



# LLS News

30/01/2026



Dear families

With half term approaching we would like to remind you that the school will also be closed for an INSET day on Monday 23<sup>rd</sup> February and will reopen at 8.50am on Tuesday 24<sup>th</sup> February.

Families of young people over 16 will have received an application form for the 16-19 Bursary Fund this week. The current deadline for schools to submit claims is 11<sup>th</sup> February so please return your forms by Monday 9<sup>th</sup> February.

Please send your donations of non-perishable items in to school for our next First Friday Foodbank collection on Friday 6<sup>th</sup> February.

Our Early Years Department features in this week's newsletter.

Have a lovely weekend.

## Events and dates to remember



### Spring Term Dates

**Friday 6<sup>th</sup> February**  
First Friday Foodbank

**Monday 9<sup>th</sup> - Sunday 15<sup>th</sup> February**  
Children's Mental Health Week

**Monday 16th February 2026- Friday 20th February 2026**  
Half-Term Holiday

**Monday 23rd February 2026**  
Inset Day 4 (no students)

**Friday 27th March 2026**  
Last day of term for students

## Star of the Week

**Artie** for working very hard at stepping in his walker. Artie is walking for longer periods of time and taking more consistent steps. Well done!



**Alejandro** for having a great first session back in his MyWay Walker after a long break and taking some good steps! We look forward to seeing him in his walker more.

**Mattia** for excellent helping in the dining room, setting up for the next sitting-moving chairs, pushing, pulling and positioning.



## Learning@Linden Lodge

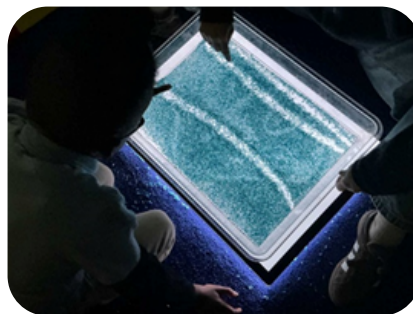
### Early Years

In Early Years we have been working really hard on developing our hand skills to explore different textures and objects to support our understanding of the world around us.



We have got very messy and have had lots of fun exploring dry and wet oats.

We can use our hands to explore objects and hold instruments to join in with sensory stories and rhymes.



We can use our hands to manipulate a range of objects and materials to make different marks and patterns

## QTMSI Student Teaching Placement at Linden Lodge

My name is Sarah Caffrey and I have just returned to Linden Lodge for a month-long teaching placement at the Alba Centre. 13 years ago, I became a qualified teacher of visual impairment (QTVI) while teaching at Linden Lodge. I am now in my second year of training with Seashell (through Liverpool John Moore University) where I am studying to become a qualified teacher of multi-sensory impairment (QTMSI) which will enable me to work with and support students who are Deafblind.

I will be forever grateful to all the team at the Alba Centre and Linden Lodge but especially the students who have taught me so much. It has been an absolute privilege to spend time with everyone and be able to put into practice what I have learned so far on my course. I am especially grateful to everyone in Diego's team in Drum class who taught me the language of tactile signing and to the students who communicated with me through touch. Communication is so essential for the students at the Alba Centre and I have learned how to take time to learn from and listen to the students.

It was a privilege to spend time with Elaine's team in Tabla class and to see the importance of massage for the students. I have learned a lot which I will take away to the other schools I support in. I would also like to thank the amazing mobility and habilitation team who do such a fantastic job to enable independence and I have seen the huge possibilities all the students who are Deafblind or blind can have when they get good mobility training.

Finally, I would especially like to thank all the team in Gamelan class and in particular Nafsika whose patience and outstanding care were so evident especially in the time we spent in audiology. Linden Lodge is very lucky to have such an amazing facility for its student's and to have such outstanding teachers who understand Deafblindness and all the student's individual needs. Thank you so much Nafsika for your patience in explaining all about audiology, the equipment and hearing, I have learned so much especially about the ways to reduce anxiety for the student's and make them feel comfortable during their hearing checks. Nafsika showed great empathy, kindness and care and it was so reassuring to see the students visibly relax under her care when having their hearing checked.


To the Co-Heads, Sarah Norris and Monika Gaweda, thank you for being so welcoming and I look forward to telling other teachers who support Deafblind students about the wonderful things I have experienced and learned at Linden Lodge and the Alba Centre.




