



# Parent Link

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Issue 32  
10<sup>th</sup> October  
2023



Dear Parents and Carers,

It has been lovely to see some of our parents at various events over the last few weeks. I am also looking forward to the Halloween Quiz tonight (Friday 13<sup>th</sup>) at the Downley site and look forward to seeing some of you then.

The pupils and staff have all settled back into school well and it is wonderful to see and hear about some exciting activities and learning that have been taking place. Our new pupils have all settled in well - it is great to have you all as part of our school.

We do have some ill health going around school with colds and COVID keeping some people off. Please see a guide from the NHS on page 5 of the newsletter called 'Should I keep my child off school?'. It helps everyone to know when a child can and cannot come into school when they are unwell. We have also added a part at the bottom that is taken from our policy to help you know when a child can be in school if they have had a temperature and have needed to take medication.

A huge thank you to all our staff and parent after the eventful end to the school day on Tuesday at the Cressex site. The parent whose car caught fire would also like to pass on his thanks for the patience and support that the other parents and taxis showed to him and each other. After the terrible damage that a car fire had at Luton Airport on the same day, we thank everyone for their quick thinking and teamwork.

As we come up to half-term I would like to acknowledge everyone who has done well with their attendance this half term. We love having you in school and know this can be difficult for some pupils, due to a range of needs and situations.

Have a super half-term,

*Rachel Chapman*



## Calendar dates

**Half Term: 23<sup>rd</sup> to 27<sup>th</sup> October**

## Parent Events

**17<sup>th</sup> October: Sensory Workshop 9.30-11.30am**

**8<sup>th</sup> November: Professionals' Fayre 9.30am-11am**

## Parent Volunteers

**Every Thursday (from 15.09.22) 9-10.30am**

## Attendance reminder

We continue to focus on good attendance for all our pupils and request that holidays are not booked in term time.

## Newsletter Dates 2023-24

Please note the dates for the newsletters being sent out this year are:

- September - 15<sup>th</sup>
- October - 13<sup>th</sup>
- November - 17<sup>th</sup>
- December - Tuesday 19<sup>th</sup> (end of term)
- January - 19<sup>th</sup>
- February - 23<sup>rd</sup>
- March - Thursday 28<sup>th</sup> (end of term)
- April - 26<sup>th</sup>
- May - 24<sup>th</sup>
- June - 28<sup>th</sup>
- July - Tuesday 23<sup>rd</sup> July (end of term)

## Gemstones

We are now one week away from the end of half term. We are so proud of the pupils in Gemstones department and the progress they have made. There are many highlights I would like to share with you all, however I only have a short space to write, so will share one for each class! Pearl class have been working hard on their independence and cooking skills. This week they made their own lunch - jacket potatoes! Sapphire class have been exploring the story 'Goldilocks and the Three Bears'. Last week, they had a sensory story session which involved quite a lot of porridge! Ruby class have been also been exploring the story of Goldilocks and have made their own 3D chairs. Diamond class have been working on an art project for Waddeston Manor which will be displayed on their grounds throughout Christmas. If you have a chance, please go and have a look! Finally, I would like to pass on my gratitude and appreciation to everyone supporting the Friends of Chiltern Wood School. Our last meeting had the most staff and parents attend, it is fantastic we have all united. If anyone would still like to be part of the committee, please do get in touch with Sharon O'Toole or myself. Have a great half-term break. Sara.

## Woodland

Happy October, everyone! I hope you are looking forward to the changes in weather and the world around us. If you can get out for a walk to roll over the crunchy leaves or to explore some smooth and shiny conkers (safely) then we would love to hear about it. The evenings are also starting to draw in so taking another look at the story we recommended in the newsletter; 'Night Monkey, Day Monkey' would link to a lovely real life experience by going out at dusk for a look around at the differences we can see. Kara.

