

# January 2025 Newsletter



## A MESSAGE FROM THE LEADERSHIP TEAM

Returning after the Christmas break it was great to see students access the Norwich Theatre Royal once again to support their English GCSE by seeing the production of Inspector Calls. A new Year 9 group has been added and are beginning to settle into the school. We have also started to work more closely with UEA students who have been supporting our students with core subject intervention and delivery and we look forward to this relationship developing as we move forward. Our British Sign Language groups continue to make progress and it is great to see students on track to achieve their national qualification. I am also really excited to announce that the school will be introducing a new Careers Guidance Practitioner Siobhan Whiddett who will be available on a Monday from February half term. The school have also started to see positive progress in the take up of the young apprenticeship scheme with some students starting to access work placements as a transition into apprenticeships. Placements have included Hoopstars, Notre Dame Preparatory School and Ecotherapy Farm. Discussions are also underway to secure more placements in Cyber Security and Engineering so watch this space.

Thank you to all for your continued support.

Mark Anderson  
Head of Centre

# WHAT'S HAPPENING IN THE CENTRE?

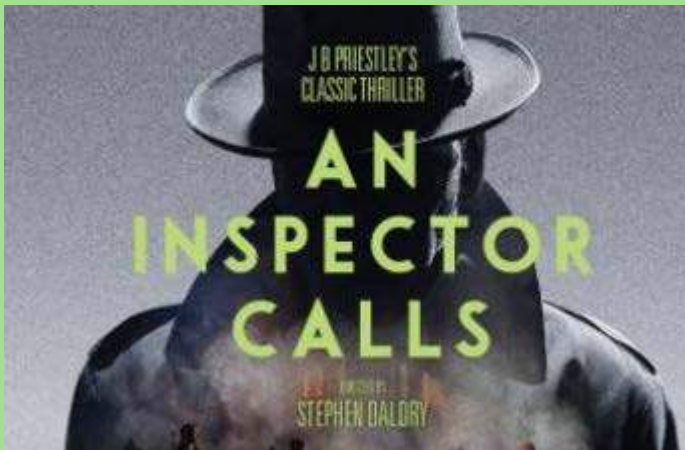
Our last day of term will be dedicated to 'Acts of Kindness'.

## An Inspector Calls Trip

On Wednesday 22nd January students went to Norwich Theatre to see an Inspector Calls.

One student said they did like the Inspector Calls. They said the play was hard to understand at times but the actors were good and entertaining.

Another student said the trip was exciting and the actors were really good.



Students break up for half-term 14/02/25 and return to school 24/02/24.

## Psychology

In Psychology, we are currently studying Research Methods. During our topic Observations, the class got to take part in some observational research. They conducted a naturalistic study where they noted seen behaviours within the centre. They conducted the study independently, then analysed their data together. They handled the task brilliantly, and their findings were consistent with one another! This is a great way to provide more in depth learning of the topic, and the students showed great passion for their studies. Bravo Psychology group!

## Absences

If your child is going to be absent please email [attendance@rbnorwich.org.uk](mailto:attendance@rbnorwich.org.uk) with a reason for absence.

# STRUCTURE

Registration - 08:55-09:00

MICR - 09.00-09.15

Lesson One - 09:15-10:15

Break - 10:15-10:30

Lesson Two - 10:30-11:30

Lesson Three - 11:30-12:30

Lunch - 12:30 - 13:30

Lesson Four - 13:30-14:30

Lesson Five 14:30-15:25

We have slightly adapted the timetable based on student feedback to be able to incorporate a wellbeing walk into the day.

