



# The Parkside School

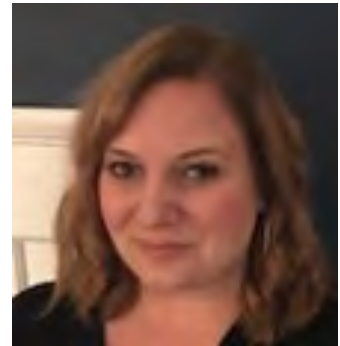
learn grow thrive

Spring Term 1 Newsletter 2024 Number 267

## A Message from Mrs Ellis-Gage

Dear Families,

I hope you have all recovered from the Christmas festivities and are enjoying the New Year. This half term Parkside has celebrated success with sports activities, not only have they been scoring and winning but also showing excellent sportsmanship, which makes me especially proud.



Pupils have also continued to develop their playtime curriculum through OPAL playtimes. We have some excellent structures being built, risk assessing and imagination games going on every playtime which is a joy to watch. I would like to remind everyone to bring warm clothes for outside as we go out in all weathers (except if it is dangerous!) So hats, scarves and big coats are recommended.

After half term we also have some goodbyes, with Jess Pearson leaving to work at local school early years provision and Jenny Ross-Nevin leaving to continue her Art passion. We wish them luck and thank them for their hard work whilst with us.



# Parkside Parent and Friends Association News



## EASTER BAKE SALE – 26<sup>th</sup> MARCH

The Parkside PFA are holding an Easter Bake Sale during the school day on Tuesday 26<sup>th</sup> March at Parkside School. All pupils will be invited along to the sale to choose a cake, cookie or an alternative Easter treat.

We ask for a small cash donation on the day of 30p, 50p or £1 (whatever you feel you can give). All donations help the PFA to raise the funds needed to continue to support the school and the pupils.

If anyone would like to bake some Easter cakes or donate some Easter treats, then please do. All donations need to be NUT FREE. We also hope to sell to staff and parents at the end of the day. Send any donations in to school with your child on Tuesday 26<sup>th</sup> March. Thank you.

*Happy  
Easter Day*





We have continued to develop the Outdoor Play and Learning at Parkside by improving the grounds.

We now have some new bars to swing on in the new playground and Justin, our school's Site Manager, is set to start creating a mud kitchen for the small playground soon.

Daisy and her Forest School helpers have been creating a bug hotel and filling more tyres for planting. The next job is to fill the sandpit in the Sensory Playground.

At the time of writing, we have already had our Junior Department Play Afternoon where 20 parent/ carers attended and got to have fun playing on all of the equipment. It was great to explain the ethos around the play curriculum and how important it is to the children and young people's development.



We are looking forward to welcoming the Sensory and Senior Departments in the coming weeks.

We have achieved so much already but there is still more to do. Thank you again to everyone who has donated to us.

We could really do with some Scaffold boards, paint to paint our tyre planters as well as hardy plants that would survive in these i.e. bamboo or herbs would be amazing!



We are also looking for any food role play toys, long, strong planks and Doctor role play equipment.



If you have anything that you are able to donate, we would be really grateful. **Thank you.**

## P.E. and Health at Parkside

### Trips out

**Octopus** have been to a **Kwik Cricket competition** at the Sports Park run by Norfolk Cricket. Norfolk Cricket in combination with The Lord Taverners, are running Super 1's cricket sessions which are accessible to all:

<https://www.norfolkcricket.co.uk/second-lords-taverners-super-1s-hub-coming-to-dereham-this-january/>



A combination of **Seahorse** and **Octopus** represented Parkside at the Key Stage 3 **Basketball Competition**.

Hoopstars coach Claire, came in to give the team a few pointers during some lunchtimes before the competition. This is a great club that some of our children and young people already attend every week. You can visit their website for more information

<https://www.norfolkhoopstars.com/>

At the time of writing this, Shark class are looking forward to their Sportshall Athletics trip, Pathways are attending the SEND Activity Festival and Rhino class are preparing for their Table Cricket Competition in March.

