



# The Parkside School

learn grow thrive

Spring Term 2 Newsletter 2024 Number 268

## A Message from Mrs Ellis-Gage

Dear Families,

Whilst this has been an extremely short half term, it has still been jam packed with brilliant learning and some exciting trips. We have enjoyed a brilliant science show from Ben Langley, Red Nose Day, World Book day, Inclusive Leadership event at UEA, parents evening and our Alice on the Wondertrain trip/ Creative Arts Day. I want to thank you all for your support with these events, we could not run them without you.



We have also had some changes happening behind the scenes, our new website has been launched. It has been designed to be simpler to navigate and it should be easier to find the information you want for your child. Please let us know your thoughts on the changes and if there is anything you would like to see on there.

The last day of term is Wednesday 27th March, we hope you have a lovely Easter break with your children and look forward to seeing you all back at school on Monday 15th April.





Our OPAL Playtime curriculum is going from strength to strength with children and young people enjoying play in all weathers. This is thanks to a change in culture as well as purchasing of waterproofs for all classes and staff. I need to also pay my thanks to the many parents and carers who have sent in wellies and waterproofs for their children in order for them to access play fully.



We now have a new **Bug Hotel**



As well as **new planting**

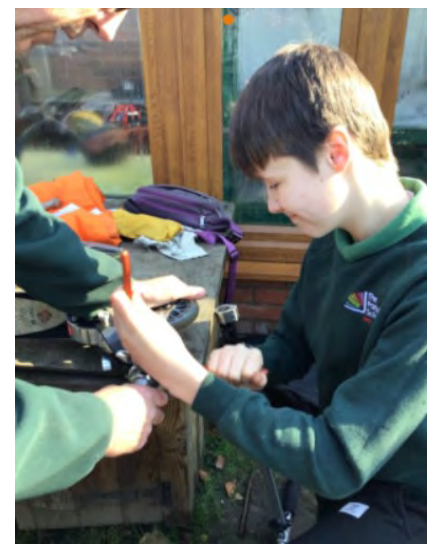


### **Bikes and Scooter Repair and Maintenance**

The bikes and scooters have always been a hit with the children and young people but they suffer from the constant use. Luckily we now have Mark who comes in to teach the children and young people how to repair and maintain them.

Swailey and Lucas have been busy helping on Monday mornings to get them all back to working order.

A massive thank you to Mark Freestone who gives up his time voluntarily in order to support the pupils here at Parkside.



**Donations:** If anyone has any toy cars, little superheroes or a toy garage you would like to donate, we are looking for these at the moment to enhance our play areas.

## P.E. and Health at Parkside

On Tuesday 12th March, Iain Mills led a Youth Sports Trust Inclusive Sports Leadership Day at the Sports Park. This included 65 children and young people from the county from a combination of mainstream and complex needs schools.



The children and young people learnt about the STEP principle in order to adapt any activity to make it accessible to all.

We were lucky enough to have Sophie McKinna (Olympic Shot Put Athlete for Great Britain) joint lead the event and we were lucky enough to see her perform an indoor shot put in front of us!



Maple class attended for the day and loved interacting with other children and young people from other schools where they had to work together to teach another group an inclusive game.

Jamie and Kyan from Parkside were Young Role Models and helped Iain and Sophie to teach the other CYP about leadership.



## **Cross Country**

Parkside took a selection of year 8 and 9 to the county cross country championships at Taverham Hall School.

It was a beautiful day where the sun was shining. The children and young people were so excited about the day!

I was particularly impressed with their determination to complete the 2km race and their resilience to keep going when it felt tough to complete.



Congratulations to all that attended for completing the course and to Rihanna for coming 2nd and Cian for coming 3rd in their races.

## **Sports Hall Athletics**

Shark Class attended the county Sports Hall Athletics competition at the Sports Park and thoroughly enjoyed it. They all came away with medals and beaming smiles from a day of physical activity and teamwork.

