



4TH MARCH 2022

NEWSLETTER

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DATES FOR THE DIARY

Tuesday, 15th March 2022

3.30pm - 5.00pm - being held at the primary school

Public Meeting - Consultation re Proposed Merger/ Expansion

Wednesday, 16th March 2022

9.30 - 12.00 - being held at the Primary School

**Parent Information and Coffee Morning
"Early Communication"**

Thursday, 17th March 2022

3.30pm-5.00pm - being held at the secondary school

Public Meeting - Consultation re Proposed Merger / Expansion

Friday, 1st April 2022

END OF TERM - EARLY CLOSURE FOR PUPILS

4th April - 18th April 2022

SPRING HOLIDAY

Tuesday, 19th April 2022

INSET DAY - staff only

Wednesday, 20th April 2022

SUMMER TERM COMMENCES

Thursday, 28th April 2022

Parent Coffee Morning - hear all about our 16+ provision - further details to follow

Friday 27th May - 3rd June 2022

**SUMMER HALF TERM
(incorporating Bank Holiday for the Queen's Platinum Jubilee)**

Monday, 6th June

INSET TRAINING DAY - STAFF ONLY

Thursday, 16th June

Careers Event - details to follow

What a busy week again at The Link School.

With World Book Day and Shrove Tuesday slotting into our curriculum effortlessly, it proved to be another week of topical learning opportunities for all.

It was wonderful to be able to welcome parents back into the school and our thanks to those of you who came in on Wednesday to attend our Parent Information and Coffee Morning. Feedback has been very positive, so thank you - it does make all the work that goes into these sessions worthwhile.

The secondary school will be holding a coffee morning on Thursday 28th April (further details to follow) for all potential 16+ parents/carers, giving an opportunity to hear what we can provide in this provision. We will also hold a further after-school careers event on Thursday, 16th June.

This week Nic Andrews and Jo Davis explain all about The Zones of Regulation ® and how the framework helps students gain skills in emotional understanding and self regulation.

WHAT ARE 'ZONES OF REGULATION' AND HOW DO WE USE THEM?

Nic Andrews begins our explanation. Have you ever sat and thought about the different emotional and alertness states you experience in one day? I think it is true to say that no one wakes up happy and ready to go and stays that way all day until bedtime. You will feel different emotions and levels of alertness over a day. As I write this at 11.00am I have experienced at least 3 different emotions and alertness levels from tired to happy and energised; ready to write this piece for you to read.

The school use a framework called Zones of Regulation ® (Zones for Short). This framework offers lessons and activities designed by Leah Kuypers (licensed occupational therapist) to help students to gain skills in emotional understanding and self-regulation. Each pathway and cohort of pupils looks at the framework at the level that is appropriate for them and the framework runs like a golden thread through our Primary Relationships and Health Education curriculum.

The Zones work with 4 different coloured zones which define

emotional and alertness levels for example

Blue zone- feeling low and slow

Green zone- feeling good to go

Yellow zone - losing some control

Red zone- Out of control

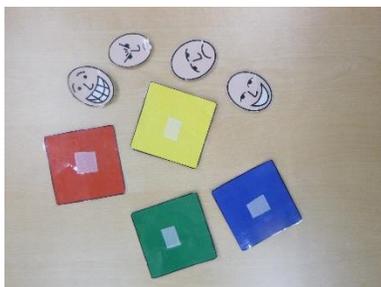
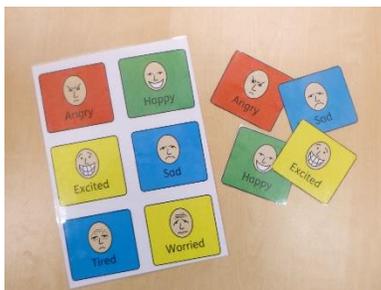
Thinking back to my morning so far I have been able to regulate myself in the different states and emotions using a toolkit of ideas I know help me such as having a coffee, talking to a friend to make me smile and popping into the classes to see the amazing work pupils have been doing. The Zones framework allows us to work upon personal understanding, theory of mind and also tools that can be used when we are feeling in different zones to help regulate ourselves.

One of the key elements in the framework is that we are working with students to understand that the red and yellow zones are not negative ("bad" or "naughty") zones but instead that everyone feels different emotions at times and it is our reactions that are important.

At the primary school we start by introducing the programme for the pupils and support them to understand the colours and which emotions might fit into each zone. We may advocate for them when pupils cannot express how they feel

and use this to support them to work towards how to regulate to the most appropriate zone for the situation.

