



Cambian



September 2025 Newsletter

The Forum School



Upcoming Events in October

Stoptober & Breast Cancer Awareness Month

1st – World Vegetarian Day

10th – World Mental Health Day

16th – World Food Day

21st – Trafalgar Day

24th – United Nations Day

26th – British Summer End's

31st – Halloween



Upcoming Events in October

2025	OCTOBER	MONDAY				
CALENDAR YEAR	CALENDAR MONTH	FIRST DAY OF WEEK				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		01	02	03	04	05
	Breast Cancer Awareness Month	World Vegetarian Day	Open Box Workshops - PM Games - Indoor Arena	TFS Cinema - Theatre	Shillingstone Station Café - Meet at blue gates 13:30 DISCO in the theatre	
06	07	08	09	10	11	12
	Games - Indoor Arena		Games - Indoor Arena	World Mental Health Day TFS Cinema - Theatre	Shillingstone Station Café - Meet at blue gates 13:30 DISCO in the theatre	
13	14	15	16	17	18	19
	Games - Indoor Arena		Games - Indoor Arena	TFS Cinema - Theatre	Shillingstone Station Café - Meet at blue gates 13:30 DISCO in the theatre	
20	21	22	23	24	25	26
	Games - Indoor Arena	Trafalgar Day	United Nations Day Games - Indoor Arena	United Nations Day TFS Cinema - Theatre Halloween Party	Shillingstone Station Café - Meet at blue gates 13:30 DISCO in the theatre	Summer Time Ends
27	28	29	30	31		01
SCHOOL HOLIDAYS						
	Games - Indoor Arena		Games - Indoor Arena	Halloween	TFS Cinema - Theatre	



The Forum Stars!

Shout out a staff member that has gone above and beyond for a young person, yourself, your team or the school.

Email Forum.Stars@cambianguroup.com with a sentence about why a colleague is amazing and they'll be entered into a draw. There will be 4 winners. 1 from Care, 1 from Education, 1 from Nights and 1 from everyone else! The winners will receive a £10 Love2Shop voucher and Employee of the month for your department!

Upcoming Birthdays

October

4 Alice Bagwell
4 Mark Speller
5 Stimina Chandy
10 Amanda Brown
11 Mark Rogers
12 Arthur Ahrnenkorah
12 Joshil Jose
12 Paul Odey
13 Pleasure Balogun
16 Shelley Chance

17 Julian Tomlinson
17 Monica Abah
20 Julie Walker
21 Pavan Gaddapara
23 Namitha Boss
23 Jasmine Barker
23 Janette Avenell
25 John Lane
26 Ebony Tarr
26 Kenny Fielding
28 Laura Inkpen



Happy
Birthday



Melissa McCarthy
Mark Rogers
Kerry Byron
Hannah Everard
Becky Howorth
Arun Sajeew
Hattie Higgins
Holley Meadus
Joshil Jose
Julian Tomlinson
Oliver Handibode
Paul Kerby
Namitha Boss
Amanda Wills
Mark Speller
Mark Barrett
Millie Tibbles
Anna Dewhurst-Davies
Chloe Beevers



Alice Bagwell
Denise Halford
Claire Legg
Julie Walker
Janette Avenell
Karen Holt
Jemma Grove
Bridget Townsend
Jasmine Keats
Katie Loftus
Amanda Brown

Chelsea Noble
Steven Lee
Jon Jones
Will Etherington
Josh Broadbent
Tim Harris
Tim Hunt
Saba Gilani
Vanessa Lloyd
Helena Griffiths
Paul Ford
Carole Tickner
Mandy Trowbridge
Cerys Smith
Somuya Anthony
Thomas Pearson
Chloe Lee
Jane Holloway
Oluchi Agomanam



