

Nightingale Home and Hospital Service



Newsletter July 2020

To all Nightingale parents, carers and students,

I hope that you and your families are keeping safe and well. I would like to thank you for your support and patience in what can only be described as a most unexpected year for us all. A number of our young people have attended centre since the COVID-19 situation commenced back in March. They have shown amazing resilience in adapting to the unusual situation that we are in and have taken part in various activities in addition to completing their academic work. As you are probably aware there is now an expectation for all students to return to school in September. However, we will await further guidance over the next few weeks in regards to transporting of students in our staff vehicles and whether home tuition will be able to recommence. Keeping our staff and students safe is paramount so we really appreciate your assistance in this matter. More information on this can be found at www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-full-opening-schools

Needless to say, we will be continuing to follow Government guidance to do everything possible at The Nightingale Home and Hospital Service to ensure that our staff and student environment is as safe as possible. All staff are committed to do whatever it takes to ensure that our young people receive the best education within the limitations that we face, and that the gaps in learning, following the enforced closure of schools, are addressed. The use of remote teaching via TEAMS will continue for the majority of our students in September. If you have misplaced your child's log in detail sheet then please let us know. The Lawnswood Integrated Therapy Service team are also available for advice should your child be in need of further support in understanding and adapting to the current situation.

To allow for a safe return for all there will be a phased return for year groups at the start of the Autumn term. **Please refer to your child's timetable (attached) for which group they are in.**

Thursday 3 rd September and Friday 4 th September	Group 10A and Year 11 students
Monday 7 th September	All year groups

For a full list of term dates, please turn to the back page.

-continued page 2

- **Curriculum Offer**

We have continued to make changes to our curriculum offer and this year students will also have the opportunity to study GCSE PE if they wish. Our ACE (Alternative Curriculum Enrichment) Programme continues to develop with students being able to access work experience placements in Yr 10 and also have the opportunity to take part in the Duke of Edinburgh Award. English, maths and science are still at the core of our subjects together with other key stage 4 options, such as Art, Animal Care and ICT/ computing. Relationships, sex and health education is also a standalone subject from September and will be delivered once a week to all students during reflection time. However, other subjects, particularly at key stage 3, will be delivered through project based learning (PBL). Students will continue to gain accreditation in a variety of AQA unit awards at various levels along with ASDAN bronze, silver and gold awards and a number of short courses. We are all very excited about this and feel that this will give more flexibility in how our young people can access learning more suitable to their individual needs.

- **Nightingale team updates**

I would like to take this opportunity to welcome three new members of staff to the Nightingale Team: Steve Banton joins us as a Teaching Assistant leading on attendance and transport. Mr Banton will be in touch with all parents regards to transport when we return in September.

Craig Powers joins us as an assistant head to work across Nightingale and Orchard responsible for behaviour, attitudes and personal development.

Andy Higgs joins us as an assistant head to work across Nightingale and Orchard responsible for the quality of education.

- **Staff phones**

All staff at the Nightingale Home and Hospital Service will have a change of phone number from September. Individual staff will contact you with their new number during the first week back. If you need to get in touch with myself, my new number is 07394 573290.

- **Attendance**

Many congratulations to the following students that are our Top attenders for 2020!! A certificate and gift voucher is on its way to you.

Leo Bennett, Camilla Asare and Tyler Crosbie.

Finally, I would like to thank you again for your support and commitment in helping us in our work. As always, please do not hesitate to me on the number above if you need further clarification regarding any of these matters,

Best wishes

Lindsay Watson

Head of Nightingale Home and Hospital Service



Nightingale Home and Hospital Service 2020-21

Times of the day – Onsite Provision Only

Time	Lesson
8.50-9.00	Student arrival/breakfast provided if necessary.
9.00am – 11.30am Yr11 and 10A Groups only	Two/three lessons during the morning session. (Please see individual student timetable attached for a breakdown of the curriculum covered.)
11.30am	Students in Yr11 and 10A group will pick up lunch and then be transported home.
12pm – 12.30pm	Students in 10B and Key Stage 3 (Yr 7, 8 and 9) groups will be picked up and transported into centre. Lunch will be provided on arrival.
12.30pm – 3pm Yr7, 8 and 9 (Key Stage 3) and 10B Groups only	Two/three lessons during the afternoon session. (Please see individual student timetable attached for a breakdown of the curriculum covered.)

For those students that are normally taught offsite, either at home or other suitable provision, for example a library, your timetable is attached. **This may change!** The member of staff will be in contact with you early September to confirm days and times. If you have any concerns please do not hesitate to contact me.



Congratulations to the following students for achieving **Asdan** awards:

Personal Development Programme.

Camilla Asare – Bronze , Silver and Gold award

Eve Davies - Bronze, Silver and Gold award

James Davies –Bronze Award.

Brandon Evans – Bronze and Silver Award.

Courtney-Leia Jones – Bronze and Silver Award

Mia Matthews – Silver and Gold Award.

Isaac Barnes – Bronze Award.

Leo Bennett – Bronze Award.

Chloe Brown – Bronze Award.

