



Springwell Leeds



Dear Parents / Carers,

May 2020 | Issue 14

Welcome to May's edition of the Springwell Leeds Newsletter!

Even in these very challenging and unusual times I hope you will enjoy seeing the ways in which the team here have been busy working with and supporting our children across Leeds. They are working in very different ways but their approach is always the same – child focused, needs focused and with unconditional positive regard.

I am sure that you have been as frustrated as I have that we have not been able to operate as normal for some time now. I am certain that you agree that we all want to get back to normal in our school life as well as our other life as soon we can. We worry, as I am sure you do, about your child not accessing school and the impact that this might have on their education. Therefore, the sooner we can bring our children back into school safely, the better.

You will have heard that the Government have set an ambition that certain groups of Primary age children could start returning to schools from the 1st of June. They have said that this may be possible if the conditions surrounding the spread of COVID-19 have improved sufficiently. The guidance surrounding Special Schools such as ours is very different as there are no target year groups of pupils identified.

Instead we are encouraged to a gradual build-up of numbers over time in a way that ensures the safety of children and staff. This can begin once it is safe to do and that the conditions surrounding the spread of COVID-19 have improved sufficiently.

I am working very closely with the Trust and with Principals on each of our sites to plan carefully what a return will look like for our children. I would like to assure you that my first priority is the safety of your children and the staff that support them. As we develop our plans we will share them with you and will talk to you individually about what they mean for your child. We will not rush. We will ensure that we put no one at risk and that we carefully consider the scientific evidence as it is shared by the Government. I ask that in the meantime, you check the school website regularly for updates and that you follow the Government's guidance on social distancing and keeping

Scott Jacques

Executive Principal

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Primary

We are now into our 7th week of home visits and the staff and pupils have had some lovely times together. The primary children at East have been playing with the goodies they have received in their craft packs and have been showing off how many challenges they can complete each week. Some of the primary pupils in school have been baking many delicious treats and showing off their dance moves.

Here at South Primary we have been busy with our online learning and home learning. Pupils completing Mable speech and language therapy have been able to continue so a big well done! Online Maths, Reading and Phonics are available through Lexia, Hegarty and Rapid Readers. Home Learning packs have been delivered and it has been wonderful to see pictures of some of you learning at home with your families. Each week we have tried to include a range of activities and Care Team even gave us some great suggestions for Yoga and regulation activities.

Fabulous Art work has been produced as we made posters and rainbows to thank our NHS and Keyworkers. Mr Hardwick has been dropping off Art supplies to keep the activities going. We also have workbooks from our friends at Leeds United coming out over the following weeks for all those football fans out there.

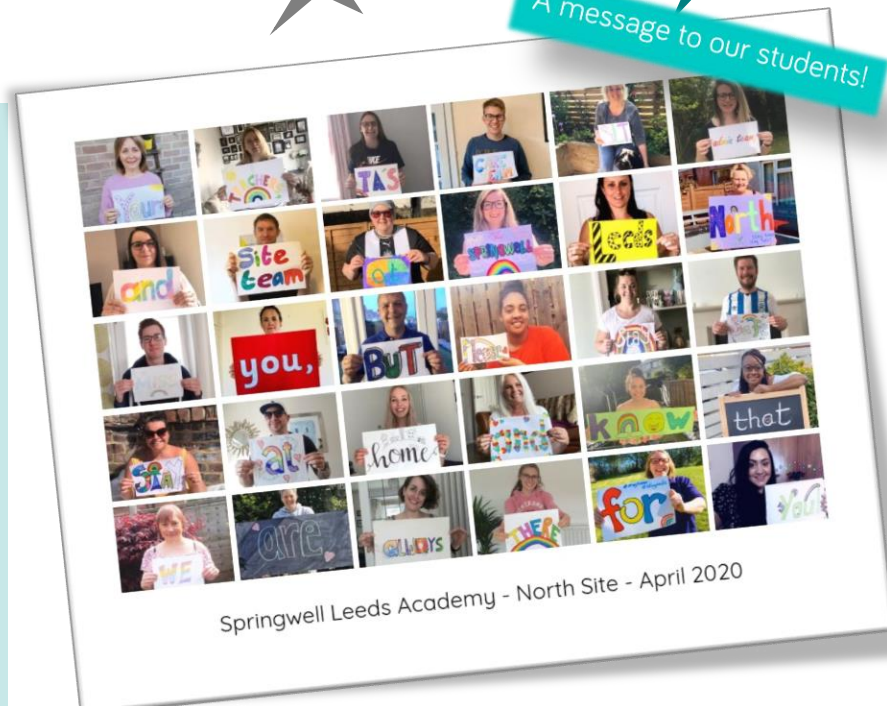
Lastly we would like to thank Dr Khan, our Science specialist teacher for organising some exciting activities for British Science Week 2020, which took place back in March. Please follow us on Twitter at 'Springwell Leeds South Primary' and email your home learning photos to d.richardson@springwellacademyleeds.org and we will share your wonderful work with our Wellspring community.