## **Table Cricket**

At the time of writing, Rhino class are due to attend the County Table Cricket championships in the coming week.

They have been practising their skills with Abi (Norfolk Cricket Coach) within their PE lessons to prepare them.



Our very own Sports Leaders, Kyran, Jamie, Ryan and Sean will be umpiring the games at the tournament as part of their continued development as Sports Leaders.

# Parkside Parent and Friends Association News



## Easter Bake Sale

On behalf of the PFA we would just like to say a huge thanks to everyone who brought in cakes and goodies for the Easter Bake Sale on Tuesday 26th March. Thanks also for sending your children and young people in with some money to help us make the event such a success.

We received a wonderful selection of cakes and treats and the event raised a total of £185.56.



# Class News



In Lion Class we have been enjoying exploring our topic of The Ocean. We have been learning all about the different creatures living in the ocean and creating artwork linked to the different underwater animals.

In Talk 4 Writing this term we have been exploring The Rainbow Fish and writing our own five sentence animal story.

Lion Class really enjoyed World Book Day, we had a Willy Wonka themed day where we made chocolate rice crispy cakes before they went to Leopard Class to experience a Winnie the Pooh picnic.

We are really looking forward to ending our half term with our Alice on the Wondertrain trip. **A super term Lion's!**



This half term Elephant class have enjoyed their last sessions of horse-riding and are looking forward to completing our last week with a special trip to the Sea-life centre to

round off our learning of the half termly topic 'oceans'.

We shall observe and learn about ocean animals and plants, taking a stroll along the beach as we learn about water safety too!

To earn this trip, we have worked hard raising funds with our very own enterprise project of making and selling reusable products to save the planet!

We are also very excited for our end of term trip treat to see Alice in wonderland! **A great term!**



In Seahorse Class, we have been exploring our topic of The Ocean.



The children have learnt all about the oceans in the world and the animals that live there.

In Art, they have represented sea creatures in their own way, using artists as inspiration.



In Talk4writing, children learnt their model text, a story about a sea turtle and then innovated it about their own animal.

Children have enjoyed playing ultimate frisbee in PE, working on their accuracy of throws. In Numeracy, children have been working on a range of topics using concrete resources and pictorial methods to help them. They are growing in their independence of using Maths Whizz and trialling different resources to help them. Lunchtimes have continued to be OPAL based where children are growing in confidence and assessing their own risks, **Brilliant work!**



This half-term Buffalo class have been working on our life skills and venturing out to Heigham park, working on our road safety and behaviour and awareness out in public. Buffalo class have also been working on our social skills and playing in the park.



**A wonderful term Buffalo!**



Rowan class have had a fantastic half term! We have had a visit from ITV News reporter Rob Setchell. Rowan class prepared questions to ask Rob about his career and what it's really like being on Television.



We loved learning how many days and hours he worked, what an average day in the news studio looked like and who is the most famous person he has ever interviewed. We discovered that the adults and students had a very different opinion over what we classed as 'famous'! Rob showed us some of his presenting clips, we particularly enjoyed the clip of him bungee jumping and we had a chance to show Rob an Episode of Parkside News. Then he kindly let us use his professional camera and mic to record some clips for our next episode.

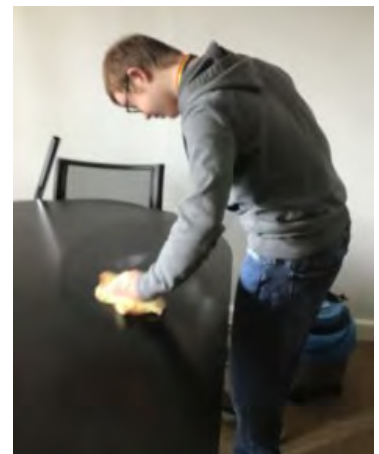
We have continued our weekly Independence sessions to Home bargains and Aldi and have been practising budgeting, communicating with shopkeepers and counting money. Rowan have really gained some confidence this term while out in the community and we can't wait to see this continue to develop.

