

# NEWSLETTER

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## Dates for your Diary

Tuesday, 15<sup>th</sup> October

**HARVEST FESTIVAL - pupils only**

Wednesday, 16<sup>th</sup> October

**Parent Workshop - Sensory Food Issues**  
09.30-10.30

Thursday, 17<sup>th</sup> October

**LINK ASSOCIATION AGM - 7.00pm**

Tuesday, 29<sup>th</sup> October

**Parents PANDA Group**  
9.45am

Wednesday, 30<sup>th</sup> October

**Parent Workshop - Intensive Interaction**  
09.30-10.30

21<sup>st</sup> - 25<sup>th</sup> October

**HALF TERM**

Tuesday, 5<sup>th</sup> November

**Parents Workshop - Managing Behaviour - Poart 1 - 9.30am**

Tuesday, 12<sup>th</sup> November

**Developing Theory of Mind - Part 2 - 9.30am**

Tuesday, 19<sup>th</sup> November

**Managing Behaviour Part 2 - 9.30am**

Thursday, 19<sup>th</sup> December

**LAST DAY OF AUTUMN TERM**

## **A Message from Sandy**

I'm writing my message a day earlier than usual this week. Thursday, 10<sup>th</sup> October - World Mental Health Awareness Day. I'm sure all of you will have read or heard something about this day either from our Royal Princes William and Harry, who are championing this cause or via other sources of media.

I am a strong believer that taking care of both physical and mental wellbeing has huge benefits for staff and pupils - in fact everyone.

John Prior, our CEO at OHCAT shares this belief and was very keen for the OHCAT family to participate and acknowledge this day.

As a staff team, we took the opportunity during our usual breakfast meeting this morning, to do some calming activities. We also took the time to talk together over a cup of coffee - with the strict rule, conversation must NOT be about school - quite a novel experience!

At the end of the newsletter, I have shared with you some of the simple things that all of us can do to help make our lives healthier and happier.

This list may seem obvious, but I do wonder how many of us do take time to do these things. How many of us juggle work, home, children, relatives and actually think of ourselves.

Let's take control of our own well-being.

*Sandy*

## WHAT'S BEEN HAPPENING AT THE LINK?

Lively music filled the school this week, as the whole school were treated to "Carnival Workshops".

Each class had a session led by Margaret Archibald and all enjoyed making music with a host of instruments.

From string instruments to tambourines, maracas, chimes and gongs, there was something for everyone.



Music is a wonderful form of enjoyment and expression and the workshops served to give the pupils that opportunity.

Many were keen to return to their group sessions with Frazer and experiment with more instruments.



Our newly formed After School Cookery Skills Club is proving to be very popular with all available places taken up. Each week the club learns skills that will help them in the culinary area. Members of the club have so far made cookies, spiced wedges, cheese straws as well as learning life skills that will enable them to make their own meals.



Cookery Club decided homemade Spicy Wedges were much better than those from the shops



The reps and adults then voted for the equipment they wanted on the playground. Everyone was allowed to vote for every suggested item.

Our School Council met again this week and were delighted to get a thank you card, a box of maltesers and biscuits from Sandy for their hard work and helping so well at the coffee afternoon!

Swimming Pool: 8 votes

Base: 3 votes

Roundabout: 4 votes

Slide: 5 votes

Swing: 6 votes



The Council agreed they would decide what playground equipment to go for after visiting a couple of schools to studied their playgrounds. All the school council reps voted to visit other schools!

At this meeting, all the reps brought in their favourite leisure activities which included a Harry Potter book, Snakes and Ladders, a telephone, a plane, and a construction toy.

## WHAT'S HAPPENING AROUND AND ABOUT?

Sutton Dyslexia Association are holding a parents drop-in session on Friday, 18<sup>th</sup> October at 9.45am at Oaks Park Café. For more information about SDA, take a look

on their website -  
[www.suttondyslexia.org.uk](http://www.suttondyslexia.org.uk)

Lambeth have recently re-written their SEND travel assistance policy. They are consulting with parents, carers and schools to seek views on this new policy. They have also prepared a shorter version of their 'parent guide'. If you are a Lambeth parent, do go on-line to have your say.

<https://www.lambeth.gov.uk/consultations/have-your-say-on-proposed-changes-to-lambeth%E2%80%99s-send-travel-assistance-policy>

Focus Surrey have a number of interesting workshops lined up:

October 26<sup>th</sup> - 10.15am

Parent SEN advocate Fiona Slomovic (an ex parent of a child at The Link) at 10.15am on October 26<sup>th</sup>

November 2<sup>nd</sup> - 10.15am

"How physiotherapy can support the physical development of children with ASD" by Therapy4kids physiotherapists Michelle Jordan and Cara Johnson

If you would like to keep informed about Focus Surrey, please see their Facebook Group - Focus Surrey or their website [www.focussurrey.co.uk](http://www.focussurrey.co.uk).

If you would like to join one of these talks please rsvp to [focussurreytalks@gmail.com](mailto:focussurreytalks@gmail.com)

## AND FINALLY .....

Take Control of your own well-being. OHCAT have created a list that details a few simple things that can make us happier and healthier

- Have a good sleep - aim for 6-8 hours per night.
- Eat a rainbow meal - coloured non-processed fresh foods - enhancing our intake of healthy foods.
- RELAX!!!!
- Get into nature - go for a walk
- Exercise - it really does increase endorphins (happy chemicals)
- Be mindful - be aware of your thoughts and emotions - live in the moment
- Get creative - it encourages a sense of purpose which builds self esteem
- Be kind - one kind word can make someone's day
- Keep a journal - writing down your thoughts is a great way of emptying your head.
- Take relaxation breaths - breathe in through the nose for the count of 4, hold for 5 counts, breathe out for 8 counts - this releases relaxation hormones.