



LLS News

19/01/2024



Dear Families

Please don't forget to register for our Life after Linden Lodge transition information sharing session. It will be an opportunity to find out about all Post-19 options available for our students.

The session will take place on Thursday 8th February from 1.30pm and will be open to parents/carers of students from Y7 upwards. You will be able to join in person in the Isobel Family Centre or virtually—a link will be shared nearer to the time.

If you are interested in attending, please kindly use the link below to register your interest. We look forward to seeing you there.

<https://forms.office.com/e/epmgpBd9W>

Dinner money for the Spring Term is £2.40 per day. If you prefer to pay for the whole term the cost for the Spring term will be £127.20. Payments should be made via the School Gateway App

Have a lovely weekend.

Events and dates to remember

February half term break

Monday 12th—Friday 16th February 2024

Inset Day—School closed for pupils

Monday 19th February

Stars of the Week

Mariyam for using her right hand to load her spoon, bringing her food to her mouth to feed herself with minimal assistance. Tremendous progress! Also for tasting and tolerating dry foods (Wotsits) during snack times.

Filip for being so helpful leading sessions and interacting with the pupils and staff in the Class. We have loved having you!

Zuriel for creating some beautiful artwork with support.



Kindness Award

DJ for being so polite and friendly to our visitors last week.



Remembering Freddie

22.02.2002 -16.01.2022

Tuesday 16th January was the 2 year anniversary of the passing of Freddie. Freddie was a much loved and dearly missed student in Trombone class. To mark the occasion Freddie's parents and people close to him visited our memorial garden to share happy memories in honor of Freddie.



Learning at Linden

"Tabla and Gamelan classes celebrated poetry in their assembly today and we found a creative way to make our own poem!"

Home is where the heart is!
Pink and green water cans are where art is hiding...
My head is going to be very static with the purple
scarf.
White bells are ringing &
rough sponges are cleaning...
Clap and spray
sing "hooray!"
water everywhereeeeeeeee!



PARENT MENTAL HEALTH DAY

SATURDAY 27TH JANUARY 2024

Education
Wellbeing
Service

NHS
South West London and
St George's Mental Health
NHS Trust

What is Parent Mental Health Day?

Parent Mental Health Day 2024 is an opportunity for parents and carers to acknowledge and discuss their struggles and share in their achievements of connecting positively with each other and the whole family, and to learn ways to connect positively to maximise young people's mental health.



Factors which may impact parental mental health

The Cost of Living Crisis, which so closely followed the pandemic, and increased concerns about digital harms, rising rates of mental ill health and the impact of stretched services have further increased parent and carer anxiety and, in some cases, helplessness and hopelessness.

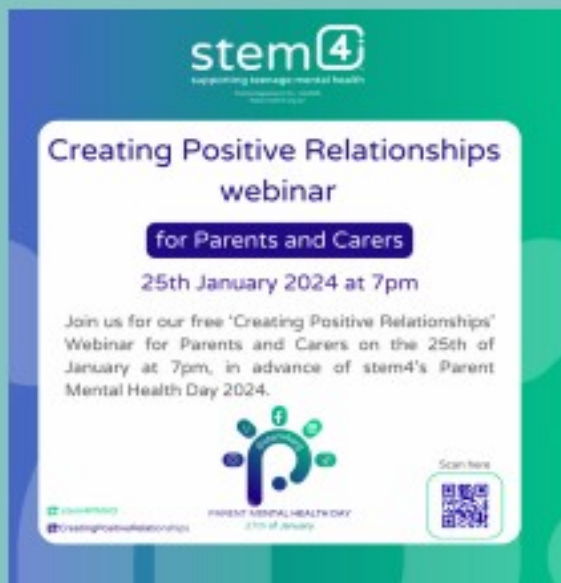
For Parent & Carers

To boost your relationships this Parent Mental Health Day we are encouraging you to take time to **Connect, Play, & Reset** with the aim to create positive relationships at home.



#PMHD2024

For more resources: <https://stem4.org.uk/parentmentalhealthday/>



Got the January blues? Sing in the shower

January has the reputation of being the gloomiest month of the year. After the merriment of Christmas and New Year's eve, January can feel like a bit of an anticlimax. This week, we had Blue Monday which is thought to be the most depressing day of the year.

