

The Spring Hill Spotlight!

Dear All,

We live in strange times. As we adapt to the current situation, I do hope that you and your family are fit and well. Spring Hill continues to run largely in a virtual world which has meant, given that 'necessity is often the mother of invention', us all adapting to online or other forms of remote communication, virtual learning and support. This has brought with it plenty of stresses no doubt in completing and understanding work, as well as simply dealing with the fact that normal routines, upon which we all so much depend, have been suspended until further notice. The lack of certainty can be difficult to deal with, particularly if you have additional needs and require solid and consistent routine to help regulate and manage your emotions and well-being.

I do hope that you are finding the bi-weekly contacts from school staff useful and trust that you feel that there has been the 'just right' amount of work for your child. The personalised contact with staff should be supporting you to share any concerns you have and enable us to signpost clinical support quickly and without issue. Our team of clinicians have suddenly become experts in Zoom and Teams and as I write this there are Spring Hill teaching, residential and clinical staff holding a virtual conference to discuss and put into place even more support for those children and young people who require it.

No doubt screen time hours will be up and I have included a useful leaflet in this newsletter to support you all to effectively implement safeguarding processes around the use of the internet. Please do be vigilant around the access of chat rooms and other forms of online gateways of communication and speak to us if you have any concerns whatsoever.

As a school, we have no full understanding, yet, of when we will return to normal working and indeed how we will adapt to the inevitable process of establishing what and what has not been learnt while we have been away from formal lessons. All I can say is that all children of school age face this problem together and it is a nationwide problem to be resolved. What I can assure you is that we will do all that we can to support smooth and successful transitions back into school when it comes. Senior Leaders will be holding a planning meeting on Monday 20th April, a previously planned training day, to discuss next steps. Given the recent news regarding the rise in fatalities, due to COVID-19, and the worrying news regarding young people, it is risky to plan too far in advance.

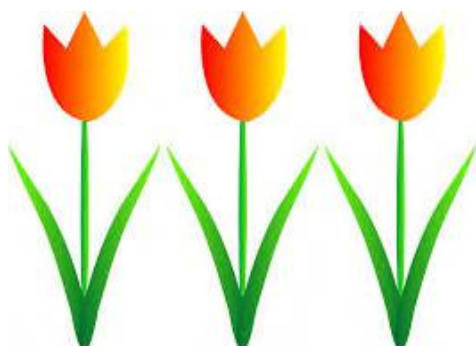
In order to reduce risk, we have significantly reduced visitors to site with the exception of parents/carers of full-time residents. Given the emerging data and Government directives regarding social isolation, I am left in the unenviable position of imposing a total ban on parent/carer visits to site until further notice. I know some of you will find this difficult and potentially upsetting but I have to put the health and safety of the residents and staff first. We are able to host skype calls in the meantime so please contact us to arrange as required.

And so to some positives! This newsletter is packed full of wonderful images of our YP engaging proactively in formal and informal learning experiences. I do hope you will find some comfort in looking through it and cling on to the hope that normality will return and hopefully in the not too distant future.

I do hope you all remain safe and well over the coming weeks and we all look forward to welcoming our students back to school.

Samantha Campbell

Principal



Dates for Your Diary 2019/20

Monday 6th

April

School Closed for the
Easter Holiday for 2
weeks

Monday 20th April

Training Day

Planning for
reintegration of
students

Friday 8th May

Bank Holiday-No School

Monday 25th May

Half Term Begins

Monday 1st June

School Reopens

Friday 17th July

Student Showcase Day-
School closes at 1pm

**BREAK UP FOR
SUMMER!**



2JD Spring

Feeding Lambs

This term we went to Birchfield Farm near Summerbridge. We looked at all the animals which included chickens, sheep, horses, pigs, cows and goats. We were able to feed the lambs and watch the pregnant ewes clean their new born. After, we took a walk in the woods where we did some den building and a there was a little stream that we



Healthy Meals

This term we used the theme of "Mexico" for our plan, shop, cook unit. We chose to make nachos, fajitas and tacos and then finish with Eton Mess for pudding. We all worked hard together as a big group to produce a lovely meal that we could eat together.



7 Bridges Walk

When we couldn't go swimming we decided to go for a walk along the seven bridges at Studley Deer Park. We had a wonderful time being out and about in nature and looking at the Deer. We also took a magnet with us to try magnet fishing, but unfortunately we didn't find anything.

