

Autumn 2023

# ALP Newsletter



Wellbeing and Jigsaw / Safeguarding / Student Voice / My Family Coach/ Online Safety / Enrichment / Achievement

## Headteacher's Response



Dear Parent(s) and Carer(s)

The Christmas holidays are finally upon us and after a very busy term, I think we are all ready for a rest, particularly after our Christmas Production and Craft Fair we hosted this week.

We have enjoyed getting to know new friends and the learners who joined ALP Leicester in August. I know that everyone will continue to display the customary "ALP warmth" to the new learners and staff who will be joining us after the Christmas break.

An exciting term lies ahead as work continues on improving our school facilities for further classroom accommodation (please check out our new PSHE classroom after the Christmas break). We are all excited about the impact this will have on PSHE teaching lessons. We also have some super trips and activities coming up next term (watch this space).

Lastly, I would like to extend my thanks to all learners and parents/carers at ALP Leicester. Getting to meet parents/carers at Parents Evening and at our Christmas Production is always a pleasure. On behalf of ALP Leicester I would also like to say that all parents and carers are always welcome into the school to say hello and/or check on their child's progress.

All that remains to say is that I wish you all and your family a fantastic Christmas and a restful break.

*Daniel Brown* (Head Teacher)



Attendance



Routine

Relationships

Respect

Trust

Teaching

Spring Term Dates 2024		 <p>Link <a href="#">ALP School OFSTED Report</a></p>	 <p>Following an inspection from the Food Standards Agency we are delighted that the school cook Lorna, with help from the team around her, has maintained the schools five star kitchen rating. Our school meals and approach to healthy schools goes from strength to strength</p>
School Opens	10/01/24		
School closes for Autumn Half Term	16/02/24		
Half Term			
School Opens	26/02/24		
Bank Holiday (school closed)	06/05/24		
School closes	23/03/24		

## Careers Update

ALP learners have taken the opportunity to visit Gateway and Stephenson College, including departments such as health and social care and construction. This is a real work opportunity to look at future steps in line with their educational and employment hopes for the future. Other visits are being planned for early 2024 encouraging learners to think about their future choices when it comes to careers and further education.

## ALP students success in Leicester Art Exhibition

Congratulations to our creative ALP students who have had three of their artworks selected by the Open 34 Exhibition. The exhibition will be displayed at Leicester Museum and Gallery (New Walk) and will be open to the public Saturday 16th December 2023 – Friday 19th January 2024. If you are in town, it is free to pop in to take a look!

## Christmas Tips for People and their Families with Autism and ADHD

Whilst it is dubbed to be 'the most wonderful time of year,' ALP Leicester recognises that it can also be a very stressful time and for many children with autism and/or ADHD, it can be very overwhelming. To help navigate you and your family through the Christmas period, we have sourced some useful tips for you to access which we hope you will find helpful.

<https://www.autism.org.uk/advice-and-guidance/topic/s/leisure/christmas/tips>

<https://www.adhdcentre.co.uk/tips-for-an-adhd-family-christmas>



## World Mental Health

Talking is good for your mental health and talking *about* mental health is important. But starting a conversation isn't always easy. Whether you'd like to talk to someone about how you're feeling, or check-in with someone you care about.



You may prefer to get free, confidential support by phone or online. You can:

- Call **Samaritans on 116 123** at any time of the day or night
- Call **Breathing Space on 0800 83 85 87** or <https://breathingspace.scot/>
- **Message SHOUT to 85258** for 24/7 text support on your mobile
- If you are a child or young person, you can **call Childline on 0800 1111** or talk to them **online**
- Call the **CALM helpline on 0800 58 58 58** open 5pm to midnight, 365 days a year