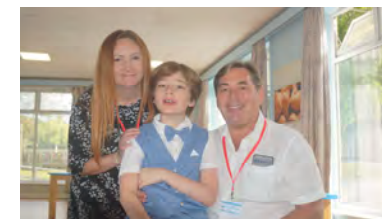
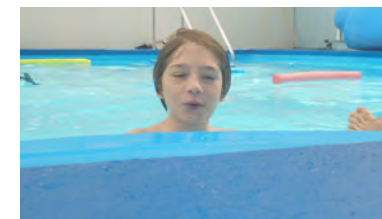
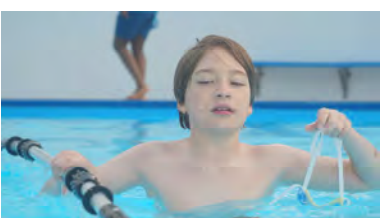
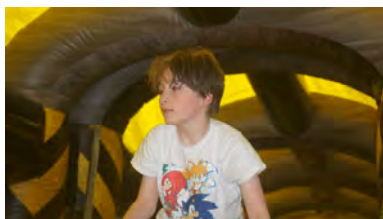
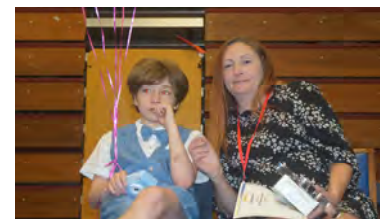
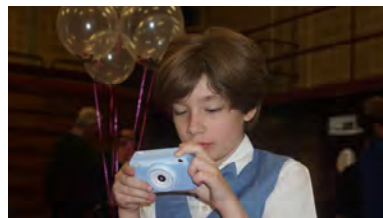
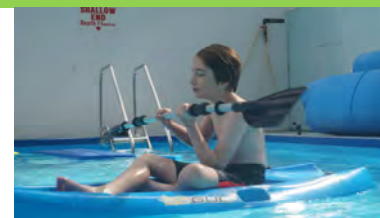
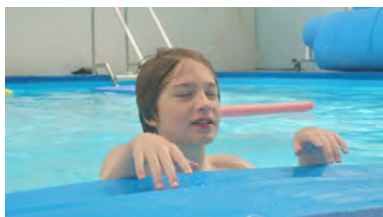
Children's Achievement of the Year Award



Children's Achievement of the Year Award



Children's Achievement of the Year Award



Face Painting Fun



We didn't get away with face painting either
from the Ryan Brothers giving us lovely
moustache and beards 🤪





Firefly Class

JH: Settled into class this week, with lots of work participation

HL: Building relationships with new Firefly supporting adults

CR: Excellent commitment to achieve in his work

JR: He has shown wonderful Progress in his reading

KB: Done really well setting into Firefly class full time

JL: Excellent job engaging with peers at play times

Wow!

Dragonfly Class



SSU ate his lunch in the dining room with his peers. SSU usually eats his lunch in the classroom. However, SSU was very calm, polite, and did amazing listening as he ate his meal in a busy, loud, and unfamiliar environment.



Dragonfly class have been practicing their mark making and pencil control skills in a variety of activities.

Dragonfly class have been practicing 'safe swimming' and different techniques to strengthen their swimming skills.





Woodland View have had their full inspection during August
We have been rated as **GOOD** in all the three areas which are:

Overall experiences and progress of
children and young people = **GOOD**

How well children and young people are
helped and protected = **GOOD**

The effectiveness of leaders and
Managers = **GOOD**



Well done and thank you to **Team Woodland View** and **all teams** that helped to
make this happen

Laurels, Waters End, Night Team and the Core Team.

All of us together makes the whole team and makes the difference...

My special thanks has to go to those that were nominated to chat to the
inspectors directly....

Hannah Everard, Yadu Kulambil, Sally Chambers, Stanley Ogbedeleto and Michael
Metu.

As well as those that participated in providing hidden support... Mark Rogers,
Claire Dominy, Becky Howorth, Hattie Higgins, Claire Legg, Julie Walker, Paul Odey
and John Abah

I will provide full feedback in the next few days and share some of the amazing
comments that were made however everyone should be really proud as the we
were told that the progress of young people is tangible, it hits you in the face and
is everywhere.

For me, this summed up what we have achieved.

Keep up the good work, thank you all and well done 😊

We are ...



Thank you
Kerry Byron



Congratulations

Bravo! Your hard work, dedication, and talent have led to this well-deserved success. Congratulations!



**Denise Halford
Becky Howorth
Karen Leah**





Principal Stars

KT

I heard you are more settled this term and is engaging well with your adults during the learning day.
Well done 😊

JL

I heard you are spending the whole day with class engaging in learning, including living skills in which you baked a cake for the first time yesterday, you are also eating in the dining room.
Well done 😊

MJP

We are so impressed that you have been engaging so well in your lessons.
Well done 😊

JH

I heard you accepted the boundary around screens with only 2 incidents around this since the start of term, he is also eating lunch with his peers every lunchtime either inside the dining room or at the picnic benches as well as engaging in learning throughout the school day.
Well done 😊

JCv

I heard you are spending more time within the classroom compared to last term instead of running round the grounds.
Well done 😊

LB

Well done for going to the Co-op with your class. This is a great achievement and we are all very proud of you!
Well done 😊

RW

Well done for your efforts in class and reading.
Well done 😊

LB & RW

I was really impressed to hear that you have put together a set of expectations for your class. This shows real maturity and I can see how much you thought about this.
Well done 😊

SSU

I heard you engaged beautifully with one of your class peers today. You were very polite and asked them how they are and held their hand gently and kindly.
When they appeared a bit unsure you stroked their hand gently to show your kind intentions.
Well done 😊