# PARENT CARER

# SUPPORT

# GROUPS

for parent carers of children and young people 0-18  
who have additional needs / disabilities

Regular monthly groups in

- NORWICH • DRAYTON •
- GT YARMOUTH • THETFORD •
- DEREHAM • KINGS LYNN •



Scan QR code for dates and venues



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parentcarersmatternorfolk.org



facebook.com/parentcarersmatternorfolk



Carers Matter Norfolk

SUPPORTING PARENT CARERS

# TERM DATES

## 2024-2025 Academic Calendar

September 2024						
M	T	W	Th	F	S	Su
2	3	4	5	6	7	8
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30						

October 2024						
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28	29	30	31			

November 2024						
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January 2025						
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February 2025						
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March 2025						
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April 2025						
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May 2025						
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June 2025						
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30	31					

July 2025						
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August 2025						
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25	26	27	28	29	30	31

Key: White Dates - Pupils expected in  
 Yellow dates - Pupil holiday  
 Red dates - bank holiday  
 Purple dates - Staff inset dates

# YOUNG APPRENTICESHIP SCHEME

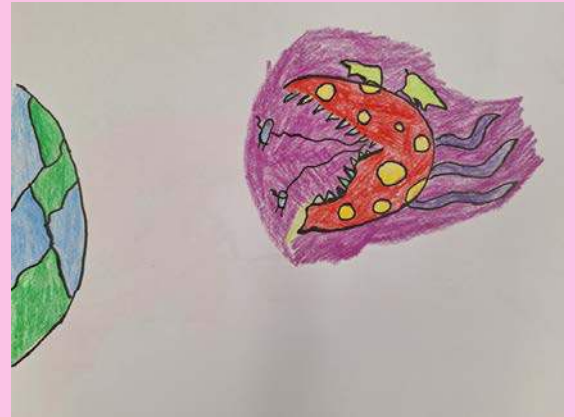
In January 2025, our school have introduced the young apprenticeship transition scheme for students who require work-based learning to help manage their attendance at school. The programme involves the identification of a suitable work placement in a small local business who are able to develop the confidence, life skills and vocational experience required to be successful in employment on leaving the school. To date, students have engaged in young apprenticeship scheme placements two days per week alongside their core timetable with the following companies – Hoopstars, Notre Dame Preparatory School and Ecotherapy Farm. More placements across different vocational areas of interest are currently being sourced to help provide a different option for our young people to access their career goals. If you would like more information please get in touch.



Ecotherapy Farm

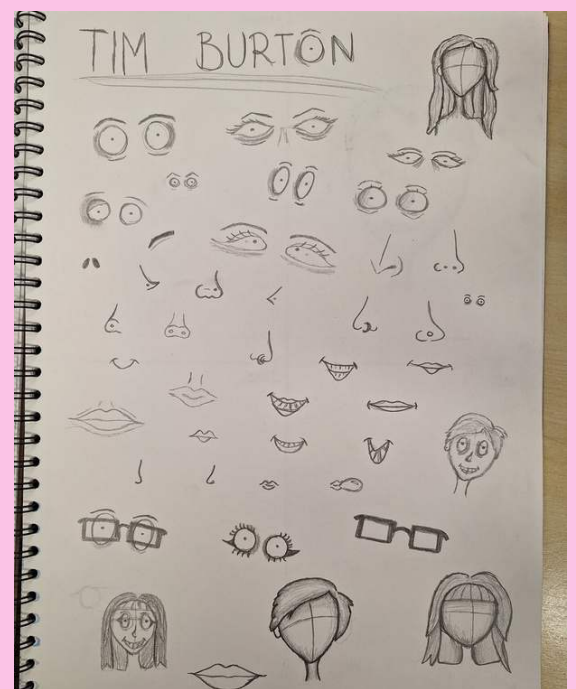
# ART

We have been looking at 'Dreams' for the Arts Award. Within this we have looked at Surrealism, Salvador Dali and Tim Burton.



We looked at Tim Burton's 1996 artwork called 'Surrounded' and students used this as inspiration to create their own monsters.

Alongside this, we have looked at creating our own Tim Burton inspired cartoon portraits focusing on shading.



# SCIENCE

Look at one of the many experiments being conducted at Red Balloon Norwich this term. This experiment is showing how photosynthesis works and is capturing the generated oxygen.



This term, the Year 10 and 11s were given the opportunity to either dissect or take part in the dissection of a lambs heart and a lambs eye. All the students were fantastic and said it was very interesting.