**Well done Rowan class!**



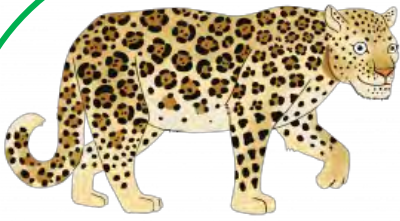
Rhino Class have had a lovely half term. On Fridays they have been working especially hard on their personal independence tasks. Some of the pupils have been helping the site cleaning team with various jobs around the school. They have also been putting this into practice by keeping the Rhino classroom hoovered and tidy.

The pupils have been learning about road safety and have enjoyed becoming more independent when finding and buying items in the local shops.



**A great Term, well done!**





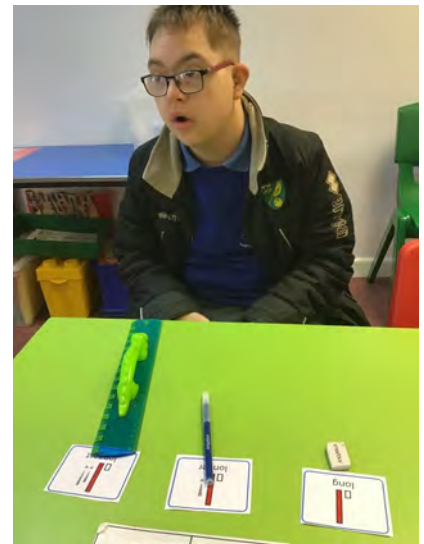
Leopard class have had a super half-term. We have enjoyed learning all about Jacques Cousteau,

completing a biography about him and making incredible underwater scenes of scuba divers, coral reefs, fish and submarines using Duplo in water!

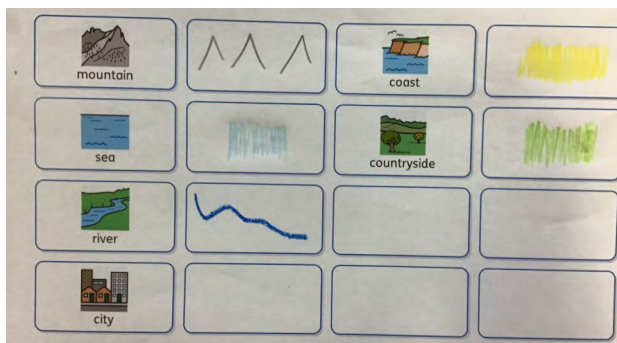


Ultimate frisbee has been our topic in PE. Leopard class have learnt to accurately throw and catch beanbags, balls and frisbee; passing to each other and catching off bounding nets. We have aimed at hoops, targets and nets before putting all of our new skills together to play ultimate frisbee.

In our RSHE lessons we have been thinking about growing and changing. We had lots of fun looking at pictures of ourselves as babies and talking about how we have changed and all of the things we have learnt to do.



We have loved celebrating World Book Day and Red Nose Day and we can't wait to finish off the half-term with a trip to the Sea Life Centre and go on the Alice in Wondertrain.



**Great job Leopards!**



This half term Sycamore have been pushing on with City and Guilds coursework to achieve their entry level qualifications - which is not the most exciting news! However, to help us cope with all this heavy work, we have been working hard on our independence skills and thinking about transition to College.

This week pupils have started taking turns going over to Pathways College to get used to lessons in a new setting. The Pathways students have been showing them how different college is and how independent they need to be.

Sycamore pupils have also stepped up their independence with Cafe 11, taking orders and deliveries unsupervised and professionally preparing the classroom space enterprise work.

Soon the adults will be able to take a step back as the students run the enterprise themselves!

