



Parent Link

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Issue 34
19th December
2023



Dear Parents and Carers,

What a wonderful end to term it has been with lots of fantastic events taking place. At Downley we have had a visit from Father Christmas, a trip to the theatre in Aylesbury to see a pantomime, Gemstones production, a visit from an upcoming popstar Nath Brooks, where we were able to invite the Year 6 pupils from the Downley School to come and join us and a wonderful sensory theatre group come into school for Woodlands and Coral Classes. Cressex also had a visit from Father Christmas and Squirrel Class came and joined the pop star performance. Coppice Department and Hawk Class have been to see the pantomime and we have also had Community Café and raised some money for further activities.

Coral Department have been getting creative again. If you are at the shops in Downley, you will see the wonderful window display in the Rennie Groves Shop.



As a whole school, we all looked amazing on Christmas Jumper Day, raising a fantastic £323 for Save The Children.

The Christmas Bazaar held on 2nd December was a huge success, raising over £5,000 on the day. Thank you to everyone who bought raffle tickets, donated items, helped out on the day and came and spent money.

As we reflect on the term, and the many highs, we have also had the low with the sad passing of Seb, who had been at Chiltern Gate and then Wood for all of his schooling. This has been a tough time for the staff and pupils who knew him and we thank you all for your support and love.

I continue to be amazed and so proud of the wonderful staff that go above and beyond each day. Our governors too play an important role in moving the school forward and challenging us to be the best. I want to take this opportunity to thank them all and to wish everyone a Happy Christmas.

Rachel Chapman



Calendar dates

Christmas Holiday: 20th Dec – 3rd Jan 2024

Inset Day: 4th January 2024

Spring Term: 5th Jan 24 – 24th May 2024

Parent Volunteers

Every Thursday (from 15.09.22) 9-10.30am

Father Christmas had a very special helper at the Christmas Bazaar!

Thank you Wendy for being His helper.



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)

News from around the school

A huge **thank you** for the way in which our school community has supported our recent fundraiser for **Save the Children**. Our Christmas Jumper Day was a great success and it was wonderful to see everyone in their Christmas attire! We have raised a brilliant, **£323** for Save the Children which we know will go a long way to supporting children. Thank you for your kindness and generosity! Hannah G.

Coral

Only a few more days, then the school year 2022-23 has finished. So many fun events have happened this year for the learners in Coral and I hope we have made it a memorable year. To round off the final few weeks of school, the learners in Coral have been visited by Father Christmas, raised money for Save The Children on Christmas Jumper Day, had a sensory theatre group come in and perform a fantastic performance and had a Downley Christmas party with all of our friends and staff from Gemstones and Woodland department. All the learners were showing off their moves and dressed up beautifully for the festive fun. Please, over the Christmas break rest up and enjoy time with friends and family. Finally, Merry Christmas and a Happy New Year. Izzy

Gemstones

Dear all, Christmas is well under way and there are lots of exciting things happening around the school at the moment. Class team are working hard keeping to normal routines to help pupils regulate in such a busy time. The next few days are packed with special things such as; Gemstones Christmas party, Pantomime trip, Gemstones Christmas play and our Christmas dinner. We hope your child enjoys what is planned but do reach out to the class team if they can help with anything to support your child to access these further. We appreciate the change in our timetable can be unsettling. Some of the WOW moments in Gemstones from the last two week: Well done to all the pupils who attended the Wheelpower Sports Festival last Thursday. It was a fun-filled day full of accessible sports. The pupils were fortunate enough to play alongside Paralympians and even had the chance to hold the paralympic torch! On Monday, pupils in Gemstones had a very special visit from Father Christmas! Father Christmas came prepared with a gift for each child. Our thanks to Bucks Badgers for providing us funding to help buy these presents. On Tuesday this week, Chiltern Wood was fortunate enough to be visited by the upcoming popstar, Nath Brooks! Nath held a special assembly for the pupils where he sang some of his own songs and answered some of the questions the pupils had asked. The pupils certainly enjoyed singing Christmas songs with him at the end and having a festive boogie! We hope you all have a wonderful Christmas and a happy New Year. We look forward to seeing your children back on Friday 5th January 2024! Festive wishes, Sara Andreopoulos.

A message from FCWS:

Dear all,

Thank you to everyone who came to our Christmas Bazaar last Saturday. It was wonderful seeing so many families get together to support the school. We hope you all enjoyed the afternoon as much as we did creating it for you. If you took photos of the event, we would love for you to share them with us!

