



# LLS News

10/01/2024



Dear families

Happy New Year! Welcome back to the Spring Term.

This week we have welcomed new staff members to the Therapy, IT and LRC teams.

After successfully learning at least 100 signs last year staff have been continuing to learn BSL. This term we are following a new theme every two weeks. This week we have started learning signs from our 'family' theme.

Have a lovely weekend.



family



signs

## Events and dates to remember

### Spring Term Dates

**Tuesday 14th  
January**

After School Club restarts

**Monday 17th  
February - Friday  
21st February**

Half Term Holiday

**Monday 24th  
February**

Inset Day 4  
(no pupils)

**Thursday 3rd April**  
Last day for pupils

**Friday 4th April**  
Planning and  
Preparation Day 2 for  
staff (no pupils)

## Kindness Award

Laura for her smiles and dancing during music class, making everyone in the lesson happy!



Henry for saying that "Sahra" is his friend to a familiar adult using picture symbols.

## Stars of the Week

**Arjun** for fabulous talking throughout the whole school day/week and talking to different people within Ukulele class.



**Fara** for making great strides in her communication and signing 'more' with intention. Amazing work, Fara!

**Ava** for showing her emotions and engaging in interaction with familiar adults.

**U'nite** for signing back "PE" and "long cane" after modelling showing and understanding the signs.

**Tatiana** for using her voice to clearly communicate with others. She has been using full sentences to make request!



## Wellbeing

Dear Parents,

We hope you're settling into 2025 and this time is full of optimism as you lay the foundations for the year ahead.

Recognising how important it is to look after ourselves, and that our capacity to support those in our life is directly proportional to our own wellbeing, we've created a 30 day self-care journey for you.

Click below and we'll send you short, daily practices to your inbox, guiding you to find inner peace and establish your own well-being, ultimately building your resilience:

<https://www.specialyoga.co.uk/resilience-challenge>

Join our Finding Resilience Through Self-Care journey and you'll receive daily tools, practices and explorations including breathing techniques, journaling prompts, gentle yoga flows, and grounding meditations.

Why Join?

- Simple yet Powerful Practices: Designed to fit into your daily routine, each practice takes just 10 minutes.
- Convenient Delivery: Daily guidance sent straight to your inbox, making it easy to integrate into your day.
- Restorative and Accessible: Perfect for carers, parents, teachers, and anyone seeking calm and clarity.

This experience is more than just a series of steps—it's a gift to yourself and to those you care for. When you feel calm and centred, you can show up at your best for the people who need you most.

Kindest regards,

Jo & The Special Yoga Team 🙏

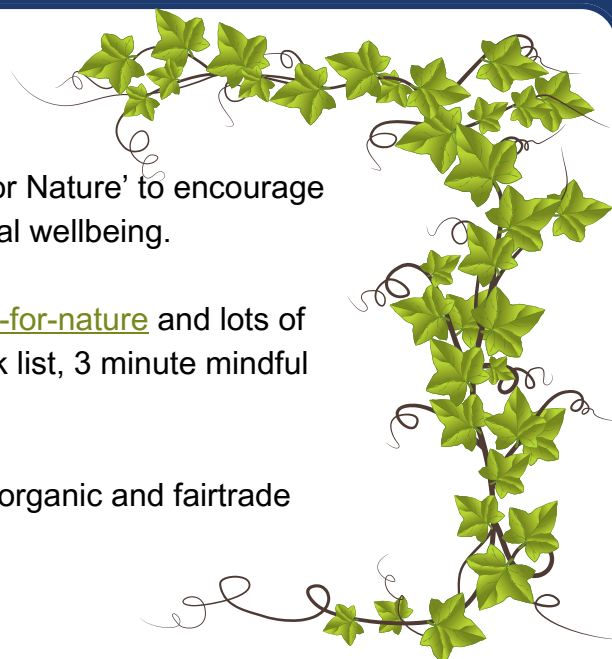
## Wellbeing and Nature

Spending time in nature is great for your wellbeing.

In the new year WWF launched their initiative 'A Prescription for Nature' to encourage everyone to get their daily dose of nature to support your mental wellbeing.

They offer tips and advice: <https://www.wwf.org.uk/prescription-for-nature> and lots of resources including suggestions of accessible activities, a book list, 3 minute mindful nature videos and nature soundtracks.

You can order a free pack for yourself which even includes an organic and fairtrade teabag <https://support.wwf.org.uk/daily-dose>



## Noticeboard



HOPE for Epilepsy are an award winning charity dedicated to supporting and connecting families with children that have been affected by Epilepsy living anywhere in the UK.

HOPE for Epilepsy provide monthly support sessions for families, a 7 day a week helpline, sleep safe pillows and family day trips.

Visit their website to find out more: <https://www.hopeforepilepsy.org.uk/>

HOPE Family Support Sessions run from 2-4pm,  
at Oakleigh School, London, N20 0DH

Please see below for the dates of HOPE Family  
Support Sessions in 2025:

- 19th January,
- 16th February,
- 16th March,
- 27th April,
- 18th May,
- 22nd June,
- 14th September,
- 12th October,
- 16th November,
- 14th December