Some of the **Turtle and Dolphin** class represented the school for the **Swimming Panthalon** at the UEA on 30th January. We are so proud of how well all the children participated in the activities at the event from a treasure hunt in the water, to pool football, basketball and streamlining from the edge as well as so much more. The CYP were confident and had smiles from the moment we entered the UEA, they were so thankful for all the people that made it happen.



*Gemma Green*

## P.E News Continued ...

### Links to a healthy, active lifestyle

It is currently **Maple's** turn to work through their fitness unit of work where they will be travelling to **Wymondham Leisure Centre** to see what a commercial gym, swimming pool and leisure centre has to offer. Hopefully this will spark an interest in the industry for careers or show the pupils what they can enjoy as a hobby outside of school.

We have been fortunate enough to have **Abi from Norfolk Cricket** in school, coaching Rhino class in their PE lessons, to prepare them for their upcoming tournament.



**The Lord Taverners** have been very generous in providing us with a new Table Cricket set for Free, so we can continue to develop this sport at School.



**LORD'S  
TAVERNERS**

We have had 3 more pupils learn to ride their bikes with **Little Riders UK**, as we continue to work with them to develop our children and young people's independence.



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

**Horse Riding** has started for **Buffalo and Elephant classes** who have enjoyed meeting the new pony for this year.

Pictured are two of the lovely ponies at Western Equestrian Centre where we ride.



# Class News



This half term, Lion Class have really been enjoying learning all about animals and their habitats.

They have particularly enjoyed our Art lessons over the last few weeks and have made artwork of penguins, birds, snails and lions (our personal favourite!). We have used many different techniques including painting, collage and sculpture.



Lion Class have also been impressing us with their road safety; going out to different places to practice crossing the road and keeping safe in our local area. **A roaring term Lions!**



Elephant class have really enjoyed Horse-riding this half term as we have been learning about animals for our whole school topic.

We have made great improvements in our riding and confidence around the horses in our short time together and look forward to continuing this next half term.

We have also enjoyed our intervention sessions such as forest school and music therapy! **Well done Elephant Class!**





On Friday afternoon Dolphin class walked to Heigham Park. We walked around the park and looked at the pond. We practised walking and crossing the road safely as next week we hope to go to the park to play on the equipment.

Weather permitting. **What a super time we had!**



This half-term in Buffalo class we have been learning about animal habitats with our Sensory story 'Can I come too?'. Each week we have immersed ourselves into a different habitat.

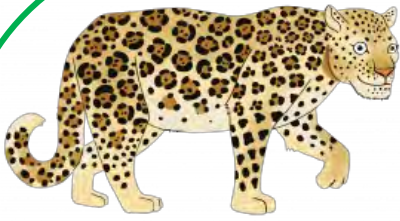
Each week we have immersed ourselves into a different habitat.

We have explored woodlands, wetlands, mountains and deserts. We look forward to learning about Arctic animals and exploring the ocean next half term!



This half-term we have also started horse riding which has been a wonderful experience and we have seen so much progress in the few times we have ridden!

**I am very proud of my Buffalos.**



Leopard class have had a super start to 2024, learning all about animals and their habitats.

We have learnt about Charles Darwin and the adventures he went on, on HMS Beagle, going on our own sensory experience aboard the HMS Leopard; we felt the spray of the ocean and the wind in our hair, although we had to watch out for a rogue octopus!

Continuing our topic, we looked at the habitats of different animals; noticing the temperature and colours of where they live and introducing vocabulary such as 'predator'.

We had a brilliant OPAL afternoon where some of our families were able to join us in investigating, building and being imaginative with the equipment. There was den building, climbing, balancing and lots of imaginative play. It was lovely to see everyone playing together.

We have been getting creative with our enterprise project, making and selling Valentine's day salt dough decorations. We showed our creations to staff around the school and took orders. We made our designs bespoke by personalising them with chosen colours and glitter.