AG

I heard you engaged beautifully with one of your class peers today. You were very polite and asked them how they are and held their hand gently and kindly.
Well done 😊

OH

Well done for your amazing focus and participation throughout your school day today. You took part in all the activities and lessons today and seemed to have lots of fun throughout!
Well done 😊

SSU

I heard you ate your lunch in the dining room with your peers. You took your coat off, collected your food, and ate at the table with your supporting adults. Once finished, you tidied away your plate and rubbish, and sat patiently and politely to wait for your adults to finish their lunch.
Well done 😊

JH


I heard you went to the Co-op to get some snacks, but when you got there the door was broken.
You then walked the trail way to the garage to get your snacks and remained calm.
Well done 😊

JH

I heard you accepted the boundary around screens with only 2 incidents around this since the start of term, he is also eating lunch with his peers every lunchtime either inside the dining room or at the picnic benches as well as engaging in learning throughout the school day.
Well done 😊

JCv

I heard you are spending more time within the classroom compared to last term instead of running round the grounds.
Well done 😊



NOMINEES FOR EMPLOYEE OF THE MONTH



Godfrey Akpuna
Jane Holloway
Arun Sajeev
Claire Legg
Yadu Kulambil
Jemma Grove
Swift Class
Dragonfly Class
Carol Tickner
Rashmi Gajji
Melissa McCarthy
Chelsea Noble
Mandy Trowbridge
Jane Holloway
Gissun John
Chloe Beevers
Arun Sajeev

Simon Twilley
Oliver Handibode
Hattie Higgins
Tosin Keshinro
Claire Legg
Bridget Townsend
Kestrel Class
Jane Holloway
Tolulope Ogunremi
Oluchi Agoamanam
Renea Gascoigne
Nicky Ellam
Janette Avenell
Bibin Pathrose
Sophia Rycroft
Shinan Kallen
Julie Walker

Kerry Byron
Yadu Kulambil
Claire Legg
Shinan Kallen
Vishnu Prasad
Rebecca Abbott
Badger Class
Tim Hunt
Soumya Anthony
Chelsea Noble
Sam Fry
Karen Holt
Sue Balsom
Maria Zacharias
Chelsea Noble
Rohit Robbin
Claire Legg

Tosin Keshinro
Oliver Handibode
Jane Holloway
Chloe Beevers
Katie Loftus
Firefly Class
Kite Class
Claire Legg
Daniel Meeting
Saba Gilani
Sammi Bush
Sam Bailey
Verna Edwards
Peter Piper
Honeybell Okuonghae
Paul Kerby
Chelsea Noble

David Opader
Felix Olusegun
Rudaviro Mukombachoto
Stanley Ogbedeleto
Innocent George
Zainab Oloko
Godfrey Akpuna
Thomson Joseph
Michael Metu
Progress Aborishade
John Rawson
Ronan Harris
Simon Twilley
James Adams
Anju Mathai
Hattie Higgins

*Keep Up the
Good Work!*

CONGRATULATIONS – EMPLOYEE'S OF THE MONTH!

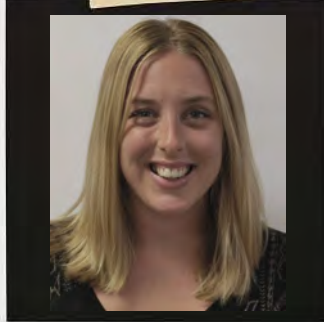


Education



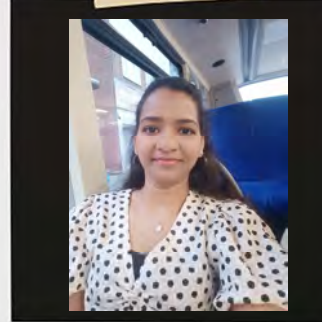
Chloe Beevers

Core



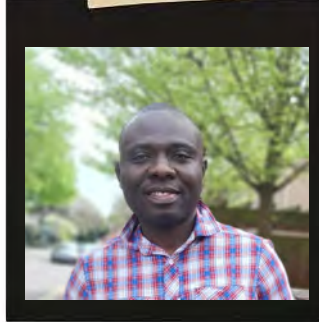
Jemma Grove

Care



Rashmi Gajji

Nights



Innocent George



Shout Outs!

Shout out to ***The Leadership Team,***

I would like to express my sincere thanks to you all for organising and implementing such a thoughtful celebration day for the JH and the wider school community last week. Winning the Education Division Children's Achiever of the Year CareTech Award is a remarkable achievement, and the way you marked the occasion ensured it was truly special and memorable.

It was a privilege and pleasure to be there for the day and witness the celebration.

Please pass on my thanks to the team.