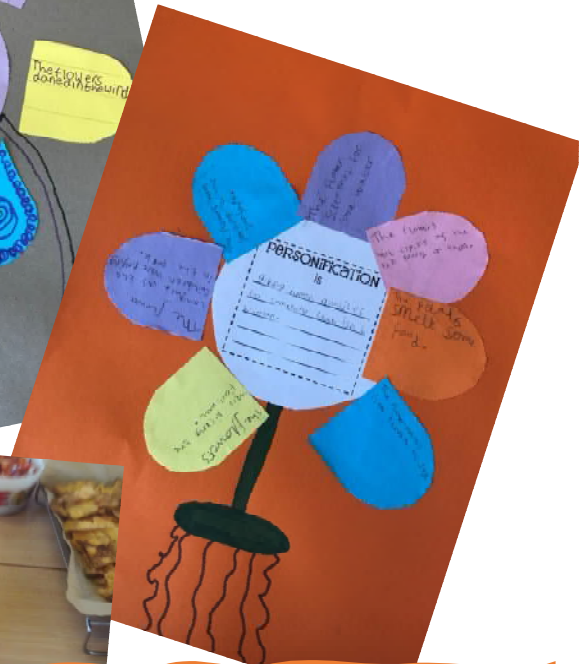


Spring Term in 3JL

In Literacy we have been learning about poetic devices, focusing on...

- Rhyming words
- Personification
- Metaphors
- Similes
- Synonyms

We made some lovely personification flowers and had a go at writing our own rhyming poems and acrostic poems!



Our Mexican Feast

We decided to cook a Mexican Feast in our Plan, Shop and Cook session this half term! We absolutely loved sitting around the table sharing delicious food with our friends! We were very careful not to take too much for ourselves and make sure everyone got their fair share. This was all finished off with a very tasty Eton Mess with homemade meringues!



Lambing Live!

We were super lucky to be able to visit Birchfield Farm to feed the lambs! We loved exploring the wooden area and playing in the stream, as well as seeing all the different animals!



Wonderful Weather!

We have been learning about the different types of weather we experience. We have also been learning about condensation and evaporation, to support our understanding of the water cycle! We started to learn about 'Extreme Earth' - we made playdough models of Earth focussing on the different layers beneath our feet! We did start making a volcano which we will erupt when we all return to school!



We would like to take this opportunity to celebrate such a fantastic Spring Term, which saw the learners making fantastic achievements and us welcoming our newest pupil, Blake!

We cannot wait until we can all be back in the classroom together again, until then stay safe and please keep in contact!

Team 3JL 😊



3LC's Spring

This spring term has been one to remember. We have had a lot of successes in our sporting endeavours, work experience projects are progressing nicely, and students are getting more engaged in a wider variety of curriculum offers. The students have really impressed me with their willingness to work and levels of progress. With such an abrupt end to the term we hope to get some normality back to the class soon.

Liam Curtis.



I have been thoroughly impressed with the artwork being produced this term and I have never seen the children so engrossed in their projects. From perfect replicas of old Trafford to iron helmets and sculptures of sporting legends!

Hopefully we can see the same enthusiasm for more projects like these in the summer term! 😊



Work

Experience



We have a fantastic work experience programme running and our students take advantage of this. Two of our pupils expressed a huge passion for horses and so go to Follifoot once a week to work on stable management.

We also have students running their own tuckshop, selling sweets and crisps to the school once a week, much to the delight of the other kids.



5JS



During this term the class has been helping out around the School as part of the Careers Education programme.



Seen here Courtney and Dan cleaning staff and school vehicles

Our newest class member, Alisha, is reclassifying books in our library.



Billy is busy repairing the planters for The Croft.



Spring News from Class 5 AM

History

This term, as part of their AQA Unit Award, Class AM has been learning about Adolph's Hitler life and career up to 1933; young people have made a timeline of his life and career.

PSHE

All young people have completed the AQA Unit Award in Personal Safety and have started to learn about Drugs Education. They are learning about legal and illegal drugs and the dangers of overdose.

Food Technology

This term the students from class AM have enjoyed cooking a variety of dishes including lamb and aubergine curry with rice, Greek chicken with zucchini sauce, wraps, lamb biryani, lemon chicken bake. Young people have learnt how to apply food hygiene rules whilst cooking and talked about healthy eating.