FCWS would like to take the time to thank everyone who helped in the run up and on the day. Without everyone's help, an event like this would not be possible.

Thank you to the parents who volunteered their precious time baking cakes, cooking food, visiting local businesses for donations, wrapping presents, crafted items to sell, folded raffle tickets, supported stalls... the list goes on! Also, thank you to everyone who sent items in with their children for our hampers and for all the raffle tickets sold - this year we sold more tickets than ever before!

We would also like to thank all the staff that helped support the Bazaar, whether this was making items in class, setting up the hall on the Friday, supporting with donations, selling raffle tickets or volunteering their time on the day.

With all your help and kindness, we managed to raise over £5000. From all of us, THANK YOU!

We hope you have a wonderful Christmas and look forward to our next event in the New Year. (Meeting details will be sent out nearer the time).

Merry Christmas and thank you once more,

Sharon & Sara, Co-Chairs FCWS

News from around the school

Little Wings

May you have a very happy and jolly Christmas with all your family and a great New Year 2024! Hope you all enjoy the holiday season and share the wow moments on ClassDojo with you class teams. We will also love to see some pictures to include in their Learning Journals. See you all on Friday the 5th of January ready for another term ahead. 🎄🧑🏻🎅🏻🎁 Merry Christmas to everyone 🎄🧑🏻🎅🏻🎁 Patri



Rainbow

As we come to the end of a very long term, I would like to thank you all for your continued support. It has been lovely to see the progress your children have made this term and the relationships they have built with staff. This week, we had a special visit from Santa this week which the children really enjoyed. We hope you have a wonderful Christmas break and look forward to welcoming them back in the new year. As always, please do send in photos of anything your child does over Christmas via Dojo to your child's teacher. Sam



Treetops

This term, pupils and staff have been working very hard. I am so happy to see how much progress students have made since September. Everyone loved learning about our community, practicing life skills, the Children in Need day, firefighters visit and presents from Santa! Thank you for all the ways that you support us in what we are doing in school. It makes such a difference. I would like to wish everyone happy holidays. May prosperity and happiness be with you this holiday season and in the upcoming year. Magda

Coppice

Hello everyone! In the Coppice Department we are very busy getting ready for Christmas! On Tuesday the Squirrel Class joined the Gemstones Department to enjoy Nath Brooks' performance. They all had a fantastic time singing and dancing to his music. On Wednesday, the whole department travelled to Aylesbury to watch this year's Panto 'Snow White and the Seven Dwarfs' and on Thursday we had our Christmas Community Café / Market. Thank you so much to everyone who came to have a hot drink with us. I hope you all have a lovely holiday. 11 more sleeps till Santa!!!! FELIZ NAVIDAD, Sarai

Woodland

It has been a wonderful last few weeks in Woodland Department as we have started to get into the festive spirit. There have been lots of Christmas sensory exploration as well as beautiful craft going on. We had the theatre visit which was just fantastic and so perfect for our very special pupils. My personal favourite was the fox with its long fluffy tail, he was a great star of the story. We wish you all a very healthy and restful Christmas break and that you get to make special memories with those that you love. Best wishes from us all, Kara.

Staffing Update

December Staffing Update

A warm welcome to the following new starters:



Cressex:

Sana A – Teaching Assistant

Downley:

Simon E – Site Manager / Caretaker

Joanne H – Midday Supervisor

Goodbye to:-

Greg Ray - We wish you all the very best for the future in your retirement - we will miss you!

Najat R

On behalf of myself and the Office Team – Wishing you all a very Merry Christmas.

Amy J

HR Manager

News from Governors

Dear Parents and Carers,

This term seems to have gone very quickly and now the Christmas break is here. I know that the departments have all been doing exciting things in the classroom and I am sure the Christmas cheer is spreading.

Each department has a link governor and I thought it would be helpful for you to know who is linked to each department. Little Wings: Amy Symmonds, Rainbow: David Buckle, Coppice: Jonathan Allcock, Treetops: Rob Gill, Gemstones: Ann Waterman, Coral: Claire Long, Woodland: Janet Vale.

Governors make a visit to their department once a term to keep in touch and as Chair of Governors I like to try and visit departments and classes on both sites to have an overall view. You are our key stakeholders so please get in touch if you have any queries related to the School or Governing Board.

I hope that you all have a lovely Christmas with your family and wish you a Happy New Year.

Ann Waterman

Chair of Governors

Parent Ambassador Update

As the term draws to a close, I have been working on next term's training and events. We have a variety of dates for your diaries - do check out our spring calendar and the posters on the next slides.

