

Winter Term Highlights

Hospital Education Service - Building Bridges to Brighter Futures



School Newsletter

Edition 9
December 2021

Message from the Head Teacher

We have come to the end of a long term and the whole school community is looking forward to a well-earned rest. The prospect of Christmas cheers us and lifts our spirits away from the cold, dark and depressing weather of the season.

Our spirits have not been dampened at the Hospital Education Service however. This term has seemed busier than ever. We have welcomed a visiting artist for a felt-making class, a motivational guest speaker to share her career journey and the codebreaking team from Bletchley Park have visited via Teams. Trips have also been plentiful. Pupils have enjoyed performances of 'Macbeth', 'Blood Brothers' and 'A Christmas Carol' and they were given a taste of higher education with a trip to Coventry University for the day.

As the term draws to a close, it is with pride and gratitude that I look back on what our staff and your children have achieved. I would like to thank all of the staff and governors at the Hospital Education Service for their continued tremendous hard work and commitment to our pupils. Likewise, we the staff and governors would like to thank all parents, carers and pupils for all your support. Without you, there is no us. I wish everyone a safe and peaceful festive season.

See you next year!

Mrs Cutler

Reading Programme get's off to a Novel Start

"I started reading a book about a maze—I got lost in it! Awful I know! However it's all great fun when it comes to reading. We have commenced two new English initiatives this term. The first, ReadingWise, has been a useful tool that our Year 11 students have used for retrieval practice and to enhance their vocabulary. Retrieval practice is NOT the same as an assessment. Although it can look like testing, it is a Learning Strategy not a tool for measuring or grading students.

Our younger students have enjoyed the reading and comprehension tasks. For best results, it's better to do it little and often, that's why we recommend spending just ten minutes a day using the programme.

It's important to remember that ReadingWise can be accessed from anywhere using a laptop, tablet or phone. So, if any students are bored with their Christmas presents there are plenty of things to do on ReadingWise!

The book we have been reading in Reading for Betterment is 'Educated' by Tara Westover. It is a powerful memoir about the transformative power of education. It covers several different topics including Family, Isolation, Mental illness, Community and Living off grid.

These are all great conversation topics on which everyone has a point of view, which in turn helps all the students form and express their own opinions.

If you have any questions or queries on either ReadingWise or Reading for Betterment please get in touch.

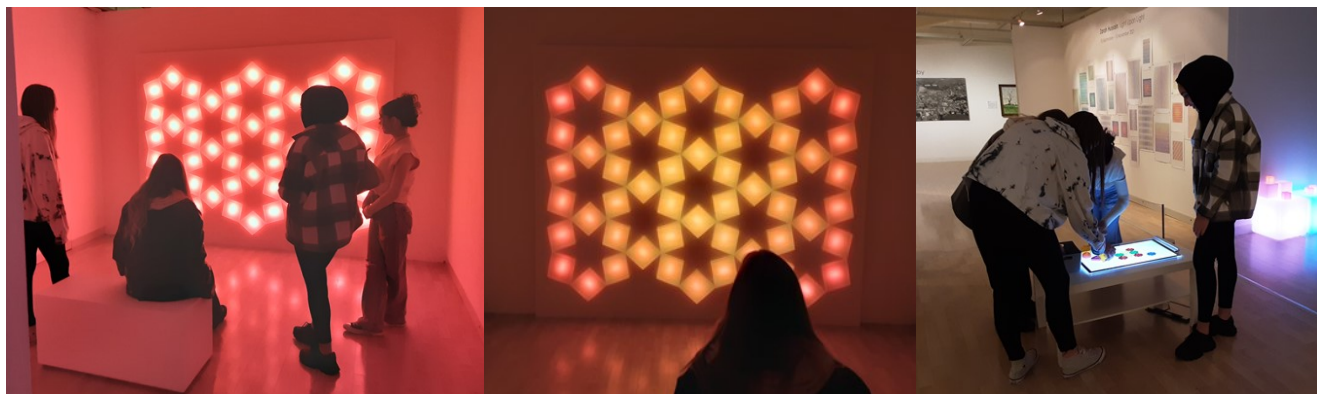
Important Dates

New Term Begins	Thursday 6th January
National Holocaust Museum Trip	Thursday 20th January
Safer Internet Day	Monday 7th February
E-Safety Parent Workshop	Wednesday 9th February
Half Term	Monday 21st - Friday 25th February
Teacher Training Day	Wednesday 6th April
School will be closed on Wednesday 5th January in lieu of the Platinum Jubilee Day.	



