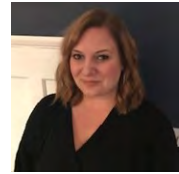




A Message from Mrs Ellis-Gage



Hello Everyone,

It is hard to believe we are at the end of another school year already! A year that has been so busy with trips, visits, clubs, events and lots of fun and laughter (of course lots of learning too!)

This has been a wonderfully busy half term, thank you to everyone that supported Sports Day and The Summer Fete, we raised over £1100 to support the pupils at Parkside. We have the Prom to go for our year 11 pupils and I can't wait to see everyone dressed up and enjoying some time together. We will miss our year 11s and Pathways pupils immensely but we are so proud of the young people they have become and we look forward to hearing about their successes beyond Parkside.

I want to take a moment to thank our wonderful Friends of Parkside, they are always supportive and give up their time and energy to help raise funds that support our pupils to have exciting new opportunities and experiences. They are a big part of the Parkside Community and we are lucky to have them. We are always on the look out for more people to join the Friends of Parkside, so please email us if you are interested. They are a very friendly and very supportive group!

Finally I would like to thank you as Parents/Carers, Parkside is a community and our families are a huge part of that. We really value your support and kind words. You have wonderful children that we all love working with each day. Enjoy your summer holidays together and we look forward to the next exciting year at Parkside.

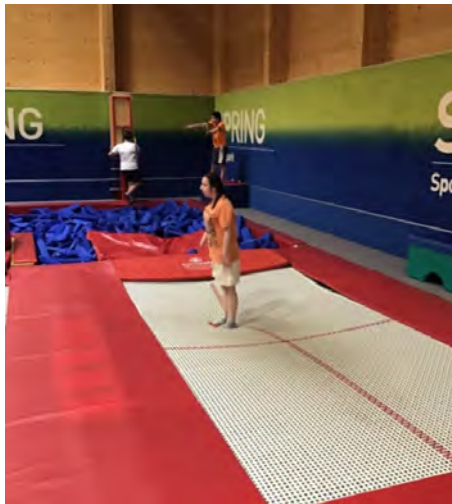
P.E. News at Parkside

Well... it has been a busy half term for PE!

Trips out

Holly Class have been to Park Farm Gym as part of their fitness unit of work over this half term. This has been a great link to have made and I am very thankful to Steve and Matt from Park Farm Leisure to welcome Parkside pupils throughout the year so that they can experience a commercial gym environment and hopefully enthuse them to continue outside of School.

Elephant and Lion Classes have attended the ASD gymnastics event at Spring Gymnastics at UEA. They had an amazing time jumping into foam pits, swinging on the rings, jumping on trampolines and balancing on beams.



East Anglian Special Schools Athletics Championships

As well as 2 sports days, Parkside also organised and took part in the big athletics event for the year. This involved two competitions running alongside each other; Severe Learning Difficulties and Moderate Learning Difficulties. 28 pupils attended from Year 7 to 11. Pupils worked hard in the heat and it was so nice to see them cheering each other on and enjoying being competitive against other Schools.



Well Done to all those involved!

Sports Day

Sports day took place over two mornings, the first brought wind and rain and the second brought sunshine.

Through the weather the children worked hard, had fun and took part in a fun and enjoyable sports day. For the Secondary Departments there were events such as relay and javelin and for the Sensory and Junior Department there was events such as the egg and spoon race.



Everyone within each class supported their classmates and helped them out along the way, demonstrating their friendship and leadership skills.

In the afternoon we had an assembly created by Iain Mills and this was a chance to congratulate the pupils and their Classes. Some of the pupils' received certificates and medals for the most improved in the school and the best score within the school within the activity.

A massive congratulations to all of the pupils and thank you for all of the class teachers/ support staff for supporting the pupils. Thank you to all of the parents/ carers for coming and for supporting the pupils and cheering them on and lastly a special mention goes to Iain Mills for organising both sports days and making the event safe and enjoyable for all of us - until next year.

Written by Alabama Thompson (Sports Coach Apprentice)

Sports Leadership

We have our first cohort of Sports Leaders who have completed their course. This is a nationally recognised Level 1 in Sports Leadership from Sports Leaders UK. Two pupils already have coaching positions in outside clubs.



Our current leaders have also set up a Table Games club to teach to younger pupils which is brilliant!

Well done, a brilliant effort by all those involved!

P.E continued... What's happening next year?

More of the same with lots of Sporting trips. The whole aim of PE at Parkside is to get pupils excited about moving and hopefully attending outside activity clubs or just to be active at home with activities such as bike rides, walks and runs.

With this in mind we will also be linking with outside sporting clubs again to increase awareness and break down barriers for SEND sport.

We will also be making a huge push to increase activity levels of children and young people at School by making playtimes much more engaging.