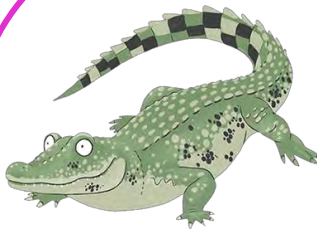
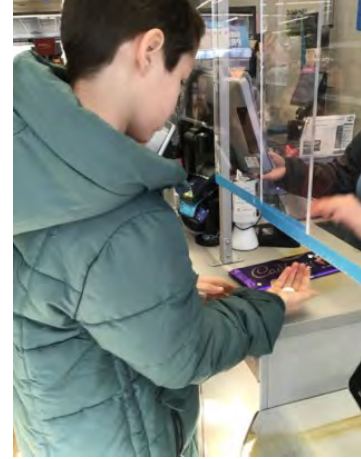


Debbie Wicks took all of the Sycamores on a trip to Cromer, to check out the 'About With Friends' Cafe and have some fun beside the sea.

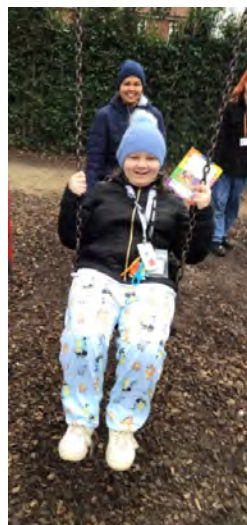
**Such a fantastic term, well done Sycamore!**



Dolphin class have been improving their independence skills by doing lots of trips to the shops, they were able to go to the coop and buy some gifts for Mother's day. We hope everyone enjoyed their gifts and cards! **A wonderful term!**



Crocodile class went on our first trip out to the park! We were very excited and made sure to practise STOP, LOOK, LISTEN before we went. When we crossed the roads be remembered to say and sign STOP, LOOK, LISTEN and we made it safely to the park and back. When we were there we played with our friends from Buffalo and took turns exploring different equipment. We even spotted some friends from Pathways! We are looking forward to going again and practising crossing the road and being safe in our community.



**What fun we had with our learning this term!**



Turtle class have been immersing themselves in our new story; "Ocean meets sky." We have learnt about the five different oceans and some interesting facts.

The Children have been researching creatures that interest them and that live in the oceans. In science and technology we explored the depths of the ocean and what it looks like at the bottom and at different layers during an experiment. The children participated in what may happen when different liquids were added and naturally incorporated their learning of capacity.

We have been learning about Jacques Cousteau, an inventor of breathing apparatus and an explorer of the sea. We looked at how underwater technology has transformed over the years.



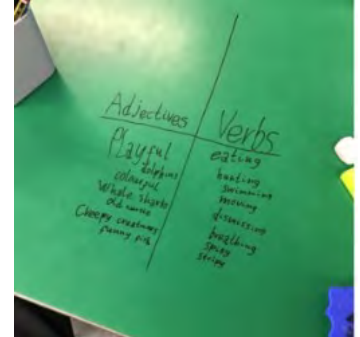
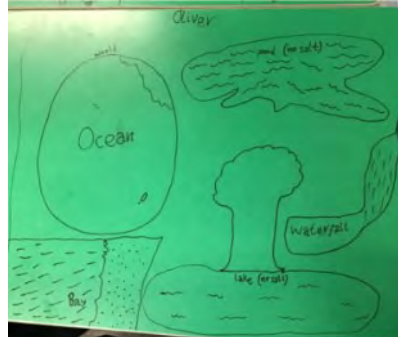
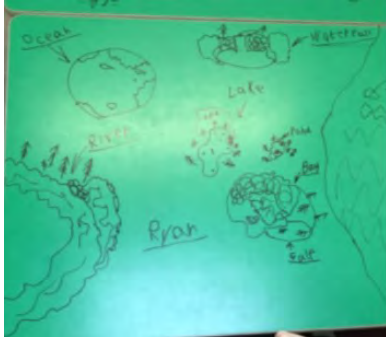
Turtle Class have been working hard on their numeracy and have gained lots of confidence using their computer skills to access Google to research across the curriculum and to access educational maths whizz or number bots.