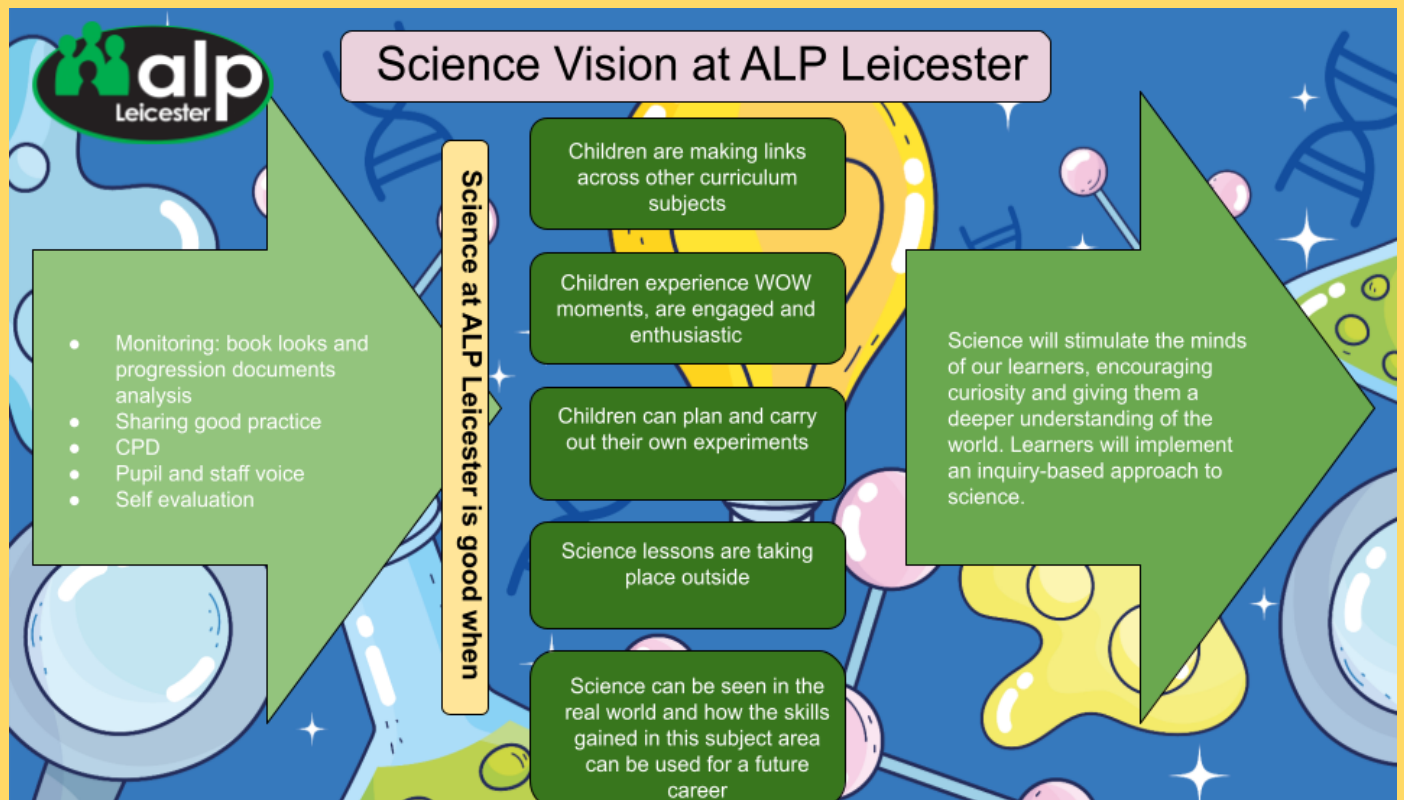
# Our Vision for Science

At ALP Leicester we are developing a school vision for primary science within a Special Educational Needs (SEN) school. Our objective is to create a comprehensive and inclusive vision that aligns with the specific needs and abilities of the learners in the school. This requires problem-solving, creativity, and critical thinking to capture all the important aspects of primary science education in a SEN setting.

The school's vision is to have a clear understanding of the specific context of a SEN school and consider the unique needs, challenges, and goals of the learners in our setting.

The core principles that underpin the school's vision for science focus on inclusivity, adaptability, individualised learning, multi-sensory experiences, and the integration of assistive technologies (and how these principles are applied effectively to foster a positive and engaging science learning environment for SEN students).

Based on the identified core principles and the specific context of ALP Leicester, we set clear goals and objectives for science education. These goals reflect the desired outcomes and highlight the significance of science education for the learners in terms of building knowledge, life skills, and future opportunities.







## ALP students support remembrance day in the community



During last week's lead-up to Remembrance Day, our learners crafted Remembrance Day Memorial Crosses. These were generously shared with and exhibited in prominent places across our local Birstall community. They found a place of honour at The Birstall Royal British Legion, as well as at local establishments like Filigree & Heart and the Urban Farm Shop. The support from these businesses meant a lot to our learners as they aimed to contribute meaningfully to our community. Another cross was gratefully received by St. James the Great Church, Birstall, where it stood proudly on the altar during the primary Remembrance Sunday service. I had the honour of representing ALP in the Community at this solemn occasion. Additionally, a cross was presented to Birstall Methodist Church for their own remembrance service. Crafted by our learners using recycled pine timber, each cross features a symbolic poppy at its centre.



