

The Grapevine

Summer 2021



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Head's piece

By Ivan Pryce



The sun has finally started to shine again, bringing our final few days of the school year to a close with the hint of summer holiday to come. The removal of more Covid 'musts' adds to the sense of brighter and better and finally leaving behind the restrictions that have prevented us all from enjoying the usual end of year celebrations.

No FOSS BBQ, no big end of year presentations and celebrations, no families at sports day or indeed at any school event. But despite all that as happened, the year has again truly flown by. As always it's delightful to see how much the pupils and students have grown and developed. Perhaps, as I am in each part of school less often, the change is more obvious to me. It's often the youngest children who appear to have changed the most, and seeing them become more confident and engaged is very encouraging; but it is the leavers who have clearly transformed, especially when I think of their early years at school.

Ana, Catalin, Deividas, Guillaume, Max, Shyanne and Vitor all joined Strathmore at different times in their school lives and all have made a lasting impression on Strathmore. Ana, who came from Buckingham School, and Max, at Russell, were the youngest pupils in Strathmore when they arrived aged 7 in September 2009 – in those days Strathmore only took children from Year 3, and as I arrived at school in January 2010, those two are the last pupils who have been at Strathmore longer than me! Max, whose laugh you can almost always hear around school, and Ana, who has resolutely smiled throughout a lot of challenges, are both moving on to Orchard Hill College, along with Vitor who moved from Corpus Christie Primary in 2013. Vitor has been one of the calmest pupils in school, clearly observing what is going on around him quietly taking it all in. Arriving at the same time as Vitor was Shyanne who joined us from Marjory Kinnon School. Shyanne has often been a student guide helping me show prospective parents around school – her enthusiastic support will be missed, although I think she won't miss my jokes. Shyanne is going to Great Oaks College and will be the first Strathmore student to go there from us.

Travelling the furthest from Strathmore will be Guillaume who is going to Coleg Elidyr in Carmarthenshire having arrived at Strathmore from St Philip's School in 2016. Considering Guillaume's love of opera and his fine singing voice, Wales is an appropriate destination and I hope the college has a choir for him to join. Travelling the furthest to Strathmore have been Deividas, from Lithuania in 2012, and Catalin from Romania in 2018. The contrast between their homes and London will have been significant, especially for Deividas who lived on a farm with his Grandad. Deividas has been the best friend for many students and will be joining his old friend David at Richmond Upon Thames College, as will Catalin who, in his three short years with us has learnt an amazing amount, and in English and is an expert communicator with his iPad. We are also saying goodbye to Viktor from Hercules class. Viktor and his family arrived in Strathmore in January 2020 from Sweden. The experience of Lockdown has prompted a return to Sweden so whilst we are sad to say goodbye it was hugely enjoyable getting to know him.



It has been a delight to have these young people in class and to have worked so closely with their families, albeit remotely this year. Staying positive for the moment, one outcome from not being able to come into school has been the continued and increased use of on-line meetings and 100% of Strathmore parents attended Annual Review this year- something we have never been able to achieve when meetings has been in school. With the new Earwig app more of you have been accessing the video clips and photos of your children learning at school. It has been a big learning journey for staff, getting the right clips, uploading and commenting so that you can see what and how your sons and daughters progress the way they do. So a big thank you to class staff and to all of you for your support and feedback on everything that has happened in school this year.

Next year promises to be different again – new children and new staff joining us as our roll increases again. I will continue to be working part time in Strathmore and part time as CEO of the Auriga Trust, looking to ensure the very best practice that happens in all of the Trust schools is shared for the benefit of everyone. I have been able to focus on this thanks to Eleanor and Sarah, supported by Adriana & Lauren, who have stepped up and been managing the day to day running of Strathmore. As this has been a success the arrangements will carry on for next year. That is for next school year, and before that the summer holidays will happen even if, again, they are not 100% as usual. What will happen as usual is the big clean out and tidy up! With staff and pupils moving on and new staff and new pupils arriving in September, school doesn't ever really stop.

I will mention the school staff again. January 2021 may seem a long time ago (it does to me) but you may recall the sudden re-closure of schools (except Strathmore) and over the whole year very, very, few of you have had the opportunity to send your children to school every day. Strathmore staff have, like last year, resolutely and happily come in to keep school open for children. They quickly became experts in carrying out LFD tests at a time when such things were new and the instructions were, quite frankly, un-nerving with their stipulations to do things "exactly as the instructions say" and then we find the instructions are wrong. And despite almost everyone receiving their vaccinations early this year, some have still fallen ill and tested positive to show that there is still the risk of infection within school.

I want to thank all of you parents for keeping your children away from school and having to manage when classes were closed to self-isolate as close contacts. So I am sure that you will understand why I am extremely proud of all of my staff and join me in thanking them for all their efforts for your children. I want them, and you, to have a really happy summer break. For everyone, whatever you do and wherever you travel, please do it safely so we can regather in September – together.