There are many more things that will happen such as horse riding, swimming etc.. and we look forward to telling you all about it next year

Parkside Parent and Friends Association News

The Parkside Parent and Friends Association (PFA) would just like to say a HUGE thanks to everyone that contributed to the Summer Fayre. As Mrs Ellis-Gage said, we raised over £1000 which is simply fantastic!



We are always looking for more families, carers and friends to help us out at events and even if you can only offer a couple of hours of your time to lend a hand, we would be really pleased to hear from you. Any areas of support you can offer whether it be baking, helping run stalls, assisting with the seasonal shopping experience or face-painting... anything would be greatly appreciated.

Finally, if you need any extra uniform for next term our Parent Support Advisers Vickie and Natasha, have some pre-loved uniform over at Surlingham House which they will be happy to pass on, please just ask.

Pathways College

It has been a fantastic final last Half-Term at Pathways, as our students prepare for their next step on their journey to adulthood. We supported preparations for the school Summer Fayre, which included sorting donations and making stall signs.



On the day of the Fayre we also hosted a thank you lunch for 'The Broads Authority' who kindly provide the school and college with work experience placements.

The sunny weather has seen us spending a lot of our time in the garden. Our vegetable allotment is coming on well and we have been trying the radishes and peas that we have grown. Soon we should have some broad beans, carrots and other crops to eat.

We have had some super help from pupils from different classes helping us to gravel the back garden and main pathway, a super example of teamwork between the school and college. There has been time to enjoy the wonderful space we have and there has been many badminton tournaments between the adults and the students!



Time out in the community has included a picnic at Earham Park and we have completed a venue review of Marston Marsh with one of our partner organisations, the 'Norfolk Dragons.'

In college we continue to host visits from classes across the school, which included a shopping experience for some of our visitors.



Finally, we wish our students all the best for the future, you have been amazing this year. We can't wait to hear about your future successes when you come back to visit us! **Thank you all for a wonderful year!**

Class News



Lion class had a wonderful time at the UEA joining in with the ASD Fun Gymnastics! It really was so much fun, the children went round to try all of the different activities and blew us away with their talents. They loved the trampoline and jumping into the foam pit. **Well done Lions!**



This half term, Jellyfish class have been learning the story of Hansel and Gretel. They learnt a model text describing Hansel and Gretel's house using symbols and signing to remember it.

They designed their own ginger bread house, where the old lady lived, and used this to change the model text into a description of the ginger bread house. The children have shown incredible imagination throughout this topic and have really enjoyed the art, drama and games linked to this topic.



What an amazing final English topic to round off a fantastic year!



As the school year draws to a close Octopus Class are looking forward to spending their well earned enterprise money. Octopus Class took orders from staff for sausage and vegan sausage rolls. They then worked in groups to cook the orders and take payments.

Octopus Class are now organising a trip to the cinema with their earnings. As a class they discussed how they wanted to spend their money, who they needed to inform and what information they needed to gather. They are now waiting for the cinema times to be released so that they can book their tickets and spend their earnings!

Octopus have had a brilliant year - they have made great progress in all aspects of school life. Octopus staff team loved teaching the group and hope our cinema trip will be a lovely way to end a brilliant year together.

Happy holidays!



It has been a busy half term in Dolphin class. Dolphin class participated in sports day which they all thoroughly enjoyed.

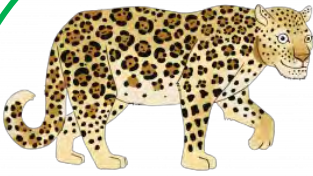


Our topic this term has been farm and food. We have grown our own beans and cress and one day we were lucky enough to have baby chicks join us in class. They all took such great care of the chicks. They all made chicken coops, ensured they had comfortable clean bedding and consistently checked they had enough water and food. Everyone was also brave enough to hold the chicks gently and safely.

I can't believe we are coming to the end of the year, I have loved being Dolphin's class teacher.

Well done Dolphin!





Leopard class have had an incredible half term.

We have been super busy with Sports Day, during which everybody tried really hard and were great at supporting their friends.

Leopard's have enjoyed swimming on a Tuesday and have been visiting our new classes and friends which has been lots of fun.

In class, we have been learning about Food and Farming as part of our whole school topic. The class enjoyed the story *The Runaway Pea*, using Colourful Semantics to build captions, learning about different fruits and vegetables, and planting their own runaway pea.

We have learnt about the different kinds of farm animals, building farms for them to live in, in our small world farm and matching parents with their young.

We have also made an incredible amount of food related art work, including pasta shape initials, colourful, textured doughnuts, pizzas and fluffy ice cream!

We hope all of the Leopard class families have the most wonderful summer holidays.



See you in September!



This half term Holly and Sycamore have been working really hard towards their City and Guilds qualifications in English and Maths skills. Pupils have had to complete coursework to show their learning, and all pupils have achieved certificates and awards in both subjects.

