



GOSDEN HOUSE SCHOOL

MINI NEWS

22nd January 2021

How-to-guide to surviving January 2021

I'm sure that all of us have developed strategies for maintaining some degree of sanity during this unbelievably difficult time. It seems that everybody is juggling so many challenges at once, and I don't envy those families and staff who are having to remain at home at this time.

The Gosden community has shown incredible resilience, and I think we have our children to thank for that. I have the pleasure of seeing the children come off the buses every morning and that is the thing which gets me through hours of office lockdown, with online meetings and screen staring. I know that for staff this is the exactly the same, our children are relentlessly optimistic, and I suspect we are supporting a generation who will be much more appreciative and assertive in their world.

I will be joining some online sessions next week, and I am very much looking forward to popping into that community. For now I am making sure I walk every day to get away from my office and my screen, and trying to remember to practice gratitude – 5 things every day!

As we are launching our new look newsletter, if you would like to contribute, please contact Clare Sykes to arrange that.

Have a good weekend, look for birds in that plane-free sky!

Cindy



UPDATE FROM DUCKLINGS

Robins, Owls and Rabbits Class who are in school are doing some great learning and working well together. This week we have learned all about pirates and made our own pirate costumes. We have played phonics games, had a football day where we created our own team kits and created a football maths game. We have also written letters to our friends that we cannot see at the moment and even turned our classroom into a cinema creating our own tickets, posters and writing reviews of films.



UPDATE FROM DUCKLINGS

Also in school we had great fun collecting painting and arranging leaves to make a lions mane!



UPDATE FROM CHICKS

The Chicks (Ducklings Home Learners) have been absolutely brilliant in their first weeks of remote learning. Their adaptability, dedication and enthusiasm have been out of this world. A special thank you to all of their parents for their support, encouragement, creativity and ability to really think out of the box. This week we have been looking at fairy tales, here are just some of their wonderful photos but can you name the fairy tale?



UPDATE FROM SIMMONDS



Mrs Valentino, Claire and Emma would like to thank all the parents for their home learning support. They are looking forward to being in school for the next two weeks working with the students in school. Mrs Suggitt, Theresa and Charlotte are sad to say goodbye to the school learners but excited to see the home learners.

All the children in Simmonds have worked hard, both at school and home.

Home learners: have made frost, written sentences, counted, meditated, drawn, coloured, sung and shared news.

School learners: have learnt about pigs, Goldilocks and have made and tasted porridge and carrot soup.



UPDATE FROM SAPPHIRE

Cooking - We made a pizza. We used two tortillas as our base. We then put some sauce on them, cheese, salami and sweetcorn. We had fun making it.

Art - We looked at the work of Mondrian, Calder and Miro' and then we made our own geometrical drawings. We all enjoyed it even though it was very messy!



PE - We enjoyed taking part in a Bocchia tournament. It was great fun and everybody played fantastically.

English - We looked at rhyming words and then we made our own rhyming poem.

UPDATE FROM PERIWINKLES

Those of us at school in year 10 have enjoyed working alongside Gemma, who has shared her passion for design and textiles which has been contagious across the lighthouse, Ellie particularly enjoyed making her own elephant and Esther a mermaid.



UPDATE FROM PERIWINKLES

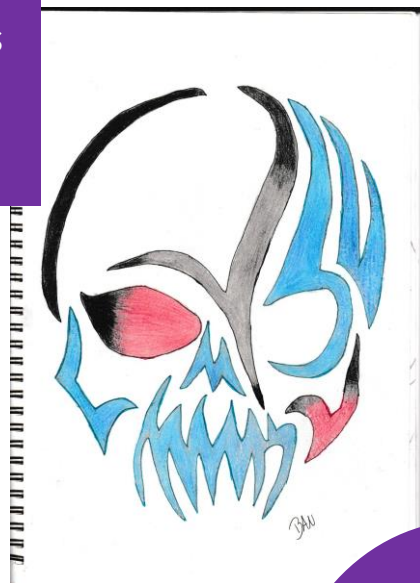
Home Learning update

What a whirlwind we have had so far! We have been so busy and achieved so much in just 2 weeks. Our day begins at 9am and its great to see everyone so keen and ready to learn! Maybe it's because we have all had a little lay in.