From ***Graham Norris***

Food Explorers

Exciting New Foods for September

Class list –

- 🦋 Firefly 9.45 – 10.15am
- 🦔 Badger 10.30-11am
- 🦋 Kite 11-11.30am
- 🦉 Kestrel 11.45-12.15pm
- 🦋 Dragonfly 1.30-2pm
- 🦋 Swift 2.15-2.45pm

Jemma and Bridget are excited to re-launch our Food Explorer Group every Wednesday!

🌸 Each class has a slot, so please help us make the most of it by encouraging students to come along regularly.

The group is all about tackling tricky food challenges—like sensory sensitivities, picky eating, and social differences—in a relaxed, supportive way.

By joining in, students can:

- 🧠 Feel less anxious about new foods
- 👂 Learn from peers and try things out
- 👋 Build social skills like turn-taking and requesting
- 🍴 Develop a more positive relationship with food

We'd love supporting adults to join in the fun too—your energy and modelling really help! Even quiet observers are still learning 🧐.

This group is part of a bigger school-wide project on healthy eating, supported by our new Multidisciplinary Nutrition Support Team (MNST). Together, we're working to boost our young people's wellbeing and long-term health.

Woodland Foodies

Food explorers group

These sessions will start on 10th September and be led by the OT and SaLTa: (Aka Bridget & Jemma)

Sessions will take place under the blue umbrella, next to the Nest or in case of bad weather in the therapy room (behind the music room)

Sessions will be adapted to reflect the ages of the pupils: The schedule is below.

Date (Wednesdays)	Lesson plan	Book of the week
10 th Sept	🍏 Welcome to the Woodland Focus Food: Apples (varieties: red, green, cooked, raw)	
17 th Sept	🥕🍅 Harvest Colours Focus Food: Carrots, beetroot, squash	
24 th Sept	🥥 Crunchy textures & woodland sounds Focus Food: Pears, celery, crispy kale	
1 st Oct	🍇 Forager's Feast Focus Food: Blackberries, elderberries, hedgerow fruits	
8 th Oct	🥖 Woodland Picnic Focus Food: Bread, cheese, fruit, veg sticks (low-prep, calm foods)	
15 th Oct	🌿 Spice & Smell Focus Food: Cinnamon, nutmeg, ginger	
22 nd Oct	🎉 Celebration & Sharing Focus Food: Favourites from past sessions - Bit of a party!	

Class list

- 🍁 Firefly 9.45 – 10.15am 🍁 Badger 10.30-11am 🍁 Kite 11-11.30am 🍁
- 🍁 Kestrel 11.45-12.15pm 🍁 Dragonfly 1.30-2pm 🍁 Swift 2.15-2.45pm 🍁



Food Explorers

Get ready to crunch, squish, and explore with our Food Explorers group, a dynamic approach to sensory discovery. At our 'Woodland Explorers' session this week, we dove into the vibrant colours, rich textures, and bold flavours of autumn. This isn't just a fun activity—it's a pressure-free, play-based approach that helps young people engage with food in new and meaningful ways.

A multi-sensory apple adventure

Our young explorers were on a mission to investigate a tactile, taste and auditory experience as they worked with different apple varieties, like fresh Braeburn and Gala.

The crisp, satisfying crunch was a highlight, and the students loved experimenting with various dips, including:

- 🍏 A crunchy cornflake texture
- 🍏 Two flavours of savoury and smooth houmous
- 🍏 A sweet and salty salted caramel sauce


This playful exposure to new textures and tastes is a key strategy for building confidence around a wider variety of foods.

Creative play without the pressure

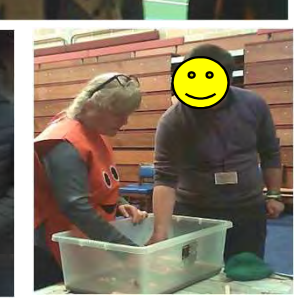
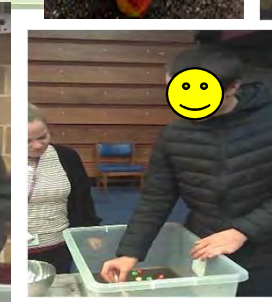
Beyond tasting, our students engaged in imaginative, non-eating play. They used their fine motor skills to retrieve tiny plastic apples from a "chia slime tray" using their fingers or a spoon. The soft, moist feel of the chia seeds provided a fascinating contrast to the tiny apples, offering a contrasting sensory experience. Students also had the chance to smell and taste stewed apples, exploring a different texture and scent profile.

Professional benefits, playful fun

This engaging session, guided by occupational therapy principles, was designed to be a fun, no-stress activity. It's a space where there's no "wrong" way to play. The focus is on encouraging curiosity and building positive associations with food. By creating a playful and supportive environment, we help our students to develop greater sensory tolerance and increase their willingness to try new things over time. The best part? The healthy, fresh, crunchy apples were a big hit, as were the dips. (And if you're guessing the salted caramel sauce was the crowd-pleaser, you'd be right!)