ReadingWise

Gallery Visit Lights the Way for Art GCSE



Art GCSE Pupils were invited to visit Cheshire based artist Zarah Hussain's 'Light Upon Light' exhibition at the Rugby Art Gallery. Her work stands at the intersection of science and spirituality, combining contemporary digital art with rigorous training in traditional hand-drawn Islamic geometry. The art as part of the exhibition encompasses infinitely looping animations made with code, interactive apps, painting and sculpture. The gallery was not open to the general public on this day and pupils were lucky enough to have a private viewing of the collection. Pupils then completed a range of art activities to try and replicate the style of the artist. Well done to everyone involved.

RAF Cadets Instructor to present Virtual Talk

We have been lucky to book Jenny Haigh from the Stem Ambassador Team to present a workshop to pupils on the Human Body Experience. Jenny tells us, "The human body is amazing, our bodies are made up of so many interesting parts that are so fascinating. This talk is going to be looking at the body in depth including all the vital organs and the roles they play in order to keep the body functioning fully and in a healthy capacity."



Jenny has been invited by Mrs Glenn as part the schools push on promoting STEM (Science, Technology, Engineering and Maths) within our school curriculum. Jenny is a Medical Anthropologist and an RAF Air Cadets Instructor and, as part of her role, she visits schools and gives an expert insight into STEM-related topics. We look forward to the talk in February. If you would like to take part please contact Mrs Glenn via the main office.

Pupil Ambassadors lead the way at HES



In November 2021, we officially inaugurated our six Pupil Ambassadors across a variety of roles to help with advice and guidance on how to improve our school. There were six ambassador roles available including WPA, Eco, Wellbeing, Learning, Sport & Activities and Digital/ICT Ambassador. All roles were filled, and one of the first activities for Ambassadors has been to put together an action plan for the coming academic year. Mr Takolia who is overseeing the Ambassadors alongside Mrs Stringer has told us how impressed he was with applications and the impact pupils have already made in the short time they have been post.

The Sports and Activities Ambassador has been working on a Murder Mystery for pupils to take part in at the end of term and the Digital/ICT alongside the WPA Ambassador have planned a virtual reality experience for all pupils in the upcoming Spring Term.

Pupil Ambassadors will be working hard throughout the academic year and will be looking for pupils views to support them in their work. Keep an eye out on the Pupil Intranet for further information and upcoming events.

Coventry University Experience sets the Bar high for Pupils

Every year HES arranges for pupils to visit Coventry University to get a taste of Higher Education. The visit seeks to raise pupil aspirations and offer an insight into the different faculties that host over 3000 courses for degree level study. Our liaison officer, Liam Norton, put together a fantastic schedule that started off with a tour of the recently opened Mile End Campus and ended with a visit to an actual fighter jet used in the engineering department to support students learning. Year 11 Pupils also had the chance throughout the day to visit an actual Magistrate Court mock-up and the opportunity to sit on a trading floor resembling the venue based at the famous New York Stock Exchange. Coventry University was recently shortlisted for University of the Year by The Times and Sunday Times Good University Guide 2021 and you can understand why when visiting the establishment. Our Wellbeing Ambassador, Aimee, who is looking to go into Nursing was particularly impressed with an actual house used by medical students to explore how a Paramedic crew would support a person in need. Liam has kindly offered to arrange a visit to the other campus sites in Scarborough or London and there are also opportunities for parents to be involved. Mr Takolia will be arranging programmes in the Spring and Summer term. Further information will be sent closer to the time.



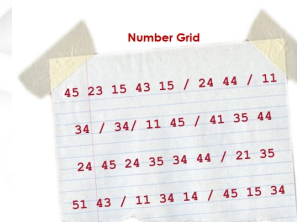
Left to Right—Mock up of Court Setting, Fighter jet, Trading Floor.

