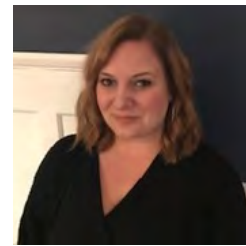




A Message from Mrs Ellis-Gage



Dear Parents and Carers,

A half term of strikes, snow flurries and residential trips!

The pupils have, as always, been wonderfully resilient as some of their routines have been a bit different. Thank you for your on-going support.

Year 11 had a brilliant time reconnecting with nature on the residential trip to Ringsfield Hall and Pathways found their adventurous side at Kingswood! A big thank you to the staff who gave up their week to support the pupils with these experiences.

This half term we say goodbye to Hayley Brown on our reception team, Abi Bustin from Rowan Class, Yan Cheung from Shark and Ruth Norton in Leopard class. We wish Loretta Holdsworth and Rachel Harris best of luck with their maternity leaves.

We have enjoyed having parents and carers join us for parents evening and family learning events, it is really nice to see families interacting and having fun together.

I wish you all a happy Easter, enjoy the time with your children and we look forward to seeing you back at Parkside on the 18th April.

Parent Support Adviser News

Drop-in coffee mornings will be starting up again in Yarmouth and Norwich with our Parent Support Advisers Vickie and Natasha. Dates are still being finalised but they will be sent out early next term so keep an eye open!



Parkside & Pathways Parent Event

Wednesday 29th
March 2023

11am - 12:30pm

Surlingham House

(please sign in at school reception)

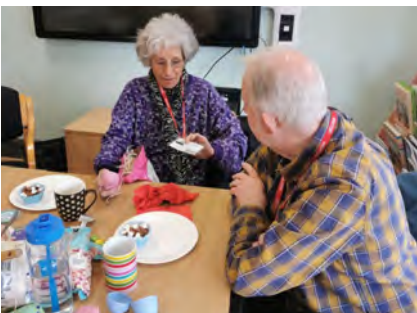


Drop in for refreshments
and a chat, there will
even be some craft to get
involved with...
Easter Chocolate Nests!!!

Hosted by Natasha and Vickie
Parkside Parent Support Advisers

PSA Easter Craft Event

Everyone had a great time making chocolate cornflake nests and chicks in decorated eggs, similar activities to those the children will be doing for Easter. The drinks and hot sausage rolls were made by the Pathways students and served to the guests, they did an amazing job.



GREAT YARMOUTH PARENT EVENT WEDNESDAY 26TH APRIL 2023

CHRISTCHURCH CHURCH, KING STREET, GREAT YARMOUTH
11AM - 12:30PM

COME ALONG FOR REFRESHMENTS AND A CHAT.

Hosted by Natasha & Vickie, Parent Support Advisers

Sensory Garden Update

Over the past few weeks we have been on a mission to try and gain the support of our local community, inspired by the King's 'Big Give', to collectively rejuvenate the sensory garden, which is in need of some tender love and care.

We have been delighted by the offers of support and are happy to announce that we shall be working with Notcutts Garden Centre, Minors and Brady Estate Agents and Aviva to try and breathe new life into it once again.

Minors and Brady shall be running a social media campaign, asking the kind people of Norwich, to donate plants, flowers and pre-loved, large colourful pots. After consulting with pupils and staff we have compiled a wish list ... **herbs and scented plants like lavender, honeysuckle and jasmine, pretty colourful plants, flower seeds, ornamental grasses (for sound) and potting compost.**

If you would like to donate anything, please feel free to bring things into school at the beginning of May. We shall be happy to keep them safe until they are required. Minors and Brady shall be posting on their social media pages, providing information about other drop off points at some of their branches too.



The PFA shall be sharing updates so keep an eye out for further news!

Mr Payne's Visit to Buckingham Palace



What a great day visiting Buckingham Palace on the 15th December 2022 with my family, Ann, James, Nicole, James, Sophie and Grandchildren Torvi and Freya!



