

Dear Friends of Pield Heath

Welcome to our first newsletter of 2023. Some of the special events this half term included, a Mass for The Feast of Our Lady of Lourdes, we marked Children's Mental Health Awareness Week and students enjoyed a trip to Willows Farm in St Albans. You can read about the range of other activities in the newsletter.

This half term we are saying farewell to two members of staff who worked as special support assistants. Firstly, Nikita Sood who did an apprenticeship placement with us and secondly, Denise Warner who worked with a tutor group in the Victor Braun Centre. We are also saying goodbye to Josley Rodrigues our IT Technician. Josley also started with us as an apprentice, but is now leaving to work in a large company.

As it was decided to close St Joseph's House for the present, we are unfortunately also having to say goodbye to Jennifer Isaac the Care Manager and DSL, as well as the care staff team who include Li Yan An, Paulina Cristian and Sarah Merchant who have given many years of devoted service.

We thank all the staff who are leaving for what they have contributed to the students, as well as how they have supported the whole school Community. We wish them good luck and every blessing for the future.

Sincere thanks also to all our Parents for your ongoing cooperation and for working in partnership with us.

This is a quote that I came across recently - I hope you find it helpful.

Use your heart to take care of the person you
love and use your mind to take care of yourself



On behalf of everyone at Pield Heath, I hope you have an enjoyable half term. We look forward to welcoming everyone back on Monday 20th February.

Eryl D'Souza

Associate Principal Community & External Partnerships

Tutor Group 3G

This half term 3G have been learning all about insects, bugs, and their environment in knowledge of the world. We have been creating our own bugs and even planting some peas that we have been looking after every day.



Tutor Group 3N

This spring term 3N have been honing their cookery skills learning all about pasta. We have had fun trying different shapes of pasta in a range of different ways. We used cheese-based sauces, tomato-based sauces and even made a noodle soup. They found it most entertaining to find out that the Chinese invented pasta not the Italians! This has allowed our students to work on independence within the kitchen as well as working as part of a team and also working on fine and gross motor skills and having opportunities to peer mentor. Of course, the best part of our lessons, especially our cooking lessons, is to try what we have cooked!



Tutor Group 3P

This half term 3P had the opportunity to visit Willows Farm. Students enjoyed meeting the animals, exploring the farm and spending time with one another in the fresh air.



Tutor Group 3W

This half term 3W have focused on Christian Unity and being a unit. Daily, we have prayed together, played together and supported each other. We especially enjoyed being able to lead the Mass in January relating to Christian Unity.



Tutor Group 3C

After the excitement of the Christmas performance, 3C have been getting back into their hard-working routine. In English, this half-term we have been studying Charlie and The Chocolate Factory and the students have been comparing and contrasting the different characters with some excellent insights. Pictured are examples of castle making in history and they have also been exploring light in science. I am particularly pleased with the progress that all students have been making in Maths where we have been looking at a range of topics including division and multiplication.



Tutor Group PH+A

During the Spring term PH+A have been working hard on learning new signs and are doing really well. They have also enjoyed going to Tesco to buy their snacks in the minibus. Some of our students have started to communicate more by using spoken word and others are using their PECS much more too which is a massive achievement for them. They are also doing well in independence skills and are starting to help use equipment properly when cleaning the classroom.



Tutor Group PH+B

In the RE sessions, PH+B students have learnt about unity and how to be better when working together. They enjoyed a feast where they learnt how to share and care for others. In the Knowledge of the World session this term, the students have learnt how to plant their own seed and watch its growth. They also have explored nature and different plants in the school garden and how different seasons will affect the plants and nature.



Tutor Group PH+C

PH+C have had a good half term. In Thrive sessions the students have been exploring different textures and have been working with their peers. PH+C have also had trampolining this term which students have really enjoyed.



Tutor Group PH+D

Even though it has been a shorter half term than usual, PH+D have been very busy after our Christmas break. We have been to Tesco's shopping in our Community Skills classes testing out what we have been learning about coin recognition. In Knowledge of the World we have been learning about insects and some of us have enjoyed putting together insect puzzles. We have also been learning how to make toast, cereal and sandwiches.



Tutor Group 4H

4H students have been enjoying their morning prayer where each student takes it in turns to lead the prayer. Some students have been taking part in work experience this term where they support other classes - Daniel takes this role very seriously! As part of their Community Skills lesson, the students have been using the new bicycle equipment, they have been practising road safety.



Tutor Group 4N

This week we are celebrating Children's Mental health Week with lots of activities building positive social skills and aiming to improve mental health and wellbeing our students and staff members. We've also been working really hard on improving our independent living, money skills and all academic skills around our term theme Plants, Insects and Animals. As usual we have been accessing the Well Café and local Tesco which supports practical money exchange skills and which the students thoroughly enjoy.