Food Explorers





Food Explorers


This week, the Food Explorers embraced the vibrant colours and sensory richness of autumn. The session featured an array of brightly coloured foods, including red and yellow peppers, carrots, prunes, and pumpkin seeds. To add a playful, seasonal element, warm butternut squash soup was served alongside rice paper ghosts, creating a fun and engaging theme. Students also participated in a hands-on sensory activity, using their hands and tools to scoop out "acorns" and seeds from a tray of cornflour, further enhancing their tactile exploration and motor skills.

Thank you to everyone who was able to support the sessions, these are tailored to address several key developmental and therapeutic goals, including:

- Reducing anxiety around unfamiliar or challenging foods through gradual exposure and positive reinforcement.
- Enhancing social communication skills, such as turn-taking, requesting, and engaging in cooperative activities.
- Fostering a positive relationship with food, helping students explore and enjoy a variety of textures, tastes, and smells in a non-pressured environment.
- Promoting observational learning, where students benefit from watching peers and adults' model positive interactions with food.

The group is part of the school's broader initiative to encourage healthy eating habits and support long-term well-being. The therapy team works collaboratively with students and adults to ensure that the sessions are engaging, supportive, and aligned with individual needs. Even when students do not immediately participate, they still benefit from the experience by observing and gradually becoming more comfortable in the group setting.

Can I remind adults to be positive & curious in your engagement during the sessions and around food in general, as this helps the young people to be open to exploring foodie delights!



Food Explorers

The Food Explorers explored the rich colours of autumn this week. The feast included brightly coloured red and yellow peppers, carrots, prunes, and pumpkin seeds. For a spooky touch, warm butternut squash was served with little rice paper ghosts. Children also enjoyed a hands-on sensory tray of cornflour, scooping out tiny "acorns" and seeds with their hands or tools.





GRAB BAGS


Video link:

https://youtu.be/jLx1rQFQbok?si=4M74tjT_urqeTU8z

The new sensory regulation kits (**Grab bags**) for the young people in our homes are ready in the therapy office. These kits provide accessible, individualised tools to assist with self-regulation and promote emotional well-being for the young people and strategies for the adults supporting them.

To facilitate effective use, a short instructional video (link included above) has been created for staff. The video explains the kit's contents, purpose, and outlines staff responsibilities for encouraging engagement, personalising the contents, and ensuring the kits remain tidy and in good order (i.e. no lone socks inside 😊)

To maximize the benefits for the young people, a collective, semi-formal handover is recommended. This would allow for a shared understanding and consistent implementation. The house managers' meeting seems like a great forum for this. Please provide thoughts on this suggestion or indicate an alternative.





Stable News: New Outdoor Learning Classroom



We are thrilled to announce that we can now use a classroom for our outdoor learning activities.

The science and enterprise room will now also be used as an outdoor learning classroom.

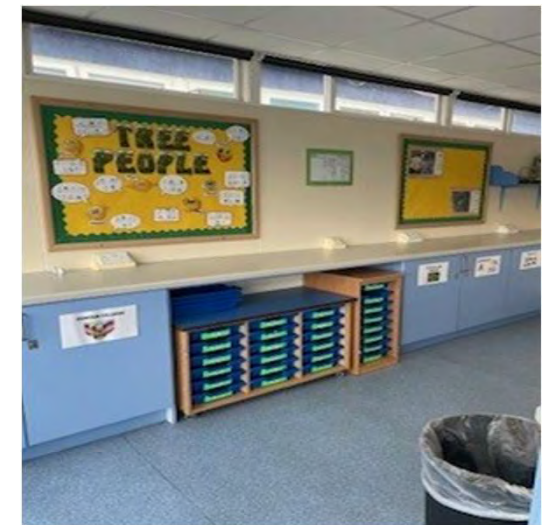
In order to learn, we will always be outside taking in the fresh air as much as possible, but occasionally we must stay indoors due to weather issues, craft-making, or other reasons.

We have previously used the Indoor Arena but it was becoming more difficult, as we still needed to use it as a priority for horse riding and our 1-1 sessions.

We hope you agree that we have put a lot of effort into creating a fantastic environment for the students to continue creating their amazing work.

Want to see what it looks like? Turn the page!

New Outdoor Learning Classroom





Outdoor Learning

Tree People

Autumn 1

Frosty Fun

Autumn 2

**Gallop into New
Year**

Spring 1

**Have a cracking
Easter**

Spring 2

Seed To Sun

Summer 1

Tractors and Trailers

Summer 2

Flower Power

Summer 3



Tree People

Autumn 1



**Students will learn about various tree species and the unique textures of their bark.
They will create bark rubbings using crayons and wax crayons.**



Students will observe the bark to identify various features and then use air-drying clay to craft faces to attach to the tree trunks.



