



Parent Link

office@chilternwood.bucks.sch.uk

Issue 33
17th November
2023



Dear Parents and Carers,

As the weather is getting colder and we start to turn our thoughts towards Christmas we have a huge amount of activities happening at school.

Firstly we are very pleased that we have managed to re-open the swimming pool for two departments; Coral and Woodlands. We have spent a huge amount of time and money ensuring we have appropriately trained staff and safe equipment. We have booked additional training to make sure we can open this up to more departments across the year. We continue to work with Bucks Swimming Team to keep everyone safe moving forward. Mikey and Janine are our new swim teacher and lifeguard have used their time away from the pool getting to know the pupils across both sites.

The Professionals Fayre took place last week and Liz did an amazing job getting so many people together to share knowledge and resources. Thank you to everyone who came. She is hosting a Transitions Fayre in the new year, so please see below for details and put the date in your diaries.

Lots of classes have been out and about with Pearl Class going on a Gruffalo Hunt at Wendover Woods, Coral department going on a train journey and Squirrel Class enjoying go-karting. Rainbow and Little Wings also had the farm animals come to school to see them.

A huge thank you to everyone who has sent items in for the Christmas Bazaar. We look forward to seeing as many of you there as possible. (Please see the flyer below).

Finally I have been lucky enough to see some of the photographs that Sophie has taken this week. She is aiming to cover the whole school as soon as possible and will update you on details on how to buy them when she is ready.

I may see some of you tomorrow (Saturday 18th November) at the Christmas Light being turned on in High Wycombe as I will be on the Mayors Appeal table raising money for the school.

Have a lovely weekend,

Rachel Chapman



Calendar dates

Parent Events

- * 22nd November 10-12: Disability Benefits – Online
- * 28th November 9.30-10.30 – Communication Workshop, Cressex Site (all parents)

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

CHILTERN WOOD SCHOOL
PRESENTS

**FREE
ENTRY**



CHRISTMAS BAZAAR

2PM - 6PM

- RAFFLE
- SILENT AUCTION
- GROTTO
- FATHER CHRISTMAS
- HOT FOOD
- TOMBOLA
- GAMES
- REFRESHMENTS

LOCATION: CHILTERN WOOD SCHOOL
FAULKNER WAY
HP13 5HB
DOWNLEY

Registered charity
number: 1001048

**2
DEC**

CHILTERN WOOD SCHOOL
PRESENTS

£15
PER STALL



STALL HOLDERS

WANTED

**CHRISTMAS
BAZAAR**

2PM - 6PM

Friends of Chiltern Wood are looking for stall holders for their Christmas Bazaar on the 2nd December 2023. If you would like to run a stall please get in touch with: Sotoole@chilternwood.bucks.sch.uk

**LOCATION: CHILTERN WOOD SCHOOL
FAULKNER WAY
HP13 5HB
DOWNLEY**

Registered charity
number: 1001048

**2
DEC**

Coral

Hi All,

This term we have created some wonderful experiences for the learners in Coral. Both the Seahorse and Starfish class were able to access The Trip on the Train. Both trips were a success and all learners were fascinated by being on the train, stopping at the stations then getting off and using the ticket barrier to tap in and out. One highlight from this term for me was when learners from the Coral and Gemstones Department walked down to the memorial and laid their poppy wreaths. All learners stood in silence and listened to the last post; it made me very proud. On Wednesday, we all got back in the pool! Every learner had their turn and all had a fantastic time, I think the adults had just as much fun as the learners! Special thank you to Mikey and Janine, our Swimming Teacher and Lifeguard. I think it's fair to say we have been very busy in Coral this term and with Christmas around the corner we have more fun activities coming up. Thanks, Izzy

Coppice

Hello everyone!

We have lots of exciting things to share in the Coppice. Squirrel Class have recently started going to Bucks New Uni to take part in some dance sessions. They were even able to share some moves during our assembly! Deer Class continue improving their cooking skills with Chef Michael and Fox Class have been very busy learning how to fill in forms and creating things to sell at the Christmas Bazaar! The whole department has also been putting lots of effort to organize our 'Children in Need Bake Off'. I am sure it will be SPOTacular 😊

Rainbow

It has been lovely to welcome the children back after half term, they have all settled back really well. Thank you to all of you that sent in 'Wow' moments from the holidays, it's always so lovely to see what the children have been up to. Our topic this term is 'Animals.' This week we had our farm visit which was a huge success and very much enjoyed by the children. We were also lucky enough to have a visit from Nellie, our therapy dog. Sam



Little Wings

This term One of our Little Wings classes, Beetle ages 5-7 are buddying up with one of our Lower Secondary Coppice classes, Deer ages 10-13. Beetle and Deer classes meet up every Thursday afternoon for half an hour. This is to encourage social skills across the school. We are currently focusing on communication and interaction between the two classes in a structured play-based environment. From this experience the older children in Deer class are learning further life skills such as a teamwork, cooperation, and responsibility whilst the younger children in Beetle class are spending time with role models whilst sharing their activities. Our initial meetings have been very successful, and the adults have been extremely impressed and proud of the way the children have engaged in this activity. Sebastian

Patri: Hello! We just had the Mobil farm visit and it was so positive and fun for all pupil sin the department. I hope class team got to share some beautiful photos with you all. Sophie has also come and done a fantastic job trying to capture all pupils in class and i have to say that it was more challenging than teaching in some occasions! Dates for your calendar are: most of you have started to receive your Annual review appointments, please when received could you dojo your teacher confirming if you can make the appointment or reschedule (give alternative dates) and could you also make them aware if you preferer a team's meeting (online) or face to face (in school). As I will be leading all 33 reviews, I will make the process a bit easier. Thank you so much and have a lovely weekend, Patri.