## Coral

What a brilliant start to the Autumn term. The learners in Seahorse and Starfish Classes have been exploring continents around the world. I think the favourite place we have visited so far is Asia, the learners created a Chinese dragon using their hand print, prepared, and cooked using the hob, stir-fry and explored Chinese music in ComMUSICation. One highlight for Starfish Class this half term is being able to do weekly walks to Tesco's. They are able to use their shopping list, find the items and use the self-checkout with adult support. Amazing work Starfish Class. In Seahorse Class we have been out in the garden collecting the produce that we grew last year. We have been able to harvest tomatoes, wash them and use them in our Cookery sessions. Izzy

## Coppice

Hello everyone!

It has been lovely completing some learning walks across the department in the last couple of weeks. I especially enjoyed joining Deer Class during their World Studies sessions focused on the 'Spanish Heritage Month'. The class have been preparing a range of recipes and they were all delicious! On Thursday, our Sixth Formers from Fox and Squirrel visited the BCG campus. It was fantastic to explore the different learning spaces witnessing how our old friends enjoy their life in college. Have a lovely weekend and enjoy the weather! Sarai

## Treetops

The whole department have been busy learning new routines and building up positive relationships, adults and children included. I had the pleasure of completing a learning walk on the department and was delighted to see how well engaged the children were in different activities. Red Kite Class has been enjoying cooking with chef Michael, Hawk class is doing weekly shopping for the whole department at ASDA, students in Kestrel and Falcon class have been working hard to develop their communication skills and students in Owl class have been developing their functional mats skills. Have a lovely weekend. Magda.

## Little Wings

Hi all, nearly the end of the first term of the year and all pupils are very settle and making great progress. I was doing a learning walk earlier on the week and it was such a privilege to observe how much all your children love their class staff, how fantastic they are doing with their transitions and I also seen really good examples of learning. As the weather is changing, please could you ensure your child come with the right clothing such as wellies, coats and change of clothing in case they are wet. Annual review meeting will be starting soon, please could you make your teacher aware if you will be attending face to face/online- teams? ARK Mobile Farm will be visiting us on Wednesday the 15<sup>th</sup> of November, please could you ensure you have read the letter sent to you earlier this week and follow the instructions please. Thank you and have a lovely half term when it comes. As always, I am around at any point if you need me, Patri

## Rainbow

It has been a wonderful term so far and we're all really impressed with how well the children have settled into new routines. I had the pleasure of completing a learning walk across the department and was delighted to see how well engaged the children were in a range of highly motivating activities with lots of opportunities for communication. Please remember to send in any photos of your children's 'Wow!' moments and/or any fun activities they access over the half term. These can be sent in via Dojo or sent in with your child. These will be added to your child's learning journal and really help to build the bigger picture and show the progress children make at home too. Wishing you all a wonderful half term when it comes. Sam

# Staffing Update

## October Staffing Update

A warm welcome to the following new starters:

Cressex:

- Emilie R – Teaching Assistant
- Jacob W – Teaching Assistant
- Maryam R – Teaching Assistant

Downley:

Bianca H – Teaching Assistant

Janine C – Pool Lifeguard

Change of roles across both sites

Pippa A – Senior Support Assistant (Cressex)

We are pleased to advise that further

Appointments have been across both sites and start dates are to be confirmed asap.



## Parent Ambassador Update

Over the past month, I have been busy supporting parents with transport applications and queries, as well as, sorting out parent training, meeting parents at our New term coffee morning and working on getting local organisations along to our Professionals Fayre in November. We have a good number of organisations coming along so do make sure that November 8<sup>th</sup> from 9.30-11am is in your diary! This is definitely one **not** to be missed.

We also have Geri Pinnock's Sensory Workshop coming up on Tuesday 17<sup>th</sup> October. Geri will be sharing about our bodies sensory systems and ways to avoid your child's sensory system becoming overwhelmed. This is open to all parents and will be at our Downley site from 9.30-11.30am. Do come along and find out more.