**NORWICH  
SCIENCE  
FESTIVAL**  
15-22 FEBRUARY 2025  
[Norwich Science Festival](#)

Why not head over to the Forum this half-term break and enjoy exploring science and how it interacts in everything we do.

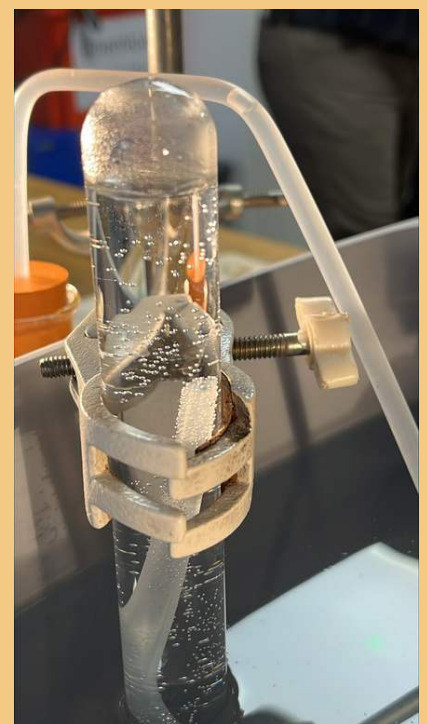
**THE EXPLORIUM!**

Throughout the Festival, The Forum's Atrium and an outdoor heated marquee are transformed into The Explorium - a place for visitors of all ages to explore science through **free, hands-on activities for all ages!**

The Explorium is open every day during the Festival from **10am-4pm**. Activities and exhibitors change every day, so there is always something new to explore!

**SEND Sessions in The Explorium Marquee**

For a calmer, less busy experience, book onto the SEND sessions in The Explorium Marquee. Booking for these sessions will open in January 2025.



## Creative Skills

In Creative Skills, students have been making woven bowls using paper plates. Students have been learning to weave and have drawn several ideas before choosing their final design.



Students have also made woven bookmarks and have been learning how to crochet.



**OPEN  
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1PM &  
FRI 10AM-  
12PM**

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**OR POP IN TO THE PHOENIX CENTRE, MILE CROSS RD, NR3 2LD.**



## Baking

One Year 10 student has made Vanilla Fudge cupcakes this month.



One student made Jammie Dodgers.



One student made a sausage plait.



## Baking

Students have been baking with Nadine this month. One student made Milky Way blondies and another made coconut and jam slices.



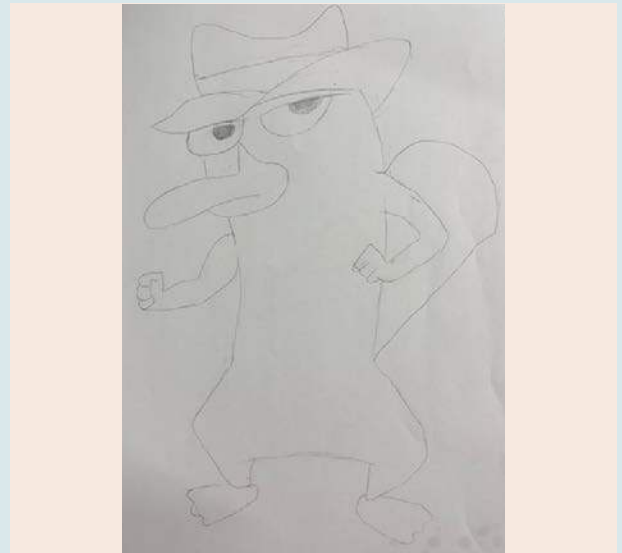
## Visit to St John's Care Home

“We visited St Johns Care Home in Norwich for Health and Social Care. The students had an introduction to care homes and were supported by the Wellbeing Coordinator Fiona. The care home were having a Christmas fete for the residents and their families. Two students enjoyed meeting new born babies of the care staff who had come in to visit the residents. Both said they enjoyed a cuddle with one of the babies in the care home”.



# NEWS

One student has been working towards his online Level 2 Food Hygiene and Safety for Catering Certificate. He passed the exam with 86%. Well done!