Both classes enjoyed the summer fair, where Sycamore sold a variety of handmade gifts and Holly class manned the book stall.

The year 11's have been preparing for their move to college with transition days and independence skills. Holly class have been travelling into the city centre and local shops every week to become familiar with Norwich and run errands for the staff.

Another super term!



Shark Class enjoyed their school trip to Barton Turf this term. They had a great time on a boat trip spotting local wildlife before sitting around a campfire toasting marshmallows and making charcoal.

The Shark class team have loved working with the class this year. The children have been brilliant and it has been lovely to watch their progress.



Brilliant work Sharks!



What a fantastic year in Rowan class. We have been lucky enough to go on two class trips. The first trip to Breckland Leisure centre we tried our hand at some different sports and fun activities such as; pedal karting, gymnastics, dancing and space hopper football. We were lucky enough to have popcorn, candy floss and go on some bouncy castles.

A few weeks later we got to go to Barton Turf Activity centre where we tried Geocaching, toasting marshmallows on a campfire and got to ride on a boat.



This year Rowan have also worked really hard on creating Parkside News each week. Where we report on current school events, achievements and important national events such as the King's Coronation. Each week the children's confidence has grown, both on and off camera. All students contribute to each episode, with graphics, story research, interviewing and filming. It has been a massive success with students receiving lots of praise from both peers and adults.



Well done Rowan!

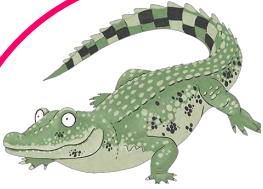


It has been a sporty end to the term for Rhino. The pupils thoroughly enjoyed the school sports day and then on the Friday went to the UEA.

Rhino pupils behaved brilliantly on a very hot day and took part in lots of different athletic activities.



The pupils were proud of their efforts and came back with lots of medals and certificates. **Well done Rhinos, we're all very proud of you too!**



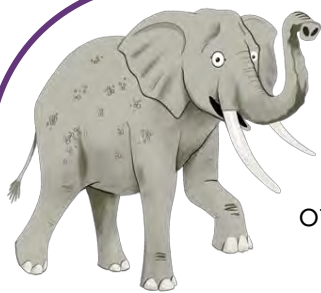
Crocodile class went to visit Bluebell Allotments to learn about people who grow their own food. We watered the plants, smelled different herbs, and planted some beans and lettuce which we brought back to Parkside to watch grow! **What a wonderful day!**



Shark Class really enjoyed their school trip to Barton Turf this term. They had a great time on a boat trip spotting local wildlife before sitting around a campfire toasting marshmallows and making charcoal.

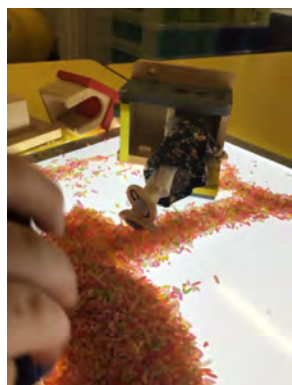
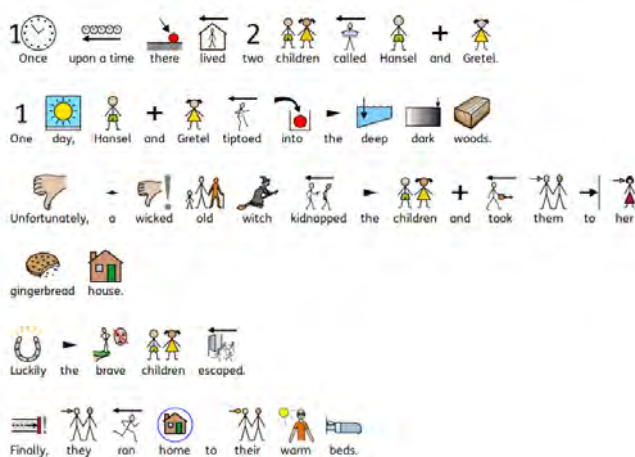
The Shark class team have loved working with the class this year. The children have been brilliant and it has been lovely to watch their progress. **What a fantastic term we have had!**





Elephant
Class has been
learning the story
of Hansel and Gretel.

We have acted out the story, learnt the text with signalong, story mapped and illustrated parts of the story.



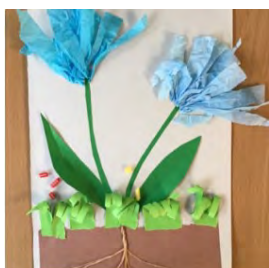
Elephant Class have also enjoyed horse riding, with all pupils receiving a certificate and a rosette in the last session.

Brilliant work!