I have also received lots of useful information that I have added to the newsletter so do have a read.

Hope you have a great half term.

Liz

How are things going now that the new school year is well underway? Many of the children and teenagers in our community take much longer to settle into the new routine of having different teachers, classrooms and timetables. As they go up a year, expectations increase, which can also be very hard on SEND children. It can also be very hard on you and on the whole family.

### **Is your child or teenager behaving in difficult or dangerous ways?**

When children are finding their school day difficult, behaviour at home can deteriorate fast, and that can impact on everyone in the family. If your child or teenager is having episodes of difficult or dangerous behaviour, these online classes over the next few weeks could really help.

#### **Online classes**

We've got four classes scheduled, in **reducing extreme behaviour, managing anxiety, boosting self-esteem** and all about **teenagers**. Please scroll down to find out more. They are going to be on Tuesday evenings, between 8.00pm and 10.00pm, but don't worry if you can't make it, or can't stay for the full-two hours. You won't miss out.

#### **Access to recordings of sessions for four weeks**

We know how unpredictable family life can be in our communities. So. every session is recorded. A few days later we'll send you the link to the recording which you can watch in your own time and at your own pace for four weeks afterwards.

#### **Helping families to become stronger and happier**

All our sessions will increase your understanding of why your child's behaviour happens, and we will be sharing dozens of practical strategies which are so easy to implement you can get going with them straight away. Everything we do is to help your family become much stronger and happier by reducing any difficult or dangerous behaviour in children and teenagers.

#### **Cost £8.50 each, or £26.50 for all four sessions**

Each session costs £8.50, or you can pre-book all four sessions for a discounted price of £26.50, which is a saving of £7.50.

**Here's how to find out more and to book -**  
<https://www.newboldhope.com/page/320699>

## **Practical Strategies to reduce extreme behaviour**

**Tuesday, 10<sup>th</sup> October, 2023**

This is designed for parents of children and teenagers who: -

Are sometimes physically violent towards other people or pets in a way that can risk injuries

can be very controlling and who try to run the whole house and everyone in it

Is prone to self-harming behaviours

Sometimes destroys property – either breaking possessions or damaging the house

Uses inappropriate and offensive language

Is demand avoidant

This online class is a great introduction to the Newbold Hope Approach, and it will give you the tools to get started on supporting your child or young person to move beyond their extreme behaviour episodes and helping them to feel happier and safer in the world around them.

**Here's how to find out more and to book -**

**<https://www.newboldhope.com/page/320699>**

**Each session costs £8.50, or all four for £26.50.**

## **Practical Strategies to manage anxiety and the behaviours it can cause**

**Tuesday, 17<sup>th</sup> October, 2023**

During this session, we will be looking at anxiety, what it is, why it happens, what it feels like, how it affects your child or teenager. We'll explore the link between anxiety and extreme behaviour issues, as well as looking at why anxiety is particularly prevalent in children with additional needs or disabilities. At the end of the session, we'll also share dozens of strategies that will help both you and your child to feel calmer and happier on even the days when anxiety levels are overwhelming.

**Here's how to find out more and to book -**

**<https://www.newboldhope.com/page/320699>**

**Each session costs £8.50, or all four for £26.50.**

## **Practical strategies to boost your child's self-esteem and self-confidence**

**Tuesday, 24<sup>th</sup> October, 2023**

This class will help you gain the skills to support your child or teenager to feel happier and to be more successful in whatever they do throughout their life. It sounds too good to be true, but self-esteem is a very good indicator of future success or otherwise. Self-esteem is all about how we think about and value ourselves. When someone feels good about themselves, they will make better choices and decisions, which means they will feel happier, and everything they do will feel easier.