Best wishes for the summer

Ivan



Strathmore at The Russell

By Sarah Hurtado, Head of our Russell
and Grey Court campuses



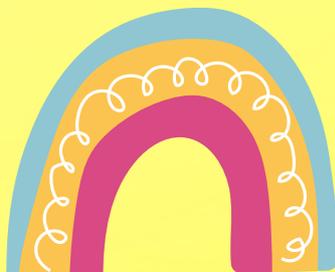
The Summer Term has been an incredible one. Our learners have all worked so hard on their individual targets and progress is visible all around the campus. Every child has continued to explore the marvels of the world in the classroom learning zones, outside whenever the rain stopped, and all have accessed at least 5 visits into the local community. We have had learners going swimming, visiting Forest School, working in the shared Russell School allotments, biking, horse-riding, transitioning to their new classes and getting out to local parks and playgrounds.

Despite a mini lockdown, we were able to provide a substantial Distance Learning Programme with virtual inputs and assemblies. Thank you to all our parents and carers for continuing the work at home during this time and to our staff who made it happen. This is an example of why the relationship between home and school is such an important one and I am thankful that ours is so robust.

September will be here all too fast and will bring us so many opportunities for continuing to support the educational progress of your children. We hope that we can re-engage with our co-located schools and re-start our inclusion programmes and look forward to welcoming new learners to our Russell Campus. With the advent of new starters, we inevitably say goodbye to those who are moving to our Grey Court Campus. We wish Ana and Emily a successful transition to our secondary site. We also say goodbye to some of our Strathmore staff at our Russell Campus and wish Eden a successful journey into teaching in a mainstream school. We hope that Alessandra takes everything she has learnt from us into her new school and say thank you and good luck to Olga in her new home and new teaching role in Surrey.

I hope that the holidays bring you time with your families and you get to enjoy sunshine and laughter. We don't know what the new term will look like but whatever the future brings, we will face it with positivity and determination to make a difference to all our learners and their families.

With best wishes,
Sarah





Strathmore at St Richard Reynolds

By Eleanor Bukht, Head of School

After an incredibly challenging year, Strathmore School Leadership Team have had the privilege of being able to present the Self-Review and School Development Priorities to the Local Governing Board and reflect on the many successes we have had from Sept 2020 to July 2021:

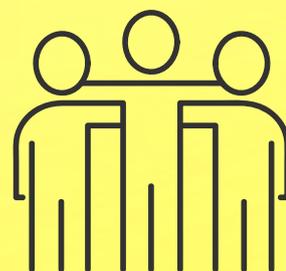
- Nearly 100% of learners have participated in 5 or more outdoor learning opportunities, and the impact has been generalisation of skills prepared for in the classroom e.g. asking for help, following a list, crossing the road safely, being able to transition, communicating with unfamiliar adults appropriately. It has also meant that our learners have had a change of scenery in a year when that has been more limited than usual. 

- As a result of implementing our new curriculum framework and assessment tool, gaps in attainment have been quickly identified and interventions have been put into place, with input from parents and therapists, meaning that all learners are making progress in their curriculum learning and towards their EHCP targets, which we can share with parents via videos on Earwig. 

- Learner attendance has been outstanding, both compared with national stats and for us as a school. Thank you for getting your children in to school so that they can learn. We know it hasn't been easy with class bubbles having to isolate, NHS contact track and trace and the impact on our staffing just after Christmas. We know that at times it has been very frustrating for us and for you, but as Gareth Southgate said, "The questions around us principally come down to character; the essential ability to withstand events that go against you." And as a school and family community, we have that ability in droves! 

Following the Euros final, we are reminded that if you are truly part of a team, you win together and you lose together, and our staff and families have experienced poignant losses this year, so we hold them in our thoughts and hearts, grateful for their ongoing commitment to Strathmore.

The current England football squad represent some excellent qualities and achievements for us to be proud of as a country (see below) and there are some good parallels with our school team. As we bring this academic year to a close and prepare for September, we are reminded of our vision to prepare every learner to become an active contributor to their community by championing independence, engaging families and promoting communication. Next year, we aim to increase our diversity and representation, foster inclusion and support our learners to make the best progress possible, despite the obstacles we may face. Thanks to everyone who is part of our journey.





very
very
very
proud!

This is an England that:

- Feeds and educates our children
- That challenges racism
- That donates to The NHS
- With a leader who sets the example

This is an England we can be proud of.