Treetops

It has been great seeing the students back after half term and continuing to make lots of progress in class and out in the community. Hawk class has been enjoying travel training and bowling, Kestrel class has lots of fun practising numbers and looking for different shapes, Owl class has been very lucky to cook with chef Michael, Red Kite class love their bucket sessions and Falcon class enjoys literacy lessons. Students loved the firemen visit las week. They were very happy to see the fire engine on the playground. We've also had so much fun being SPOTacular to support Children in Need charity. The Christmas Bazaar is on the 2nd of December at Downley. Thank you for your support and hope to see you there! Have a lovely weekend. Magda.

Staffing Update

November Staffing Update

A warm welcome to the following new starters:

Cressex:

Disha Mondal – Teaching Assistant

Change in Role –

Congratulations to Holly Walker – SSA Role at Cressex (FTC)

Good Luck to Brittany Arthur who has started her Maternity Leave – we can't wait to hear your wonderful baby news!

Downley:

Sharmaine Lampkin -Teaching Assistant

Janice Fletcher – Teaching Assistant

Susan West – Teaching Assistant

Louise Allen – Teaching Assistant

Goodbye to:-

Ayesha Shabir

Nowshin Anjum

Mei Fok

Deepa Sreenivisan

Bianca Hernandez

Zoe Colban



Parent Ambassador Update

Last week, we were delighted to welcome about 35 different local and national organisations that support families with children with SEND to our school for our Professionals Fayre. Many parents found it really useful and learnt lots about different activities or support that they could access for their child or family.

I am now planning for the Transitions Fayre on 28th February next year! If you have ever wondered what comes next after your child leaves Chiltern Wood School at 19 then this will be an invaluable event for you. We will have care providers, colleges, social activities for adults with SEND, volunteering opportunities, post 18 health and social care teams, and lots more. Do pop the date in your diary now!

For parents and carers of young people aged 11+



What's
your
next step?

It's never too early to start thinking about the future!

**Wondering what is next after your child leaves Chiltern Wood?
Come along and find out what your options are at our:**

TRANSITIONS FAYRE

**Wednesday 28th February 2024
9.30-11am in the School Hall at our Downley site**

We will have:

- Colleges
- Care Agencies
- Post-18 social activities
- Post-18 Health & Social Care
- Volunteering opportunities
- and lots more...



Parent Ambassador Update

There are some really good events and training coming up at school:



COMMUNICATION WORKSHOP

Run by our SALT team

Come along and find out about different ways
to communicate with your child

On Tuesday 28th
November
From 9.30-10.30am
At Cressex
Open to
parents from
both sites



Finding the World of Disability Benefits confusing?


Then join our Parent Ambassador, Liz, as
she explores what families are entitled to
and looks at tips and tricks for applying.



On: Wed 22nd Nov
From: 10am-noon
At: Online

Parent Ambassador Update

There are some really good events and training coming up at school:




Mental Health
Support Team
Buckinghamshire

MALE CARERS DROP IN

Lets talk about:
Anxiety & Mental Health

Session Overview:

- Arrival/general introductions
- Introduction to MHST - Who are we and what can we offer
- What is Anxiety & when does it become a problem
- Signs of Anxiety
- Cognitive Behaviour Therapy (CBT)
- Practical support for Anxiety
- Q & A/Feedback



Venue: Princes Risborough Family Centre
Wellington Avenue
Princes Risborough
Bucks, HP27 9HY
Time: 6.30pm - 8pm
Date: 23rd November 2023
www.oxfordhealth.nhs.uk/camhs/bucks/mhst
buksmhst@oxfordhealth.nhs.uk
01865 904 566

Are you the parent/carer of a child or young person with additional needs?

Come along to our SUPPORT GROUP in High Wycombe for parents and carers with children and young people, who are autistic, have ADHD or other neurodiverse conditions.

Monday 11th December from 10am-12

at ST ANDREWS CHURCH,
HATTERS LANE, HP13 7NJ

Free parking.

Children welcome during school holidays.

- Each month we will have a short talk on a theme followed by time to chat with others to share ideas, experiences, and strategies
- Meet other local parents and carers for peer support
- Feel free to sit and listen or join in and share.

Empathetic listening, good coffee & a warm welcome awaits you!