Yet very low self-esteem is common in children with disabilities and additional needs. Many of this group of young people consistently undervalue themselves quite significantly, which can have a huge impact on their future life-chances, as well as on their behaviour. By the end of this session, you'll have the confidence to start helping your child to feel better about themselves, which means they'll also be happier. Over time, as this happens, you should also see a reduction in difficult and dangerous behaviour too.

**Here's how to find out more and to book - <https://www.newboldhope.com/page/320699>**

**Each session costs £8.50, or all four for £26.50.**



## **Practical Strategies for parenting happier and calmer teenagers**

**Tuesday, 14<sup>th</sup> November, 2023**

The teenage years are hard for all young people, but particularly so for children with additional needs. This session looks at puberty, mood, risk-taking behaviour, communication, dislike of change, internet safety, teenage withdrawal, friendship groups and lots of other things, as well as exploring some of the underlying causes for difficulties and what can be done to counter them.

You don't need to be the parent of a teenager already to join us for this session. Many parents of much younger children have found this session to be invaluable, and it has helped them put certain strategies in place that will make the teenage years easier when they do happen.

Again, the whole two-hours is packed full of strategies that really will help the teenage years to be much easier for you and your young people, but it can also help you to build a stronger relationship with your teenager based on trust and connection. This session can really help you to reduce the conflicts that are so common in families with teenagers, and help you both to be happier and calmer throughout those years that many parents dread.

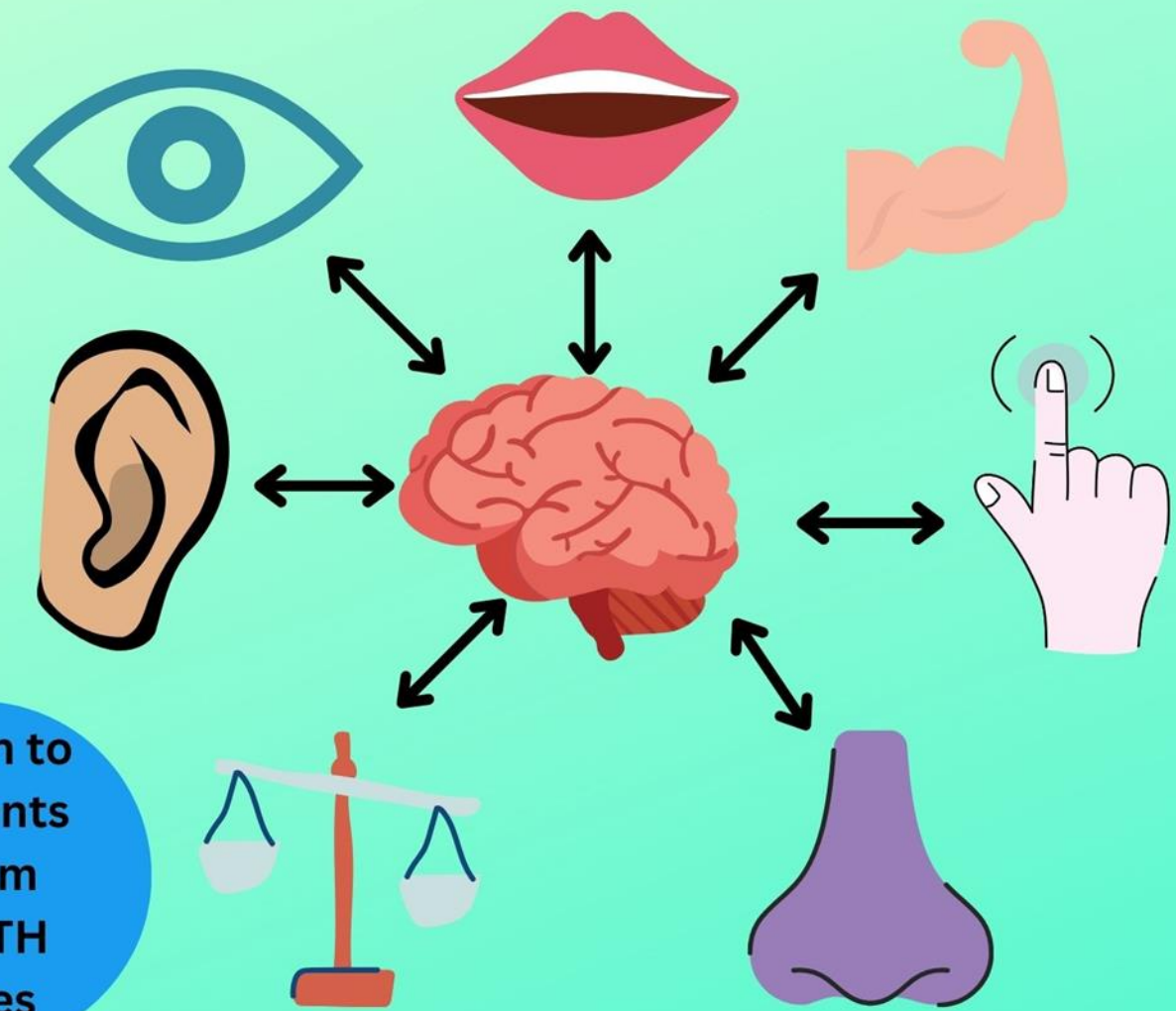
**Here's how to find out more and to book -**  
<https://www.newboldhope.com/page/320699>

