



# February 2026 Newsletter

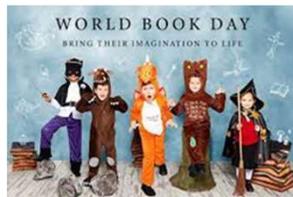
The Forum School

# Upcoming Events

## March

### Women's History Month

- 1<sup>st</sup> – St. David's Day & Zero Discrimination Day
- 3<sup>rd</sup> – World Wildlife Day
- 5<sup>th</sup> – World Book Day
- 6<sup>th</sup> – Employee Appreciation Day
- 8<sup>th</sup> – International Woman's Day
- 9<sup>th</sup> – Commonwealth Day
- 15<sup>th</sup> – Mothering Sunday
- 16<sup>th</sup> – Disabled Access Day
- 17<sup>th</sup> – St. Patrick's Day
- 20<sup>th</sup> – Red Nose Day & International Happiness Day
- 21<sup>st</sup> – International Day of Forests
- 29<sup>th</sup> – British Summertime





## The Forum Stars are back!

Shout out a staff member that has gone above and beyond for a young person, yourself, your team or the school.  
Email [Forum.Stars@cambiangroup.com](mailto:Forum.Stars@cambiangroup.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



## March

- 3 Innocent George
- 5 Ann Xavier
- 6 Karen Holt
- 7 Nin Halford
- 11 Kali Ndambo
- 14 Carol Tickner
- 19 Paul Ford
- 21 Gissun Jose
- 22 Oludare Fadoju
- 23 Tim Hunt
- 26 Tim Harris
- 27 Shinan Kallen
- 29 Mandy Stuart



Happy  
Birthday

Go shorty it's ya birthday, we're gonna party like it's ya birthday!



Cake anyone?





## Badger Class

In one successful trip to the sea life centre you successfully achieved 4 AQA awards!  
This is absolutely amazing and the pictures show how much fun they had too.

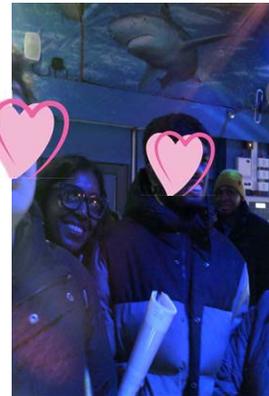
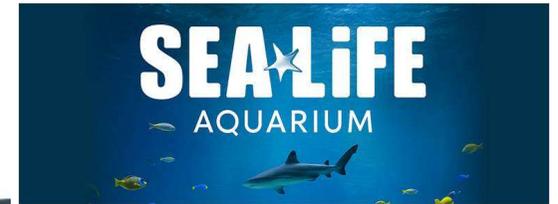
AQAs were;

122940 Engaging with less familiar people in the Community, with support

117050 Visiting an aquarium

117285 Visiting an aquarium: Penguins

125257 Preparing a simple cold lunch, with support





## Badger Class

Badgers have been on a busy, fun, filled schedule this month. Including our trip to Weymouth Sea Life!

We have been making pancakes, cheese muffins, stir-fry's in life skills.

In Science we have dissected flowers to study sections and press into our books.

Badger Class visited the Weymouth Sea Life Centre last Thursday, it was a great success.

During the visit, pupils:

Identified and explored a range of marine animals, including penguins, seals, octopus and seahorses to name a few!

We took lots of photographs to create an album of their choice back in class.

We Learned a lot about the various career opportunities available at the Weymouth Sea Life Centre .

We even added some AQAs to our visitor attraction outing.

From the photos I'm sure you will agree that all had the most amazing time.





## Dragonfly Class

Dragonfly class have been busy using their art and design skills to make bug hotels and Valentine's Day themed art work.



Dragonfly class enjoyed reading their class story amongst nature in the storytelling area outside.



## Kestrel Class

Kestrel class have been busy as the bees that have started to appear buzzing about in the novel sun shine! We have been working hard at our maths with L looking at data, charts, and graphs and he has been completing several surveys among his friends and peers to find out their snack preferences and then analysing and presenting the results in various formats. R has been working on graphs as well and has been investigating the effects of different equations on algebraic values as each variable changes.