Having been awarded an OBE for service to special education we set off early by train in the morning to receive it in the afternoon. It was a very cold day and when we arrived we were given special permission to go into the Palace.

Walking through a guard of honour we went in with other people who were receiving awards. We were taken to a special waiting room and then called through to the Throne Room. Princess Anne pinned the OBE Medal on my suit lapel and asked me about my work. I told her all about Parkside and the amazing staff and pupils there and she seemed very impressed. We finished by having a few more photographs in the Palace and went for a celebratory meal together before heading home on the train.



Barry Payne (Head Teacher at Parkside School from 1997-2018)

P.E. News at Parkside

Since the last Newsletter we have had lots of fun at Parkside!

Lessons

Pupils have been improving their fitness with a focus on resilience. This has included many classes using the Parkside Health Club.



Lunchtimes have been improved with the addition of some micro scooter

Trips:

Some of Sycamore Class have attended Park Farm Health Club to experience the gym and learn about a career in the leisure industry.



Still to come this half term is a table cricket competition and the cross country championships to look forward to.

P.E. News

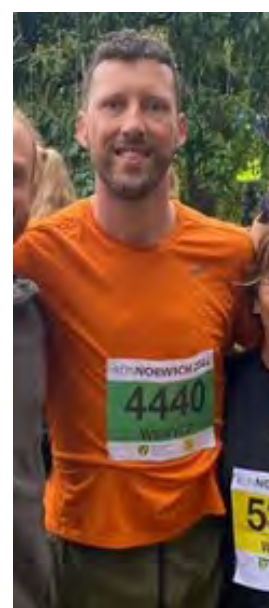
Training

Parkside is the YST Lead Inclusion School for Norfolk and as part of this has been delivering training to professionals around the county. This has included Whole School SEND, Sensory Circuits and Top Sportsability training in the month of March as part of the Spring CPD Series.



Outside School Sport

Iain Mills will be running the Norwich 10K this July in order to raise money for the Community Sports Foundation. They do a great job of running inclusive activities for SEND pupils in the county and many Parkside pupils already attend.



DISABILITY INCLUSIVE SESSIONS (7-16)



COMMUNITY SPORTS FOUNDATION

Dance

When: Monday
5:15pm – 6:00pm
Where: Carrow Park
Who: Ages 8+

Focuses on learning key dance skills for performance opportunities, as well as fun games at weekly sessions.

Realising Potential

When: Tuesday
6:00 – 8:00pm
Where: The Nest
Who: Ages 10-16

When: Friday
5:00 – 6:00pm
Where: Carrow Park
Who: Ages 10-16

Multisport and Youth Club.

PAN Football

When: Tuesday
5:00 – 6:00pm
Where: The Nest
Who: Ages 7 – 16 years old

When: Thursday
6:00 – 7:00pm
Where: Carrow Road
Who: Ages 7 – 16 years old

Impairment Football

When: Friday
5:00 – 6:00pm
Where: Carrow Park
Who: Ages 7+
Cerebral Palsy,
Hearing Impaired,
VI & Blind

Match Day Club

When: Norwich City Home Fixtures
Where: Carrow Road
Who: Ages 8+

Our Disability Match Day Clubs provide the chance for participants to watch Norwich City FC together, in the Community Stand at Carrow Road. Participants will be accompanied by our coaches throughout.

1-1 Cycling

Jon from Little Riders has been teaching more pupils to ride a bike



Class News



Octopus Class have been learning how to show movement through mark making. They used Lego vehicles and paint to make a track. They followed a computer step by step programme to draw cards to add to their designs. This is all part of this half terms topic: 'journeys'.

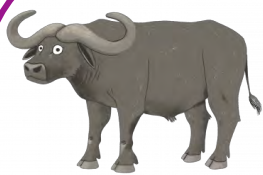


Lovely work, well done!