Kayleigh is usually first to appear closely followed by Thea. Each day we work on and often complete new tasks but as well as work we fit in "fun stuff" like Cosmic Yoga and Art. We know that taking some time out for ourselves is really good for our wellbeing.

This week we looked at "Pointillism" also known as "dot art". This was developed by Georges Seurat (I for one learned something new). We looked at the technique and a few of us had a go ourselves. You can use paintbrushes to make the "dot" or cotton buds so they have gone on my shopping list this week! Thea thought it was really good fun. Here are a few examples...

Brooke
Norgate's
amazing
skull
artwork



UPDATE FROM HOME LEARNING TEAM

We wanted to say a BIG THANK YOU to all of our parents. You have been fantastic in supporting the learning of our pupils. We could not make it through this lockdown without your incredible support.

As you may be aware, we have purchased Bug Club. It is a fantastic resource to support our pupils in reading at home.

Our class teachers have set the books so they are appropriate for each child and many books have comprehension activities built in. Just look for the bug on each page! If you do not have a login, please contact your class teacher or teacher leading the home learning.

These might be some helpful ideas to keep children focused at home and link to useful [EEF Talk with Trust Video](#)

Get Safe, Be Happy, Learn More!
#WholeClassHappy

Balance a ping pong ball on your lip!
Breathe in through your nose and blow out through your mouth to see how long you can keep your ping pong ball in the air for.

Elephant Trunk Stretch
Sit on the floor. Stretching your arms, lean forward to touch your toes or as far as you can - then try to put your head on your knees!

Stretch & Relax!
Reach high for the sky then slowly, slowly, slowly bring your arms down towards floor towards your toes. Relax there for a few seconds.

Press your palms together and hold the squeeze for 10 seconds

Take a walk and show me your Spidey Senses!

EMERGENCY BRAIN BREAK!
1. March around the playground once moving your whole body
2. On the way back in to your class, tell your teacher your name
3. Carry on with your task!

Soft Fabrics
Chew Toys
Fiddle Toys
Putty
Stress Balls
Make a **Galaxy Chest**

Give yourself a big hug and squeeze for 10 seconds

Link hands & press down on your head for 10 seconds

Squish, Squash, Relax
after a break or lunchtime to get bodies relaxed and learning brains ready!

Feet On The Floor
Literally get grounded!
Take your shoes off as soon as you enter the class, leave them off until you have to go out again.

Need a 1 minute brain break?
Spend it colouring in the 'whole class' colouring book. Team work!

Calm the body and engage the mind with Tummy Buddies

UPDATE FROM SPEECH & LANGUAGE TEAM

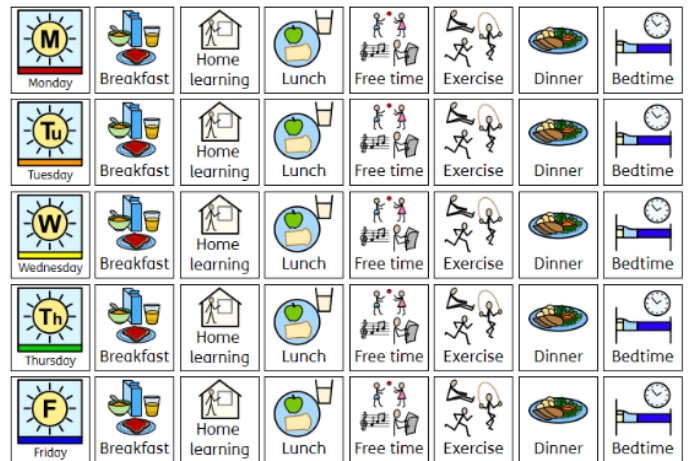
Speech and Language Therapy: Keeping a routine whilst at home

Keeping a routine is one of the most important things you can do to support your child during home learning. Children can often find routines comforting and benefit from the consistency and predictability they bring.

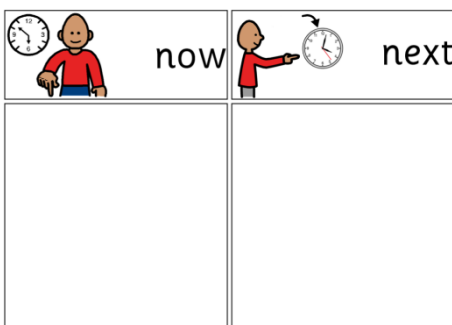


Visual timetables – We often use visual timetables in school to help the children understand what is happening in their day and what is happening next. Your child's teacher will have already provided a visual timetable for the school day.