In Seahorse class this half term, we have been working on Food and Farming as our topic. We have learnt about the growth of plants and food during Science and in Topic we have learnt about how food is the centre of many celebrations. The children have enjoyed going swimming on a Friday afternoon this half term and also enjoyed a trip across the road to Pathways for afternoon tea.

The staff in Seahorse Class have thoroughly enjoyed working with seahorses this year and are very proud of each and every one of them. They are planning a trip to the park for the day to celebrate the end of the year. **Happy holidays!**





It has been a total pleasure to have such fun times with Turtle class this year. We are so proud of how far the pupils have come and how well they have developed their working together, communication and friendship skills.

Here are some of our proud key moments:

- Running our own stall at the summer fayre
- Dance festival
- Teamwork
- Playing together
- Talking and laughing with our friends
- Being safe and having fun outside of school on trips
- Taking care of ourselves, one another and pets

Keep on being Turtley-awesome and have a wonderful summer!





Buffalo Class have had a great half term. Our highlight has been our trip to Banham Zoo, our first school trip as a class. We saw lots of amazing animals including giraffes, a cheetah, camels, penguins, sea lions, red pandas and lots of insects.

Everyone did an amazing job on the bus and travelling around the zoo. We even listened to a bit of a giraffe 'talk' and watched the giraffes eating their lunch!

At the end of the day we all enjoyed an ice cream.

What a wonderful day it was!



Nutrition Workshops with our registered school nutritionist, Andrea.



Andrea shall be holding some more informal drop-in sessions with Emma, our Community Development Co-ordinator next term at Surlingham house.

We shall be sending out the date after the holidays by email and text, they are also advertised on the PFA social media pages.

The last one went really well and it was lovely to see some new faces. We really hope to see lots of you there, they are great sessions and can be tailored to meet the needs of each group.



Well, we officially made it to the end of the year! And what a year it's been. From Beasts to Oceans to this term's focus on Food and Farming it feels like we haven't stopped! We've had coronations, trips to Oulton Broad and Thorpe Woodland, summer fayres, sports days and through it all the students and staff in Maple have had the best time.

In this term all the talk has been about transition and who's going to be in which class. I have to say that as much as the pupils have been nervous and excited, this being my first year I was feeling very much the same! This group of pupils are obviously my first ever at Parkside and to find out that half of them would be moving to a new class was very hard for me to process. However, I know that they will thrive in their new environments and I can't wait to see and hear about the progress they will make.

So this term has seen me finally get to include some dance into Maple class! Because our theme was Food and Farming I chose the song "Bruce" from Matilda the Musical. I got the students to choreograph all their own movements and to say I'm proud of them would be a massive understatement! Have a watch by clicking on the image below:

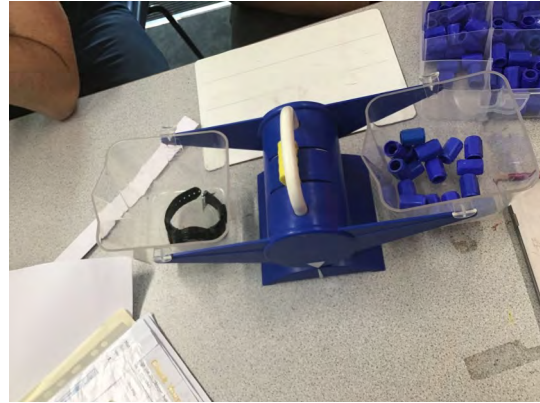


On the subject of Food and Farming, check out these amazing Art pieces Gemma worked on with the students whilst looking at the life cycle of plants and crops!





In Maths we have looked at lots of different subjects this term, but recently we have focused on different ways of measuring amounts:



P.E. has been loads of fun as we've been looking at racquet sports like badminton and tennis (ready for Wimbledon tournament and games at the park!)



I hope you all have a wonderful summer and I look forward to seeing everyone in September!

NATASHA 07553 229651 VICKIE 07831 283371 RECEPTION 01603 441126



**Come and join our Parent Support Advisors,
Natasha and Vickie, for a cuppa and chat.
Wednesday 27th September 11am to 12:30pm
Surlingham House, Parkside.**




12

Ingredients for Gingerbread Men

(makes about 12)

180g  plain flour, $\frac{1}{2}$  tsp bicarbonate of soda

1 tsp  ground ginger, $\frac{1}{2}$  tsp ground cinnamon, 70g  butter

90g  light soft brown sugar, $\frac{1}{2}$  egg, 2  tbsp golden syrup




Instructions

 Melt the sugar, butter and golden syrup in the microwave for bursts of

30  seconds and put in a large bowl.

 Sieve the flour, spices and bicarbonate of soda over the wet ingredients.

 Add the egg and stir then bring together with your hand to form

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.

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</p> <p>Parkside Employee</p> <p>25 years swimming teaching experience</p> <p>Call: 07909332953</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>