China Sinclair – Bronze Award.

Carrie-Leigh Smith – Bronze and Silver Award.



SHORT COURSES.

Animal Care - 1 credit.

Eve Davies, Kaitlyn O'Connor, Wade Smith, Tyler Jones-Banner.

Sports and Leisure – 1 credit.

Mitchell Mansell, Emrys Barnes, Cai Kirk, James Davies, Thomas McElroy, Daniel Skitt, Beck Gallagher, Brandon Evans, Tyler Jones-Banner.

Science – 1 credit.

Cai Kirk, James Davies, Thomas McElroy, Frankie Aulton, Daniel Skitt, Kaitlyn O'Connor, Mitchell Mansell, Beck Gallagher, Emrys Barnes.

Citizenship – 1 credit.

Cleo Hudson.

This is a **two-week calendar** with **daily mindfulness** activity suggestions. You can run these activities whenever you like, for example at the **start of lessons**, or **after playtime**, to help ground and relax the children.

The activities within the calendar will take approximately **five minutes** and can be done **at home or in school**, with **individuals, small groups or whole classes**. You can display this poster in your classroom or staff room, and use the accompany guidance for instructions on how to deliver the activities.

See below for some examples of the activities suggested in the calendar.

For more information and further details visit this website to download the brochure:

<https://www.mentallyhealthyschools.org.uk/resources/mindfulness-calendar-daily-five-minute-activities/>

MINDFULNESS CALENDAR

MON	TUES	WED	THURS	FRI
<p>COUNTING BREATHS</p> <p>1-2-3</p>	<p></p> <p>ATTITUDE OF GRATITUDE</p>	<p></p> <p>USING THE SENSES</p>	<p>COLOUR BREATHING</p> <p></p>	<p></p> <p>BIRTHDAY CAKE BREATHING</p>
MON	TUES	WED	THURS	FRI
<p>FEATHER BREATHING</p> <p></p>	<p></p> <p>FINGER COUNTING</p>	<p>SLIMY HANDS</p> <p></p>	<p>RISE AND FALL</p> <p></p>	<p>RELAXING MUSCLES</p> <p></p>

Finger counting

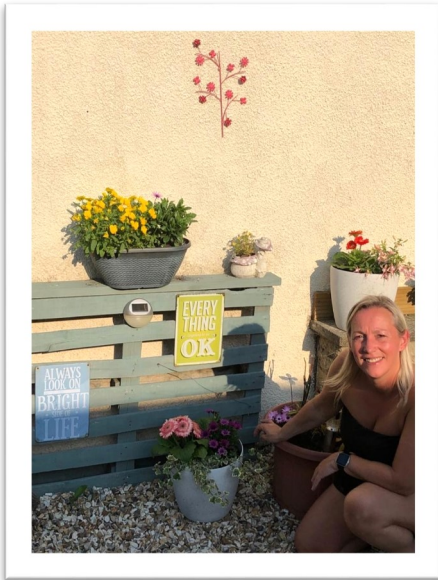


- Ask the children to sit or stand in a comfortable position and to hold one of their hands out.
- Explain that as they breathe in for five counts, they will place each finger into the palm of their hand, until their hand makes a fist.
- As they breathe out for five counts, they will uncurl each of their fingers.
- Keep counting aloud for the children and repeat this activity for a few minutes.

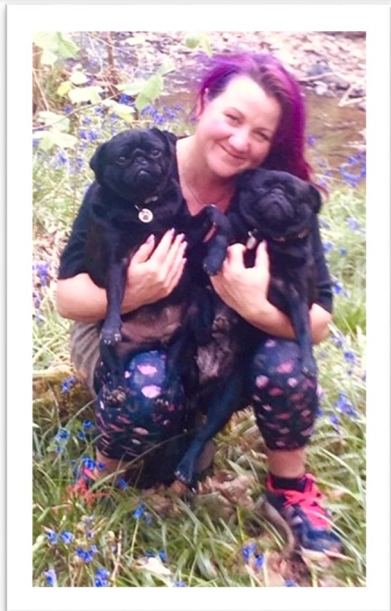
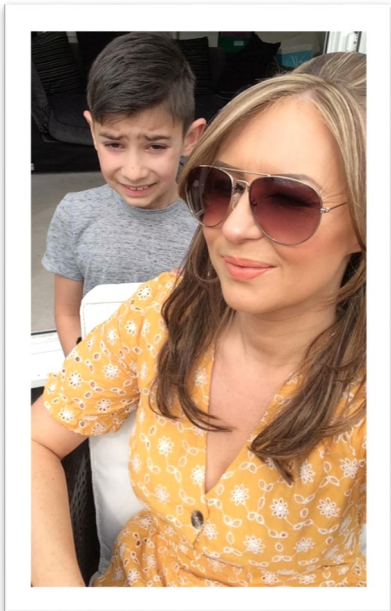
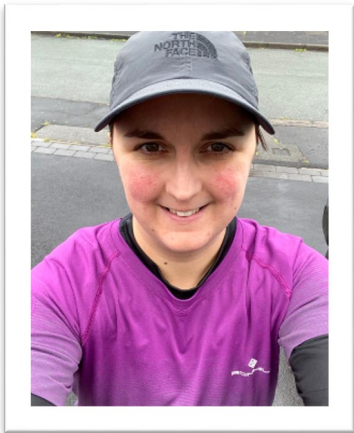
Feather breathing