Leopard class loved their swimming lessons, practising breaststroke, moving around and staying safe in and around the water. Next half-term, we are back outside for forest schools! Don't forget the wellies and waterproofs! **A wonderful term!**



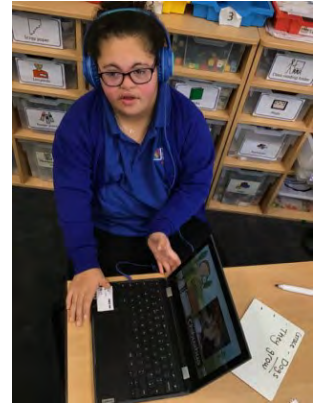




Shark Class kicked off this half term with a bang and enjoyed a trip to Thetford Forest! We all wrapped up warm and followed the Gruffalo Trail whilst seeing if we could spot any animals from our story 'Can I Come To?'.  
It was a lovely beginning to our story and linked well with our topics in Science and Global Studies: animals and their habitats, and Charles Darwin.

Shark Class enjoyed learning about lots of animals across the curriculum, especially our polar bear fact file. Everyone worked really hard to research and create their own fact files toward the end of the term!

Did you know that there are over 500 different species of shark?



### Super work Sharks!



This half term in Rhino we have been learning about animals.

Over the half term we have been learning about different habitats, writing fact files and creating animal themed artwork.

We have also been working hard on our life skills. Rhino have been looking at road safety in our local area and buying items independently in a shop.

### Great work Rhinos!





Sycamore class have been studying hard towards our City and Guilds Qualifications this term. We have been revising lots of functional English and maths skills, such as writing our own personal details accurately and calculating with money.

Our study is on-going and we hope to have finished our coursework by Easter.

Sycamore class have also taken our Enterprise, Cafe 11, to the next level.

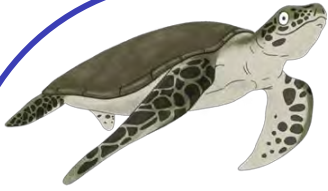
After receiving a generous donation to buy new cups, we have had many compliments! We have also started offering warm sausage rolls for £1, which have been very successful! Pupils in Sycamore are becoming increasingly independent at running the enterprise.

We have also been developing our independence skills by cooking each week.

Sycamore class have been making foods to fit with different cultural events, such as haggis for Burn's night and egg fried rice for Chinese New Year. We have become very good at cleaning up the kitchen afterwards too!



**A fabulous term Sycamore,  
such a brilliant business  
enterprise, well done.**



Turtle Class had an amazing time this term when our families came in to play during our OPAL play.



Turtle class also went on a big adventure to Thetford forest where we had lots of fun being brave in the woods looking for the smallest creature in the world.

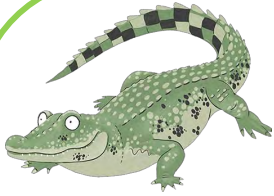


Turtle Class have been engrossed in their learning about Hinduism and the beliefs of Hindus.

All the children made a comic strip to show how they interpreted the Hindu beliefs about how the world began and linked it to the story we learnt last term, "Rama and Sita."

**Such great learning Turtles, well done to all of you!**



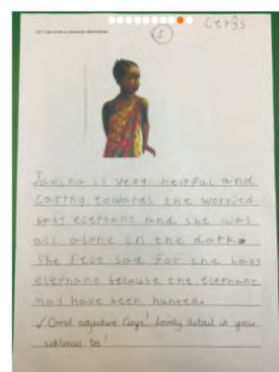
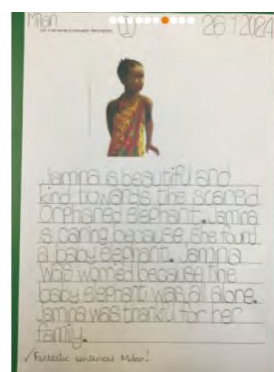


This half term we have been learning about animals through art, story, science and play.

Our class favourite is definitely the Blue Whale! We learned some new signs for animals like otter, kingfisher, badger and tiger.



Across the curriculum this half term, our learning has all been based around animals. In Global Studies we have been finding out about Charles Darwin and the discoveries he made in relation to animals and Evolution. We have done a few quizzes about this which both TA's and children have enjoyed!



In Literacy, our book we have been reading is called "The Hunter". The children have been amazing at writing sentences and using adjectives to describe the main character Jamina. We have also been learning an information text about Panda's. Why not ask your children to show you the sign for 'giant panda' or 'black and white, thick fur'. We have also been playing different games after lunch before our afternoon lesson. We have been enjoying games like Uno, Snakes and Ladders and Connect 4. **A really fun and productive term, well done Holly class.**



Jellyfish class have been working really hard this half term.