Frosty Fun

Autumn 2



Students will observe snowflakes and explore the concept of natural symmetry during winter, after which they will create decorations to adorn their Christmas trees.

Gallop into New Year

Spring 1



Students will be celebrating the Chinese New Year, which marks the Year of the Horse this year. They will explore various craft ideas and materials to create horseshoes, horse collages, and other horse-themed items.



Have a cracking Easter

**Students will
celebrate Easter
by making
paper Mache
Easter eggs
and crafting
baby farm
animal collages
with
various
materials.**

Spring 2



Seed To Sun

Summer 1

Students will unleash their creativity by decorating planters to grow their own sunflowers and will later craft stunning suncatchers to display around the school grounds.



Tractors and Trailers

Summer 2



**Time for our competition!
Using all of their craft skills, the
classes will build a tractor; if they
want to, they can add trailers or other
farming equipment. When
completed, our fabulous Head
Teacher, Jane will judge them.**



Flower Power

Summer 3

**Let's check
out the sunflowers' current size.
After observing how well their
sunflowers have grown, the students
will use flowers found throughout the
school grounds as inspiration to make
some lovely bouquets.**



Smartbox Academy Training

This training is an excellent opportunity to stay updated with the latest practices and tools. This will contribute to our professional growth and the success of implementing AAC devices into the school and homes. I will attach the plan, parents/families are welcome to participate in the training as well, the modules are free, all they need to do is sign up 😊

Smartbox training plan

All 5 modules for adults to complete

1

	Title	Start date	Completion date	How long to complete	After completion	Link
1	Introduction to AAC (FC01): knowledge check and certificate	Monday 28 th April	Friday 23 rd May	45 minutes	Download certificate of completion and send to Claire/Alice to be put on Myrus as evidence.	Smartbox Academy
2	Intro to Grid for iPad (SC16): knowledge check and certificate	Monday 2 nd June	Monday 30 th June	40 minutes		
3	Developing communication partner skills (FC09): survey and certificate	Tuesday 1 st July	Thursday 31 st July	1-2 hours		
4	AAC in the classroom (PC03): 3-4 hours, knowledge check and certificate – important for all staff as this provides valuable learning resources	Monday 8 th September	Friday 3 rd October	3 – 4 hours		
5	Creating classroom grids with grid for iPad (FC06) – important for all staff as this provides valuable learning resources	Monday 6 th October	Friday 31 st October	4 – 5 hours		

Speech & Language Focus of the Month



This month we are focusing on AAC. **AAC** stands for '**Augmentative and Alternative Communication**', which encompasses all forms of communication (other than oral speech) used to communicate thoughts, needs, wants, and ideas. For example:

- Sign
- Gesture
- Body language
- Emails,
- Electronic device
- Texting
- Choosing boards
- Symbols
- Writing
- pictures



To support you, Smartbox offer free online mini courses which are very helpful to get you started or to refresh your skills. At Smartbox academy you can sign up and have the choice of online courses. I recommend:

- Introduction to AAC (FC01)
- Introduction to Grid for iPad (SC16)
- Developing communication partner skills (FC09)
- Short course – Personalising Super Core in Grid for iPad (SC04)

Time for these courses range from 40 minutes to 2 hours, you can download a certificate of attendance at the end if you wish too.

Use this link to direct you to the academy sign up: [Free online AAC training on Smartbox Academy \(thinksmartbox.com\)](https://thinksmartbox.com)

Key things to remember:

- Learning a new language takes time, it can take months to years.
- Allow time for exploring
- SHOW** – before we can expect someone to use a symbol to communication (paper based or electronic) we have to show them how.
- MODEL, MODEL, MODEL in all situations and environments**
- Be Interesting:** follow a YP interests (films, books, songs, TV shows etc), sensory and play.

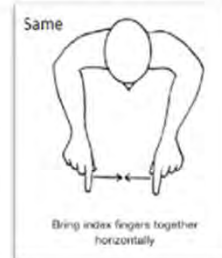
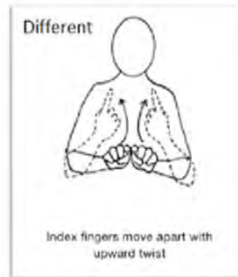
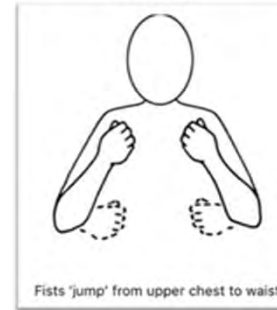
A study of young children who were learning to communicate showed that 20% of what they communicated was requests.....so what about the other 80% (Smartbox, Simple AAC, 2024)

