



## SUMMER TERM 1 – WEEK 6

### End of term

What a brilliant start to the summer term - well done everyone! We hope everyone has a lovely week's break and school will restart after the half term on Monday 3rd June.

### Changes over half term

Over the half term break, Jason will be working on a number of the display boards in the upstairs corridor - this may look slightly different when learners return.

### September classes

We are currently in the process of confirming class lists and timetables for the start of the new school year in September. Once this has been confirmed, learners will be introduced to their new class teachers for September and the information will be sent home via Class Dojo. The final two weeks of the summer term will then be spent in the new classes, to give learners time to get to know their new teachers and routine. For learners in Year 10 and above, this will also be an opportunity to experience moving around the school for different lessons.

### Jokes of the Week!

#### George's joke

What's so great about Switzerland?  
Lack of violence. Also, the flag is a real plus.

#### Benji's joke

Which is the smartest insect?  
The spelling bee!

#### Daylun's joke

Knock knock!  
Who's there?  
Paula!  
Paula who?  
Paula the door open and see!

## Headteacher's Award



This week, we are delighted to award the Headteacher's Award to Daylun! We were really impressed to hear that Daylun had been supporting his peers in class this week with their Maths work, providing clear explanations and support with questions.

# **BREAKING NEWS**

Here are two news items from this week!



## **Prime Minister announces General Election**

Prime Minister Rishi Sunak has announced that the next UK general election will be held on 4 July. A general election is when adults vote for who they want to represent them in the UK parliament. Parliament will be dissolved (closed) on Thursday 30 May and the current Members of Parliament go back to being ordinary members of the public. Many will then try to get elected again.

The UK is divided into 650 areas, called constituencies and each constituency has their own MP, who represents that area and the people who live there in parliament.

The clearest way of winning an election is by getting the majority.

If a political party gets at least 326 MPs elected - more than half of all MPs in parliament - then they have a majority and can form a government.

Most people who stand for election will choose to represent a political party. That's a group of people who all believe in a similar cause. At the moment, we have a Conservative government. However, there are also other political parties such as the Labour Party, the Liberal Democrats and the Green Party.

## **New nets developed to protect whales during fishing**

A new type of fishing rope has been developed, which could help stop whales from becoming trapped in nets.

They often become trapped and tangled up during mass-fishing sessions.

However, this newly developed rope sinks instead of floating, which would make it less likely to trap larger sea mammals like whales or dolphins when catching fish. It is currently being trialled around Scotland but researchers hope it could be used all around the world!





**Our Values**  
**Stars of the Week**

Respect  
&  
Resilience

Health  
&  
Happiness

**Kindness**  
&  
Independence

Our value for the Summer Term 1 is **kindness** and this will be the final week focusing on it, before we move on to **independence** next term. It's been a wonderful term highlighting kindness of all types around the school - well done everyone!

**Aspen**

Alfie for being kind to yourself by telling other children that you need more personal space

**Oak**

Henry for continued and consistent kindness to both students and staff

**Larch**

Kellan for encouraging others to play together

**Beech**

Ted Godfrey for being generous, supportive and joyful

**Holly**

Neve for always being polite, social and helpful

**Elm**

Joseph for supporting his peers around school

**Chestnut**

Bonnie for thinking of others when they are anxious

**Hazel**

George for helping staff in the classroom and always being positive towards others

**Ash**

Jade for always being kind, respectful and supportive to others

**Maple**

Jasmine for supporting her friends and peers when struggling

**Lime**

Louis for supporting his peers and teacher

## Letter from the Editor

Hello everyone, Grace here from Willow!

As well as working in Willow, for the last year, I've had the privilege of creating the weekly newsletter, including all the news, updates and achievements of your exceptional young people. I've loved putting this together every week, with learners often bringing me excellent pieces of work or beautiful creations from Craft Club to include.

The newsletter has become a great way to communicate with our wider community and, therefore, I wanted to use it to let you know that I will be leaving the school on Wednesday 5th June to pursue a career in theatre producing. I've worked here for 3 years now and it's really been a joy to see both the school and the learners grow and develop. I will leave with some wonderful memories, with highlights including the recent Careers Fair and our trip last year to the pantomime.