Coding Workshop has Pupils Puzzled

On Monday 13th December pupils took part in a virtual visit on teams with a member of staff from Bletchley Park, the once top secret home of the World War II codebreakers. Pupils were given a virtual tour of the site, including the Bletchley Park mansion, the codebreaking huts, the cottage where Alan Turing worked and the home of the codebreaking Bombe machine. Working in groups pupils were tasked to collaboratively decipher clues using a range of techniques; these included Morse code, a single rotor Enigma machine and a substitution cipher. To finish the session we witnessed a demonstration of a working Enigma machine and were in awe to discover that there are an incredible 158,962,555,217,826,300,000 different settings! We are looking forward to February 2022 when we will be visiting the Bletchley Park site for a tour, a workshop and a chance to explore the museum.



In addition, every year GCHQ (Government Communication Headquarters which is the modern day equivalent of Bletchley Park, create a Christmas card with codes and puzzles to crack. For the first time, this year's card had been created for 11-18 year olds. If your codebreaking appetite has been sparked and you would like to solve the puzzles, why don't you give it a go and see how you get on. Who knows, maybe you could become a spy one day! Head to <https://www.gchq.gov.uk/news/christmas-cards-2021>.



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Let Mrs Dye (Maths Teacher) know how you get on and we may even have a few more mysteries for you to solve. Good Luck.

Updates from the Hospital School

The Hospital School is based at University Hospital Coventry and Warwickshire and provides education to pupils that are receiving treatment whilst on the ward. The updates below have been provided by Mrs Morshead (Hospital School Co-ordinator).

Developments and Partnerships

We are continuing to develop our bespoke curriculum provision for both Primary and Secondary pupils at the hospital. Links have been made with Sherbourne Fields school to support us in our ongoing work to develop our learning offer for children who attend specialist provisions. In Primary Maths, we are seeking ways to increase pupils' reasoning and problem-solving; in the spring term, we will trial following our successful wellbeing starters with Maths challenges, before pupils engage in their personalised Maths tasks. Systems to track and target the learning of our youngest, regular pupils have also been put in place.

Books & Reading

The charity 'Listening Books' donated three tablets to our hospital school this term. These are a wonderful addition, allowing children who are not well enough to access our more interactive schooling to listen to a wealth of stories in their beds.

We are also grateful for a special reading budget received through our Collaborative C partnership. Collaborative C is a partnership of schools in Coventry that seek to address learning priorities for pupils in the region. We purchased book trolleys and a wide selection of books to help facilitate children's 'reading for pleasure' whilst in hospital. The remainder of our grant allocation will be used to purchase books to match our phonics provision. We look forward to Covid restrictions lifting so that we can use our books for after lunch reading sessions.

Special Days & Weeks

We have marked a variety of special days and weeks in the last few months, including Remembrance Day, Diwali and Children in Need. One week in October also saw us hold our first 'Pirate Week', during which most learning took place with a pirate twist and a certain amount of 'yo ho ho!'

Competitions

KS2 Pupils in the hospital entered the Young Writers' 'This Is Me!' poetry competition earlier in the term. In recent weeks, pupils across the paediatric wards have joined the rest of HES in entering a service-wide competition to design a Christmas t-shirt.

New Year on the Horizon

On our return in January, our theme will be New Year and New Beginnings, including the Chinese New Year. In Science we will be focusing on developing investigative skills, such as testing the absorbency of materials to find a replacement fabric for a missing towel and testing the stretchiness of clothing. Visitors to the wards may need to take care, as in Art, older Primary pupils will be developing clay skills and creating terrifying monster pinch pots!



L-R Pirates of PPE Mrs Macdonald and Mrs Morshead, Pupil Work on the Diwali Festival, Stones of Kindness

Reviews from Theatre Trips this term

Here at the Hospital Education Service, we are keen to link learning with Educational Visits. We have caught up with pupils to get their reviews on productions they have seen this term. All productions are rated out of 5 stars.

Blood Brothers - A Twisted Tale of Tremendous and Turbulent upbringing



We went to see Blood Brothers at the Birmingham Hippodrome. This is the story of twins being separated at birth who lived completely different lives until their paths crossed which resulted in a tragic outcome.

One of the things I enjoyed were the performances as they were all outstanding, especially the two actors who played Eddie and Mickey. The way that they were grown adults who were playing little kids, the way they acted and their body language made you forget they were grown adults which was very unique. Another thing I enjoyed about the play was the set it was very cleverly designed and effective. I would recommend going to see this play.

Aimee Year 11

A Christmas Carol - A show not to be Scrooged at.