Speech & Language

September



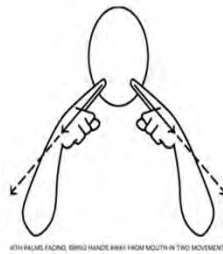
Jumper



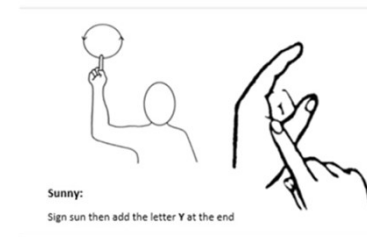
good morning



Teacher



Learn



Cloudy



The background features a large, stylized pink treble clef on the left. Scattered around it are several musical notes in yellow, green, and purple. At the top, there are three small green circles followed by a thick green horizontal bar. On the right side, there is a thick purple vertical bar. At the bottom, there is a thick green horizontal bar followed by four small green squares.

Music Therapy

What is Music Therapy?

Music Therapy is a psychological intervention which is delivered by HCPC registered Music Therapists to help people whose lives have been affected by injury, illness, disability or those who may need support with their emotional, cognitive, physical, communicative and social needs. Music Therapy is undertaken through establishing and building a therapeutic relationship between the client and therapist. Music Therapy can provide an opportunity for clients to express, explore and develop awareness of their feelings in a safe and supported way.

What are Music Therapists and what do they do?

Music Therapists hold a master's degree in Music Therapy and have high levels of musicianship. Music Therapists must be registered with the Health and Care Professions Council (HCPC), like other Arts therapists such as Art and Drama. Music Therapists work in schools, NHS, hospitals, day centres, hospices, care homes, prisons, private practice and more. Music Therapists also complete weekly clinical and reflective notes and often provide end of year reports. Music Therapists complete additional reading and thinking about each client's needs. Music Therapists use different approaches and theoretical knowledge. I use an 'integrative approach' with clients which is based on working using a range of approaches, such as: Psychodynamic, person-centred, unconditional positive regard.

Who can benefit from Music Therapy?

Anyone can benefit from Music Therapy. However, Music Therapy can be especially useful for people who do not communicate verbally or who struggle to express their feelings and thoughts using words. Music Therapy can be useful for children and young people from all backgrounds including those who attend mainstream or SEN education. People can discover new ways of communicating through music and the therapeutic support can allow them to gain confidence that people will listen to them. Clients do not need any musical skills and the aim is not to teach them instruments.

Music Therapy

What happens in Music Therapy sessions?

I usually offer three assessment (taster) sessions to people who have been referred to Music Therapy to ensure that it is the most appropriate psychological intervention. Music Therapy sessions can include playing music together using instruments, listening to music, song writing, talking art, play. Just like other therapies, it can take time for people to become familiar with the Music Therapist and with the sessions. Music can also prompt or encourage talking and discussions. Music Therapists use music to help people achieve therapeutic goals. There is no requirement for people to 'be musical' or 'good at music' or 'know how to play an instrument' to engage in Music Therapy. Music Therapy sessions are completely confidential unless a disclosure is made that poses a high risk of harm/injury to the client or to other people.

What are the benefits of music therapy?

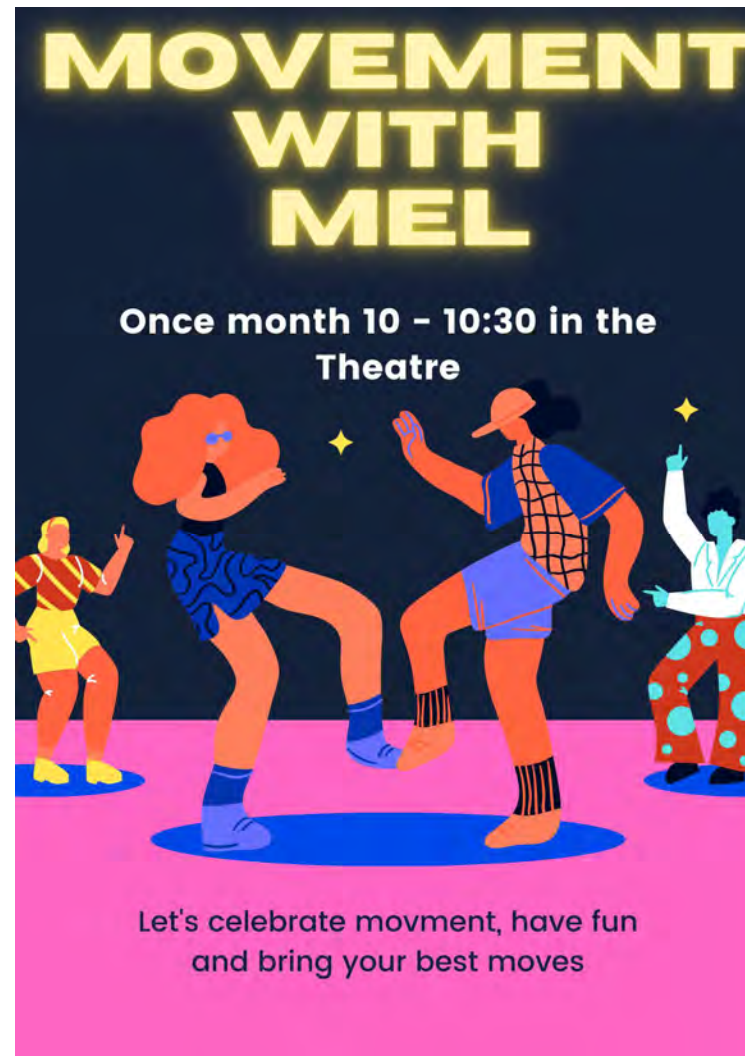
Music Therapy is creative and playful in its nature which can encourage people to express themselves in alternative ways rather than just talking. Music Therapy can help people improve their self-confidence and build on their awareness of themselves and others by feeling listened to. There are many aims and benefits to music therapy which can include (and not limited to) the following:

- Developing communication skills
- Increasing confidence
- Enabling self-expression
- Feeling heard and valued
- Developing social skills
- Working through difficult emotions
- Developing a sense of identity
- Increasing autonomy and choice
- Addressing behaviours that challenge

Movement with Mel

**FUN AND
LAUGHTER
GUARANTEED!**

Once a month Mel we will be delivering a Movement session in the theatre for all young people and adults to attend. This is a great opportunity to get everyone together for co-regulation, movement, fun and laughter.



 Movement with Mel
 Hello
 Okie Cokie song
 Macarena song
 Superman song
 Cha Cha slide song
 Finished
 look at Schedule

Wellbeing Wednesday

On the last Wednesday of each term we are having a Wednesday wellbeing session for the education team.
We also play games and have a good laugh

[Mental Health Awareness Week 2025](#)

[Mental Health Awareness Week 2025 - Mental Health UK](#)

[Children's Mental Health week 2025 and Mental Health Awareness week 2025 - BBC Bitesize](#)

[Mental Health Awareness Week 2025 - Mind](#)

[Mental Health Awareness Week 2025 toolkit of resources](#)





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<https://www.bluelightcard.co.uk/>

Discount service for the emergency services, NHS, social care sector and armed forces - [£4.99 for 2 years](#)

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<https://discountsforcarers.com/>

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For teaching assistants, headteachers, administrators, and everyone in between.

<https://www.carerscarduk.co.uk/discounts-for-carers>

Your carer ID card unlocks access to a wide range of online discounts, savings, benefits, perks and offers, for carers. - [£8 for 2 years](#)

Our team constantly work on creating partnerships with big name brands so that we can provide carers with discounts on all aspects of life, from food to fashion, fitness to electrical, technology to travel, home utilities to entertainment and much more





Staff Discounts Continued

<https://carers.org/grants-and-discounts/carersmart-discount-club>

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<https://www.frontlinestaffdiscounts.co.uk/>

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<https://www.teacherperks.co.uk/>

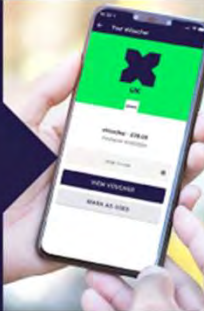
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A message from Mel

What a fantastic start to the term it has been! September has truly been a month full of positivity, recognition, and progress and I want to take a moment to celebrate all that we've achieved together!

Firstly, the 10th Annual CareTech Awards took place recently, and I was truly humbled to see the number of adults nominated by their managers and peers. It was equally inspiring to see every young person also nominated for their incredible achievements over the past year. At The Forum School, we are proud to share that we had one regional winner and two national winners. An incredible result that reflects the dedication, care, and support you all provide every day.

I've also been genuinely impressed by how many positive moments we've seen in just the first month back. From day-to-day interactions to major milestones, it's clear that everyone is committed to creating an environment where our young people can thrive.

A special congratulations to the Woodland View team on their recent Ofsted inspection and for maintaining a "GOOD" rating! This achievement is a testament to the team's consistent hard work, and I'd also like to extend a heartfelt thank you to all the other teams who have supported the team and young people with such care, compassion, and collaboration.

Lastly, it's been brilliant to see the continued success of our Food Explorers initiative, with more young people now confidently enjoying lunch in the dining hall. A wonderful step forward for their independence and confidence.

Thank you all for your dedication, passion, and teamwork. Let's keep this momentum going!

Thank You!