North Site



A message to our students!

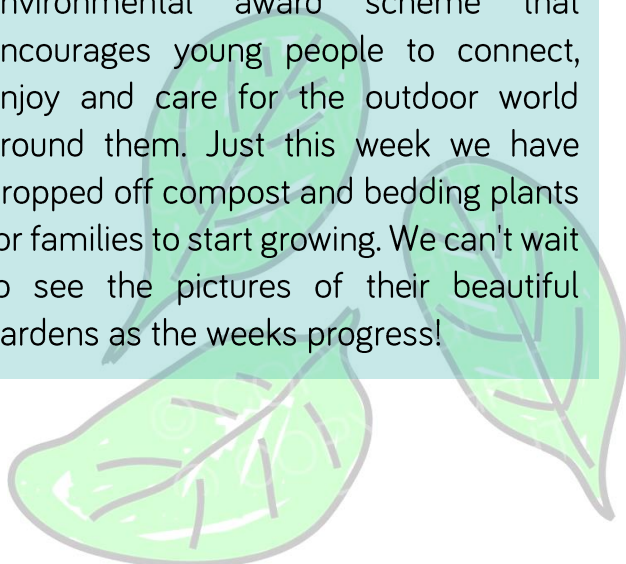


Springwell Leeds Academy - North Site - April 2020

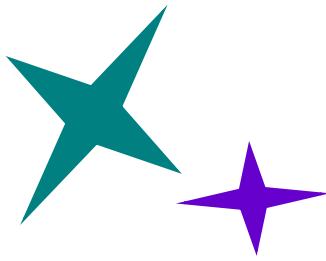
We have been very proud of how our families have adapted to life during lockdown. Staff at North have been in regular phone contact, visiting families and have been busy sending out bespoke work packs to all our students. We feel it is incredibly important to support families during this time so we have made sure that if it is support with setting up work routines, ideas for creative games, support to address the varied emotions we are all feeling, or support with getting basic essentials that our families we need, that we are able to support and have an impact. We have been so proud of our students and families for sharing the fun and creative activities they are doing at home. Some of you have been making the most of the nice weather, helping in the garden and house, decorating, cooking, playing fun games, and doing some academic work. Many of our key stage 3 students are working towards the John Muir Award, an environmental award scheme that encourages young people to connect, enjoy and care for the outdoor world around them. Just this week we have dropped off compost and bedding plants for families to start growing. We can't wait to see the pictures of their beautiful gardens as the weeks progress!

HOME LEARNING

Here's some pictures of our children home learning!



East Site



Maths Star Progress

Congratulations to the following students coming top of the leader board for Hegerty Maths

-  Carson
-  Max
-  Harvey



Home Visits and Calls

Thanks to all staff and families for working with us over this time. We have visited homes throughout this period to support with activities, planning, work packs and we have even brought the odd kit to help you plan those activities. We would like to say thanks to the fab staff team who have been out shopping and making deliveries. Next time we pop round – Give us a wave and a smile. (We love catching up with you and hearing your stories)



Provision in School – supporting key workers and families in need

Thanks to all the staff and families supporting the provision in school for key worker students and families who need that time in school. Students have been following social distancing measures and working hard on key skills that will help when they are back at home.

Thanks for all your help with the Springwell Food bank - an act of community kindness.

Many of our community have helped us collect essential items of food and toiletries. These packages have been distributed over this last few weeks to those in need. If you have any donations then let us know we can collect in a socially distant way. If you are in need... Contact us and we will do all we can to help.

Charity Work as part of the D of E

Kenzie and Bailey making strawberry and banana smoothies for their chosen charity, which was Marie Curie Cancer Research. This was a task set within one of the units within the AQA Personal, Social, Health and Economic Education award / qualification. The smoothies were sold to staff and visitors to raise money for Marie Curie Cancer Research. Well Done Yellow 3.



Staff Lockdown dance off!

Staff say hello with the worst dancing ever.... If you have not seen our latest talent showcase then head over to the website to watch your favourite staff members do a little dance.