Weekly calendar – It may also be helpful to create a visual plan for the week or month with space for different activities each day. This can help break up the days and stop them all feeling the same! Older children may like to work through the calendars produced by Action for Happiness – which can be found here: [Action for Happiness](https://www.actionforhappiness.org/calendars) <https://www.actionforhappiness.org/calendars>



Now/next boards – These can be helpful for children who don't yet understand or can be overwhelmed by larger timetables. They help children to understand what is happening next and mentally prepare themselves. You can make them very simply by drawing on a piece of paper or whiteboard.



UPDATE FROM SPEECH & LANGUAGE TEAM

Positive routines – If your child is finding it difficult to get going in the morning, it can be helpful to set up a morning routine which is always the same.



You can plan this routine together and choose a positive activity for them to do for 10 minutes or so once it is complete – for example, once they have got dressed and ready for the day, they can play for 10 minutes before school starts.

Here's a lovely calendar with speech, language and communication activities for each day...

Speech, Language and Communication Activities Calendar

<p>Monday 11th January</p> <p>Ask someone 'How are you feeling?'</p> 	<p>Tuesday 12th January</p> <p>Describe your lunch: what does it look like? How does it taste?</p> 	<p>Wednesday 13th January</p> <p>Take it in turns to make an animal noise for others to guess</p> 	<p>Thursday 14th January</p> <p>Sing and act out The Wheels on the Bus</p> 	<p>Friday 15th January</p> <p>Go for a walk and find:</p> <ol style="list-style-type: none"> 1) Something red 2) Something soft 3) Something that moves 
<p>Monday 18th January</p> <p>Beat a drum/pan/box for others to copy the same rhythm</p> 	<p>Tuesday 19th January</p> <p>What's in the bag? Ask questions to be able to guess what's inside</p> 	<p>Wednesday 20th January</p> <p>Read a story and then act it out (using props)</p> 	<p>Thursday 21st January</p> <p>Make happy/sad/angry/scared faces in the mirror</p> 	<p>Friday 22nd January</p> <p>Play a turn taking game - use 'my/your turn' language.</p> 
<p>Monday 25th January</p> <p>Dance to music and copy each other's dance moves</p> 	<p>Tuesday 26th January</p> <p>Watch a video and then talk about it: WHO/WHAT did you see, what did they DO, WHERE were they?</p>	<p>Wednesday 27th January</p> <p>Sing and act out Head, Shoulders, Knees and Toes</p> 	<p>Thursday 28th January</p> <p>Play I Spy</p> 	<p>Friday 29th January</p> <p>Give instructions for colouring a picture e.g. 'colour the flower blue'</p> 
<p>Monday 1st February</p> <p>Listening walk: Talk about all the sounds you can hear on your walk</p> 	<p>Tuesday 2nd February</p> <p>Sing and act out Old MacDonald had a Farm</p> 	<p>Wednesday 3rd February</p> <p>Play a turn taking game - use 'my/your turn' language.</p> 	<p>Thursday 4th February</p> <p>Lego/block building: 'instructor' gives instructions to the 'builder' to follow</p> 	<p>Friday 5th February</p> <p>Follow the leader: Take it in turns to be leader and do an action for others to follow</p> 
<p>Monday 8th February</p> <p>Scavenger hunt: Give instructions, e.g. 'find something blue'</p> 	<p>Tuesday 9th February</p> <p>Musical statues: Freeze when the music stops!</p> 	<p>Wednesday 10th February</p> <p>Play Simon Says!</p> 	<p>Thursday 11th February</p> <p>Identify how the people in a picture/story are feeling</p> 	<p>Friday 12th February</p> <p>Charades: Mime an action for others to guess (e.g. swimming, singing, dancing)</p> 

If you have any questions or concerns, please contact us by emailing salt@gosden-house.surrey.sch.uk

The Speech and Language Therapy Team –
Laura, Jasmine, Sarah and Jacqui

MENTAL HEALTH AWARENESS

Coronavirus and looking after your mental wellbeing

It's really important for people who are self-isolating because of coronavirus to look after their mental health and wellbeing as well their physical health.

Staying at home and avoiding contact with others as much as possible is essential to limit the risk of catching the virus or spreading it to others.