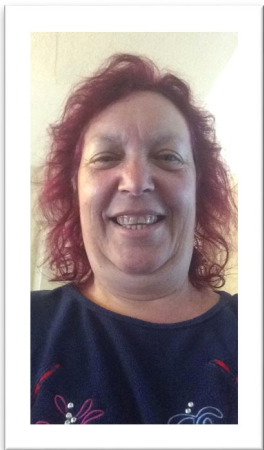
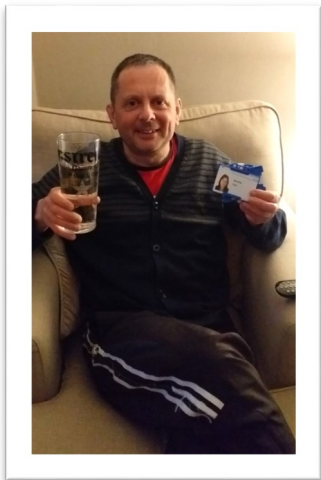
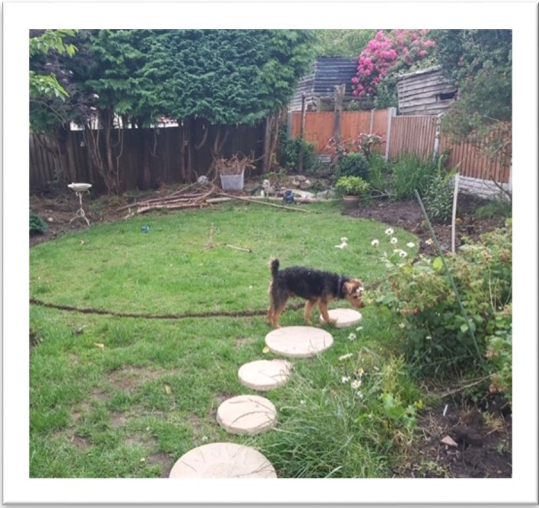
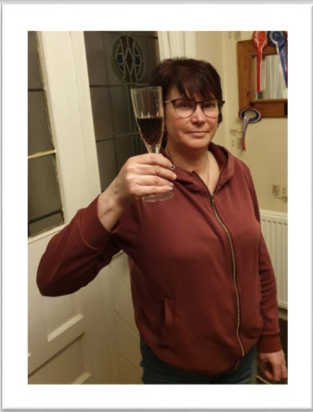
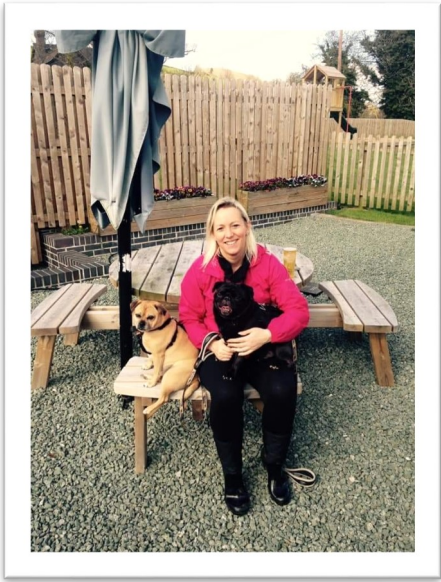


- If you can provide real feathers or cotton wool for this activity, that would be great. Otherwise, children can use their imagination.
- Ask the children to sit comfortably on a chair and imagine that there is a feather or ball of cotton wool in front of them. If they have a feather or cotton wool they can place this in one of their hands and hold their hand out in front of them.
- Then ask them to breathe in through their nose and breathe out slowly through their mouth, in order to make the object float.
- Repeat this a few times.



**Making the most of
Lock Down.**
Sharing our positive thoughts and times with you. Each of us in our own way. Enjoy your summer. **#staysafe**







Term Dates

Term Dates 2020/2021

Autumn Term 2020

Term Time: Tuesday 1 September 2020 to Friday 23 October 2020

Half Term: Monday 26 October 2020 to Friday 30 October 2020

Term Time: Monday 2 November 2020 to Friday 18 December 2020

Spring Term 2021

Term Time: Monday 4 January 2021 to Friday 12 February 2021

Half Term: Monday 15 February 2021 to Friday 19 February 2021

Term Time: Monday 22 February 2021 to Thursday 1 April 2021

Summer Term 2021

Term Time: Monday 19 April 2021 to Friday 28 May 2021

Half Term: Monday 31 May 2021 to Friday 4 June 2021

Term Time: Monday 7 June 2021 to Wednesday 21 July 2021

Please note Nightingale Home and Hospital Service will be closed for staff training days on:

Tuesday 1st September 2020

Wednesday 2nd September 2020

Thursday 22nd October 2020

Friday 23rd October 2020