Christmas is normally the time where you visit family and friends, but not for Ebenezer Scrooge. The story presents Scrooge, who keeps money all to himself, being brought back to reality by three spirits, who tell him to be kind and share to other people, otherwise there would be certain negative consequences.



The well-known classic tale of a bad person turning into good told by Charles Dickens is perfect for this time of year, especially in Coventry, where two productions duel it out to see who is better.

The Albany Theatre's version of this is the first to come out of hiding, with director Kevin Shaw's adaptation nailing it out of the park, while the Belgrade Theatre's Beauty and the Beast gets called off due to a surge of Covid cases.

The set and other props still amaze me (especially the impressive Ghost of Christmas Yet to Come). It doesn't feel like a modern adaptation of the novel, but I'm very sure it is! There was a small part of the play that I couldn't endure, which was when there was flashing lights that looked like strobe lights.

Scrooge being played by Paul Nolan made it feel like he was picture-perfect to the story and character. Even with the small cast of 7 other people from West Midlands, the play felt like a huge cast was there, even though there wasn't. Each of them filled roles and still acted like the character was right there.

If you want to watch A Christmas Carol and want it well-done, this is the play for you!

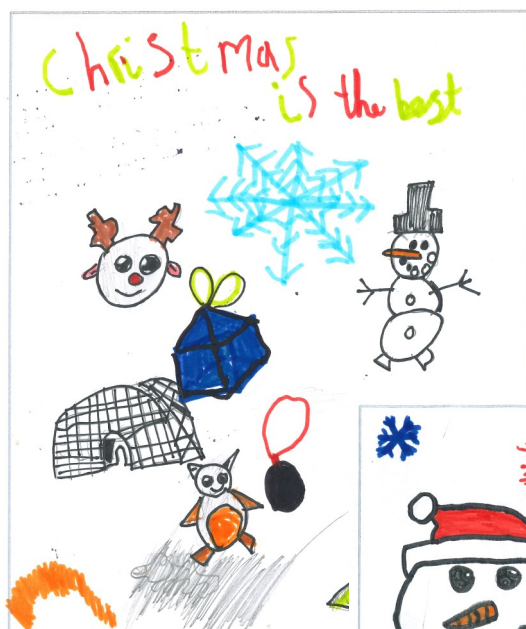
Thomas Year 11

Virtual Reality Experience coming to Hospital Education Service

The Hospital Education Service has been working with Coventry Libraries to bring pupils an immersive technology experience that is sure to take you places you have never been before. Pupils will have an opportunity to pop on VR headsets and experience award-winning BBC content that includes exploring the Congo to flying a WW2 Lancaster Bomber during the Berlin Blitz. You could go on a time travelling adventure with Doctor Who, or ride alongside one of India's stuntwomen. We are hoping to set a date in the Spring Term and will write to all pupils with invitations to come and join us.

Festive T-Shirt Competition

Over the last few weeks, the Hospital Education Service ran a Festive T-Shirt competition inviting pupils to design a t-shirt with 5 lucky winners having their very own artwork created. The competition was open to pupils from Primary all the way up to Secondary. We had over 20 entries and have been impressed with the level of artwork designs submitted. The winners will be chosen and have their t-shirts in time for the festive period.



Motivational Speaker gives an Insight into Life at the Top

Liz Gaulton, Director of Public Health and Wellbeing was invited to Whitmore Park Annex to speak to our school community and provide an insight into a varying and pivotal position. As part of her role, Liz co-ordinates the Coventry and Warwickshire response to Health and this has inevitably included the response to COVID-19. Since the origins of the pandemic, Liz's day job has been primarily focused on how we have had to adapt our lives living with Covid. Liz tells us 'She was in holiday in Iceland' back when the first cases were reported in the UK and like the rest of the world we were totally unprepared and in a short space of time the level of damage it had caused. Things are now better with the introduction of vaccinations however more work is to be done. The talk is part of the schools drive to invite speakers to give pupils an understanding of different careers and how differing journeys can be once you leave school. Liz also took pupil's through her career journey from starting out as a mental health nurse to eventually taking on a Senior role in the local authority. Pupils found the personal talk interesting and valuable to their studies. We are looking to hold further speakers in the future and will keep you informed.



Upcoming School Trips Set to Spark Pupil Interest



In the Spring Term pupils across HES will be invited to visit the National Holocaust Museum and Bletchley Park. Both locations steeped with history are aimed at giving pupils an understanding into the sacrifices and awareness around events during the second World War.