Strategies for a Calm Christmas time

NO DIAGNOSIS IS NECESSARY. WHETHER YOUR CHILD HAS A DIAGNOSIS, IS STARTING OUT ON THE PATHWAY OR IS SOMEWHERE IN BETWEEN WE WOULD LOVE YOU TO JOIN US

SPACE is a registered charity that currently supports over 8,000 families with children with neurodiverse conditions in neighbouring Hertfordshire. We are starting to extend our services to support families in Buckinghamshire.

www.spacebuckinghamshire.org



SPACE Buckinghamshire

To get in touch with the Buckinghamshire team, e-mail: Bucks@spaceherts.org.uk



Autism | ADHD
Neurodiverse Conditions



Agenda

1. Welcome & Introductions
2. Headteacher's Update
3. Home Learning Discussion
4. Parent Events Update
5. AOB/questions from parents



Chiltern Wood School
Success through Wellbeing

Christmas Parent Forum

Focussing on the needs of your child

Join us for coffee and mince pies!

On: Wed 6th December
At: 9.15-10.15am
Venue: Dining Room at Cressex

For Parents from Downley & Cressex sites



Parent Ambassador Update

The following are by external organisations:



This covers all the basics, and you'll leave with a whole new toolbox of strategies that are easy to get started with straight away, and which can really make all the difference.

Topics include:

- physical violence towards other people and/or pets;
- controlling behaviour;
- property destruction;
- using inappropriate and offensive language

Click link to find out more and to book -

<https://www.newboldhope.com/page/320699-autumn-series-2023>



In this session, we'll be sharing dozens of easy-to-do strategies and ideas that really can make a significant difference towards having a much happier and easier Christmas time this year. We'll be looking at many of the things that help to create the so-called perfect Traditional Christmas. We'll examine why some of them don't always work for a child who gets overwhelmed and out-of-control very easily, and what you can do to make things easier for all of you.

We'll also look at strategies which can help any other children or teenagers feel happier and safer over Christmas, as well as looking at ways you can cope much better as well.

There are 2 more sessions on:

- 12th December from 8-10pm - Practical strategies to reduce the sensory overload and the impact of change and transitions at Christmas
- 14th December from 8-10pm - Practical Strategies to Help you Reduce your Parental Overwhelm and Exhaustion at Christmas

There is a discount if you book all 3 and you can access each session for 4 weeks afterwards.

Click link to find out more and to book

<https://www.newboldhope.com/page/323037>

Liz

Parent Ambassador Update

The following are by external organisations:



Creating Routines That Work for Your Child - Free Class

Thursday, 23rd November 2023

8pm

[Book Now](#)

Our parent/ carer class gives you the opportunity to ask questions about your child's behaviour and listen to expert ideas and inspiration.

Event Details

The class theme is: Creating strong routines and managing change


Does family life feel chaotic? Are you struggling with your child's behaviour at difficult times like bedtime or before school? Or perhaps you feel that routines have taken over your life and your child can't cope with changes?

In this class, you will learn about:

- How you can create a routine that works for your family
- Tips to help with tricky times of day, like before school or at bedtime
- Ways to manage unexpected changes and how to help your child when a familiar routine has to change.

To book, go to

<https://www.myfamilycoach.com/parent-class-mental-wellbeing-communication-conversations-creating-routines-that-work-for-your-child/>



the national sleep helpline

CALL US

03303 530 541

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SPEAK TO TRAINED SLEEP ADVISORS

Available Sunday - Tuesday & Thursday 7pm-9pm
Wednesday 9am-11am

*not calling Bank Holidays

National Sleep Helpline - The Sleep Charity

Who do I talk to if I can't sleep? The National Sleep Helpline can help with your sleep problems, 7pm-9pm, Sunday to Thursday, 03303 530 541.

thesleepcharity.org.uk

Parent Ambassador Update

The following are by external organisations:



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





SEND

Parents and Children get together

3 - 5.30pm



Friday 22nd December 2023

£3

Arts & Crafts

Safe Garden

Raffle

Free visit to Santa, Siblings £1

WHEELCHAIR ACCESSIBLE

Hazlemere Youth Centre
Rose Avenue, Hazlemere
HP15 7UB

Meet with Friends

Refreshments

Parents please stay.

Please contact: Sima Marley 07519270508 Claire Dancer 07784043296

Facebook information: SEND Hoilday Club High Wycombe



THE ACTION 4 YOUTH JUNCTION

YOUTH CENTRE

HIGH WYCOMBE LIBRARY

12 - 18 Years (Up to 25 Years for SEND)

OPEN DAILY 4pm to 9pm

**Pool - MMA/Boxing - Table Tennis
Xbox - Arts & Crafts - Music/DJing
PS5 - Lifeskills - Cooking
Plus many other free activities**




LOCATION

**2nd Floor
High Wycombe Library
The Eden Centre
High Wycombe
HP11 2DH**

Contact Us -
E - office@action4youth.org
T - 0300 003 2334
W - action4youth.org/thejunction

Charity reg no - 1033626

Follow us on social @action4youth



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



SCAN ME

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).