Furthermore, our learners designed and delivered their own memorial, placing it respectfully at the Cenotaph after their Remembrance assembly, which included a moment of silence. This heartfelt tribute remained at the base of the Cenotaph throughout the Sunday service and ceremonial proceedings. Engaging in these community efforts brought immense joy to our learners, who felt appreciated by the community's response. This experience was not only positive but also inspiring, as our learners are now enthusiastic about undertaking more activities within our community.



## Time Travel Day

As part of our Artsmark legacy ALP Leicester transformed into a time-travel machine. Each floor embraced a distinct historical era, transforming their spaces and attire to reflect that period. Students at ALP Leicester embarked on their school day by entering through a TARDIS, and the amazement on their faces was priceless.







After Christmas we will be starting the module Dreams and Goals.

The first half of the term will be exploring:

- Celebrating success
- Identifying goals
- Employment
- Learning from mistakes
- Overcoming challenges
- Planning skills
- Safe & unsafe choices
- Substances
- Gangs
- Knives
- Exploitation
- Emergency first aid.

Here are a few links on MY Family Coach that might be of interest:

Helping my child if they are struggling at school:

<https://www2.myfamilycoach.com/quick-read-school-life-school-additional-needs-struggle-at-school/>

Talking to your child about drugs, alcohol and smoking.

<https://www2.myfamilycoach.com/quick-read-at-risk-behaviour-communication-conversation-health-alcohol-drugs-drugs-and-alcohol/>

Teach your child to respect themselves and others.

<https://www2.myfamilycoach.com/quick-read-communication-conversation-respect-child-respect-others/>

Talking to your teen about consent.

<https://www2.myfamilycoach.com/quick-read-puberty-sex-relationships-at-risk-behaviour-consent-sex-relationships-talking-teen-consent/>



## Creating Routines That Work at Home

Have you ever planned what you think is going to be the most *wonderful* surprise for your children, only for it to turn into a complete disaster?

Unscheduled trips, outings and events can seem like a great idea on paper: you picture your children's excited faces as you break the news that today they are off for a day trip! You imagine them leaping out of bed and dashing out of the house, squealing happily with joy and anticipation. Who doesn't love a bit of spontaneity, after all?

Except...sometimes it doesn't work out quite like that. Instead, there are floods of tears as your confused offspring struggle to comprehend what is going on. They are grouchy from being woken up too early; they demand to know why they have to miss their usual clubs and they are anxious about where and when they are going to have lunch.

Essentially, you've interrupted their routines and thrown their day into disarray. So much for surprises, hey?

[LINK: Parent Hub Support Creating Routines](#)

## Supporting Your Child if They are Self-Harming

All we want as parents and carers is to keep our children safe, so if we **find out our child is self-harming**, it can feel as if our whole world is crashing down around us.

We torment ourselves with questions: *How long has this been going on? Is it my fault? How can I help? Why didn't they tell me?* Feeling powerless, helpless and confused, we go round and round in circles, desperately searching for answers.

Although discovering that our child is in pain, both physically and mentally, can feel overwhelming, we need to try and be emotionally available and regulated so that we can best support them to break the cycle of self-harm.

[LINK: Support if your child is self harming](#)



# IGNITE

## Space Science Day at ALP Leicester



IGNITE is the new Alternative Space Education program for young people accessing an alternative or specialist education provision.

The program aims to engage with local provisions like ALP Leicester to reach students who may not have access to the Space Centre or science education. Their program helps to broaden the aspirations in young people through accessible space and STEM activity.

ALP Leicester students took part in a range of practical and hands-on science experiments with AQA Short Awards being attained by the students thanks to appropriate workshop design and implementation.

Throughout the students built a positive rapport with the Space Centre IGNITE! team who possess a youth work and teaching background, the informal teaching approach adopted team building and problem solving activities within context that enhanced personal and social skills. In addition students enhanced their science knowledge and developed a place of belonging and ownership with the National Space Centre. Students were given trust and responsibility when handling examples of real space food and artefacts, which developed self-esteem and confidence.





# Ofsted GOOD celebrations

Last week, ALP Schools Group celebrated the incredible milestone of achieving a GOOD Ofsted rating in each of their five schools.

Each school began the day with an introductory video from Managing Director David Cowell, telling the story of how the company began and demonstrating how far each school has come in the company's 17 year history.

Our secondary and Post 16 students made a trip to our local Hollywood Bowl and our base and Nurture learners were visited by magician 'The Great' Adamos. As part of the celebration, learners and staff alike were treated to various activities as well as a delicious pizza party lunch.

Congratulations to everyone involved in such a momentous achievement.



## Links to ALP Leicester Social Media Pages

ALP Leicester Social Media