Science this term has been very experimental and fun in Lion class.

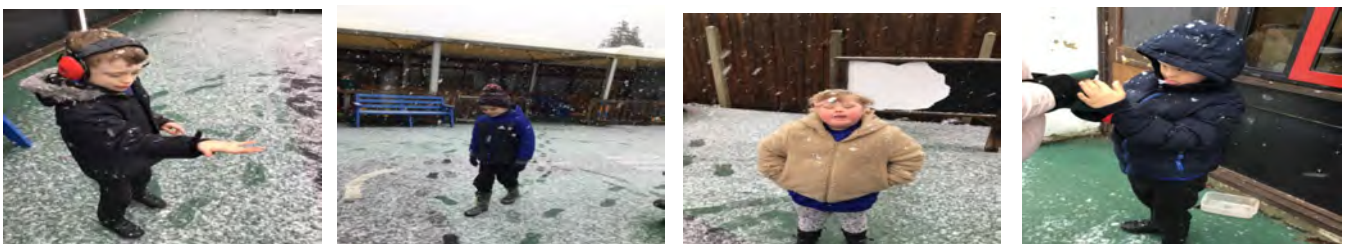
Join our journey via plane as we tested how wind resistance, gravity, and driving force work on different paper aeroplane shapes and balloons, and how these impact how far they can travel ...**Fantastic!**



This half-term Buffalo was lucky enough to experience the snow! We had a good play outside with lots of running around and games.

It was brilliant for them to go outside in the snow because it disappeared so quickly, looking forward to more snowy fun in the future.

What lovely memories we have made!





This term many of the year 11s in Holly and Sycamore Class went on a residential trip to Ringsfield hall. Pupils engaged in outdoor learning including making and cooking over fires, building shelters in the woods, planting trees, visiting a local farm and relaxing in hammocks!

In class, we have been expanding our knowledge of world geography, but plotting Michael's journey across the world in Kensuke's Kingdom and learning about survival techniques and the effects of deforestation on southeast Asian wildlife.



Well done everyone, what a fantastic term!

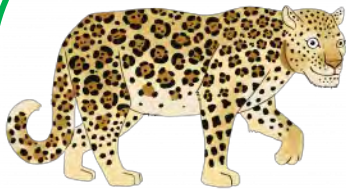




This half term we have really enjoyed using Art as a way to explore our Journeys topic. To begin with, we looked at different ways of mark making to show journeys and used cars to paint tracks on to large sheets of paper.



This week we have been imagining a fantasy world and have drawn some brilliant fantasy maps over a watercolour page. **Lovely work Sharks, well done!**



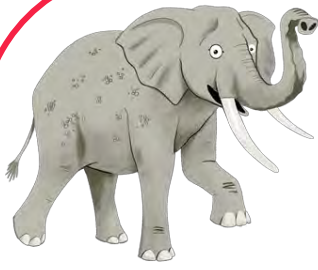
This half term, Leopard class have learnt all about Journeys. In English we enjoyed using a range of sensory props when reading We're Going On A

Bear Hunt. We have practised sequencing images and using Colourful Semantics to retell the story.

In Global Studies, we learnt about Amelia Earhart, the aviation pioneer, sorting images of equipment from 'today' and 'a long time ago' and we flew paper aeroplanes and built our own planes using junk modelling.

We have created fantastic pieces of journey art, including line art as seen in Rosie's Walk, our own Parkside Town (carefully working out how to put the roads together) and creating a 3D cardboard city! **Such creative work, well done.**





In Elephant class this half term we have been reading *The Snail* and *the Whale* as part of our Journeys and Holidays topic.

We've been comparing settings from the story, making our own light houses and volcanoes and even had a trip to the beach to see a real lighthouse.

We've also really enjoyed more cooking and food tasting this half term, with pancakes being a firm favourite! **Brilliant!**



This half term, Jellyfish class have really enjoyed learning about different religions and their pilgrimages. We have learnt about Christian, Islam, Hindu and Jewish pilgrimages.

