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THE HOLMEWOOD
SCHOOL



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Newsletter

Friday 23rd April 2021

Dear Families,

Welcome back to The Holmewood School for the Summer term. It has been a strange year to date with the back and forth between onsite and online provision. However, moving forward, I hope that this term is more stable and that after 21st June we actually get the opportunity to be reunited as a whole.

With the assistance of my PA, Mrs Row, I am proceeding with plans for a whole school family event on 8th July to take place in the playground at Woodside Park. It will be wonderful to have all the students together in one place as well as as many families as possible. Do put the date in your diary to ensure you keep it free.

Both sites have settled well this week and it's been lovely seeing all the students get straight back into learning. The playground at the Lower School, and the outdoor spaces at the Upper School have been a joy to spend time in due to the glorious sunshine and the happy, smiley faces.

I hope you all enjoy this last term of the school year.

Have a lovely weekend.

Dates For Your Diary

- **Mon 3rd May** - Bank Holiday (School closed)
 - **Mon 31st May to Fri 4th June** - Half term holiday
 - **Mon 7th June** - Inset day
 - **Tues 8th June** - Summer term (2nd half) starts
 - **Wed 14th July** - End of term
 - **Thurs 15th July** - Inset day
-

I Require Your Expertise

I'll never forget something I overheard a teaching assistant say to our office manager years ago. He opened a request with 'I require your expertise' and I just thought, what a clever way to put someone in a positive mood before you ask them to do something. I automatically took the phrase as my own.

This week I have required the expertise of many of my colleagues. While delegation is a skill that is required in my role, I don't always find it easy. I know the staff at this school work so hard and I don't want to overburden them.

With delegating, sometimes it can be difficult to relinquish control, especially if you think you want something completed in a particular way. Also, it can be hard to articulate our needs, and therefore setting tasks to delegate can seem like too hard a task in itself. Then of course there's the fear that you'll be revealed as a fraud if you need help. This vulnerability can be difficult to bear. Apparently from a neurological perspective, this activates the same region of the brain as physical pain does.

However, no one achieves great things in a vacuum. While we consistently promote self-reliance, learning to ask for help is strangely a pivotal skill in this quest. The polite nature of the British may make us feel awkward, but the best way to get more comfortable asking for help is to practise and get better at it.

Here are some ideas about how to get better at delegating:

- Ask in the right way - be concise and specific - what do you need and when do you need it? Usually I try to explain my vision for the task.
- Make it personal - consider the people in your life and what they are good at. I have been looking down my list each day and thinking - who would be best fitted to this task?

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- Don't assume people's capabilities - sometimes all people need is a challenge to prove they are up to the task.
- Don't apologise - frame the task in a positive light.
- Follow up with results and gratitude - people long to feel effective and needed.

Something I am always incredibly grateful for are people who offer their help without being asked. These are often the same people who find themselves in the right place at the right time for interesting opportunities.

My final suggestion is to enlist the help of the students wherever possible using these same strategies. Explicitly teaching them to both ask for help when they need it, and to offer help willingly will help them to become more autonomous.

This week I required the expertise of Chisom, who has diligently been striking the gong to mark the end of our breaks.



Thank you to everyone who helped me this week and I wish you a great weekend.

Ms Young

Head of Upper School

Happy St George's Day!



We would like to wish everyone a Happy St George's Day!

The 23rd of April is England's national day and marks the anniversary of the death of St George, England's patron saint.

According to legend, he was a soldier in the Roman army who killed a dragon and saved a princess!

Top Tips For Coping With Exam Stress

To help you cope with exam stress and anxiety below are a range of techniques to help you be in the right frame of mind to do well in your exams.