South Site



Home Visits During Lockdown

At Springwell South we have been supporting all of our students in different ways during the lockdown period. As well as sending home and delivering work packs, alongside phone calls to all of our students and their families, we have been visiting some of our students who we know may need more support during this time. It has been great to see the smiling faces of the students when they get a visit from staff and sometimes some extra resources to help student through this difficult time.



Thank you, Families!

As we work through this challenging time and develop our online learning, we just want to say a HUGE thank you to all of our families. Juggling home life and supporting education will be a challenge at times - we understand this. Thank you for your ongoing efforts and for responding to our recent survey, so we can continue to make our home learning offer even better. As always, if you need any additional resources, support or reassurance, please contact us on southconcerns@springwellacademyleeds.org or via school reception.

Hello Hegarty Maths!

You should have received a letter on how your child can logon to the portal which has personally assigned tasks for them to complete.

We keep a track of students time on the platform and our current Springwell South Hegarty Heroes are:

Green – Lewis, Andrew, Josh

Yellow – Ben, Khushi, Kian

Orange – Joe, Jonathan, Will



If you have any issues logging on to the platform – please get in touch directly with our Maths Specialist – Tim Hilling-Smith (t.hilling-smith@springwellacademyleeds.org).

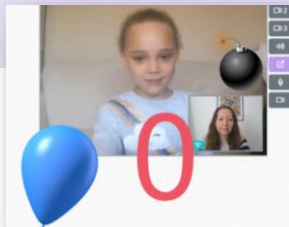
Super staff

Another thank you (and a well done) must go to our staff. Those who are vulnerable have been working at home, as advised by the government. They are using this time to develop their skills and knowledge by completing online courses, ranging from mental health awareness to strategies to support with autism. This learning will be really beneficial when we return, and will enrich our team skill set. Our talented leaders have produced a set of training videos for our staff, on topics such as phonics, maths and Theraplay.



SEND Support News and Tips

Mable Therapy have been busy helping some Springwell pupils continue their speech and language therapy sessions at home. All Mable's therapy sessions are online, providing some routine and structure to the children they work with. Here is Amira working with her therapist Lowri. Amira really enjoys her sessions and is excited when her Mum tells her it's Wednesday and she will be seeing Lowri. They have developed such a lovely relationship and it is great to see Amira interact during the session. Receiving the reports after each session has given Amira's Mum a better understanding and knowledge of how to speak to Amira, what areas to work on and how she can implement these. Amira says her speech and language sessions are good and fun and she she can play games but also learn. Well done Amira!



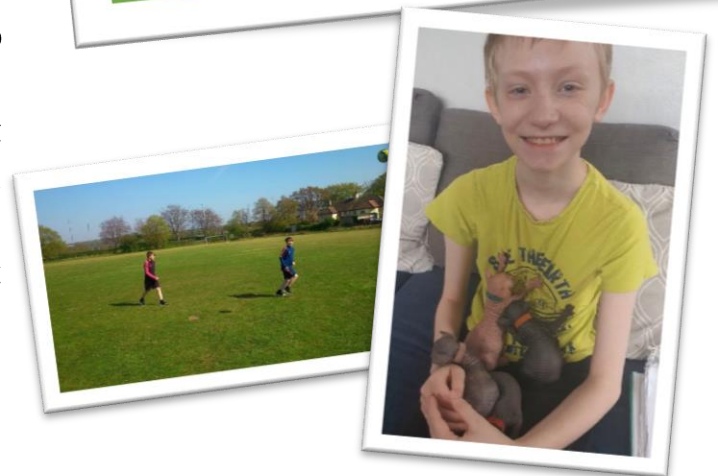
At a time when life feels anything but normal, it is very important for our pupils to feel there is order and predictability. This visual prompt resource, made by a parent / carer, is an excellent suggestion (especially for our pupils struggling with sleep!). The important element is that your child can take independent ownership of using it, and use it as part of bedtime routines.

It is essential that we take care of ourselves, especially as we currently face moments of stress and worry. It is healthy to take a break and focus on our own wellbeing as well as that of others. Here are some great suggestions to use from the website 'action for happiness'

<https://www.actionforhappiness.org/meaningful-may>



Maintaining good health and well-being is vital during this time and the staff at Springwell North have been supported by our trusty canine pals, Cooper and Josie (aka little and large!), to provide lots of interesting and entertaining activities for students to engage with. Luckily, our students have been encouraged not only to maintain their learning, but develop new skills at home too! From Park P.E lessons, literacy skill building and painting and decorating, to animal care with beautiful Sphinx kittens, our fabulous students continue to amaze us with their competence, confidence and determination to keep improving. We are a proud staff team!