The children particularly enjoyed tasting some special Jewish food whilst they were learning about Jewish pilgrimages to Jerusalem.





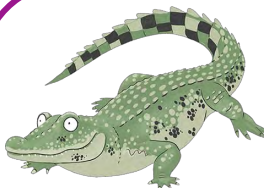
In Dolphin class we have been learning our number bonds 1-20 and learning about money. We had a look at time and when we do certain activities during the day and night.

We have been learning about the world around us as our class travelling bear has visited lots of places in Norwich and is currently in London. We can not wait to hear about the bears adventures when he returns.

In science we have been looking at animal groups and their characteristics as well as looking at what happens to our brains when we learn. Finally, Dolphin class have been out to the local shops, swimming pool and have a park visit happening very soon.



Its all been very exciting in Dolphin class this term!



Crocodile class have been talking about lots of different types of weather and learning the signs this term as we have had frost, rain, sun, cloud, and snow!

We really enjoyed the snow and got dressed up in hats, scarves, gloves and coats to go and have some fun outside. **Super term Crocs!**



World Book Day

Rhino class thoroughly enjoyed their world book day activities earlier this month.

In the morning they made Rainbow Fish with Mr Hook and Harry Potter potions with Miss Lester. In the afternoon they loved having a sensory story (based on the Snail and the Whale by Julia Donaldson) with Miss Kent.



Great Work Rhinos!



Hello again parents and carers, and welcome to our March newsletter!

This half term our theme has been Journeys and Holidays and we've been able to explore this thoroughly through our lessons. We started off by looking at Oliver Jeffers wonderful book "Lost and Found" and we made some very cute little origami penguins



We then started looking at our focus book for the term, Michael Morpurgo's "Kensuke's Kingdom." In science we attempted to recreate Michael's (the main character) boat, "The Peggy Sue." We used rubber bands, plastic bottles, lollipop sticks, polystyrene and (very carefully applied!) hot glue guns. Here are some pictures, but just wait for the fully edited video that's on its way on Earwig!

https://drive.google.com/file/d/17OX58R-9uJqMDNEeOBUeHERB7s5fDwqo/view?usp=share_link

In art we explored "found objects" and used them to create our own pieces. JJ's clock was my personal favourite!



Maple continued ... Comic relief was a little damp this year, but I made the dreadful error of promising the students I would volunteer for the "soak the teacher" event in the afternoon. To say it was an uncomfortable end to the day would be an understatement!

I hope you all have a lovely Easter and please keep checking Earwig for regular updates!



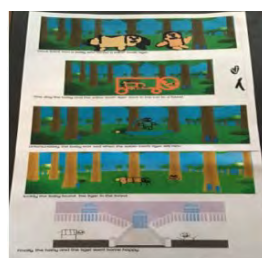
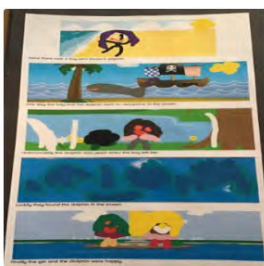
Turtle class have enjoyed our Friday afternoon trips out exploring around the local area, as part of our whole school topic this half term, 'journeys and holidays'. **Great work Turtles!**



Seahorse Class have been learning all about journeys. They have enjoyed using Google maps to plan some journeys and have looked at maps to locate countries.

Children have learnt about pilgrimages for different religions, learning about their faith, special clothing and festivals.

At the beginning of the half term children wrote a story and illustrated them using 'purplemash' and are currently writing their own postcards using talk4writing techniques.





This term our whole school topic has been Maps and Journeys. Rowan class have enjoyed looking at different pilgrimages and special journeys people take in RE. As part of this we also looked at things that are special to us, such as our special clothes.

