

Cambian Dilston College

February Newsletter 2023



As the cold weather and short days begin to give way to the budding signs of spring, we still wrap up warm and enjoy the winter sun while it shines down on our lovely landscapes on site. This month we've welcomed positive change on site and all of our staff have been working together to promote positive attitudes and outcomes.

Here's what we've been up to...

"Storytelling is the most powerful way to put ideas into the world today"



Celebrating Story Telling Week...

To celebrate story telling week, the literacy trust has created a fantastic programme of events and resources that will enable our students to go on a journey of listening to stories and also telling or performing stories themselves. This is a celebration of the power of sharing stories that teach us about the world around us and develop essential literacy skills. Staff we're encouraged to support learners to participate in activities throughout the week, led by Bridget Ladyman who told some fascinating tales to all of our learners.

A Trip to Hexham Market Stall...

Our staff and learners have been to Hexham Market stall this month selling some delicious homemade goods made at our Red Owl Café.

We made £24.60 and sold out of cherry and orange scones!

We will be at the stall on the following dates:

- Tuesday 28th March
- Tuesday 25th April
- Tuesday 16th May
- Tuesday 27th June
- Tuesday 18th July



Homemade Flapjack

Butternut Squash Loaf

Tea Loaf

Ginger Loaf

A selection of delicious scones such as cherry and orange and cheese!

We've introduced some new members of staff...



Please welcome our new Financial Assistant.

"I have had such a warm welcome since joining Dilston College as the new Finance Assistant at the beginning of the month. I am blown away by the beauty of the campus and love that there are animals on site! I am looking forward to getting to grips with my new role as well as meeting all of the young people and staff at the college. As a small introduction, I love to bake (much to the admin team's liking), read, travel and walk!"

- Samantha Lister, Finance Assistant

Please welcome our new Behavioural Specialist.



I started my role in early January 2023, having worked for many years developing my skills and knowledge around Positive Behaviour Support.

My role at Dilston will be around supporting the students and those supporting them, to improve their quality of life and develop skills too. Part of this will be to help people understand the functions of behaviour, gaining an understanding that all behaviour (good or bad) happens for a reason and that working in a person-centred way is the best way to ensure positive outcomes for students.

I am looking forward to delivering training and guiding colleagues to gain an understanding of their role in promoting positive behaviour support and how important they are in the lives of each student

- Emma Lewthwaite - Behavioural Specialist

Place2Be launched the first-ever **Children's Mental Health Week** in 2015 to shine a spotlight on the importance of children and young people's mental health. Now in its ninth year, they hope to encourage more people than ever to get involved, spread the word and raise vital funds for children's mental health.

Evidence shows that connecting with others and forming good relationships with family and friends, as well as the wider community is important for mental wellbeing. Building stronger, broader social connections in your life can increase your feelings of happiness and self-worth. In aid of supporting Children's Mental Health Week, we are centring the weekly activities around the theme of **connecting**.

You can donate by following the link below:

[Donate - Place2Be](#)



What better way to celebrate Valentines Day than to show gratitude and appreciation?

Valentines Day is holiday used to celebrate gratitude and appreciation for every kind of relationship and friendship. This Valentines Day we took the opportunity to teach our learners the importance of self-esteem, kindness and compassion for others. Our Friday afternoon activity centred all around love and kindness as students participated in creative activities in the dining hall which involved decorating love heart cards and creating rock art!

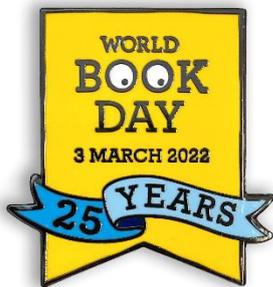


We are thrilled to bring the LGBTQ+ history into the Dilston College learning environment! This provides our young people and staff members with the knowledge to understand and embrace the rich diversity of the world they live in, and for some, the words to describe their own experiences. This year's theme is 'behind the lens' which gives us the wonderful opportunity to recognise and celebrate the lives and professional accomplishments of the LGBTQ+ community!

Displaying our British Values at Dilston Means...

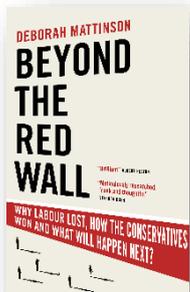
- We can make choices and respect other people's choices.
- We can make positive choices and identify what we need.
- We can provide opportunities for students to make choices, meals and activities.
- We can listen to others and know that first impressions are not always accurate.
- We have equal rights and the freedom to make choices





We're celebrating world book day at Dilston College on the 2nd March and the emphasis this year is on making it YOUR World Book Day. Since it was first celebrated, the day has grown to become an essential calendar fixture for schools, settings and communities. It provides a fantastic opportunity to focus on reading for pleasure, supporting young-people's autonomy in book choice and embedding a habit of reading that brings a wide range of benefits.

