



LLS News

12/05/2023



Dear families

Today, on International Nurses Day, we would like to ask you to join us in celebrating our wonderful team of nurses at Linden Lodge. Thank you to the team for the fantastic job that they do in supporting our children and young people.

As we begin the ordering process for two Innwalks we would just like to say another huge THANK YOU to C@LL and the Linden Lodge Charitable Trust for their fundraising, enabling us to purchase two of these amazing pieces of equipment that will have such a positive impact for our children and young people.

Our finance department would like to remind you that we are no longer able to accept cash payments for dinner money and trips, all payments should be made via school gateway.

If you are having any issues accessing or making payments via school gateway please contact the finance team at finance@lindenlodge.wandsworth.sch.uk

We look forward to sharing some news and photos about this week's Woodlarks trip and today's Coronation celebration in next week's newsletter.

Have a lovely weekend.

Term Dates

Summer Term 2023

- **Half term** - Monday 29th May to Friday 2nd June 2023
- **INSET Day 4 (no pupils)** - Monday 5th June 2023 INSET
- **Last day for pupils** - Wednesday 19th July 2023

Dates for your diary

Mental Health Awareness Week
15th—21st May

Earwig parent and carer sessions

Summer term 1:
15.05.2023 at 11:00

Summer term 2:
12.07.2023 at 10:00

Star of the Week/Kindness Award

Akshada for brilliant work in maths – counting so well and using her metre ruler to measure a variety of objects.

Teddy for using his senses to explore soil, gardening gloves, gardening tools/equipment and seeds before helping us plant them!



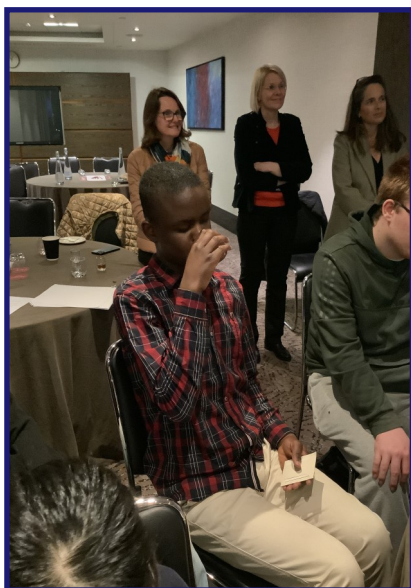
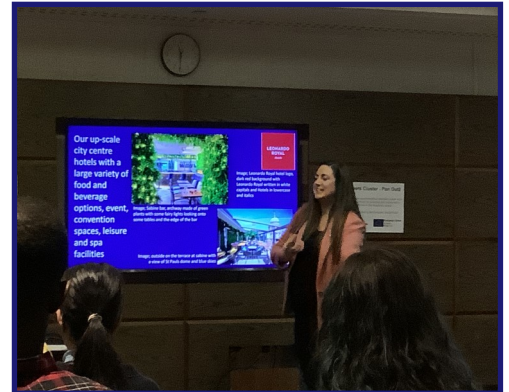
Learning at Linden Lodge

Careers

Yesterday we were invited to a work experience morning at The Leonardo Hotel St Paul's. We were warmly welcomed by the Learning and Development Manager as well as the HR manager. We were given a tour of the amazing hotel which is located right opposite St Paul's Cathedral. After our tour we spoke to the General Cluster Manager who is vision impaired himself and he gave us strategies on how we could remove barriers and self-advocate when applying for jobs. Later on in the day we went on a carousel sensory journey around the departments so we could think about which roles we would be most interested in.