But for many people, especially if you live alone, social isolation can be a lonely, anxious, scary or depressing time. Here are a few simple tips to help look after our mental well-being. The 30-3-30 approach (on the next page) is for people who are self-isolating, or are maybe just feeling isolated, and who don't have access to the internet and online entertainment or 'distraction' options.

If you can get online, you can download a copy of this information and get lots more ideas at: learn.4mentalhealth.com/wellbeing

Video link to Hampshire CAMHS:
A to Z of Ideas and Ways to Help you Cope:
<https://vimeo.com/301241209>



Links to other resources you might find useful:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

<https://www.surreycc.gov.uk/people-and-community/surrey-crisis-fund>

MENTAL HEALTH AWARENESS

The 30-3-30 approach

The suggestions below are grouped into things that take about 30 seconds, things that you can do in about 3 minutes, and things that might take 30 minutes or longer. The 30 second ones are quick fix 'emergency' actions you can do if you suddenly feel panicky, scared or unable to cope.

30 seconds	3 minutes	30 minutes
Take a few slow deep breaths. Breathe in, count to 3, breathe out, count to 3.	Phone a loved one or friend for a quick chat. Leave a message if they don't answer.	Pamper yourself with a luxurious bath, and maybe have scented candles and soothing music.
Close your eyes, hold one hand in the other, squeeze gently and repeat 'I can get through this'.	Do a household task, like a quick bit of washing up, cleaning the bathroom mirror or making a bed.	Do 'proper sort-out' of a cluttered kitchen cupboard, drawer, wardrobe or bookcase. Feel the satisfaction of having done something!
Sit on a chair and focus on the sensation of the chair pressing onto your back and bottom.	Make a hot drink in a mug and sip it slowly, feeling the warmth of the mug in both hands.	Enjoy a TV or radio programme, either a recording of an old favourite or something new.
Take a few sips of cold water, focusing on the cooling feeling as you swallow it. Even better if very cold or if you can add ice.	Quick brain workout, such as 3 minutes doing a wordsearch, crossword, sudoku. Try the 'Alphabet Game' choose a category, then using the alphabet in order, list as many as you can.	Do something 'mindful'. This means just focusing on the one thing you are doing: such as bit of gardening, spending time on an indoor hobby, doing a jigsaw puzzle, listening to a recorded book.
Look out of a window or doorway. What can you see and hear? Anything new or unusual?	Listen to a favourite piece of music, something soothing or uplifting depending how you feel.	Prepare a tasty meal or snack, perhaps a new recipe, and eat it slowly, savouring every mouthful.
Pick up a special photo or object that evokes happy memories and focus on what it means to you.	Brush your teeth and brush or comb your hair. (even if you don't really need to!)	Sing. At the top of your voice, sing all the songs you know, or just your favourites several times.
Learn a favourite, inspiring quote by heart, or keep a written version handy to read.	Write a worry list. Getting things down on paper can help stop them going around in your head. Now tackle them one by one.	Go out for some fresh air, if it's safe and allowed. If not, are there any indoor exercises, yoga or stretches you can do?
Think of 2 things that are 'Just about OK'.	Phone someone for a quick 'hello'	Phone a helpline. Ask the person who sent you this leaflet to recommend a couple of helplines if you can't think of any yourself.

• Keep busy • Keep up a routine • Keep in touch • Do things you enjoy • Stay safe

MENTAL HEALTH AWARENESS



School is always willing to provide advice or support and extra help

You can call and speak to Annie Welch, our Home School Link Worker.
Tel: 07864 721931

Web Page Information:

[School Web Site](#)

Keeping Children Safe Online:

<https://www.childnet.com/parents-and-carers>

For any child or family worries for which you may need additional support or advice you can request it by contacting the Surrey Children's Single Point of Access Team on 0300 470 9100 and press 1 and then option required.