The girls are becoming more confident in their swimming lessons and the boys have been working great as a team learning how to play Hockey.

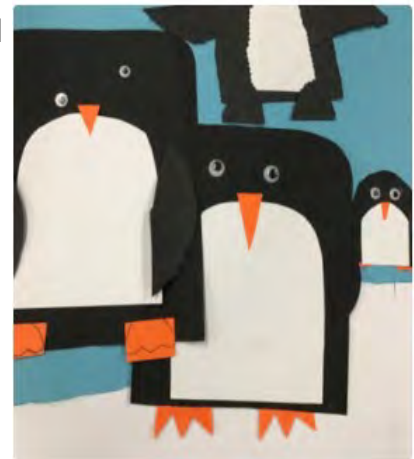
Our Topic this half term is animals and their habitats. We have had great conversations about different types of animals, how we categorise animals and different types of environments. Along with learning about animals and their habitats they have been making fabulous artwork based on different animals.

**A great half term, keep up the hard work Jellyfish!**



In Seahorse Class we have been learning all about animals and their habitats.

We have created lots of animal artwork each week, some inspired by different artists.



We have been categorising animals in different ways and enjoying having time to ask questions, research and discuss.

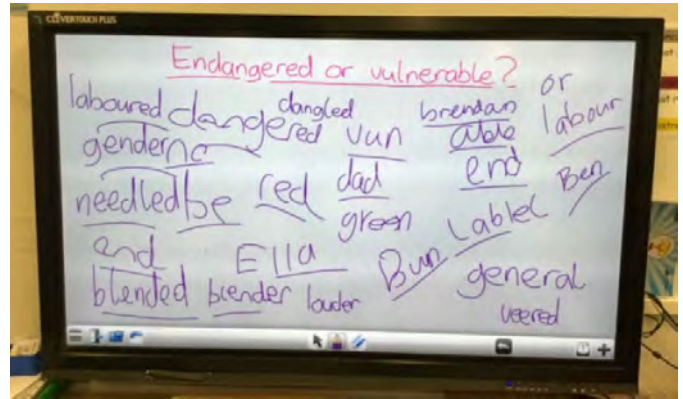
In Literacy we have learnt our model text which was an information text about pandas, researched our own endangered animal and have written fact files based on our model text.

In PE we have been developing skills used in invasion games. The children have also been developing their independence with OPAL at lunchtimes. **Super work!**



Hello parents and carers and welcome to the latest instalment of our newsletter! This half term has seen our class both grow and shrink in number with Antony moving to Octopus, Sapphire joining us from Jellyfish and Daisy joining the school itself!

The new students have settled in brilliantly and our class is thriving in all aspects. We've been concentrating on Animals and Habitats this half term which has included using relevant terminology to start our mornings off with a quick word generator problem



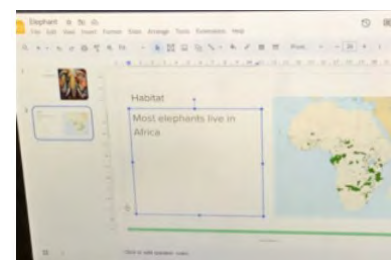
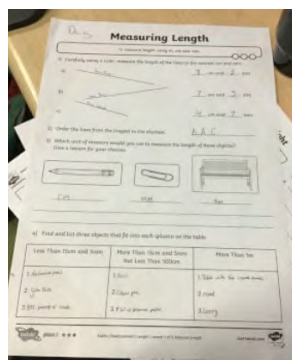
And on the subject of animals, we've also been very lucky to have received regular visits from Parkside's beautiful therapy dog Bella!



P.E has seen some amazing work in Fitness classes from all the students and I've been really excited that Dance is forming part of our weekly routine on a Monday afternoon (check out Earwig for some awesome moves!) Numeracy has been all about measuring so we've looked at distance, weight and temperature (or heavy elephants thousands of kilometres away in hot, sunny Africa!)

We have some exciting trips coming up which I'll keep you aware of ...