We have also created some art using wheels and modes of transport - as you can imagine this was quite a messy activity and Rowan class love getting stuck in! **Well Done Rowan!**



Careers Advice and Guidance

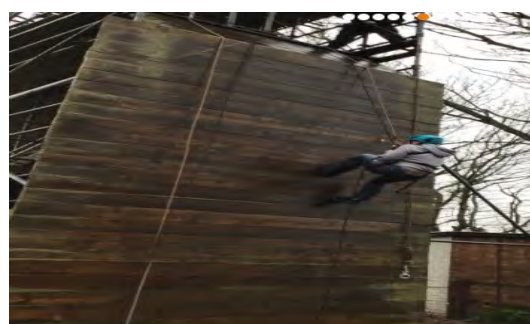
Debbie Wicks and Emily A'Court are pleased to let you know that they have both completed a course in Careers Advice and Guidance and are now qualified level 6 Guidance Advisors.

This means that they are able to support Parkside and Pathways pupils with their career and future choices, and will be able to support individual needs.



Pathways College

It has been a great Half Term at Pathways College. The highlight has been our five day residential, where we stayed at Kingswood in Overstrand. Students were able to practice their self-care and independent living skills, whilst experiencing activities which tested their resilience and bravery. Everyone was amazing and there were lots of magic moments across the week.



The other big news at Pathways is that our independence flat is now being used by the students each week to practise their home management skills. They are hoovering, dusting, making the bed and hanging up the clothes, before being able to spend some free time independently in the lounge, to practise coping with unstructured time. The students are really enjoying this activity.

In the kitchen we have been learning how to bake a cake, so that we can support the 'Free cakes for kid's initiative.' We will be making our first cake for donation at the end of this month. Students have also been preparing afternoon tea for some of the Parkside classes that have visited us this Half Term.

Finally, in the garden our allotment is ready for the spring, with us making raised beds from pallets kindly donated to us from the University of East Anglia. Harriet from the Papillion Project has been helping us with planting seeds and planning our crops for this year, which we look forward to cooking with over the coming months. **Brilliant Work!**

Mrs Wilson's Red Nose Day Cookies



Red Nose Day



Cookies



Ingredients

100 g
100 g



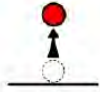
Butter softened

50 g
50 g



Caster sugar

150g Self



raising



flour

1

1 tsp



Vanilla



extract

½ tsp Red



food colouring

Glace cherry



halves

or



cranberries



Instructions



Cream the butter and sugar together in a large bowl.



Add vanilla



extract and

food colouring



and



mix

some more.





Work in the flour gradually.



12

Using a teaspoon, spoon out some mixture and make about 12

14

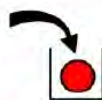


to 14 balls by rolling between your hands.



2

Put balls on baking tray allowing room to spread and push a couple



of glaze cherries or cranberries into each.



175°C

13 -



Bake at 175C for 13 - 15 minutes being careful not to let



them brown.



Happy Red Nose Day!

Financial Support for Families

We understand that this is a very challenging time financially for many families, so we have put some useful information together outlining support that is available. 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).

Food/Fuel: The NAS website - <https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme> - **this is the preferred route.** Or phone **0344 800 8020** - Customer Service Centre

NAS phone line – **01603 223392** (Option 5) – voicemail available existing applications

Email nas@norfolk.gov.uk

Team Leader nathan.agate@norfolk.gov.uk

Money Support Service NCC- **01603 223392** option 4 - help with budgeting

www.norfolk.gov.uk See **Help with Living Costs** (money support, food support, free vouchers, get local support plus Emergency financial help, (Norfolk Assistance Scheme) Household Support Fund .