Here's what our staff members have been reading lately

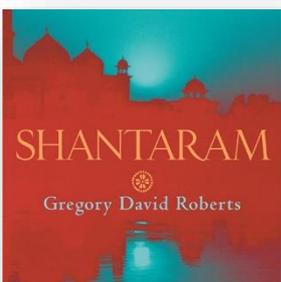
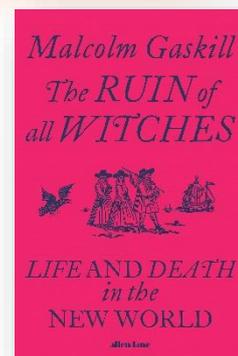


"I'm reading 'Beyond the Red Wall' by Deborah Mattinson. The story behind the book is why Labour lost the 2019 general election, how the Conservatives won and what will happen next. I chose this book because of my general interests, one of which is shifting politics".

- *David Fawcett, Administrator*

"I'm reading 'The Ruin of All Witches – Life and Death in the New World' by Malcolm Gaskill. This book is a story of a single witchcraft case in a remote New England settlement in 1651. I chose this book because I have an avid interest in the history of witchcraft and in particular, witch hunts and trails. It details the paranoia and superstition of the times which I find very emotive".

- *Denyse Dodd, Teaching Assistant*

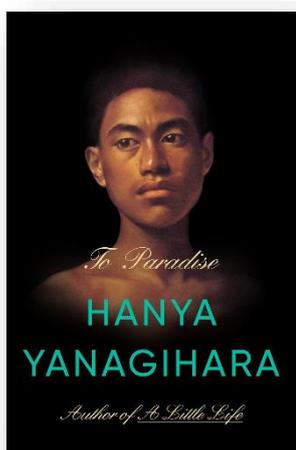
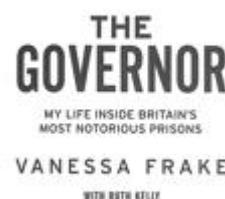


"I'm reading 'Shantaram' by Gregory David Roberts. The story behind this book is about an escaped convict that flees from Australia and goes to live in India. It is partially based on real life events and paints a vivid picture of the diversity of life in Mumbai and other parts of India in the 1980's. I chose this book because it was recommended by a friend!".

- *Tom Mahon, Teaching Assistant*

"I'm reading 'The Governor' by Vanessa Frake. I've always been fascinated by institutional care and the challenges faced by everybody affected – staff, residents (prisoners in this case) and their families. Trying to understand what motivates people to take on some of the most challenging jobs – when pay is never enough for the daily challenges that lie ahead. This book allows its readers to view a woman who challenged the man's world. This one isn't for the faint hearted!"

- *Carol Brown, Head of Care*



I'm reading 'To Paradise' by Hanya Yanagihara. This book takes place in an alternate version of New York City and spans over three centuries. The three sections comprised an ingenious symphony as recurring notes and themes deepen and enrich one another. This novel is about wealth and squalor, the weak and strong; race; the definition of family and nationhood.

- *Chris Gerrard, Facilities Manager*



2022 - 2023

Dilston College Calendar



September '22						
M	T	W	T	F	S	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October '22						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November '22						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December '22						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January '23						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February '23						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March '23						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April '23						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May '23						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June '23						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July '23						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August '23						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

-  Student holidays
-  Training days
-  Bank holidays (no sessions)

-  Teaching sessions
-  Tutor preparation days
-  Celebration days

-  Sports day



Cambian Dilston College QUALITY OF LIFE

Cambian

Quality of Life

CAMBIAN DILSTON COLLEGE QUALITY OF LIFE

In Collaboration with Swalcliffe Park School

Swalcliffe Park School

'Quality of Life' is a framework of how Dilston College will be collaboratively working to ensure everything we do is geared to improving the lives of our students and their families.

To enable this supportive approach, we need to work together to learn about the impact that autism and other complexities have had on family life.

Through this collaboration, we will be able to support the individual student and place them, and their families at the centre of everything we do.

The responses from families, carers and guardians will be used to inform us of how we can find ways to provide help and support the best that we can.

Defining QoL can be subjective and ambiguous. The framework observes a very different range of individuals and also individuals who are from the same environment and context.

At Cambian Dilston College, we understand and recognise the importance of academic achievement, especially for young people who could potentially be the most vulnerable and marginalised in society. In a collaborative and balanced focus, we are also appreciative that the development of independence, participation and the individual student's well-being.

It's our belief, that skills, knowledge and behaviour all have equal weight and value of importance. This ensures that each of our young-people have the experience and opportunities to reach their full potential. This is an approach that we undertake with the Education, Care and Clinical Teams who all collaborate and support the young person and their families.

AN INTRODUCTION TO QUALITY OF LIFE AT DILSTON COLLEGE.

'Quality of Life' is a framework of how Dilston College will be collaboratively working to ensure everything we do is geared to improving the lives of our students and their families. Our intention is for all of our students and their families, to live happy, healthy and meaningful lives. Therefore, we would like to identify what matters to them by questioning our learners and their carers/advocates, 'what makes them happy?' and 'what they'd like to do with their lives?'

The responses we gain from our learners and their support network are used to inform how we can try to find ways to provide help and support from everybody at Dilston College. Key workers in the college will support our young people with their communication, independence, achievement and self-management. Everything we do is to promote, support and develop these key four areas to shape our young people now, and in the future.