Outdoor Education

The young people have enjoyed going on several trips this term to places like Fountains Abbey, The Druids Temple, Ripon Canal, Quarry Moors Park. They had some photography lessons whilst out in the nature and talked about the impact these walks have on their physical and mental health.



Numeracy

This term the young people in Class AM have been learning to tell the time and passed the assessments on time and money. They have enjoyed playing a variety of maths games.

We have also completed work on other units this term such as Shape and space, Understanding and applying Decimals, Applying Whole numbers and Addition and Subtraction of Whole Numbers.



Wishing you all a great Easter and hope you keep safe. Looking forward to seeing you all again soon.



What's been happening in 5EH?

This has been an exciting term for 5EH and we have made some great new memories! At the very beginning of term, we went to see Snow White and the Seven Dwarves at Harrogate Theatre, it was a fantastic pantomime and was thoroughly enjoyed by all! Oh no it wasn't....Oh yes it was!



At the end of 2019, Spring Hill School welcomed a new Food Tech Teacher, who worked alongside 5EH to create an afternoon tea for a few guests, including our Headteacher Sam Campbell, they also had a guest appearance from one of our previous LSAs who left Spring Hill to become a PCSO last year. The students spent many lessons baking buns, making tray bakes and sausage rolls, scones and sandwiches (to name a few) and were able to enjoy the fruits of their labour alongside their chosen guests. All students behaved wonderfully and it was a real pleasure to see everyone engaging in conversation in a happy and relaxed atmosphere.

One of 5EHs students is taking part in an Arts and Crafts competition, it is based on the 'shape of our future' and he has chosen to look at the effects of global warming. He has used as many different materials and crafts objects to show what the world would look like without global warming, and what it would look like untouched by mankind. It looks fantastic and is a worthy winner in our opinion! We hope to find out the results from this competition, later in the year!



5EH would like to wish everyone a very happy Easter!



Sporting News

On Tuesday 28th January, a group of students attended RAF Leeming in Northallerton for a career talk, taking part in RAF Fitness testing and a potted sports competition against other schools.

It was a fantastic opportunity for our students to see what life is like on an RAF base and to experience and take part in various sporting activities that are associated with RAF training.



Some of our KS4 students attended a Boccia, Dodgeball and Basketball competition for the Hambleton and Richmond area on Thursday 12th March, at Richmond School. The overall winner was the team with the most combined points for all 3 competitions.

Guess what??

We WON for the second year in a row! A great effort from everyone involved.

We are now through to the North Yorkshire Finals, however due to the circumstances at the moment, this tournament has been postponed. We will let you know when it has been rescheduled.



Spring Hill School football team entered a regional 7 a side tournament at William Henry Smith School in Brighouse.



As a team, we played some fantastic football and came up against some older and stronger opposition. We showed fantastic resilience and team cohesion.

We didn't win the tournament, however due to our demonstration of fair play, team spirit, enthusiasm and resilience, we were selected to attend the finals tournament at St George's Park in Staffordshire, home of the England national team.

Due to the circumstances at the moment, this tournament has been postponed. However, we will let you know when it has been rescheduled.

Sporting News

On Wednesday 5th February, the North Yorkshire Inclusive SSP hosted a Kwik Cricket Competition alongside the Yorkshire Cricket Board at The Joseph Rowntree School in York. A group of KS4 students attended the competition and played some excellent cricket.

Our students were exceptional and we came second in the tournament by only a few runs. Due to this success, we have been invited to the Kwik Cricket indoor Inclusion county final at the Yorkshire Cricket Centre at Headingley Stadium, Leeds. This is the home of Yorkshire Cricket Club.

Due to the circumstances at the moment, this tournament has been postponed. We will let you know when it has been rescheduled.



Horse Riding Newsletter –Spring 2020

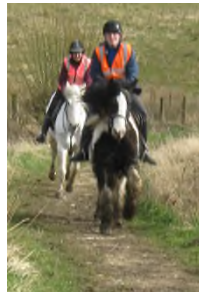
Currently we have 5 students who go to Boltby Trekking Centre on a regular basis. When we arrive they can all go and find their hats, boots and hi-viz independently. They mount in the stable yard some using the mounting block and some from the ground, we then ride along the main lane in the village, turn down a narrow track, cross a river and continue along the track quite often doing our trotting practise. Then we return to the yard, untack and groom the ponies, some students have also learned how to put rugs on the horses. Two of our riders Calvin and Isaac W ride independently and they now go out with Sheila and are regularly cantering along the track. Both students are gaining in confidence and are working towards going out for a longer ride with Sheila. Hugh is continuing to work towards coming off the lead rein for longer periods of time and is gaining in confidence, he still enjoys riding Ruby. The ponies we use are Domino, Teddy, Calli and Ruby. Sheila owns the trekking centre and Sue works there and helps us all.