SEND Support News and Tips









Resilience Challenges for 4-7 year olds

The Challenge	Completed
 1 Draw a picture or write a note for your neighbour	<input type="checkbox"/>
2 Copy a dance routine from another country	<input type="checkbox"/>
3 Help to make a healthy snack	<input type="checkbox"/>
 4 Phone/video call someone from your family that doesn't live in your house	<input type="checkbox"/>
5 Do a household job to help out the grown-ups	<input type="checkbox"/>
6 Play a game with someone older or younger than you	<input type="checkbox"/>
 7 Try and learn the word friend in another language	<input type="checkbox"/>
8 Complete the work sent home for you from school	<input type="checkbox"/>
9 Learn a new skill	<input type="checkbox"/>
 10 Draw or write in a diary at least 3 times a week	<input type="checkbox"/>
11 Try a mindfulness exercise (ask an adult to help you find one)	<input type="checkbox"/>
12 Sing at least once a day for a week	<input type="checkbox"/>
13 Find a song about not giving up	<input type="checkbox"/>
14 Draw a picture of yourself 10 years from now	<input type="checkbox"/>
15 Read a book	<input type="checkbox"/>

Resilience Challenges for 8-11 year olds

The Challenge	Completed
 1 Do something kind for your neighbour	<input type="checkbox"/>
2 Make up a dance routine using moves from another country	<input type="checkbox"/>
3 Make a healthy snack or meal	<input type="checkbox"/>
 4 Phone/video call someone from your family that doesn't live in your house	<input type="checkbox"/>
5 Do a household job to help out the grown-ups	<input type="checkbox"/>
6 Play a game with someone older or younger than you	<input type="checkbox"/>
 7 Try and learn a few phrases of another language	<input type="checkbox"/>
8 Complete the work sent home for you from school	<input type="checkbox"/>
9 Learn a new skill	<input type="checkbox"/>
 10 Draw or write in a diary at least 3 times a week	<input type="checkbox"/>
11 Try a meditation exercise from youtube	<input type="checkbox"/>
12 Sing at least once a day for a week	<input type="checkbox"/>
 13 Write a list of times when you have been resilient and kept going even when things were hard.	<input type="checkbox"/>
14 Design a poster of yourself 10 years from now	<input type="checkbox"/>
15 Read a book and review it for your friends	<input type="checkbox"/>

Here are some very useful websites offering a wealth of great support and resources to families:

-  Hints and tips from Liverpool CAMHS <https://wakelet.com/wake/564d7bc8-4bc9-462f-a9e1-2deb03150c3f>
-  National Autistic Society - guidance and helpline for parents', young people and staff: [https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)
-  Mencap - Easy Read guide to Coronavirus: <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>
-  Place2Be - Guide to helping parents answer questions from their children and to support family wellbeing: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
-  Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
-  Carers UK - Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>
-  Covibook - an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>
-  Amaze - information pack for parents <https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>

More support and resources can be found on our website



SEND Support News and Tips

Theraplay

Thanks to all the staff and families supporting the provision in school for key worker students and families who need that time in school. Students have been following social distancing measures and working hard on key skills that will help when they are back at home.

Theraplay is a series of playful interactions and a natural way to foster positive interactions with young people. These revolve around 4 elements of Nurture, Challenge, Engagement and Structure.

At Springwell, the staff are all trained and have a fantastic array of balloons, massage equipment and other toys available to them. However, I will try hard to provide activities that can be done without all of these.

There are several rules of theraplay.

- 1- YOU (The parent!) are in control, but try to respond to how your child is reacting to these activities.
- 2- Remind the student that no-one should get hurt!
- 3- There should ideally be a snack at the end which you can enjoy together.
- 4- Have FUN!

TASK ONE: Partners sit back to back, with their elbows linked, and try to stand up. This is great for anyone of any age. Remember to take this one slow at first to avoid injury!

TASK TWO: Children get into a crawling position and hold onto the ankles of yourself or another child in front of them. You can then try to move around the house in one piece. They can try added challenge like moving backward, or "going to sleep" anything that snakes do. Keeping together is the real task.

How to contact us

Due to the current COVID-19 crisis, not all phone calls to school will be answered immediately.

If you do need to call, the best time for this is between 9am and 11am, weekdays. We ask therefore that if at all possible you contact us by email at the appropriate address below:

South site: southconcerns@springwellacademyleeds.org

North site: northconcerns@springwellacademyleeds.org

East site: eastconcerns@springwellacademyleeds.org

General enquiries: office@springwellacademyleeds.org

The Academy phone number is 0113 4870555. If the call is urgent, please call the number above and select Option 4.