**Each session costs £8.50, or all four for £26.50.**

It would be so good to see you there. It's also so lovely to see our many old friends joining us again, as well as meeting new families, who will hopefully be new friends too by the end of the session!

### **What are our sessions like?**

If you haven't been before, please don't worry! All our sessions are warm, welcoming, safe and inclusive. Newbold Hope is entirely run by parents of children who have had difficult or dangerous behaviour, so you'll never feel blamed or judged in any way whatsoever, because we all know how hard this is, and that it's not your fault and it's not your child's fault either. We'll never put you on the spot and ask you to talk; in fact we ask you to keep your camera and microphone off throughout the session, although it's great if you can join in the text-chat which can get very busy, and which is moderated by our supportive team. I do hope you can join us at one or more of these four sessions.



# Sensory Workshop

**On Tuesday 17th October from 9.30-11.30am**

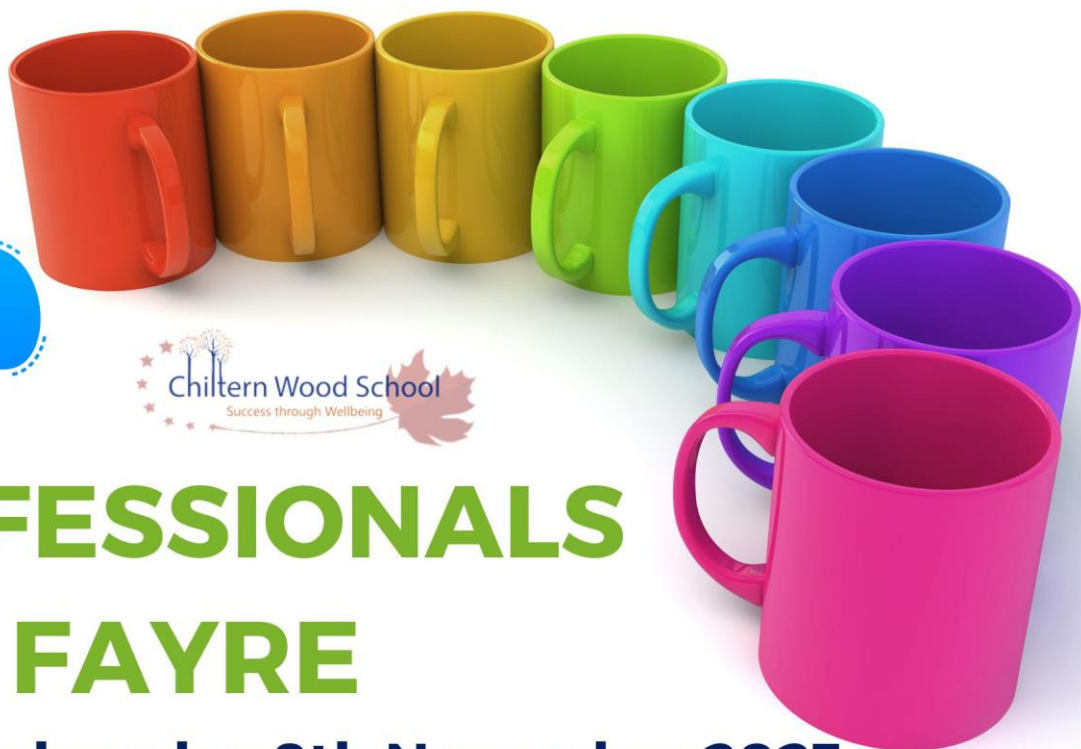
**Venue: Meeting Room 1, Downley**

**Run by Geri Pinnock, OT**

Every minute of every day a child's brain is flooded with all the different senses they experience. These are often pleasurable, but for many they can be overwhelming and cause an emotional reaction like anger or fear.

Come along to our workshop to find out more about Sensory Processing and how you can help and support your child with this.





# PROFESSIONALS FAYRE

**Wednesday 8th November 2023  
9.30-11am at Downley School Hall**

**Come and meet a variety of professionals who provide  
services to families with children with SEND.**



**Want to know  
more about  
sleep?**

ASK US THE  
QUESTIONS YOU  
WANT ANSWERS TO

 **03303 530 541**

Monday, Tuesday & Thursday 7pm - 9pm  
Monday & Wednesday 9am - 11am



# iSEND Support Line

## Information for Families

We are pleased to announce the opening of the iSEND Support line .



The line has been developed to make it easier for you to make contact with the iSEND teams and is open to parents and carers of any child or young person with a SEND need. Your call will be answered by a Specialist Teacher, an EHC Co-ordinator (EHCCo) or an Educational Psychologist.