So what can you do to combat the January blues? Aside from the usual advice (exercise, meditation, healthy eating etc.) – which is all fantastic – there's something else that may help...



Get singing! Whether you're part of a choir, a karaoke connoisseur or professional shower singer, singing might be the thing that brings you out of your funk.

Here is just a handful of health benefits that singing provides:

- **Singing lowers cortisol:** Research shows that when you sing, the brain release endorphins and oxytocin (that's the love hormone!) This will reduce levels of stress and anxiety.
- **Singing supports your immune system:** Studies have shown that immediately after you sing, your levels of the protein Immunoglobulin A grow. This is an antibody known to help the immune function of mucous membranes. Furthermore, the increased airflow in your lungs when you sing also lessens the likelihood of bacteria thriving in your upper respiratory tract.
- **Singing stimulates the vagus nerve:** An important part of the parasympathetic nervous system, the vagus nerve affects breathing, digestion and heart rate among other things. The vagus nerve is connected to the vocal chords and the back of the throat. Stimulating the vagus nerve through singing can improve your mental health and help you to relax more quickly after moments of stress.
- **Singing is a painkiller:** In research conducted with people suffering chronic pain, singing has been shown to reduce the pain symptoms for up to 6 months. The studies have demonstrated that singing could help to reduce the need for long term pain medication which can have adverse effects on the body.

I hope this encourages you to get singing. There are many choirs in London that are always looking for new members and many don't require an audition. If that's not your style, attend a karaoke night with your friends (or at home, there are lots of amazing karaoke tracks on YouTube), sing along to the radio in the car, or belt out some Whitney in the shower!

As a trained singer, I understand first-hand the fear that if we are to make music, it must be perfect. Training as a music therapist has flipped that notion upside down: If you enjoy it, if it makes you happy, do it!

Emma Pelkiewicz
Music Therapist

The Arts Society visit Linden Lodge

This week we welcomed visitors from the Arts Society (South West London) to Linden Lodge.

Their Chairman, Gill Grunwald, said “we were all impressed by the work that you do and were struck by what a happy and caring environment there is at the school.”

The Arts Society have recently awarded a grant to the school to use for materials and equipment in our Art Therapy sessions.



Our Art Psychotherapist, Annie Walker, is pictured here receiving our grant.



To all parents and carers

C@LL REALLY needs your help. At the next AGM on 20th March, I will be standing down as C@LL Chair. I will always be an advocate for C@LL but it's time for some fresh perspective to lead C@LL and do even more exciting things to support our wonderful pupils, staff and their families.

C@LL is in fantastic shape, with an excellent committee who can't do what they do without a Chair (or possibly Co-Chairs) and a Secretary.

We know how much time it takes to deal with our children's paperwork, hospital appointments and support battles but the committee is set up to allow for this with parents and staff covering for and supporting each other.

All the infrastructure is there and C@LL is well established so it's a really exciting time to be taking on these roles. There's lots of flexibility to make it your own, see what works best for you time wise and bring in some new thinking. There are no requirements to live near the school or be in a certain school year.

It's a wonderful group to be part of and a great way to get to know other parents and staff whilst doing something really impactful and rewarding.

Without volunteers, C@LL can't continue.

If you are even a tiny bit interested in being a C@LL Chair or Secretary, please message me for a no obligation chat via Classlist or on communityatlindenlodge@gmail.com

All the best
Naseem



We are pleased to announce that DbI will again be promoting a Yarn Bombing campaign in 2024. What is Yarn Bombing? Yarn Bombing is a colourful, eye catching awareness initiative to spread awareness of the deafblind community during national Deafblind Awareness month in June.

Sometimes known as 'knitfity', Yarn Bombing is a form of street art where yarn that is knit, crocheted, or wrapped adorns an object in a public space. It is thought to have originated in the United States in 2005. DbI members embraced yarn bombing after hearing about its unique ability to connect communities from our colleagues in Australia.

By coming together to yarn bomb objects in as many cities and countries as possible in June, we strive to foster connections and unite a community with individuals, service and advocacy groups in the field, DbI members and partners, and the wider global public.

Keep an eye on our social media pages to find out how you can get involved in weaving connections for the #DbIYarnBombing2024 initiative!

What is Yarn Bombing, and why do we do it?