**Well done Turtle Class!**



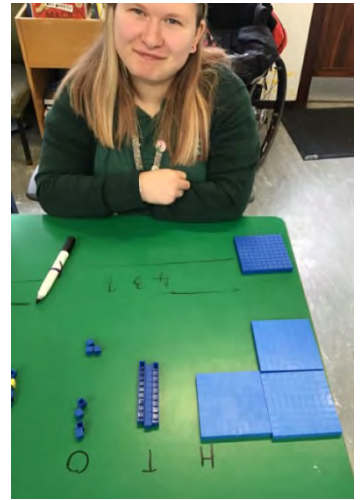


This half term, Holly class have been enjoying writing all over their table during lessons! We have been using whiteboard pens and our tables to show our learning in Numeracy, Literacy and Global Studies!



In Numeracy we drew out our own place value charts and used base 10 to help us understand column addition.

In Literacy we watched a video of animals in the ocean and wrote adjectives and verbs on the tables. The class came up with some amazing words!



In Global studies, we spend a lesson looking at different bodies of water. As we learnt about each one, the class drew their own representation on the table and labelled it. We will definitely continue to use the tables as giant whiteboards as the year continues! Holly class have also enjoyed going to the shop every Monday morning to buy their snacks for the week or to do a little bit of shopping for their adults at home.

**A super term Holly class, well done!**

HAPPY EASTER!





It has been a very busy, short half term in Jellyfish class. Our topic has been Oceans and their habitats. Jellyfish class has learned the differences between the 5 oceans, habitats underwater and how animals adapt to their environment.

One of their favourite lessons has been forest school; the cold weather certainly hasn't held them back planting and creating art out of natural materials.



Our focus book has been 'The little turtle' and the class has used their imagination to create their own wonderful stories about a little turtle in the ocean.



Included in the past 4 ½ weeks we have also celebrated World book day, Red Nose Day and the wonderful Alice and the Wondertrain.

**Well done Jellyfish for a wonderful energetic half term!**



Shark Class have thoroughly enjoyed their topic of 'Under the Sea' and conducted lots of experiments to help further their understanding of the ocean. We explored all the different depths of the ocean and what they are called; conducted research projects into individual animals; and experimented with blubber, coral, and different materials to represent the levels of the ocean.

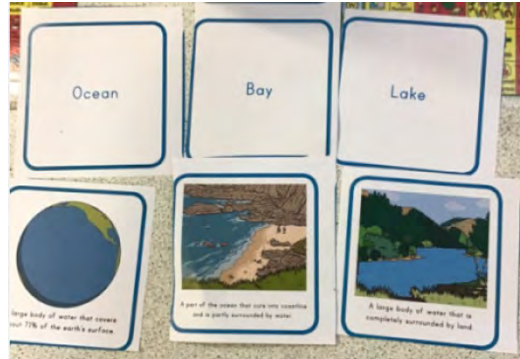
They worked hard to create a beautiful and informative display all about the animals that exist at different depths in the sunlight, twilight, midnight, abyssal, and hadal zone!



**A super term, great work Sharks!**



Welcome everyone to Maple's March newsletter! Although it's been a short half term, boy have we managed to cram lots of stuff in!



Alongside our termly theme of "Under the Sea" that we have been exploring in class, we've also had Youth Leadership events to attend at the UEA where we met local Olympic champion shot putter Sophie McKinna!

**SOPHIE MCKINNA**  
SHOT PUT

DOB:	30/08/1994
BORN:	GREAT YARMOUTH
LIVES:	GREAT YARMOUTH
CLUB:	GREAT YARMOUTH
COACH:	MIKE WINCH
TRAINS:	GREAT YARMOUTH

[@SOPHIEMACIO](#) [POWER OF 10](#)  
[@SOPHIEMACIO](#)

3 of the Maple boys took a trip to a Cross Country tournament and we managed to take a trip into Norwich to grab our free World Book Day books!