Hugh is gaining in confidence and does ride quite often both at walk and trot without being on the lead rein. His balance and confidence are improving all the time, you can see this in the photo on the right



The photo above shows Calvin and Isaac setting off for their first ride with Sheila without school staff going too



On the left the photo shows Calvin cantering for the first time on Domino. Calvin gets on very well with Domino she looks after him. 'Yee-ha!' he shouted as he was cantering down the track



On the left Isaac is riding Calli. Isaac has obviously ridden before and is quite fearless. He is now able to ride out independently with Sheila and is already cantering happily along the tracks.

On the right is Scott our new recruit riding Teddy. Scott is still getting used to Teddy but is really enjoying the experience



Useful Links to Resources for Parents and Carers

Special needs ASD & disability:

National Autistic Society – guidance and helpline for parents', young people and staff:

[https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)
<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=d43383695f&e=603713850f>>

Mencap - Easy Read guide to Coronavirus:

<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>
<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=f23a462f14&e=603713850f>>

The Autism Education – A social story

A social story about coronavirus

<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=dc539268d6&e=603713850f>>
that has a good level of specificity about the effects of social distancing e.g. not being able to go to favourite places.

CarersUK - Guidance for carers:

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>
<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=6f2a24d21c&e=603713850f>>

Generic Family resources: For parents/carers to use with non ASD siblings and staff to use with their children.

General information for young people about managing their mental health*

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=fb4eb0ff65&e=603713850f>>

Information for parents/carers of how to support children through COVID19*

<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>
<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=3e517ea9b2&e=603713850f>>

<http://www.incredibleyears.com/parents-teachers/articles-for-parents/>
<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=1310a40d85&e=603713850f>>

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2
<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=dc6a319e1d&e=603713850f>>

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=9a6c7710a6&e=603713850f>>

Amaze - information pack for parents*

<https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>
<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=86d5907da5&e=603713850f>>

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*Place2Be *– Guide to helping parents answer questions from their children and to support family wellbeing:

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=f122fd4420&e=603713850f>>

Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing:

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=71ee19d3d3&e=603713850f>>

Covibook – Supporting children and families around the world – Available in 18 different languages

<https://www.mindheart.co/descargables>

<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=7d8b10a650&e=603713850f>>

Supporting children and families through unexpected times of rapid and unpredictable change in the light of coronavirus*

Covibook – an interactive resource designed to support and reassure children aged 7 and under to help children explain and draw the emotions that they might be experiencing during the pandemic:

<https://www.mindheart.co/descargables>

<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=90919a87a4&e=603713850f>>

Mindful and relaxation exercises that parents can do with younger children to help with managing anxiety

<https://www.youtube.com/user/CosmicKidsYoga>

<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=f2fff1ce55&e=603713850f>>

<https://www.headspace.com/meditation/kids>

<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=2302cec417&e=603713850f>>

Adults: Support that parents and staff can use for themselves and other adult members of the family.

Managing anxiety about the virus as adults*

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse1644b>

<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=d778a56d2b&e=603713850f>>

[e=603713850f](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse1644b)>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=88a74040dd&e=603713850f>>

Information for those struggling with OCD*

<https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>

<<https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=3897a824f9&e=603713850f>>

Security

Think about

1. Passwords

Create a separate password for your email account. Make it strong with three random words using capital & lower letters, numbers & symbols. If safe to do so save the passwords in your browser.

2. Two factor authentication

Turn on two factor authentication where possible.

3. Your old accounts

If you've stopped using a social media site or forum there's no point in leaving personal information out there unnecessarily, deactivate the account and if you can, delete it.

4. Keep your anti-virus software up to date

Make sure you have anti-virus software installed on your device and be careful what you download or install on your computer.

5. Guard personal information

Unless necessary, restrict posting any personal information- your address, email address or mobile number - publicly online.

6. Back-ups

Turn on all back-ups.

7. In-App Purchases

Deactivate in-app purchases on your devices to prevent unexpected costs whilst using apps and games.

