



# LLS News

12/12/2025



Dear families

Thank you to everyone who attended this week's Festive Concerts. It was lovely to showcase our children and young people's many talents. We would like to thank all of the students for entertaining us with such magical performances.

We would like to remind you that Thursday 18<sup>th</sup> December is the last day of term for students. School finishes at 1.30pm.

If you attended any of the Family Learning Week sessions please could you to complete our short feedback form <https://forms.cloud.microsoft/e/AhHMey8sia> We really value your comments.

On Tuesday 13<sup>th</sup> January there will be a session for parents and carers on the changes to the 16-19 Bursary Fund, in the Isobel Family Centre at 10.30am. More information will follow next week.

Have a lovely weekend

## Star of the Week

**Mariyam** for fantastic eating in the dining room, eating larger amounts and tasting different foods.

**Matteo** for trying his new therapeutic listening programme this week. Well done for giving this new activity a go!

Well done for **Mohamed and Aminchi** for being creative and for their diligent work to make delicious cakes for our Christmas sale! Super job!



## Events and dates to remember

### Autumn Term Dates



**Thursday 18th  
December 2025**

Last day for pupils

**Friday 19th  
December 2025**

Planning & Preparation  
Day (no pupils)

### Spring Term Dates



**Monday 5<sup>th</sup> January  
2026**

First Day of Spring  
Term - School opens  
at 9.50am

**Tuesday 13<sup>th</sup> January  
10.30am**

16-19 Bursary Fund  
Session for parents  
and carers



# Learning@Linden

## Secondary Department

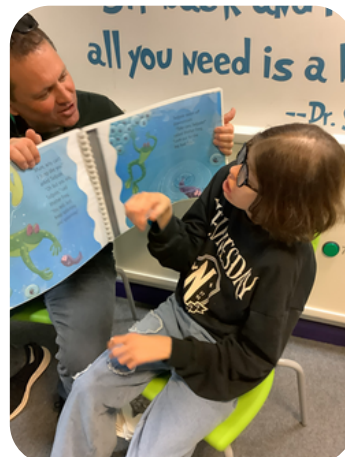
Piano class have been busy working on their individual therapy programmes. Here is a snapshot of what we have been up to!



# Learning@Linden

## Secondary Department

Oboe class have been enjoying a variety of lessons, having lots of fun in and engaging very well in their Physiotherapy / fitness, library (storytelling), playground exploration and personal care lessons. Well done to all, the team are very proud of you.



## Learning@Linden

### Residential

We were delighted to welcome Winnie, our Residential Care Governor, for a visit. She spent time with the young people and enjoyed looking at the Christmas artwork and decorations they had created.



## Hydrotherapy pool guidance



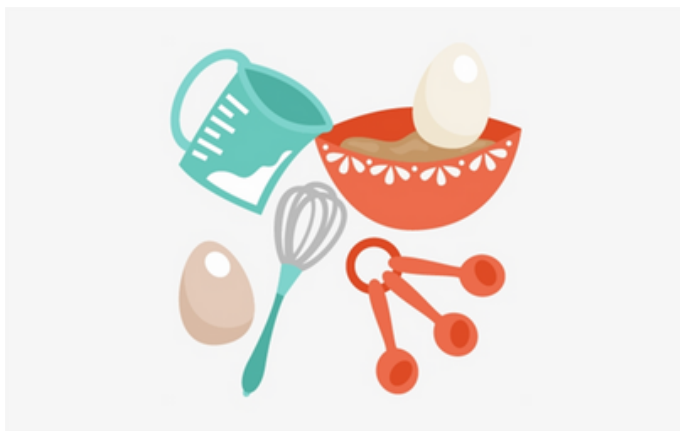
In line with the guidance for Hydrotherapy Pool : Standard Safe operation procedures from the Aquatic Therapy Association of Chartered Physiotherapists (ATACP), children and young people should not be in a hydrotherapy pool longer than 30 minutes. This 30 minutes allows 5 minutes on either side to transition them into and out of the water. No student should be in the hydrotherapy pool more than 20 minutes long.

This time frame is established to prevent individuals from overheating and thus becoming overly fatigued or dehydrated. This guidance is for ALL students accessing the hydrotherapy pool.

## Occupational Therapy Top Tips

The festive period is often a time of shared meals and being with extended family and friends. For some young people, mealtimes can be stressful as they are having to integrate all their senses. Some young people may also face challenges learning about new foods and find this experience overwhelming. Here are some general mealtime strategies:

- Limit mealtimes to 30 minutes and rather introduce more frequent snack times if your young person is having difficulty staying at the table.
- Try offer choices within the meal so that your young person has some sense of control.
- Ensure main mealtimes remain about getting adequate volume of intake whereas exploration of new foods can take place outside of those times in a playful, low-pressure setting.
- Get your young person involved in the process of preparing meals or engage in activities like baking.
- Have a cloth or paper towel in a consistent place that the young person can be encouraged to use if they do not like the texture of something on their hands or mouth. This prevents them having to leave the table during the meal to clean this off.



Here are some tips on how to set-up the routine of family meals to help young people process the sensory environment and feel safe enough to try new foods.

- 1) Give the young person a verbal warning that the meal is coming, "We are eating in 5 minutes". You may need to use an object of reference, signing or picture symbol depending on your young person's communication needs.
- 2) Engage in a sensory preparation exercise (consult your OT if you are unsure what activity may be appropriate)
- 3) Say "it is time to WASH HANDS now" and engage in hand washing at the sink
- 4) Bring them to the table and sit them in their chair. Use a placemat to signal mealtime and provide boundaries to where their plate and cutlery will go.
- 5) Try family style serving where each member can choose how much of each food goes on their plate. They can have a separate 'learning plate' next to their main plate for items they may not yet be willing to have on their plate but which they are getting used to being around.
- 6) Everyone eats together, modelling to each other
- 7) Offer a drink at the end of the meal
- 8) Start a 'clean up' routine- this could include scraping food into the bin or putting the plate in the sink etc
- 9) Wash hands to signal the end of the mealtime

### Mealtime routine



Pre meal warning



Pre meal activity



Meal or snack



Clear away



C@LL  
**SANTA'S  
 GROTTTO**



Last Sunday C@LL welcomed families and staff to a visit from Santa at Linden Lodge.

Everyone enjoyed festive crafts, music, delicious food and treats. Santa and his elf were kept very busy in their grotto. Thank you to everyone who attended.