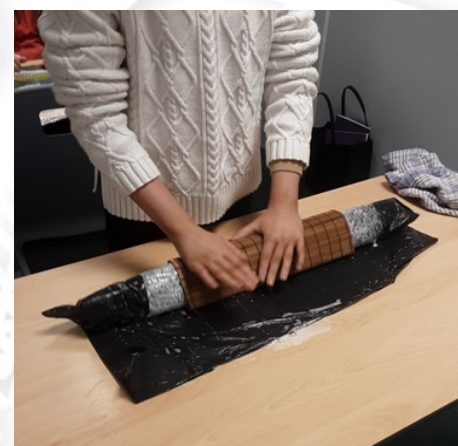
The National Holocaust Museum in Nottinghamshire is planned for January 20th and will include workshops and an opportunity to listen to the testimony of a survivor of the Holocaust and an opportunity for Q&A.

The Bletchley Park visit will give pupils an insight into the intelligence used to crack the Enigma code used by the Nazis to send secrets during the War. Pupils will be contacted in the New year with further information.

Felt Workshop is Fantastic, Fun and Full of Frolics

At the beginning of October we were very lucky to welcome artist and Felt maker Virginia Murphy into school for an exciting workshop.

Wet felting is a method of producing felt from wool & animal fibres. Pupils found a picture of a landscape that was special to them, and used an array of colours to create some beautiful felt pieces. Warm soapy water is applied to layers of wool tops to create the thick layers and compression causes the fibres to hook together! A really unique and different experience and we will definitely be trying this again soon. We look forward to seeing felt masterpieces on display around the school.



Look after your Wellbeing this Christmas

“It’s the most wonderful time of the year!” Whether it’s on the radio, the telly or out in public, we are constantly bombarded with the notion that Christmas is a time to be happy. But what if you’re not feeling all that happy?

The reality for many is that when Christmas comes around, there’s a constant pressure to “get in the Christmas spirit!”. But of course, that’s easier said than done; not everyone relishes the prospect of endless season’s greetings, the trials of yet another Christmas sing-a-long or the streams of visitors that pass through our front doors.

Here’s Mrs Stringers advice on things you could do to ensure you still enjoy the festive period this year, but also look after your personal wellbeing:



Take Time Out

It’s so important to take time out every day, not just in the festive period. If you feel yourself getting a bit overwhelmed, or upset, take five to ten minutes away from everyone to just have a bit of ‘me’ time. If I need a calm space, I will go into a quieter room to read, and or I might take some time out for a little mindful walk with my Yorkies, Alfie and Archie. Christmas holidays can be quite overwhelming, so by taking time out you can allow yourself time to recharge.



Sleep

A good night’s sleep is so important when it comes to looking after your wellbeing. It’s said that teenagers need an average of **nine-and-a-half hours**’ sleep each night. When it comes to the festive period, ensuring you get enough sleep can become difficult due to things like late nights at home and parties. To make sure you get back into your normal sleeping routine easily, try going to bed at normal times as the festive period draws to a close. This’ll make getting up for school a lot easier and, in turn, will help your wellbeing a lot.



Exercise

Physical activity releases a chemical called **endorphins**, which makes you feel good, so if you’re feeling a bit overwhelmed or low at Christmas, why not go out for a walk? You could go on your own or with someone else – as I said earlier, I like to take my dogs with me - or go for a bike ride or even a run!



Try to relax

It’s easy for me to say “Christmas is fun - just relax”, but the reality is that relaxing can be tricky. Try doing things like yoga, meditation or even some mindful colouring to help you calm down if you’re feeling a bit stressed over the festive period.



Talking to other people

If you are finding Christmas difficult, let people know you’re struggling. It can often feel like it’s just you when it’s not. It doesn’t have to be people who are already in your life. You could join an online community, like Kooth, and join a safe online community for advice and guidance.



So, remember, just because it’s Christmas, it doesn’t mean caring for your wellbeing has to be put on hold. You’re allowed to take breaks and do things that perhaps don’t involve the whole family. Emotional health and physical health are as equally important, if you fell over and grazed your knee on Christmas Day, you’d put a plaster on it. So, if your emotional health needs a plaster, you’re allowed to do something about it! So, if you’re emotional health needs a plaster, you’re allowed to do something about it!