We have also been looking at celebrations across the world and in different cultures. R and L both selected several traditional Chinese dishes to cook for their college peers to celebrate Chinese New Year with R testing out recipes for crispy beef strips and crunchy pork balls that were very moreish. L cooked up a storm with some egg fried rice and sweet & sour noodles with stir friend vegetables. The dishes were served up to the rest of college as part of our celebrations and we have now moved on to Islam and Ramadan and we are investigating middle eastern cuisine in our preparations for Eid in a few weeks.

Now that the weather is becoming slightly more friendly, we are also looking at expanding the bike provision at TFS and L has been amazing at checking and maintaining the current crop of bikes at the school with R taking on assembling some brand-new ones from their component parts as they arrived in some large boxes! Needless to say, she did a fantastic job and took part in some testing in the sun shine afterwards.

Our artistic endeavours are currently being directed at our class project of an Autumn themed piece where we have all been contributing our various ideas and it's coming along wonderfully.

Well done Kestrel Class!!!

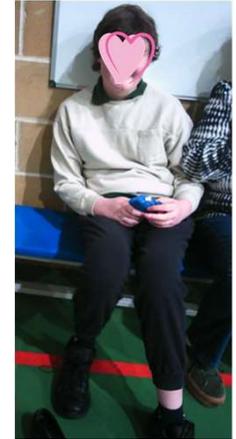




## Butterfly Class



We have been so busy in Butterfly class this month! Our reorganised library / book corner is a great hit and we all love spending time looking at the books or listening to a story being read. Physical activity is very important to us, and we have been in the gym, joining in with sensory circuits in the morning, bouncing balls, throwing and catching and shooting hoops. In living skills, we always enjoy giving a recipe the Butterfly Class twist. It also gives us the opportunity to get 'hands-on' exploring textures.





## Kite Class



# STEM Outdoor Learning

Kite Class in the gardening club



# Friday Funday!



Thankyou to everyone for supporting their young people to join in all the fun today and supporting them so well every day!



Have a great half term and a well earned rest!





# Stable News

We have been celebrating Chinese New Year for our outdoor learning this February (after all it is the year of the horse!)

The students have been finding out which animal they are by looking at the year they were born on the zodiac Calander, they then made beautiful stained glass artwork to celebrate their own animal. The students also did a lot of tack cleaning and the horses look stunning in their nice clean bridles and saddles. Then they made horse faces on paper plates.

Lastly the students designed their own horseshoes and decorated them, they look fantastic!

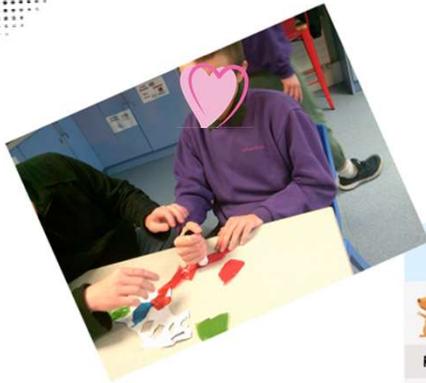


It really was all things horsey !!!





# Stable News



What Is Your Chinese Zodiac Sign?  
(Chinese Zodiac Chart)

Rat	Ox	Tiger	Rabbit	Dragon	Snake	Horse	Sheep	Monkey	Rooster	Dog	Pig
1912	1913	1914	1915	1916	1917	1918	1919	1920	1921	1922	1923
1924	1925	1926	1927	1928	1929	1930	1931	1932	1933	1934	1935
1936	1937	1938	1939	1940	1941	1942	1943	1944	1945	1946	1947
1948	1949	1950	1951	1952	1953	1954	1955	1956	1957	1958	1959
1960	1961	1962	1963	1964	1965	1966	1967	1968	1969	1970	1971
1972	1973	1974	1975	1976	1977	1978	1979	1980	1981	1982	1983
1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995
1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031
2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043