It was lovely to talk to so many of you at Parents' Evening, and to those of you I didn't manage to catch, please don't worry, I will be contacting you before the end of term.

Oh, and finally, it's not all work, work, work; we do sometimes manage to spend the last part of lunch in an epic Uno battle and we just may have made an effort to dress in red for Red Nose day...



I hope you all have a lovely Easter Break and I look forward to seeing everyone again after the holidays. **Another marvellous term Maple!**





Octopus Class have been busy learning all about ocean animals this half term. We have become really confident using our Chromebooks to research and find information about animal adaptations, ocean pollution and life cycles.



We are very proud of the members of our class who represented the school at a cross country competition! It was hard work running for 2 miles.



In Art lessons we have been using different techniques to make art inspired by the ocean. We used collage, including paper, tissue and even real sand to achieve this.

The most popular lesson has been Food Tech, particularly making pizzas! Learning important life skills is always more fun when it is also delicious.

**A really super term, great work Octopus!**





# Pathways College

This Half Term has seen the first signs of spring at Pathways, with our students beginning to plant seeds and prepare the garden, ready for the better weather.

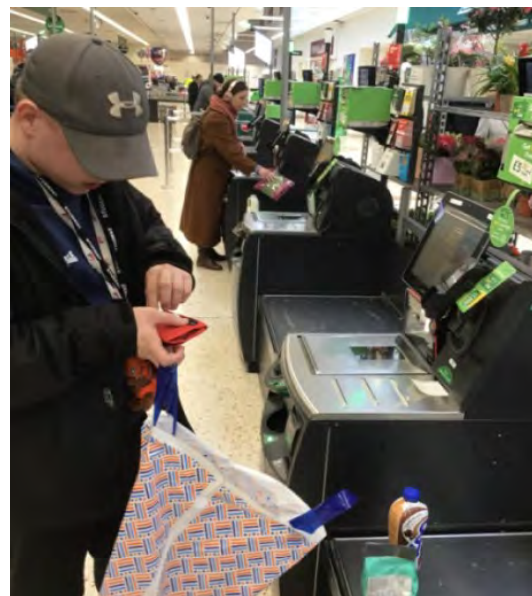
In Maths, we have been practising directions and route planning, to support students to become more independent when they are out in the community.

With our English work, we have been focusing on speaking, listening, and memory retrieval activities this Half Term. We are then applying these skills when we are out in the community, with students having more confidence to ask shop, or café staff for help when they need it.

It has been pleasing to see our students becoming more comfortable with being out in the community and experiencing new situations. This has included visiting a careers fair at the Norfolk Showground, as well as visits into the city and local parks.



Students practicing independently purchasing a drink in a café



Practicing to purchase items from a shop independently using a self serve till.

# Pathways College continued

Pathways took part in 'World Book Day' and several students came dressed up as their favourite book character. We enjoyed hosting the school quiz and talking about the books and topics that interest us.

Encouraging our students to have hobbies and interests is really important for their future well-being as adults.



Students learning new arts skills to encourage the creative arts as a hobby/life interest.



A busy morning in the Pathways kitchen baking cakes

After the Easter break, we are planning to complete the digging of the pond in the back garden and finish off the painting and decorating in our independence space.



## Careers Event – Festival of Knowledge

Early in March there was an opportunity for two classes to visit The Royal Norfolk Showground to take part in a Careers Fair. Pathways and Maple Class were able to enjoy this opportunity.

As the 'quiet' hour was the first slot of the morning there were very few special schools able to get there, meaning it was very quiet. In many ways this was good thing as our pupils were able to access all of the stalls easily and got lots of attention from the companies and training providers. It was disappointing however that the pupils were not able to engage with other students like themselves as they have done in previous years.

Pupils took part in several of the activities such as driving a 'virtual' tractor with John Deere, shooting goals into a net with Norwich City Football in the Community, as well as the usual collection of free pens and bags etc.

City/Easton/Paston College was well represented this year with information and staff who were directly able to engage with our pupils, something which Emily and I have long campaigned for.