'Norfolk cost of living support scheme' – small amounts of funding for adults and children with disabilities- see www.norfolk.gov.uk

Norfolk Citizens Advice have opened Warm and Wise to help people manage their energy bills. www.ncab.org.uk and **0800 1448 848** – free confidential advice on debt and benefits

www.moneyadvicehub.org.uk – great website

Trussell Trust- 'Help through hardship' helpline and foodbank

0808 2082138 www.trusselltrust.org

Norfolk adult learning – **offer free courses** e.g. Think Food- cooking on a budget, Think Food basic cooking skills , Finance e.g. Beat the bills, Managing your Money – Search 'adult learning' on www.norfolk.gov.uk

Norfolk Community Foundation- charity that runs schemes including 'Nourishing Norfolk' and community shops **01603 623958** www.norfolkfoundation.com

Christians Against Poverty – help with budgeting- hands on support for families. They offer courses for families on budgeting- www.capuk.org

Community Action Norfolk 01362 698210 – charity offering help including warm homes and collective oil buying

Money Advice Service 0800 138 7777 Mon-Fri 8-6 – www.moneyhelper.org.uk- offers advice online Norfolk Community Law Service – debt advice

National Debtline 0808 808 4000 Mon-Fri-9-8- www.nationaldebtline- offers advice online

Debt Support Trust www.debtsupporttrust.org.uk – debt charity offering support and solutions to become debt free with trained friendly advisors

Step Change www.stepchange.org – Debt charity **08000 138 1111** Mon-Fri- 9-5- offers advice online

Greggs Foundation – www.greggsfoundation.org.uk resources breakfast clubs (gives schools fresh bread from nearest Greggs and a grant to support start up and ongoing costs . Gives grants for white goods , beds.

Phoenix Centre Mile Cross- 01603 403814 Norfolk Knitters and Stitchers have made 'warm bags' with hats, gloves, scarves blankets, socks and hot water bottles with covers www.thephoenixcentre@hotmail.com

Mental health and money

Mind www.mind.org.uk has a money and mental health section

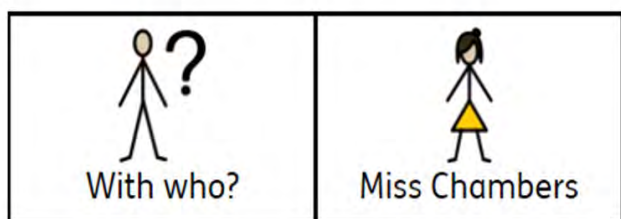
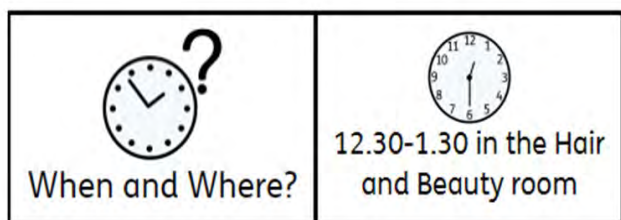
www.mentalhealthandmoneyadvice.org- clear practical advice and support for people experiencing issues with mental health and money – e.g. Welfare benefits

Things some of our network members are doing:

School food bank with contributions from parents for other families. Also using app 'Too good to waste' to access food for families

We are asking families for any uniform /clothes that their children have outgrown so that they can be offered to other families who can benefit from them . We have also asked 'Start-rite' to donate some free shoes ... Please leave any donations at the school office.

Haircuts are happening in school...



If you would like to book your child a haircut with Miss Chambers then please notify your child's class teacher.

They will inform Miss Chambers who will send you an email enabling you to pay by bank transfer.

Please note that payment will not be requested until the haircut is complete.



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>Paul Howe Parkside Employee</p> <p>25 years swimming teaching experience</p> <p>Call: 07909332953</p>
	<p>Swimming Pool- Hewett School 137 Hall Road Norwich NR1 2RN</p>
<p>when</p>	<p>Various slots within:</p> <p>Mondays: 4-5:30pm Tuesdays: 5-6pm Wednesdays: 4-6pm Thursdays: 4-6pm Fridays: 4pm-6pm</p>
<p>how much?</p>	<p>£22.50 for a 30 minute lesson</p>