Tutor Group VBC A+

This term VBC A have been looking at road safety, paying for items in a supermarket and accessing the wider community. Students enjoyed this and will be working on these skills again next term.



Tutor Group VBC B

This term VBC B have shown everyone their creative side. Making delicious meals in cooking for themselves to producing healthy dishes for the birds in Horticulture. In team enterprise we have practiced our needle work by making beautiful bookmarks and jewellery. We can't wait to see what next term has in store for us next term at School.



Tutor Group VBC C

This term, VBC C have continued to work on their independence and life skills. During a PSHE session the boys arranged their own tea party, which they really enjoyed.



Tutor Group VBC D

This term VBC D have been discussing how we can bring a little Peace to our beautiful planet and how we can help it "get better". We have created a brand-new Eco committee and are excited to introduce our ideas to the whole school very soon.



Horticulture



This term, the Field Heath Student Gardeners have been getting ready for Spring. We have wrapped up warm and ventured out into the school gardens, planting lots of beautiful Spring bulbs.



The Well

This Well has been very busy again this term. The student staff members have shown amazing customer service skills as more and more classes book in for sessions. Well done to our student staff members for their continued hard work and diligence.



Music



This half term classes have been looking at classical music and watching orchestra's conduct musical pieces. Classes have been introduced to the 4 families of musical instruments used in orchestra: brass, woodwind, percussion and string. Above, we have 3W practicing their plucking of a Chinese string instrument known as a Guzheng. PH+C learnt some history about China before trying their hand at some string and percussion instruments.



Sport

Students have been taking part in trampolining this term. They learn body control, balance and coordination skills. Developing skills including jump, stop, star jump, tuck, twist, seat drops and front drops.



St Joseph's House

This half term, students making use of St. Josephs have continued to build upon their independence and life skills. An important part of this is learning how to look after ourselves and make healthy life choices, including regular exercise!



Community

January Service

In January we started our year, as we always do, with a service in our chapel for all staff. It included a talk about the significance of the Feast of The Epiphany. Reminding ourselves of The Magi, it was also an opportunity for us to reflect on our own unique talents and how we could share these gifts to make our school a more vibrant community.



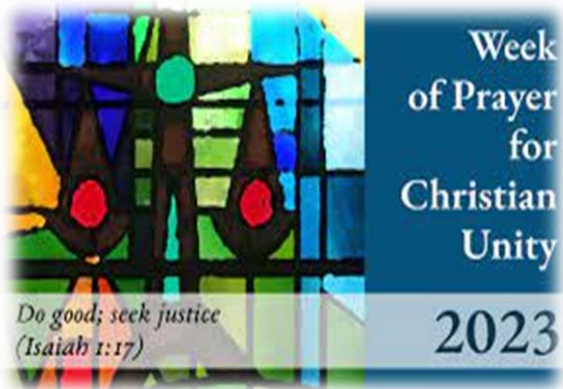
Fruits of the Spirit

Following on with the Fruits of the Spirit Programme this half term we focussed on Peace. We had a special service led by 3C about how we can all offer the Gift of Peace.



Christian Unity Week

We marked Christian Unity Week which was from 18th - 25th January. The theme that was chosen for this year was to Do Good and Seek Justice. On 25th January we had a special Mass led by 3W Class Team. The Mass was celebrated by Fr Nicholas on the theme that we are all unique each with our own personalities and differences, however we can still journey together in the same direction knowing that we are all unique and loved by God.



The Sisters of The Sacred Hearts of Jesus and Mary (SSHJM)

We are delighted to welcome three Sisters from the Congregation who are now based at Pield Heath. They include Sr Annet from Uganda and Sisters Mary and Flavia from Zambia. Having them helps to remind us that we are part of a global family.



The feast of our Lady of Lourdes

We marked the Feast of Our Lady of Lourdes – World Day of the Sick by having a special Mass.



Thinking of You

In our chapel we have an ongoing display called – Thinking of You. All staff and students are welcome to go along to our chapel where they can place a candle to remember anyone they wish. This will also be an ongoing reminder for our whole school community to keep these intentions in our prayers. If there is anyone you would like to be included please send their details for Thinking of You to admin@pieldschool.org.uk



Racial Justice Sunday



Following on from the various activities that we have done previously, we marked Racial Justice Sunday on Sunday 5th February. The theme that has been chosen for the whole of 2023 is

'All are included in the mission of Christ and His Church. Let us walk together, pray together and work together.'