## Stable News





## Stable News





## Stable News





## Principal Stars



**AT, JC, MJP & DJ**

In one successful trip to the sea life centre you successfully achieved 4 AQA awards! This is absolutely amazing and the pictures show how much fun you had too. Well done 😊

**JL**

We have been so impressed with your willingness to engage and attend school. Even on the days you have felt anxious. You have done an excellent job telling us how you are feeling so we can help you. Well done 😊

**HL**

You have been an excellent school tour guide for our new adults. Well done 😊

**LB**

Thank you for continuing to clean and tidy the Dining Room without Sue and Mandy. I am very impressed how you have continued to do a brilliant job on your own. Keep up the good work! Well done 😊



## Movement with Saba!

**FUN AND  
LAUGHTER  
GUARANTEED!**

Once a month Saba 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 ~~ME~~ Saba**

Once a month 10 - 10:30 in the Theatre

Let's celebrate movment, have fun and bring your best moves

 <b>Saba</b> Movement with <del>X</del>
 Hello
 Okie Cokie song
 Macarena song
 Superman song
 Cha Cha slide song
 Finished
 look at  Schedule

# Trowel & Error Gardening Club

## Week 1

This spring, we're excited to launch Trowel and Error, a 10-week sensory-informed STEAM project in collaboration with the Speech and Language Therapy team. Based around the polytunnels at The Forum School, the project invites learners to explore the natural world through creative, scientific, and therapeutic experiences.

Students will experiment with cyanotype printing, measure plant growth, document local flora and fauna, and take part in guided outdoor sensory exploration.

From an occupational therapy perspective, gardening offers rich proprioceptive, tactile, olfactory, gustatory, and auditory input — supporting sensory regulation, motor development, emotional wellbeing, communication, and problem-solving. By weaving therapeutic goals into joyful, purposeful activities, Trowel and Error helps grow not just plants, but confidence, resilience, and connection.

This week, we kicked things off with fun, fast-growing seed planting (cress) and a sensory treasure hunt. These activities provided choice, movement, and opportunities to explore the beautiful grounds to support regulation before moving on to more focused, fiddly tasks. We were thrilled to welcome 19 young people — an amazing turnout — and are so grateful to the supporting adults who helped everyone engage so positively.



# Trowel & Error Gardening Club

Week 1 - Continued



CONGRATULATIONS – EMPLOYEE'S OF THE MONTH!



Education



Jane Holloway

Core



Jess Ryall

Care



Kerry Byron

Nights



Innocent George





# Outdoor Learning

## 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



# 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

Spring 2

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



# 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.**



## Meet the Clinical Team

I thought I would share the clinical team poster which explains who we are and what we do, as there are some new faces joined/joining the TFS team and the clinical team have welcomed Jess and Phoebe. Please see attached.

For those who don't know, we have moved office and now based in Treetops, you can call us on **243** or **240** or you can also email the team at: [TFSTherapy2@cambiagroup.com](mailto:TFSTherapy2@cambiagroup.com)

If you have any questions or would to speak with anyone in the team, please don't hessite to reach out 😊

Thanks  
Jemma & Team

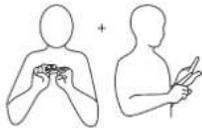
**Meet the Clinical team at TFS**

 <b>Karen Varney</b> <b>Clinical Psychologist</b> (Tuesdays)	 <b>Katie Loftus</b> <b>Assistant Psychologist</b> (Monday to Friday)	 <b>Jasmine Keats</b> <b>Music Therapist</b> (Tuesdays)
 <b>Hollie Earley</b> <b>Consultant Occupational Therapist</b> (Onsite as and when to support the team)	 <b>Bridget Townsend</b> <b>Occupational Therapist</b> (Monday, Tuesday, Wednesday and Thursdays)	 <b>Jess Ryall</b> <b>Music Therapist</b> (Mondays and Fridays)
 <b>Phoebe Dennis</b> <b>Speech and Language Therapist</b> (Monday to Friday)	 <b>Jemma Grove</b> <b>Speech and Language Therapy Assistant</b> (Monday to Friday)	 <b>Jane Reynolds,</b> <b>Physiotherapist</b> (Termly visits)