We look forward to talking to you!

## What does this service offer for parents and carers?

- Single point of contact with Buckinghamshire iSEND Education Teams
- Special, Educational Needs and Disabilities (SEND), information, advice and signposting.
- Guidance on using the Buckinghamshire Local Offer

## When can I contact?

The phone line is open Monday to Friday 10:00am to 4:00pm term time and reduced hours during the holiday periods. We are also open from 4pm until 6pm on Tuesdays.

## How do I make contact?

Phone 01296 382135





# Should I keep my child off school?

## Yes

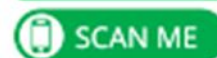
### Until...

|  |  |
|--|--|
| Chickenpox                                     | at least 5 days from the onset of the rash and until all blisters have crusted over  |
| Diarrhoea and Vomiting                         | 48 hours after their last episode  |
| Cold and Flu-like illness (including COVID-19) | they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19. |
| Impetigo                                       | their sores have crusted and healed, or 48 hours after they started antibiotics  |
| Measles  | 4 days after the rash first appeared   |
| Mumps  | 5 days after the swelling started  |
| Scabies  | they've had their first treatment  |
| Scarlet Fever                                  | 24 hours after they started taking antibiotics   |
| Whooping Cough                                 | 48 hours after they started taking antibiotics   |

## No

but make sure you let their school or nursery know about...

|                      |                 |
|----------------------|-----------------|
| Hand, foot and mouth | Glandular fever |
| Head lice            | Tonsillitis     |
| Threadworms          | Slapped cheek   |



### Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

If your child has had a temperature of **37.8 and or above** they can return to school after they've been **fever-free for 24 hours without antipyretics**.

Antipyretics are medicines such as liquid paracetamol (Calpol) and liquid ibuprofen (Nurofen).