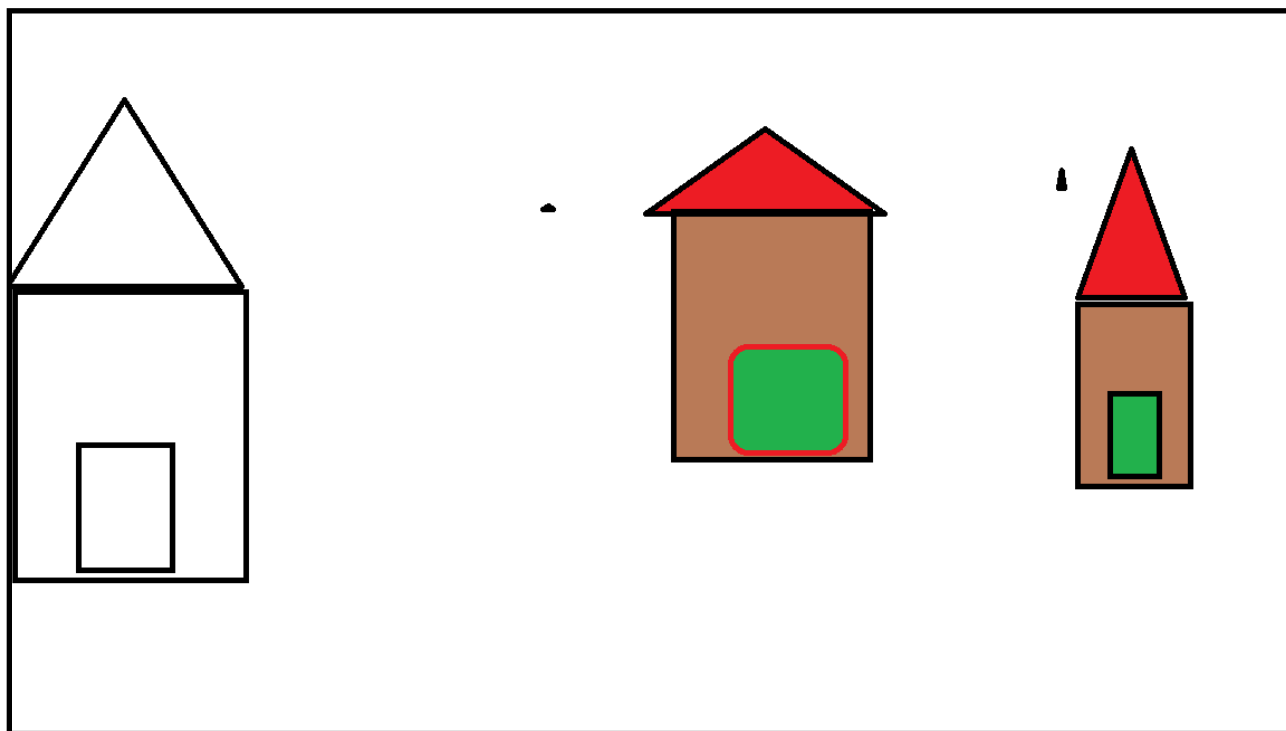
The whole sequence was sensory based and we got to meet with the Chef who allowed us to sample some food and he also gave us an insight into what being a chef was like. Next the Bar Manager came down and he had several seeds, fruits, herbs and peels that he let us explore- we touched, smelt and tasted all the ingredients. We then used our senses to make mocktails (non-alcoholic cocktails), we also tasted all the mocktail bases and created a sensory concoction. We all had so much fun. We then had a talk with Housekeeping and in this session we explored all the toiletries and the signature scent of the hotel. We all got a huge goody bag of White Company toiletries to take home which we were all delighted with as it all smelt so good.

We cannot thank the Leonardo Hotel Group enough for having us, we all learnt so much from the team and are hoping to be invited back!



Secondary Department Computing

Adrianna has been working on her computer skills. She can now control the mouse carefully to match the patterns and is loving making her own pictures!



PE Department Weekly Update

What a week it has been for the PE department! We have been very busy working towards the development of our Motor Activity Training Programme and have been offering training to teachers and others interested in the programme designed to get children and young people with PMLD moving and engaged in sport.

For those who don't know some of our lucky students have been on a camping trip this week. The PE department has made sure that there has been sports and activities available for those on the trip. Hannie, our wonderfully selfless PE assistant has swapped the sports hall for a sleeping bag and has attended the weeklong trip and has provided basketball sessions, cricket matches and has made sure the trip is as active as possible.

The department have been prepping for an adventure out to the Kia Oval next Monday to take part in the Surrey County Cricket Club's disability celebration day. We hope to have a great time and will ensure we have some fabulous pictures and stories to tell you next week.

Speaking of adventures Daniel and Kieran took up the opportunity to attend an amazing game of football at Craven Cottage to watch Fulham v Leicester. I am reliably informed that in addition to the EIGHT GOALS and three yellow cards there was even an excitable pigeon on the pitch! I am delighted that we were able to offer this opportunity to our students and I hope to have more opportunities soon.

As always thank you to everyone who has made PE active and exciting during this week!

Alex and the PE Team

Minerva Centre

Dear families,

As you are all aware I am now part of the Linden Lodge community and the balance of this period can't be more positive.

At the moment, I am investing my time at Minerva in getting to know the students and building positive relationships with everyone. We are also working hard on developing students' skills and supporting them towards certifications. It is a pleasure to spend time with my students and to see how much effort everyone puts into daily tasks, always giving their best.

I am also getting to know my team. I am enjoying seeing the good relationships that they have with all the students, and how caring and involved they are, always focused on meeting students' individual needs. I have already had the pleasure to meet and talk to some of you personally. In the coming weeks, I will contact you, and I hope to meet you all face to face.