## Reminder on phone use

Students are not permitted to use their phones during school hours and they should be handed into the office or not brought onto site

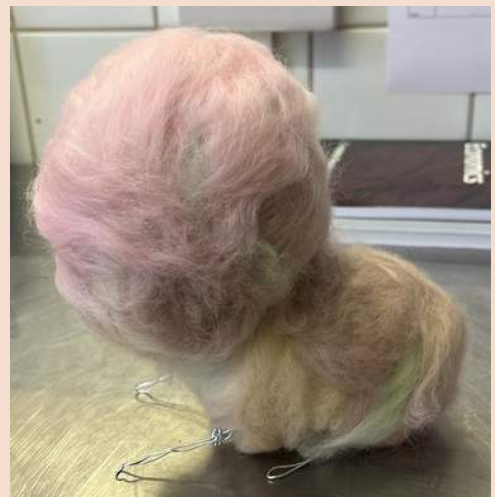
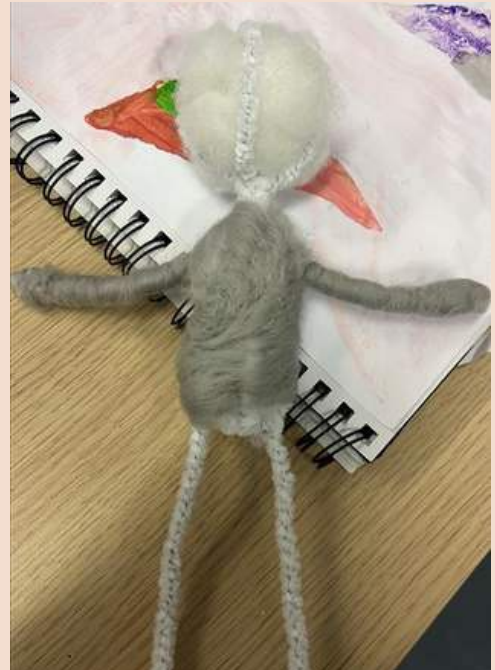
we recommend purchasing an MP3 device to allow students to use music as a coping strategy



# LIMELIGHT STUDIOS

## Felting

At Limelight, students have been learning how to felt. Students have created people and animals using new techniques.



Students have been creating artwork at Limelight.



# MAKE A PODCAST

## HALF-TERM WORKSHOP FOR 12-17 YRS

Tuesday 20th February  
10am - 12pm  
£35

You will work  
as a team to:

- Develop a podcast idea
- Produce & present it
- Record & edit it

HOSTED AT

## SOUNDYARD

PODCAST STUDIO

132 MAGDALEN STREET  
NORWICH  
NR3 1JD

For more  
information &  
tickets head to

[SOUNDYARD.ORG](https://www.soundyard.org)

# HELPFUL INFORMATION

## Launch of the New SEND and Inclusion Support Line

There's lots of information available on both the Norfolk Schools website Special Educational Needs and Disabilities (SEND) - Norfolk Schools and Learning Providers - Norfolk County Council and the Local Offer.

However, if you can't find the information you need to support children and young people with SEND, or those at risk of exclusion, you can now call us on **0333 313 7165** and speak to a professional for advice and information.

The new phone line opened on Monday (23 September) and is available on weekdays from 9am until 5pm. It will make it easier for professionals and families to get the information they might need.

The team can give you advice on specific children or groups of children and young people with SEND.

We know that schools and parents can sometimes find it difficult to find the information they need, being able to talk to someone to navigate the support on offer will help ensure that the right support is available at the right time, first time.

We're encouraging all professionals working with children and families to signpost them to this phone line, before suggesting they apply for an EHCP needs assessment. This is to make sure we're doing all we can at the earliest opportunity to support families. The new phonenumber will also help to ensure that you get to the right service.