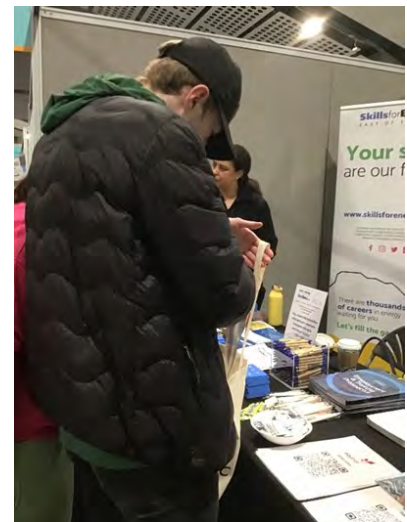
It was a pleasure to see that most of the pupils enjoyed this experience. I was also pleased that most pupils were aware of their likely levels for leaving Parkside/ Pathways (For these classes Entry Level 1, 2 or 3) and were able to talk confidently to prospective employers and Further Education Providers about their future options.

If you have any questions regarding post 16 opportunities for your child, please do not hesitate to contact me preferably on a Tuesday or Wednesday. (Please note I do not work Mondays)

**Telephone: 01603 559690**

**Debbie Wicks- Careers Leader/Advisor, Transition Teacher**

[Deborah.wicks@parksidemail.co.uk](mailto:Deborah.wicks@parksidemail.co.uk)









# Mrs Wilson's Sausage, Bean and Cheese Pasty

  and   -  **Sausage, Cheese and Bean Pasty - for 2 people**

   -    **Ingredients (for 2 pasties) - all fillings are optional, put in what you like!**

**1**  or    **1 spring onion or 1 tablespoon frozen onion**

      $\frac{1}{2}$    **1 teaspoon spice/curry powder 30g cheese  $\frac{1}{2}$  tin of baked beans**

**1**    **1 cooked vegetarian sausage** **1**    **1 or 2 tablespoons frozen vegetables**

**2**  $\times$   $\frac{1}{3}$    **2 x  $\frac{1}{3}$  sheet of pastry**   **some egg for brushing**

## Instructions

     **IF WANTED fry the onion in a frying pan until it is soft.**

**+**    **+**  **Add the curry powder or spice and fry for a minute.**

     **Put the beans, chopped sausage, grated cheese and vegetables into a bowl.**



Mix in the onions and spices and stir.



Prepare your pastry. Then, put half of the mixture on one side of the pastry.



Brush egg around the edge of the pastry, then fold over and crimp it



together with a fork and prick on top to allow the steam out, brush the egg



190°C



-

on top for a golden finish. Put in 190C oven for 20 minutes - or until crispy.



Ingredients



Pastry



Pasty



# SIGNALONG



This terms sign is for the word

## ANIMAL

Pads of thumb, middle and third fingers of working hand touching, index and little fingers extended (palm in, pointing up).



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.

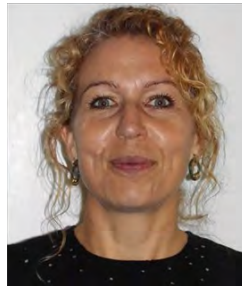
Additionally, school staff can call me to discuss a child or young person if their parent has given their consent. The following are some examples of the topics I can help with:



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. Please paste this into your browser:



[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).

## A BIG THANKS to ...



**CORNFIELD**  
SCAFFOLDING  
RAISING STANDARDS ON TIME

**PINNACLE**  
SCAFFOLDING

We would like to thank these companies for kindly donating scaffolding boards for the children and young people to use as part of their OPAL play. They have enabled the children and young people to consider their own risk management as well as providing an opportunity for practicing balance and co-ordination. We greatly appreciate all the donations we receive. Thank you.



# Swimming with Paul

 <p>what</p> 	<p>Private 1:1 swimming lessons</p> <p>Students of all ages</p>  <p>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>

“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)*