We regularly discuss with pupils how they are feeling and how they may present to others throughout the day and use classroom zones boards to embed this language. Pupils will also experience exploring images and role play of different emotions that people can display.



Jo Davis advises that at the secondary school, students also follow the Zones curriculum and participate in a variety of Zones activities during "Access" lessons, which are led by the therapists and supported by our special support assistants (SSA's)



We focus on developing:

- emotional vocabulary
- skills in reading other peoples facial expressions and body language
- understanding of expected and unexpected behaviours in different contexts

- our perspective into how others see us and react to our behaviours
- insight into events that change our zone and trigger our behaviours.

Staff reinforce that all emotions are "OK" but sometimes our behaviours, triggered by our emotions, are not appropriate for the situation. We refer to these behaviours as expected or unexpected.

WHAT'S BEEN HAPPENING AT THE PRIMARY SCHOOL?

Some of our youngest pupils in Acorn Class have been continuing their focus on life skills, allowing them to learn things that they will need to know.



From reinforcing how to clean their own teeth to bathing and dressing their dolls in the friendship group - leading to self directed, engaged

learning, building confidence and responsibility.



Oak Class joined in the fun on World Book Day, either raiding the class dressing up box or making their own costumes.





Our School Council members met this week and decided they would like to support Red Nose Day this year. They talked about what they could raise money for - food, books, shoes, water, houses.

They voted to ask everyone to wear something red or buy a red nose on Red Nose Day - Friday 18th March.



Link Priority No 2

Community friendship

Link Priority 3

Spiritual development

Link Priority 14

Emotional Development /Theory of Mind.

WHAT'S BEEN HAPPENING AT THE SECONDARY SCHOOL?

On Wednesday 2nd March The Link Secondary School took part in two football tournaments.

James, our PE Teacher advises that the Fulham FC Inclusivity League was held at the Fulham training ground in Motspur Park. Our best footballing talent was sent to play against other local Surrey schools. Our Key Stage 4 Boys' team performed well and came away with 3 wins and 1 loss and finished equal 1st in their division. Our top girls' team combined with Carew Academy to form a team and finished 2nd in their division.

Further afield at Eltham Goals Football Park, the Panathlon 5-a-side Football Day was designed for those new to the sport. We sent 3 teams as well as a training group. All the students had a good day and our best performing team on the day was our Key Stage 3 team who finished 2nd.

Congratulations to all those who took part.



School Food Matters project is back



On Friday 18th March they will send Emma, a gardener, to help us clear some soil and plant some vegetables.



In April some of us will visit Sutton community farm to see how the professionals grow fruit and vegetables.



Their amazing Chef Ruth (who has her own cookbook) will visit us in June and a few lucky people will cook with her. In July a few of us will run a market stall in Croydon selling things we have grown and made.



As you can see from the photos, it's been a long time since we did this project and I hope you are as excited as I am

Karen (Food Tech)

Students in Key Stages 4 and 5 visited the Horniman Museum in Forest Hill. They attended a sensory drawing workshop where they had the opportunity to look at and handle some of the museum's collection. They also explored the permanent collection of the museum and visited the *Hair: Untold Stories* exhibition, which was great fun!



Weir class have been thinking about their talents this week and what makes them unique. They are very proud of their different talents!



This week in Food Technology the students were busy making pancakes in recognition of Shrove Tuesday. So far, the results have been very successful, with not many pancakes making their way home at the end of the day!



The students have been carefully flipping their pancakes on the stove and been very pleased with their efforts.



AND FINALLY

We fail to see how anyone could not have been moved this week, reading and watching accounts of the Russian invasion on Ukraine.

Many of us are left feeling helpless as we watch the scenes unfold.

One of our staff team, Olha at the primary school is from Ukraine. Her parents live in Poltava, which is not far from Kharviv, which was bombed on Tuesday. They refuse to leave their homeland.

Food is in short supply and supermarket shelves are bare, as you can see from the photograph below of her Mum's supermarket.



Olha has decided one way in which she can help is to help collect and deliver much needed emergency supplies to Poland, where so many Ukrainian refugees are now based.

Through her Ukrainian charity network, she will be collecting the following items at the primary school site, which will be delivered weekly. If you are able to help and donate any of the items, please send them into school:

- First Aid Kits
- Wound Dressings
- Batteries, flashlights, candles
- Nappies
- Sanitary products
- Painkillers
- Dry Foods (energy bars)
- Hats, Gloves, Socks
- Toiletries

'When the power of love
overcomes the love of power
The world will know peace'
Jimi Hendrix