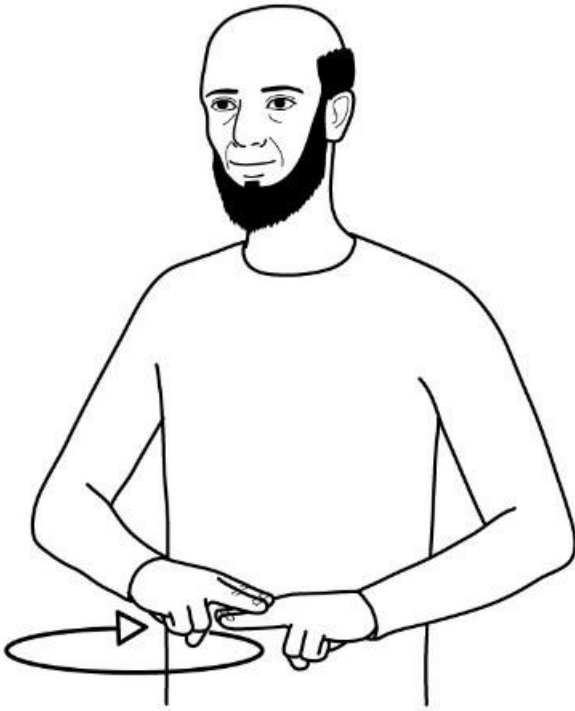
The pupils are taught how to safely use tools to do many different activities such as cutting bushes and trees and make fences and paths. The pupils have also been learning about native trees and plants and why they are important to the area.

Most weeks they are able to have their lunch sitting around the camp fire where they talk to the staff and volunteers. The conversations have given pupils an insight into how to gain work in the future and also the value of volunteering.



A few photos of the surrounding area and campfire treats. **Can you spot the robin?**

# SIGNALONG



This month's sign is for the word

## Family

Working "N" hand rests on supporting "N" hand (palms down, pointing forward/in); formation circles out to working side.

## Parkside Parent and Friends Association News

The PFA are delighted that so many families and students were able to attend the disco in November. We hope to make this an annual event if we can. The sparkle non uniform day helped raise funds for the PFA and many classes have started their own enterprises to add to the funds.



This half term we are holding our Seasonal Shopping experience and are delighted to support the Santa's Grotto again too. A huge thanks to the community that have helped make this happen this year.

A few new faces have been able to support the PFA along with the team this term. The more the merrier!

All monies raised will go to supporting classes in the terms ahead.

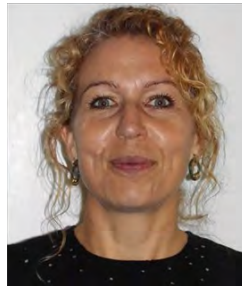
Many thanks to all involved to make this a magical time of year for the students.

**Wishing you all a Merry Christmas, and a very Happy New Year**

**On behalf of Claire and The Parkside PFA.**

## Financial Support for Families

We understand that this is a very challenging time financially for many families, so we wanted to share a link to Norfolk County Council's Client Hardship Fund which includes the Norfolk Assistance Scheme and the Money Support Service, who can help with budgeting and arrears.



[https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/client-hardship-service#:~:text=The%20Client%20Hardship%20Service%20\(A,support%20of%20your%20support%20worker\)](https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/client-hardship-service#:~:text=The%20Client%20Hardship%20Service%20(A,support%20of%20your%20support%20worker))

If you require any help with accessing anything, we would be very happy to help. Please contact the office on **01603 441126**, who can put you in touch with us (Vickie and Natasha - Parent Support Advisers).

## Nutrition Workshops with Andrea, our registered school nutritionist



Andrea shall be holding some more informal drop-in sessions at **Surlingham House** over the coming months. The next dates are ...

**February 5th and March 25th**

The dates shall also be advertised on the PFA's social media pages and the website

We really hope that you are able to come along, it's a good way to learn about food and also a great way to meet other parents and carers too.

The sessions can be tailored to meet the needs of each group and if you have any areas of interest or things that you would like to find out more about, regarding diet and/or nutrition, please email Emma Blake, (school's Community Development Co-ordinator) on [\*\*emma.blake@parksidemail.co.uk\*\*](mailto:emma.blake@parksidemail.co.uk) and she will be able to pass on your queries to Andrea who will try and cover them in her next session.





# Swimming with Paul

 <p>what</p> 	<p>Private 1:1 swimming lessons</p>  <p>All ages</p> <p>Students of all ages</p>
 <p>who</p> 	<p><b>Paul Howe</b></p> <p>Parkside Employee</p> <p>25 years swimming teaching experience</p> <p>Call: <b>07909332953</b></p>
	<p>Swimming Pool at the Hewett School</p> <p>137 Hall Road, Norwich</p> <p>NR1 2RN</p>
 <p>when</p>	<p>Various slots within:</p> <p>Mondays: 4-5:30pm</p> <p>Tuesdays: 5-6pm</p> <p>Wednesdays: 4-6pm</p> <p>Thursdays: 4-6pm</p> <p>Fridays: 4pm-6pm</p>
 <p>how much?</p>	 <p>£22.50 for a 30 minute lesson</p>