# Speech & Language

Signs of the week

February

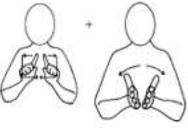


Finger spell 'F' then 'Y'

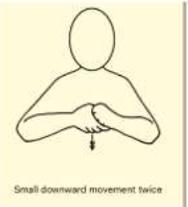
To Love



Card



Friend



Small downward movement twice

Family



Signs of the week

Work



Repeated sawing movement on knuckles of other hand

Choose



Time



Tap twice

Ask



Direct sign towards person



## Explanation of Oops Cards

I thought I would share information regarding ‘oops’ cards and how they can be supportive for our young people at times of change.

‘oops’ cards can be used for different scenarios that come up, for example:

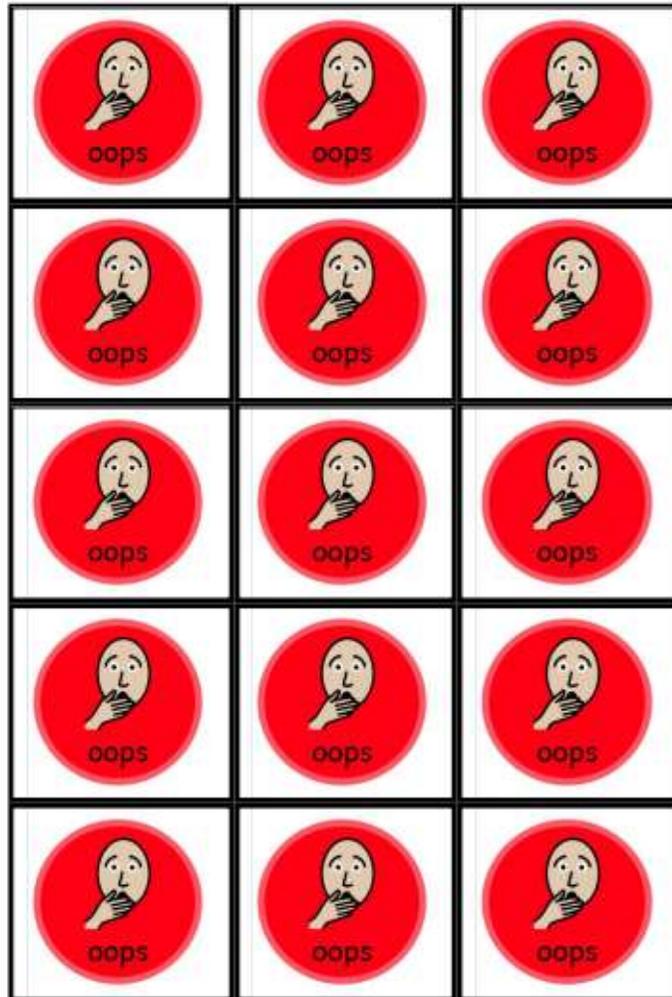
### **Change of adult**

**Situation:** A familiar adult is unexpectedly absent, and someone else is covering.

### **Use of the Oops Symbol:**

- Show the symbol at the start of the day.
  - Say: “Oops! Sarah isn’t here today. We have Jon instead.”
  - Add a photo of the covering adult next to the symbol if possible.
- 

## Oops Cards



### Using the 'oops' card

Many of our young people find it challenging to cope with change. Unfortunately, change is a natural and unavoidable part of life. This is why we introduce the 'Oops' symbol—a visual tool that helps prepare them for adjustments in their daily schedule.

To support their flexibility, changes should be introduced at **different times throughout the day**. This prevents the young person from predicting exactly when a change will occur and helps them gradually develop the skills to manage unexpected shifts more confidently.