**...so until next time -  
it's farewell from Maple!**



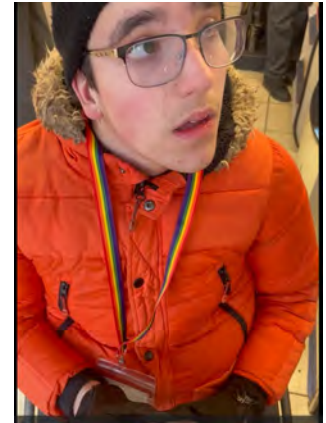
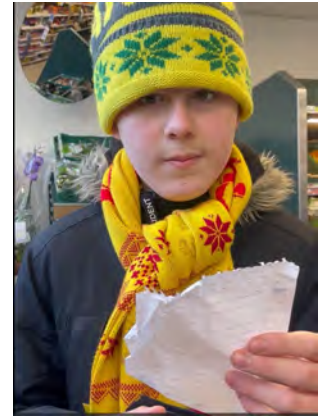


This half term Rowan class have really enjoyed learning about Animals and their habitats.

We have enjoyed researching lots of different animals and finding out what we can do for animal conservation.

Rowan have also developed their shopping and independence skills during their Thursday Titan sessions this term. We have gone 'further afield', to the Tesco's on Unthank Road, Aldi and Home Bargains. We have loved developing our 'self service' skills and interacting with shop employees. We have looked at different price points in different shops and discussed how this will help us with our budgeting in the future.

**What a super term Rowan, well done.**



Octopus Class have had a fantastic first half of the spring term. In class we have really enjoyed learning about animals and habitats, particularly understanding some new words like 'endangered', 'vertebrate' and 'invertebrate'.

The cold weather has not stopped us from having lots of fun in forest school. We have built homes for animals and even tried lighting fires and cooking.



We also represented Parkside School at the UEA Kwik Cricket competition and won 2 games! In some extra time we also had a teachers v's students match which was exciting. **A brilliant term Octopus!**



# Pathways College

Pathways has had a fantastic start to 2024, with each student now following their own, individualised timetable, based on EHCP outcomes and personal preferences.

We have also introduced weekly 1-2-1 progress meetings, to give each student their own opportunity to discuss their performance and general well-being.

Our students have risen to the challenge of completing the weekly shop in a new supermarket this Half-Term, with the focus being on finding the cheapest items, then paying and bagging it up themselves. We have also increased the amount of independence training in line with our students growing confidence, with some of our students now independently completing the bus journey from Pathways College into the City Centre, where they then meet up with a member of staff.



Working with 'Norfolk Dragons', we have completed a review of Sloughbottom Park, which involved us visiting and then rating its facilities. This information will be used to help Norwich City Council improve their public spaces for people with additional needs.

We have also hosted The Hall School Sixth Form students, who came to visit for a coffee morning, where the students made sausage rolls and cakes for them. This was a great opportunity for both sets of students to meet each other and make new connections, a key life skill.

Given the cold weather, we have taken the opportunity to complete some painting and decorating in the independence flat. The students chose the colour scheme for the bedroom, prepared the room and a group have painted it. They have done an excellent job and we are very proud of them.





# Pathways College continued

After Half Term, our focus will return back to our allotment and garden, with spring being on the horizon. Students will be planting seeds and preparing the soil ready for hopefully, another bumper year of home grown produce we can use in the kitchen when preparing our meals.



Visiting Norwich Cathedral, where the students also stopped and had a drink in their café.



Mashing the potatoes for a cottage pie, one of the lunches the students make.



# Mrs Wilson's Cheesy Garlic Bread Recipe



Cheesy



Garlic Bread



Recipe



**Ingredients**

250g strong white bread flour      1 tsp yeast

$\frac{1}{2}$  tsp salt      1 tbsp olive oil

$\frac{1}{2}$  tbsp clear honey (or sugar)

1 garlic cloves, crushed or a frozen cube of garlic

20g soft butter      50g cheddar, grated      thyme leaves



## Instructions



Weigh

the



flour,



yeast

and



salt

into a



bowl.



Mix

150ml



warm water

with the



oil

and



honey

or



sugar

in a



jug,

then

1



Knead

for 5 mins

until the



dough

no longer feels



sticky.



Leave to

prove

for 30 mins.