I feel very grateful for having the opportunity to be part of your children's learning journey, and I will do my best to support you, your children and my team in this journey. Please, don't hesitate to contact me if you need to or simply to just say 'hello'! I am always available for all of you.

Have a nice weekend,
Kind regards,
Beatriz
Head of Minerva Centre



Primary Department

To mark Sun Awareness week it was the topic for our Primary Assembly this week. We had fun learning about keeping ourselves safe in the sun.



Launch of CFVI Parents and Carers Guide

The **Curriculum Framework for Children and Young People with Vision Impairment (CFVI)** was developed to support children and young people with vision impairment access an appropriate and equitable education.

We are pleased to announce the launch of our CFVI Parent and Carer Guide, which has been produced to help parents and carers understand and use the CFVI when talking to professionals about a child's education.

The CFVI can be used to enable parents and carers to understand the pathways of support for their child and the services who may be involved in providing that support within a given nationwide context. This increased understanding of the key areas of learning for children and young people (CYP) with vision impairment along with the common language and shared vocabulary that the CFVI provides, should enable parents to feel more comfortable and confident when meeting professionals to discuss a child's progress and participation in education and the wider world.

The guide is written by and for parents and carers and provides information about how to best use the CFVI to advocate for CYP with vision impairment, including first-hand experiences and example questions that can be adapted for use in meetings with the professionals who form a key part of a child's education journey.

Download your copy now at: www.rnib.org.uk/cfvi

[Join our launch events to learn more about how the CFVI can support you!](#)

RNIB will be hosting two online events to launch the new guide:

Parent/carers guide launch event: Wednesday 17 May 19.30-20.30

Parents and carers are invited to join a free, online event via MS Teams featuring parents and VI education professionals on hand to answer any questions. Find out how the guide can help you make practical use of the CFVI. There will be the opportunity to send in any questions for the panel ahead of the event.

To book a place on the launch event and submit any questions for consideration, please email cypf@rnib.org.uk with 'CFVI Parent Guide' in the subject line and we will contact you with further instructions (please check junk folders if you do not receive our reply).

Parent/carers guide professional event: Wednesday 24 May 16.00-17.00

Following the launch of the parent guide, RNIB are inviting professionals to attend an event that will explain the background to the Parent Guide as well as offer the opportunity to discuss some of the questions and topics that it covers. The focus of this session is supporting professionals to work effectively with families using the shared language and resources the CFVI offers.

For more information about the launch event for professionals, and to book your place, visit our ['Training for professionals supporting learners with visual impairments'](#).

Mental Health Awareness Week

Next week, 15th-22nd May is Mental Health Awareness Week. The theme for the week is anxiety and Mental Health UK have produced some useful posters full of tips and techniques for anyone experiencing anxiety themselves or for supporting someone else.



'Just' Anxiety?

#MentalHealthAwarenessWeek

Join our campaign **15-22 May 2023**



Mental
Health
UK

Feeling anxious?

Try these 5 minute techniques



333 Rule

Identify 3 objects around you of varying sizes. Identify 3 sounds. Identify 3 things can you touch or move.

Box Breathing

Close your eyes and imagine a square shape. Slowly breath in, hold, breath out, hold, for 4 seconds each. With each step, slowly draw the lines of the square. Repeat as needed.



Distraction Techniques

Consciously practicing distraction techniques can help ease anxiety.

- Doodling or mindful colouring
- Drinking cold water
- Listening to music

To learn more about anxiety, visit:
mentalhealth-uk.org/aboutanxiety

'Just' Anxiety?



'Just' Anxiety?

Tips for talking to someone experiencing anxiety

What not to say

"What do you have to be anxious about?"

"Just calm down!"

"Worrying won't solve anything."

"Other people have it worse."

What to say instead

"How can I help you to feel less anxious?"



"I can see you're anxious. What can I do to help?"

"Let's focus on what you can control."

"Your feelings are valid. What can I do to support you?"

Mental
Health
UK

Learn more about anxiety: mentalhealth-uk.org/aboutanxiety

Mental
Health
UK

Feeling anxious?

Try these 10 minute techniques



5,4,3,2,1 Grounding

Name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste.

Adrenaline Burn-Off

Undertake something physically active for 10 minutes to burn off the excess adrenaline your body is making.



Progressive Muscle Relaxation

In a quiet place, take a slow deep breath in, tensing an isolated muscle and then slowly breathing out to relax it. Start at your feet and work up through the body to your eyes.

To learn more about anxiety, visit:
mentalhealth-uk.org/aboutanxiety

'Just' Anxiety?



Community
at Linden Lodge

AGM

Annual General Meeting



**If you've benefited from C@LL, please join
the Annual General Meeting via Zoom on
Wednesday 17th May from 12:00 until 13:00**

Help Keep us Going!