# USEFUL WEBSITES FOR INFORMATION AND SUPPORT:

**Red Balloon SEN Information/Support – Contact - Julie  
Clements  
– SEN Manager  
[julie.clements@rbnorwich.org.uk](mailto:julie.clements@rbnorwich.org.uk)**

**Send Local Offer** [www.norfolk.gov.uk/children-and-families/send-local-offer](http://www.norfolk.gov.uk/children-and-families/send-local-offer)

This website is for anyone in the life of a child or young person aged 0-25 who has a special educational need and/or disability (SEND) in Norfolk. Here you can find information on support in education, learn about special needs services that can help children, young people and their families, find a support network - parents, groups and organisations and get guidance and advice about how to help a young person plan their adult life.

**Preparing for Adult life (PFAL)** [www.norfolk.gov.uk/children-and-families/send-local-offer/preparing-for-adult-life](http://www.norfolk.gov.uk/children-and-families/send-local-offer/preparing-for-adult-life)

Designed for parent carers, so you can help your young person with SEND prepare for adult life. PFAL focuses on young people in the time of transition - 14-25-years-old. But it is never too early to start this process.

**Justonenorfolk** – [www.justonenorfolk.nhs.uk](http://www.justonenorfolk.nhs.uk)

Children & Young people's Health Service that offers advice on a range of topics including Speech & Language, Mental and Emotional Health, Healthy Lifestyles, child development and Additional Needs. You can find information, make self-referrals and find support groups and resources.

# FAMILY HUBS IN NORFOLK

## **Great Yarmouth**

Early Childhood and Family Service base  
Shrublands, Magdalen Way, Gorleston, Great Yarmouth, Norfolk,  
NR31 7BP  
Phone: 01493 448318

## **King's Lynn**

Saint Augustine's Healthy Living Centre  
Columbia Way, King's Lynn, PE30 2LB  
Phone: 01553 669651

## **Norwich**

Early Childhood and Family Service base Catton Grove,  
Fiddlewood and Milecross  
Hunter Road, Norwich, NR3 3PY  
Phone: 01603 303359

## **Thetford**

Thetford Early Childhood and Family Service base  
Kingsway, Thetford, Norfolk IP24 3DY  
Phone: 01362 654584

## **Hellesdon**

Hellesdon Family Hub at Hellesdon Community Centre  
Library and Community Centre, Middletons Lane, Norwich, NR6  
5SR  
Phone: 01603 303360

## **North Walsham**

North Walsham Early Childhood and Family Service Base  
Manor Road, North Walsham. Norfolk. NR28 9HG  
Phone: 01263 739060

## **Long Stratton**

Long Stratton Early Childhood and Family Service Base  
6 Manor Road, Long Stratton, Norfolk, NR15 2XR  
Phone: 01603 307703

# Managing Stress

Stress is an uncomfortable experience of pressure or worry caused by problems in your life. Stress can cause many different symptoms and may affect how we feel physically, mentally, how we behave and make choices. It is not always easy to recognise when stress is the reason you are feeling or acting differently.

This guide will give you some top tips so that you can take action to reduce the symptoms of stress in your life.

## 1. WARNING SIGNS, PART 1

Warning signs of stress include emotional symptoms such as anxiety, fear or loss of confidence and cognitive symptoms such as poor concentration, poor memory or repetitive thoughts.



## 2. WARNING SIGNS, PART 2

Warning signs also include physical symptoms such as excessive sweating, racing heart rate, headaches and muscle tension. Behavioural symptoms might include, poor sleep, irritability, drinking excessive amounts of coffee or alcohol or losing your temper.



## 3. UNDERSTAND YOUR TRIGGERS

Take time to reflect on situations which may be causing stress. Once you know what they are, you can begin to reduce your exposure to the stressors and/or manage the causes.



## 10. PRIORITISE WELLBEING

As a way of preventing stress, you should prioritise your wellbeing and be consistent about it. A one-off activity will have some impact, but it won't help you manage stress or maintain wellbeing in the long term.

## 9. MANAGE YOUR TIME

Prioritising tasks, including emails and wellbeing activities, will be a crucial first step to change and taking control. Get someone to help you to keep on track with the change.