**Education Wellbeing Service Webinar**

**Supporting Siblings of Children with SEND**

This webinar invites parents/carers of children aged 7 years and above to explore the special nature of the sibling relationship when one or more children has additional needs, with practical advice about how to foster sibling harmony, manage rivalry and, most importantly, keep your own wellbeing in mind.



**DATE / TIME**  
Monday 9th February  
7.00-8.30pm




Scan the QR code or [click here](#)

**LOCATION**  
Online - Hosted on Teams

Sign up to either event for free on Eventbrite by scanning the QR Code. You can also check out our other events by [clicking here](#)

**DATE / TIME**  
Tuesday 10th January  
1.30-3.00pm



Scan the QR code or [click here](#)

wellbeinginschoolevents@swlstg.nhs.uk

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


Education Wellbeing Service

**Education Wellbeing Service Webinar**


**Promoting Sibling Harmony**

This webinar provides parents with evidence based tools and ideas for supporting and strengthening sibling relationships at home. Managing sibling relationships can be challenging. In this webinar, we will explore a range of ways to:

- foster positive sibling relationships
- manage everyday conflict
- and encourage cooperative play



**DATE / TIME**  
Monday 26th January  
7.00-8.00pm




Scan the QR code or [click here](#)

**LOCATION**  
Online - Hosted on Teams

Sign up to either event for free on Eventbrite by scanning the QR Code. You can also check out our other events by [clicking here](#)

**DATE / TIME**  
Tuesday 27th January  
1.30-2.30pm



Scan the QR code or [click here](#)

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

Education Wellbeing Service

wellbeinginschoolevents@swistg.nhs.uk



## Education Wellbeing Service Webinar

# Healthy Habits in Teenagers with Autism

A 1.5 hour long webinar dedicated to look into how healthy habits can be implemented at home to improve the wellbeing of teens with autism.

Education Wellbeing Service



### LOCATION

Online - Hosted on Teams

Sign up to either event for free on Eventbrite by scanning the QR Code.

You can also check out our other events by [clicking here](#)

### DATE / TIME

Wednesday 4th February

12.30-2.00pm

Scan the QR code or [click here](#)



## Education Wellbeing Service Webinar

# Supporting your teenager with Exam Stress in the run up to big exams (Years 11-13)

Upcoming GCSE & A level exams (as well as BTECs etc) can be a stressful time for your teenager.

This workshop talks through some of the common challenges many young people face when their stress around revising or sitting an exam becomes too much. It will also cover how, as a parent or carer, you can best support your child to manage these feelings and do their best.



Education Wellbeing Service



### DATE / TIME

Monday 16th February  
7.00-8.00pm



Scan the QR code or [click here](#)

### LOCATION

Online - Hosted on Teams

Sign up to either event for free on Eventbrite by scanning the QR Code.

You can also check out our other events by [clicking here](#)

### DATE / TIME

Tuesday 17th February  
1.00-2.00pm



Scan the QR code or [click here](#)

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# Noticeboard

## THE WELLBEING SESSION

With Dr. Momotaj Islam

**FEBRUARY'S TOPIC:**

**Make and Maintain Good Relationships**

It might be Valentine's Day, but it's not just our romantic relationships we need to nurture. Join us at Southfields Library to discuss all types of relationships, and get advice on:

- Communication and Management of Difficulties in Relationships
- Building Trust and Emotional Connection
- Setting Boundaries and Maintaining Individuality
- Nurturing Your Relationships
- Understanding Yourself

11<sup>th</sup> Feb 2026 5.45-6.45pm  
Southfields Library!  
FREE - All adults welcome!



Contact Us:  
300 Wimbledon Park Road,  
Southfields, London, SW19 6NL  
020 8780 1945  
southfields.library@gll.org



## Every 2<sup>nd</sup> Wednesday of the month HEALTH & HARMONY HOUR

A welcome space for you to come and chat over tea and connect with the community. Share ideas for good physical and mental health wellbeing. Occasionally specific topic-based presentations, such as "Reframe Your Resolution" (Jan 2026), will be organised, which will be publicized in advance. All adults welcome to these free sessions.

Facilitated by Dr. Momotaj Islam, a local Clinical Psychologist, with many years of experience in the NHS and private adult mental health services.

**Day:** Second Wednesday of each month

**Time:** 5.45pm - 6.45pm

*Speak to a member of staff for more information.*