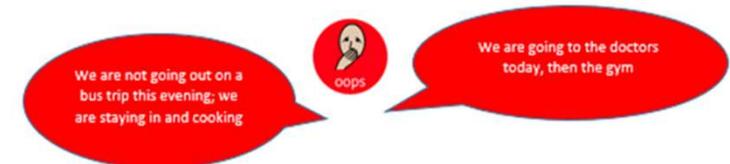
To teach the 'Oops' symbol, at first use it for changes that will be **small and positive**:



Once the young person starts to understand the 'oops' card means something is 'different', you can introduce it for more **neutral events**:



Once the young person has a solid understanding that the 'oops' card relates to changes, you can use it for some **changes that might be upsetting** (but do keep using it for all types of changes, welcome and less welcome, or they will associate it only with negatives):



## The importance of visuals

**VISUALS:** Our young people depend on visuals every day and night. Information can be processed more effectively and expectations can be understood better with visual aids. Our daily lives are filled with visuals that help us remember what we need to do. It is easier for the brain to process information visually than auditory information, due to the longer duration of time visual information is retained in the brain.

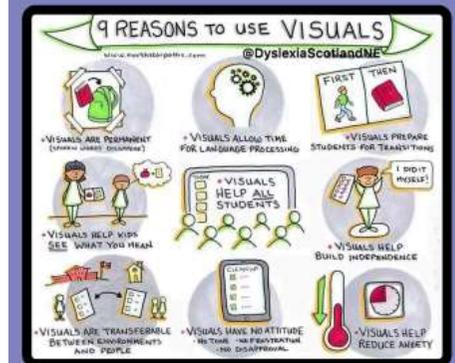
**Visuals include:** Electronic or paper-based AAC (Talk pads, need to be YP all the time), Schedules, Now/Next Boards, Now, Next, Then (extension of now and next), Social Stories, Written word (some students prefer this), Drawing, Communicate in Print symbols, Choosing boards, timers, Task Analysis Boards, Makaton (signing), you can find resources in R:\Signs, calendars and 'Who is Working with Me' Boards. **Be creative!**

Visuals, Schedules and now and next (then) boards etc need to be used at all times....in classrooms, around school, dining room, out on the bus, activities in homes, morning/bedtime routines etc. This is so our YP know what to expect and if there are any changes YP can be prepared and reassured - see the next page. These should also be in each YP grab bags as a quick go to.

If you have any questions, please don't hesitate to contact the SLT team.

## Visual Communication

There are many ways in which we communicate. Visuals are an effective tool to help share, process and remember information. Below are 9 reasons to use visuals



We all use visuals to help us e.g diary, to do list, watch, phone, timer, emails etc. What visual aids help you to share, process and remember information?

## The importance of visuals Be Creative

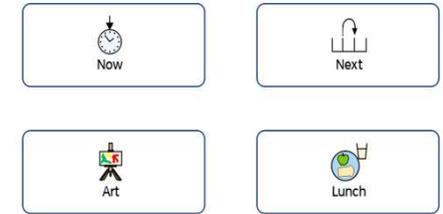
Be creative and think outside the box to give our young people information.



## Schedules



## Now and Next



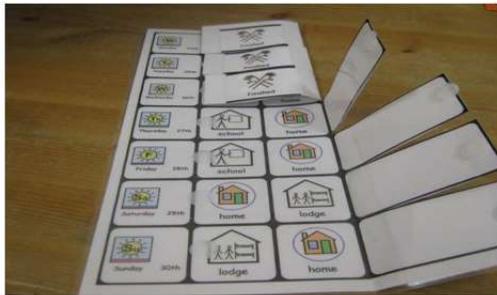
**Task analysis boards:** these help to break down a sequence of a task or when learning a new skill.