I can highly recommend the When Dreams Change course, which I am running in January. I have found it really useful in getting my head round my child's diagnosis. Often when a child is diagnosed, the parent goes into fix mode and trying to find out all they can about supporting their child with their additional needs. The parents emotions around their child's diagnosis are often ignored in the busyness of parenting their child. This course allows you to take the time out for yourself and to give you the chance to grieve the lost expectations for your life and to remember that you are important too. On the course we look at:

emotions you may feel around your child's diagnosis

the changes you have to make for your child and how this affects you and your expectations of life

your identity and looking after yourself

building a better support network

dropping the mask and being real with your support network about the difficulties and reality of parenting a child with additional needs

and goals for the future

It can also be a great opportunity to meet other parents going through similar experiences and their will be cake!

Do book a place and join me in January.

I would like to wish you an amazing Christmas and a Happy New Year.

Do remember to find some moments for yourself! You are important too!

Liz

PARENT EVENTS

SPRING TERM 1 2024

Week commencing	Monday	Tuesday	Wednesday	Thursday	Friday
8th Jan	Parent Support Group Theme: Post-Christmas Self Care 10am-12 at St Andrew's Church run by SPACE Buckinghamshire			Parent Volunteers 9-10.30am at Cressex site run by Parent Ambassador	
15th Jan		When Dreams Change Parent Course runs for 4 weeks from 9.30-11.30am Venue: tbc Run by our Parent Ambassador & SPACE Buckinghamshire		Parent Volunteers 9-10.30am at Cressex site run by Parent Ambassador	
22nd Jan		When Dreams Change Parent Course runs for 4 weeks from 9.30-11.30am Venue: tbc Run by our Parent Ambassador & SPACE Buckinghamshire	Puberty Coffee Morning for parents of Girls 9-10am at Cressex Run by Wendy Taylor	Parent Volunteers 9-10.30am at Cressex site run by Parent Ambassador	
29th Jan		When Dreams Change Parent Course runs for 4 weeks from 9.30-11.30am Venue: tbc Run by our Parent Ambassador & SPACE Buckinghamshire	Puberty Coffee Morning for parents of Boys 9-10am at Cressex Run by Wendy Taylor	Parent Volunteers 9-10.30am at Cressex site run by Parent Ambassador	
5th Feb		When Dreams Change Parent Course runs for 4 weeks from 9.30-11.30am Venue: tbc Run by our Parent Ambassador & SPACE Buckinghamshire		Parent Volunteers 9-10.30am at Cressex site run by Parent Ambassador	
12th Feb	Parent Support Group Families Event 10am-12 Venue: tbc run by SPACE Buckinghamshire	Half Term			

External Training to check out:

My Family Coach classes book at www.myfamilycoach.com/parenting-classes

SPACE events book via www.eventbrite.co.uk/o/space-hertfordshire-2915520957#collections

Newbold Hope Training - www.newboldhope.com

Parent Ambassador Update



Growing
HOPE

WHEN DREAMS CHANGE

A 4 week course for parents and carers exploring:

- What happens when dreams change and how we process & adjust our expectations to our child's additional needs
- The impact of stress and strategies to combat it
- The importance of good social networks and how to improve them
- How to "be real" with friends and family about the difficulties
- Who you are - your identity and skills
- A chance to make new dreams

On: Tuesday 16th, 23rd, 30th
January and 6th Feb

From: 9.30-11.30am

Venue: tbc in High Wycombe

Facilitated by Liz, Chiltern Wood
School Parent Ambassador & SPACE
Buckinghamshire Facilitator

To book a place, e-mail
lwebber@chilternwood.bucks.sch.uk

Loads of questions about:



PARENTING BOYS THROUGH PUBERTY



PUBLIC

PRIVATE

**Puberty Coffee Morning
for Parents of Boys**

**On 31st January 2024
from 9am at our Cressex site**
(open to parents from both sites)

Come along to find out more about:

- What we teach in school about this
- Books and resources for you and your son
- A chance to hear from one of our parents about their experience with this
- And a chance to ask your questions!

Loads of questions about:

PERIODS & PUBERTY



Puberty Coffee Morning for Parents of Girls

On 24th January 2024
from 9am at our Cressex site
(open to parents from both sites)

Come along to find out more about:

- What we teach in school about this
- Books and resources for you and your daughter
- A chance to look at different period products
- And a chance to ask your questions!



Should I keep my child off school?

Yes

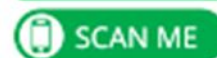
Until...

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).