Willow will continue to support your young people and will be staffed by an excellent team, so the jigsaws, wordsearches and long conversations about Pokémon will still all have a place!

Thank you very much for letting me be a part of this fantastic community for the last few years - working with your young people has been an honour and I will miss everyone!

Grace

## Ten Tors

Last week, we said a big congratulations to Jack who completed the Ten Tors challenge recently! Working in a team of 6 young people from the West Devon Explorers (who later became a team of 5!), they navigated a route of 35 miles across Dartmoor. Grace spoke to Jack about his experiences this week and he said the trek was 'Hot and tiring, but otherwise fun. It took us from 7am on Day 1 to 4pm on Day 2!' Ten Tors is one of the biggest outdoors adventure events for young people in Britain today and is organised by the Army who describe it as a high-level military resilience exercise. They stated that Ten Tors was "meticulously planned" over many months - working closely with Devon and Cornwall Police, the Met Office, the British Red Cross and the Dartmoor Search and Rescue Group, who provided almost 350 volunteers.

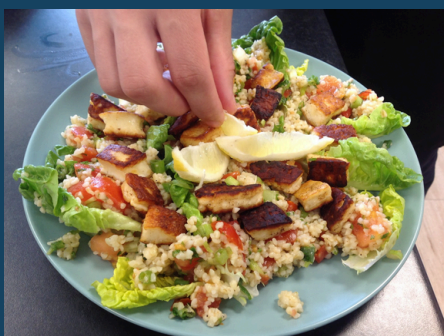
Jack said the 'best part of it was the finish, with a bunch of people cheering us on!' This is a huge achievement, Jack - well done!



## Food Tech

We've had another super productive week in the Food Tech department. Learners in Aspen class enjoyed making a tomato, bean pasta soup. Learners in Larch class did amazingly well with making a spaghetti meatball recipe, handling raw meat, making breadcrumbs and mixing them up with egg, herbs and then forming them into shape. I was really impressed with both KS2 groups this term with the effort enthusiasm they have put into their cooking, well done! Learners in Oak class completed the second lesson of their design and make challenge, where all three groups did brilliantly working in a team (pairs) and made some fantastic food - really well done Oak class. Learners in Beech class made a classic vegetable and chicken fajita recipe with a careful balance of spice and delicious serving suggestions of homemade tomato salsa, crunchy lettuce and sour cream. Learners in chestnut class made some fantastic fruit scones this week and everyone was so focused they had time to serve them up with clotted cream and jam before the end of the session. Level 1 learners in Holly, Ash and Hazel worked hard to gather evidence and continue their presentations, annotating images with a focus on skills being used. Level 2 learners in Ash, Hazel, year 11 and post 16 made piri-piri burgers with Mediterranean roasted veg. These turned out very nicely, complemented with learners' burger relish which they made last week. Level 2 learners in Post 16 completing assessments practiced their two courses again this week with greater levels of independence. We have managed to get lots of photographic evidence for their assessment folders.

Next term, our theme for the term is Alfresco dining and drinks. Aspen and Larch class will be trying a variety of different sandwiches, complete a design and make challenge and finish the term with making some homemade chutney and cheese biscuits. Learners in Oak class will be doing 'vegetables galore' with a selection of mouth watering classic summer meals, deli salad, coleslaws, soup tasting, ratatouille and pizza toasts. Learners in Beech class (year 8) will be completing 'hot or cold' themed recipes; savoury rice and Dutch apple cake before completing a design and make challenge, where they will follow a brief to create a healthy meal for a leisure venue. Chestnut class will be making a selection of sweet and savoury recipes, starting with lemon biscuits and chocolate brownies. Followed by some evening main meal delights; seafood linguini, risotto Bianco and stir fry. Level 1 learners in year 9 and 10 will complete their assessments where they get the opportunity to teach their chosen recipe to someone else. Following this, learners will be making a range of fun bakes; cheesecakes and adapting recipes. Level 2 learners completing assessments will invite guests to come along and enjoy eating their prepared two course meals. Level 2 learners in Hazel, Ash, year 11 and post 16 will be making 'salad & dressings'. Have a great half-term everyone!



## Lost Property

We have a number of items of lost property in the office. Please ensure that all your young person's belongings are named and contact the office if you are missing anything.