[ncsc.gov.uk/section/information-for/individuals-families](https://www.ncsc.gov.uk/section/information-for/individuals-families)

Information

Parents

- Talk to your child about what they are doing online
- Reassure them that they can talk to you if they are worried
- Use the tools that are available to manage their access
- Always check with your child about who they are chatting with and what types of conversations are taking place.
- It's always best to keep these video chats out in the open to avoid the dangers that can take place behind closed doors.
- Set up parental controls on their devices to control the level of security.
- Recognise that at the moment this is their main communication tool so they will be keen to get online and talk to their friends

Online Harms

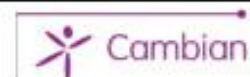
In the first online safety laws of their kind, social media companies and tech firms will be legally required to protect their users and face tough penalties if they do not comply.

KEY TAKEAWAYS

- Independent regulator will be appointed to enforce stringent new standards.
- Social media firms must abide by mandatory "duty of care" to protect users and could face heavy fines if they fail to deliver.

Online Safety

TIPS FOR YOUNG PEOPLE



Cambian
Spring Hill School

Contact

springhillschool@cambiangroup.com
FAO - Christine Sherman

Resources and Assistance

Childline

0800 1111

www.childline.org.uk

Young Minds

0808 802 5544

www.youngminds.org.uk

NSPCC

0808 800 5000

www.nspcc.org.uk

CEOP

www.ceop.police.uk/safety-centre

The Parentzone

www.parentzone.co.uk

AACOSS

www.aacoss.org
enquiries@aacoss.org

TikTok

Hints and tips for TikTok

Set a Private Account:

1. Go to your profile page.
2. Tap three dots on the top right corner and select "Privacy and Settings".
3. Select "Privacy and Safety" option and toggle "Private Account" on/off.

Enable Digital Wellbeing:

1. Select "Digital Wellbeing" under the app settings.
2. Tap "Turn On" and set a passcode.
3. Toggle "Screen Time Management" and "Restricted Mode" to turn these on.

Control Comments:

1. Go to App setting/Privacy and Safety settings.
2. Tap "Who Can Send Me comments".
3. Choose 'Friends or Off' to limit comments to people your child knows on the app.
4. You can also turn off comments on individual videos by going to the menu button on the video and selecting 'Comments off'.

Manage Duet control:

1. In Privacy and Safety settings menu
2. Tap "Who Can Duet with me",
3. Choose from 'Everyone', 'Friends' or 'Off'.

Direct Messages

1. In Privacy and Safety settings menu
2. Tap 'Who Can Send Messages to Me'
3. Choose from 'Everyone', 'Friends' or 'Off'.

Block or Report

1. Go to the profile and click on the three dots at the top of the screen.
2. From the options select block a user.
3. To report a comment, tap the comment and tap report.
4. To report a video, go the video and tap the 'share' icon, tap report.

Houseparty

Hints and tips for Houseparty

Although the app is relatively secure as users can create "rooms" and pick only specific names of the people to talk with, if a child doesn't "lock" their chat room and choose private settings, others can pop into the video chat.

1. **House Rules** – under the 'House Rules' section in the app, Houseparty has a list of "rules". These are features that the app offers to help provide a better user experience and more security.
2. **Room lock** – users can lock the 'room' using a lock button on the bottom left side of the app's home page. This prevents anyone from joining the room,
3. **"Stranger Danger"** – Houseparty advertises a feature called "Stranger Danger", which alerts users when individuals they may not know, enter their room.
4. **Location sharing** – is an option to add other users who are nearby using a location-based "Near Me" option. This location-based searching can be turned off.

Fake News

Fake news is a type of false journalism or propaganda that consists of deliberate disinformation or hoaxes spread through traditional news media - both print and broadcast - or online social media

Instagram

Remember

1. You have to be 13 years of age to have an account.
2. Privacy settings allow you to determine who follows you.
3. Images are screen grabbed and re-circulated, so only post images you are happy to share.
4. Disable the feature where you share the location of where you took the picture.
5. Don't accept friend requests from people you don't know.

help.instagram.com

Snapchat

Remember

1. You have to be 13 years of age to have an account.
2. You can use a setting to only allow friends to send you 'snaps'.
3. You can block a friend from sending pictures to you.
4. Snapchat can be set to let you know your message been opened.
5. It can be set to tell you that the recipient has captured and saved your picture.

www.snapchat.com/safety