As always we will continue to mark this as a whole school community with various activities throughout the year.

Wellbeing






Time to Talk



As you may be aware Thursday 2nd February was Time to Talk Day. To mark this event staff were invited to start the day with a walk. Later in the afternoon there was a chance to relax with colleagues over coffee.

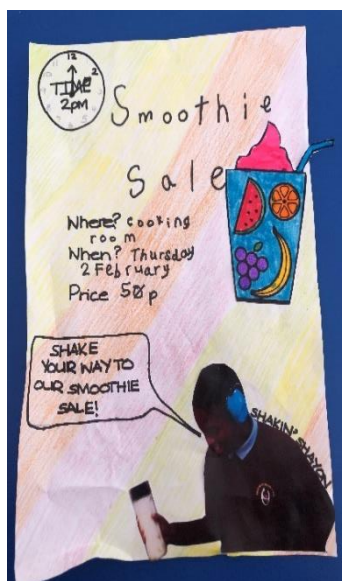
Children's Mental Health Week

Thanks to Netta Hill, our Inclusion Officer, for coordinating these wonderful events. The week ended with Dress to Express Day.

Monday 6th February	Tuesday 7th February	Wednesday 8th February	Thursday 9th February	Friday 10th February
<p>Mindful Monday</p> 	<p>Be Safe online</p> 	<p>Get Wild on Wednesday and book an outdoor space</p> 	<p>Thank you Thursday (Be Kind)</p> 	<p>Dress to express Day</p> 
<p>Starting the week with calm</p> <p>Supporting our students social and emotional health</p> <p>Have their sensory/regulating activities waiting for them at the start of the day.</p> <p>Calming music as a background to their day.</p> <p>Model and incorporate breathing exercise at the start of the lesson.</p> <p>Try 1-minute meditation with a group or a student. Saviour the moment of peace and quiet</p> <p>Emotional Literacy:</p> <p>The Enormous Turnip, Farmer Duck, Stone Soup, How the Crayons saved the Rainbow</p>	<p>Safer Internet Day</p> <p>What is the importance of kindness and respect online?</p> <p>What to do if you see hate, harassment or bullying online?</p> <p>How and where to get help?</p> <p>Design posters/videos about being safe online?</p>	<p>Making the most of outdoors learning</p> <p>Book an outside space!</p> <p>Play a ball game together</p> <p>Blow some bubbles and 'pop and splat'</p> <p>Play a parachute game, incorporate it into your lesson</p> <p>Enjoy a story in the Den</p> <p>Go for a well being walk around the bike track</p> <p>Use chalk to make marks and draw on the pathways and playground - make friendship flowers in the outdoor space</p> <p>Take an iPad or camera out and let the student take some pictures</p> <p>Find an interactive book or story and allow the students to be the characters..... Going on a bear hunt</p>	<p>Celebrate and reward students acts of kindness</p> <p>Shine the light on all those acts of kindness.</p> <p>Kindness awards to be given to all students for an act of kindness they have shown.</p> <p>Support the students to go home happy and laughing</p>	<p>Students and staff are invited to Dress to Express who they are for a small donation of £1.</p> <p>Are you bright and colourful, do you have a favourite colour?</p> <p>Are you sporty and like to be in your favourite team's football kit, or love a bit of sparkle?</p> <p>Or as its school do you prefer to be in your work clothes or a school uniform?</p> <p>How would you dress to express who you are?</p> <p>Your outfit can be as simple or elaborate as you like, but suitable for a day at school and time of year.</p> <p>This is an opportunity for self expression and celebrating a diverse range of expressions.</p>

Mini Enterprise Smoothie Sale

The 4N mini enterprise group worked together as a team to make delicious smoothies for the school community.



Community Trips

Fun Bus Trip

On 9th February 3P Class Team enjoyed a wonderful day out at Willows Farm, St Albans. Thanks to the kindness and generosity of The Levenfiche Foundation.



Wellbeing Goodie Bag Winner

Congratulations to the winner of this half term's staff goodie bag, Special Support Assistant Katy O'Callaghan.



Parents and Carers

ParentPay

We operate a cashless system in school whereby all payments are made online using the ParentPay system. You should have a log on and password specifically for your child's account. If for any reason you have not got these details please contact the finance office who will be able to provide you with all the information.



Dates for Your Diary

Spring Half Term Holiday – Monday 13th Feb – Friday 17th Feb 2023

Spring Term 2 – Monday 20th Feb – Friday 31st March 2023

Easter Holidays – Monday 3rd April – Friday 14th April 2023

Summer Term 1

Staff Training Day – Monday 17th April 2023

Students return to School – Tuesday 18th April 2023