1. Take time to think about your breathing. Try one of the following techniques:

- (i) 3-4-5 method, breathe in for 3, hold for 4, breathe out for 6
- (ii) Focus on breathing only through your nose
- (iii) Try and take only 6-8 breaths per minute (through your nose)



2. Use lavender essential oil to help calm you. Simply place a few drops on a



3. Try meditation - see the following videos: <https://m.youtube.com/watch?v=Ryt27PB2npQ>.

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4. Listen to a TED Talk - <https://www.nus.org.uk/en/news/four-ted-talks-to-motivate-you-for-exam-season/>

5. Drink hot chocolate or chamomile tea

6. Take a bath or shower



7. Cook or bake



8. Ensure you have enough sleep

When SMALL Problems Come My Way...



9. Try to put things in perspective



10. Avoid other stressed people



11. Journal your feelings



12. Be flexible with your revision timetable - don't overstress if things don't go to plan

13. Watch a film, TV show or listen to a funny podcast

14. But most of all don't panic, because we know...



Ms Gallagher

Specialist Teacher & Assessor

Apprenticeships



This week we were very fortunate to have a speaker Bradley Davis come in to talk to Bakerloo and Northern class about Apprenticeships. He explored the routes that need to be taken to get onto apprenticeships and also a presentation of all the different types of apprenticeships that are available. The students were very engaged and asked lots of questions.

Some feedback from students:

"I really enjoyed the talk. It was very interesting and I would like to know more about how to become a pilot!"

"The talk made me excited to think that I could get on to an apprenticeship and achieve my goal of being a fighter pilot in the RAF and then find another way of travelling to

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Yesterday, parents were also given the opportunity to listen to Bradley speak through a googlemeeet conference. At the beginning of the call, several parents mentioned how their child had come home excited and spoken about the presentation they had had. During this call, there was a guest speaker, Qasim, who is autistic and was giving a first hand experience of his journey of getting an apprenticeship and where he is now. It was lovely for the parents to hear and everyone was very inspired by Qasim's journey.

Thank you to all who attended.

We hope to get Bradley in again to talk to our other students in the near future.

Ms Gunning

Careers and Work Experience Coordinator.



Hello, Parents and Carers.

Welcome back! I hope you all had a wonderful Easter break and managed to enjoy some of the lovely sunshine we had.

It has been so lovely to be back at school. The sun has been shining and the Upper School site is looking as lovely as ever for the students.

As the weather has been really lovely, the Metropolitan students went on a walk to Highgate woods. It was a long walk, but all of the students did really well and enjoyed being out and about.



This term, Metropolitan will be sitting the Entry level Maths and English exams. Some of the students completed those last academic year, so they are securing and mastering these skills.

Also this week, we restarted the cafe trip for lunch. This has now been moved to Thursdays (Please read the homework overview sheet going out today).

All the students enjoyed going back out for lunch and eating fish and chips. During these sessions, the students are also learning how to travel to new places as this is part of their Independence Certificate. If you have any questions related to this, please do not hesitate to contact me.

On behalf of myself and the Metropolitan team, we would like to thank you for your continued support and wish you a wonderful weekend.

Best wishes,

Ms Perera

Metropolitan Class Teacher




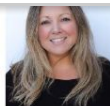




The Holmewood Gallery



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Designated Team For Child Protection And Safeguarding

If you are a student and have been harmed, or are at risk of harm, these are the people who can help. You can also talk to us if you are worried that another student is at risk of harm.

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Ms D'Silva (Assistant Head and Lead Designated Safeguarding Officer for Lower School, Level 3)	Ms Lemposzek (Head of Welfare & Behaviour, Deputy DSO for Lower School, Level 3)	Mr Gibbs (Humanities & PSHE Teacher, Deputy DSO for Lower School, Level 3)	Ms Camilleri (Executive Head, CEOP Ambassador and Deputy DSO, Level 3)
Upper School			
			
Mr Lamb (Deputy Head and Lead Designated Safeguarding Officer for Upper School, Level 3)	Ms Young (Head of School and Deputy DSO, Level 3)	Ms Young (Assistant Head and Deputy DSO, Level 3)	Ms Camilleri (Executive Head, CEOP Ambassador and Deputy DSO, Level 3)

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