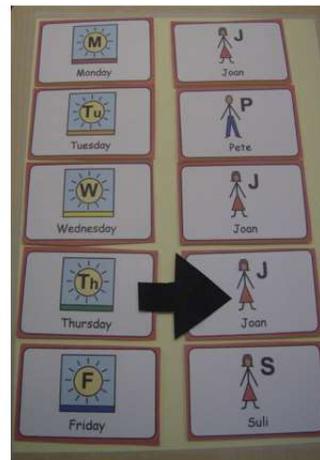
## The importance of visuals Be Creative

Be creative and think outside the box to give our young people information.

Supporting with change:

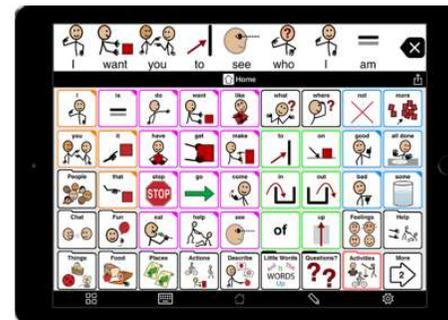


Its important that our young people can see how their week or day is structured. This can prepare them for any changes throughout the week and also when going home.



## Individualised communication aids:

Some of our young people use electronic devices for their voice, some of our students have a personal devices with a symbol-based application that helps users learn how to express themselves, the application uses speak activation for communication to be precise and clear. The devices can be used to support as a daily communication tool and to develop and build language skills.



## Smartbox

### Why use AAC?

AAC in the form of a voice output system will offer a voice that either augments (extend/compensate) and in some cases become an alternative (instead of) to current speaking skills that for a variety of reasons could be difficult for the person to achieve. Speaking, minimally speaking and non-speaking people can benefit from using AAC systems because for some conditions, the process of planning what needs to be said, formulating that information and then sharing it effectively using oral speech can be permanently but, in some cases, temporarily challenging.

AAC systems that are Robust (core word, fringe words, phrases, word prediction, keyboard for example) support the language and communication growth necessary to participate in conversations.

Robust AAC can support language now and offers a road map for the persons communication and independence skills in the future.

As humans we have 3 Innate Needs: Autonomy, Relatedness and Competence (Theory of Self Determination - Field of Psychology). Communication is about connecting with people; the technology isn't the focus but it can be a significant tool to achieve life changing outcomes for a person as a conversationalist. Conversation forms the basis of all daily situations. For some, the path to become as flexible a language user as possible requires visual and voice output assistance.

## Your new Talkpad



### What is it?

A talkpad is a communication device, used to support individuals with speech and language difficulties.

It enables young people to have a voice and to be able to make a range of choices and preferences.

### What do they help with?

- Expressing ideas and emotions:** They include customizable vocabularies, pre-recorded phrases, and the ability to type messages.
- Provides feedback:** Provide visual and auditory feedback to the user, supporting their understanding.
- Vocabulary:** Devices have a wide selection of words.
- Communication functions:** The ability to ask questions, comment, protest, and more.
- Grammar support:** Options for verb tenses, plurals, comparatives, and possessives
- **Verbal speech:** Support verbal speech by providing a visual and auditory model of language
- Organization:** Words are kept in the same place to support efficient access

### How do I use it?

At first, the best thing to do is to **explore** it.

**Model** the device for your child. For example, you could say 'I feel tired', and press the tired symbol.

Encourage your child to explore it and use it - it can be helpful to have 20 minutes of 'talker time' in an evening.

### Useful links:

<https://thinksmartbox.com/smartbox-academy/>

Smartbox academy have free helpful videos!!

You can also email:  
Nicole.Washington@cambiagroup.com



# 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
- 



## Wellbeing Wednesday

The new Head of Education has been reviewing the wellbeing policy for the school.  
On the last Wednesday of each term we are having a Wednesday well being session for the education team.  
We also played a game and had a good laugh



## A message from Tracey

It is amazing to see the wonderful learning activities happening all around the school and to see our young people enjoying the first signs of spring.

There are many exciting projects already in progress and many more to look forward to in the coming weeks.

Congratulations to our young people on their many achievements and to our team members who have been recognised in this month's newsletter.

Thank you to everyone for their continued hard work and support of everything that we strive to do!

*Thank You!*