For support and advice around domestic abuse, mental health or safety in the home:

<https://www.gov.uk/government/publications/coronavirus-covid-19-anddomestic-abuse/coronavirus-covid-19-support-forvictims-of-domestic-abuse>

<https://www.healthysurrey.org.uk/domestic-abuse>

MENTAL HEALTH AWARENESS



Surrey and Borders Partnership
NHS Foundation Trust

Adult Services Mental Health Crisis Line

The helpline is for people living in Surrey experiencing a mental health crisis.
Telephone: 0800 915 4644
(24 hours, 7 days a week)

If you have speech or hearing difficulties, you can contact the helpline through:

- SMS: 07717 989024
- Next Generation text service: Dial 18001 0800 915 4644 from your text phone or smart app

The [Crisis Helpline](#) is staffed by professionals who are experienced in working with people with mental health issues and is managed according to the NHS Code of Confidentiality which respects individuals' personal information. However, the service has a duty to respond when someone's thoughts, intentions and actions indicate a specific and significant risk of harm to self or others particularly children). Such cases will be followed up and the relevant service or authorities will be contacted. In an emergency please call 999 or go to Accident and Emergency (A&E) – many of which have psychiatric liaison services. You can find local A&E services at [NHS Choices](#).

Out of hours crisis support for children with a mental health need.

Out of hours crisis support for children, young people and their families has been increased in response to Coronavirus. Children, aged 11 and over, and their families can continue to call our Extended Hope Service for crisis support between 5pm-11pm, 7 days a week. Calls to this service are handled by the Emergency Duty Team and we have now put in place a triage worker to provide an immediate response to anyone calling this number: 01483 517898. In addition, our Mental Health Crisis Helpline is now providing telephone support to children, young people and their families between 11pm and 9am, seven days a week, to ensure they always have access to out of hours crisis support. During normal working hours people can talk to their GP or go to A&E for support and children, aged 10-18, can contact one of the CYP Havens.

Due to public health advice the CYP Havens are currently closed. Instead we are running a virtual service for young people to access support by phone. This service is available every day of the week including bank holidays

"A safe place to get support when I am feeling distressed and worried about how I am feeling"



Call: 01483 519436

Monday to Friday, 4pm-8.30pm. Saturday and Sunday, 12pm-6pm

ONLINE SAFETY IN LOCKDOWN

Net Aware

O₂ | NSPCC

Let's keep kids safe online

Right now, kids will be spending more time online. So the NSPCC have got tips and advice to help you keep your kids safe online during lockdown and beyond.

The last year has been anything but normal, and as we enter a new lockdown, it's likely that kids are going to continue to spend more time online. From advice on gaming to helping manage your child's wellbeing online, the lockdown hub has everything you need to help keep them safe.

<https://www.net-aware.org.uk/online-safety-lockdown/>

8 tips for keeping your kids safe online during lockdown

We've put together our 8 top tips for keeping your kids safe online during lockdown and beyond.

Online learning

Now learning has moved back online, your child might be using apps like [Zoom](#) and [Microsoft Teams](#) to keep in touch with their class. Follow our tips to help keep your kids safe on conferencing

Online gaming

Check out our tips to help keep your child safe while gaming online.





UPDATE FROM SURREY ARTS

WHAT IS 'TOGETHER AT HOME'?

Together at Home is a brand-new online music ensemble for young people aged 9 - 19 who attend Special Schools in Surrey. Whilst there are no specific entry requirements and no audition process, participants will need to be comfortable and supported with music making with peers and interacting with tutors via zoom.

WHAT IS HAPPENING THIS TERM?

During the music sessions, the young people will be taking part in a range of fun and fulfilling music activities working towards a performance/ sharing event for friends and families on 30th March.



Surrey Music Hub and Surrey Short Breaks presents

TOGETHER AT HOME

An inclusive music making after school music club


Starting 19th January to 30th March

TUESDAYS
5.00pm - 6.00pm

All sessions will take place live online via Zoom

To book your place please contact:
E: surreyarts@surreycc.gov.uk

[f](https://www.facebook.com/surreyarts) [i](https://www.instagram.com/surreyarts) [y](https://www.youtube.com/surreyarts)
surreymusicclub.com

SURREY MUSIC HUB **Surrey short breaks**  Sponsored using public funding from **ARTS COUNCIL ENGLAND**

WHAT WILL HAPPEN AT THE SESSIONS?

Together at Home will be led by small, yet awesome team of music teachers who are experienced in supporting young people with a wide range of learning needs. Participants will be able sing, vocalise and play percussion. If you have access to a drum that's fantastic but not crucial as we will be teaching body percussion and using objects from around the home (don't worry, not breakable ones!).

HOW DO I BOOK?

For a registration form, please email Surrey Arts:
surreyarts@surreycc.gov.uk