## PAFOM PTA Updates

Our Summer Fayre preparations are well underway, and we can't wait to welcome you all. Stay tuned for more details, but you can look forward to our bumper raffle, chocolate, bottle, and teddy tombolas, lucky dip, plenty of refreshments, and a special appearance by a magician.

Thank you to everyone who attended our AGM yesterday. Minutes and reports will be shared soon. Unfortunately, we are still facing the possibility of the PTA closing if we don't get more volunteers. While a couple of people have stepped forward, we need at least five members on the committee to continue organising events and this includes a Treasurer and a Secretary. Role descriptions will be provided, and comprehensive handovers will be given to those who take on these roles. And don't forget - No experience? No problem! What truly matters is your enthusiasm.

If you're interested in chatting about the roles or joining the committee, please reach out via our Facebook page or email us at [pafomgroup@gmail.com](mailto:pafomgroup@gmail.com). You are also welcome to join us at our next Summer Fayre planning meeting on June 13th at 2 pm in school to see what's involved with organising an event.

## Half term activities

Unfortunately, there are no HAF activities running this half term. However, Lifeworks have organised another exciting half term programme, including a trip to Ski Plymouth. Please contact the Lifeworks team for more information regarding the activities.

More ideas for fun half term activities can be found here - <https://devonwithkids.co.uk/things-to-do-in-devon-in-may-half-term/>



 lifeworks  
Leading Quality Experiences



**Lifeworks Community  
MAY HALF TERM  
PROGRAMME**

**28th - 31st May 2024**

Places available for 11-30 year olds

 Tuesday 28th - Lego & Pottery  
10am - 3pm

Wednesday 29th - Ski Plymouth  
10am - 3pm

Thursday 30th - Wildwood  
10am - 3pm

 Friday 31st - Tennis & Doughnut Making  
10am - 3pm

 For more information or a registration pack please contact:  
[lifeworkscommunity@lifeworks-uk.org](mailto:lifeworkscommunity@lifeworks-uk.org)  
Tel: 01803 865075  
Lifeworks College, Dartington, Totnes, TQ9 6JD

# SUMMER 2 - WEEK 1



## MONDAY

**Back to school!**  
**Maths**  
**Outdoor Education**  
Oak & Larch  
**Food**  
Hazel  
(Alfresco Dining)  
Aspen  
(Alfresco Dining)

## TUESDAY

**History**  
**Outdoor Education**  
Holly, Elm & Y9 Chestnut  
**Food**  
Year 11/Post 16  
(Alfresco Dining)  
Larch  
(Alfresco Dining)

## WEDNESDAY

**Geography**  
**Statistics**  
**Outdoor Education**  
Beech & Aspen  
**Food**  
Chestnut  
(Alfresco Dining)  
Ash  
(Alfresco Dining)  
Oak  
(Alfresco Dining)

## THURSDAY

**English Language**  
**Outdoor Education**  
Ash, Hazel & Y10 Chestnut  
**Food**  
Holly  
(Alfresco Dining)  
Post 16  
(Alfresco Dining)

## FRIDAY

**Biology**  
**Outdoor Education**  
Maple & Lime  
**Food**  
Beech  
(Alfresco Dining)  
Elm  
(Alfresco Dining)

## Safeguarding

This week, our safeguarding focus is developing healthy sleep patterns. We are aware that, with half term upon us, many of our learners will be tempted by late nights and a change from their normal routines. However, this could have a big impact on their ability to settle back into school for the final term. Many of our learners also struggle with their bedtime routines and sleeping during term time and therefore we'd suggest looking over these 10 helpful hints for developing positive and healthy sleep habits.

If you would like any support with any of our safeguarding topics, please reach out to Jane or Grace.

# 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

## 1 MINDFUL TECH USE



Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

## 2 EFFECTIVE SLEEP PRACTICES



Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

## 3 HYDRATION HABITS



Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

## 4 CONSISTENT BEDTIME SCHEDULE



Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

## 5 OPTIMAL SLEEP ENVIRONMENT



Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

## 6 RELAXING EVENING ACTIVITIES



Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

## 7 PRIORITISING ADEQUATE SLEEP



Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

## 8 NUTRITIONAL BALANCE



Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

## 9 PARENTAL SUPPORT



Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

## 10 MILITARY SLEEP METHOD



Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