## 8. CHANGE YOUR PERSPECTIVE

Amend your thinking and expectations of what is possible or doable. Reduce the pressure on yourself by reframing the problem or accepting that not everything will be finished or perfect. Most of the time, good enough is ok.



## 7. USE YOUR SOCIAL NETWORK

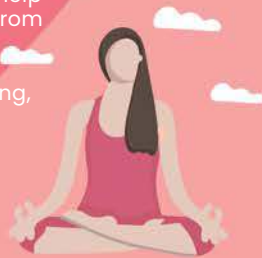
Plan opportunities for fun and enjoyment with people you care about and who care about you. This could be sharing a new experience or an activity you enjoy doing together. Share and talk about your feelings too, sometimes that is all that is needed to cope.

## 5. MAKE HEALTHY CHOICES

Plan regular, healthy activities which will reduce stress symptoms. These will be a non-negotiable part of your week and a regular antidote to stress.

## 6. INDUCE CALM

Activities known to help induce calm range from deep breathing, meditation and mindfulness to walking, outdoor exercise or gardening.



The National College®

This guide is part of The National College staffroom poster series  
A collection of information posters for your school staffroom.



### Meet the Expert: Anna Bateman

Anna Bateman, subject matter expert on mental health & wellbeing and school improvement adviser

# STUDENT VOICE

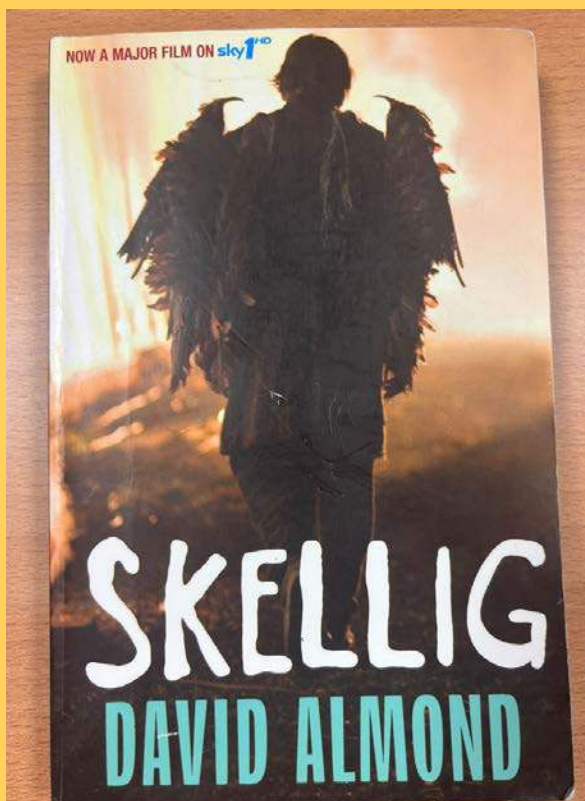
## Games Development

One student has designed these characters for her game concept for the Young Game Designer Awards 2025.

Her game features different characters working in a spaceship.



## Book of the Month



Year 9 are reading Skellig in English. Their topic is analysing fiction.

# ADVENTURES AWAY FROM HOME PROGRAMME AT WHITLINGHAM ADVENTURE

For young people aged 11–18 (and up to 25 for those with special educational needs and disabilities)

Adventures Away from Home.

Adventures Away from Home aims to foster the social and emotional development of young people aged 11-18, by providing funded bursaries for young people who face barriers to participation. This programme offers outdoor learning opportunities across England that encourages participants to experience, learn and develop while also connecting with others and the natural environment.

Programme -

One day funded (lunch included) 10:00-14:30 -  
katakanu and canoeing activities.

Groups can include a mix of funded and paying slots if required.

Funded visits must be taken before 31 March 2025.

For more information about Adventures Away from Home visit -

<https://www.schools.norfolk.gov.uk/article/66188>

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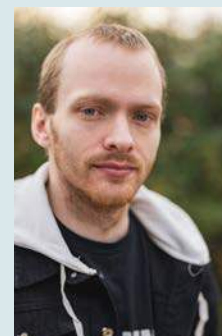
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