Mix

the garlic



with the



butter

and



snip

some thyme.



Grate

the cheese.



Knock

the dough



back and make into a flat



circle

shape



and place

on

a



lined

baking tray.



Spread

the garlic



butter



over



the dough

and



sprinkle

over the



cheese

and .



Leave in a

warm

place to



rise.



Put in

the 190C



oven

for 10 minutes



or until

cooked.



# Apple Core Bird Feeders

With spring just around the corner, why not try your hand at making a eco-bird feeder for your garden or balcony.

Making a bird feeder from an apple couldn't be easier and is a perfect project for you to try with your children.

Instead of throwing out apples that have bad spots or are soft or past their best, use them to make a bird feeder.

All you need to do is cut your apple in half, use a spoon to scoop out the core and seeds and then stuff the hole with a mixture of bird seed and peanut butter.

Then hang them from tree branches in your back garden or from a balcony if you live in a flat and watch the birds from your window enjoying a tasty treat!

## What you will need:

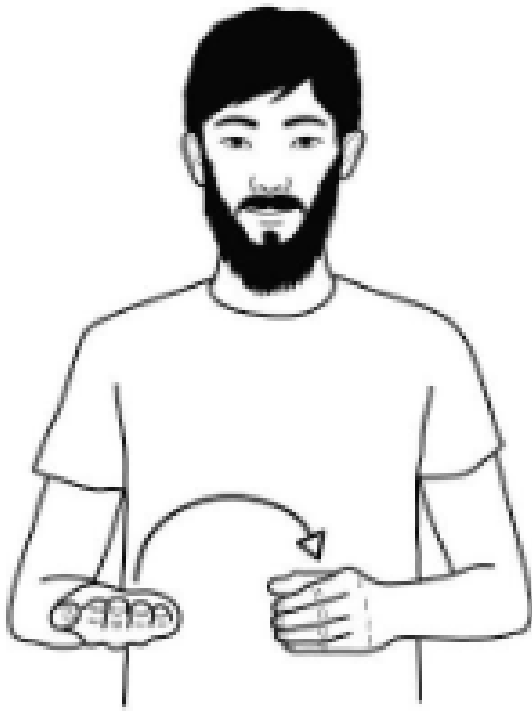
Old apples (or oranges)

Peanut butter

String

Bird seed





# SIGNALONG

This terms sign is for the word

## More

Working flat hand (palm up, pointing forward) moves and turns over onto supporting full "C" hand (palm in, pointing forward).



Hello, my name is James, and I am a Complex Needs nurse based at Just One Number.

This is the single point of access for Norfolk & Waveney Children & Young People's Health Services.

I am available for families of children at special schools to call me with any questions or concerns about their child's health.

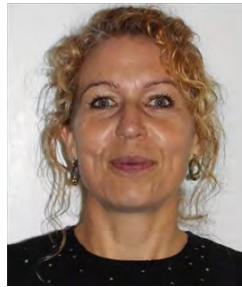
Additionally, school staff can call me to discuss a child or young person if their parent has given their consent. The following are some examples of the topics I can help with:



This list is by no means exhaustive, and parents and school staff can seek advice about other aspects of health and wellbeing as well.

## 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:

We have postponed the nutrition workshops at the moment as we have had very low numbers attending recently.

You should have received a quick questionnaire to fill out from the office, so we can see what days and times are best for parents and carers and what information would be useful.

Thanks to everyone who has responded so far. If you are wanting some advice, please do take two minutes to complete it (the link is below), we really value your feedback.

Many thanks, Emma Blake - Community Development Co-ordinator

[https://docs.google.com/forms/d/1dcpiP9tcyERHazz0AY07heNetG9b1UhzCt0xYjOWFUQ/edit?usp=sharing\\_eil\\_m&ts=65b8ccea](https://docs.google.com/forms/d/1dcpiP9tcyERHazz0AY07heNetG9b1UhzCt0xYjOWFUQ/edit?usp=sharing_eil_m&ts=65b8ccea)



# Swimming with Paul

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

“Paul provides such inspired sessions tailored to meet my child's needs. I can really see a difference in their water confidence since they started and I would highly recommend him to any family. It is a joy to watch them in the water together” (Parent of a child with SEN)