@talksport

@Talksport image via Instagram 12-07-2021



Inclusive



Individual



Independent

Time for a new academic diary

By Lauren Crew , Assistant Head at SRR

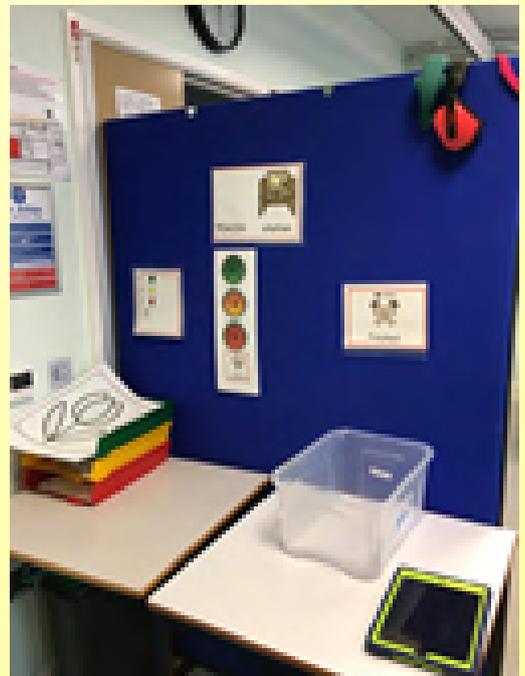


My first year as Assistant Headteacher has flown by and I have absolutely loved getting to know all of the learners and staff at the SRR campus. There have been so many highlights for me this year so I have been through my 2020-2021 diary to remind myself of some of these...

- Distance Learning success – we had learners from home logging on to live lessons which we were not able to do in the first lockdown!
 - We also held online assemblies to ensure we were keeping in our class-bubbles.
 - All learners went out on local area visits – including some of our young people who find transitioning exceptionally difficult.
- Higher Level Teaching Assistants delivered an excellent Twilight training for the rest of the staff which has meant our Specialist Strategies have been embedded into all classrooms.
- Learner independence and engagement has increased with the use of our new curriculum framework and delivery of lessons.
 - We held all Annual Review meetings online and at SRR we had 100% of parents attend.
 - Our Student Councils' voice has never been louder – they have been making some big decisions for our school this year.
- We launched Earwig in school and then to parents. So far it has been a useful tool to track progress and share videos and photos with families. We look forward to seeing uploads from parents over the summer holidays.
 - All learners have been swimming!
 - We now have our own trikes and bikes – some of our learners can now ride without stabilisers!

We have achieved so much this year in and outside of school. Time for a new academic diary – roll on September 2021!







Strathmore at Grey Court

By Adrianna Martyr, Assistant Head at Grey Court



The Summer term at Grey Court has been a very successful one. Despite the challenges and changes to our usual routines, all learners have been engaged in meaningful activities in their classrooms and around the campus linked to our theme:

'Where my footprints take me'.

Highlights:

- well-planned hydro sessions with cross-curricular outcomes for all learners
- walks to local businesses, playgrounds and parks including Palm House, Ham House, Sainsbury's, Sandy Lane playground, Riverside park and Ham Common
- whole campus communication morning on Wednesdays effectively planned and led by our HLTAs (Higher Level Teaching Assistants)
- physical development opportunities including daily sensory circuit, bikes and trikes, cricket and Sports Day
- preparing for adulthood activities with external trainers including National Careers week and skills Booster programme for KS4 and KS5 learners
- our first sleepover for three KS4 and KS5 learners led by our Skills for Independence lead Pamela Taylor
- distance learning programmes and virtual sessions have been provided for learners when needed
 - transition visits have taken place for all leavers to their future placements
- garden enterprise project which involved all learners in Mira class and will continue next year
 - in-house work experience for students in Pegasus class
 - successful settling in of a new learner in Aquila class

We celebrate how our learners have grown and made progress and generalised their skills as we approach the end of the academic year and we continue to provide a calm and purposeful environment which promotes wellbeing and behaviour for learning.

Team work has been crucial this year, so a big thank you for the continued support from families, therapists and our Family Support Worker because we have been able to maintain the quality of teaching and learning as we intended to.

We look forward to September and the start of the inclusion programme with our co-located school and inevitably we will be saying goodbye to five of our learners who have applied successfully to a range of colleges.

We also say goodbye to some of our Strathmore staff at the Grey Court campus and wish Alex and Irene all the best of luck in their future career as they embark on their teaching journey in Spain.

The summer holidays are fast approaching, and I hope that we all come back with the best intentions to make the next academic year an even better one for our learners.

All the best
Adriana





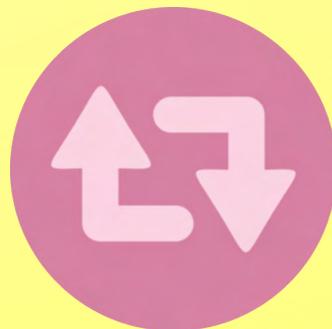
Delphini Sensory Circuit

This term we have been able to purchase additional equipment for our outdoor sensory circuit. Supported by Alison and Helen (OT) we have created a space where Delphini learners can always access equipment to support their self-regulation.

Delphini learners are becoming more independent in accessing the circuit themselves and with reduced physical support when on the equipment. They are using equipment for both alerting regulation such as the trampoline and calming regulation such as bubbles and Play-Doh.

Delphini class have been showing their amazing communication whilst using the circuit, requesting for items using the ALD and PECS boards. They have also been developing their SEMH skills by waiting for turns on their preferred items and sharing space with their peers.

If you would like links to the websites where we purchase this equipment to support regulation at home, please let us know.





Hercules class



Hercules and Luna had some play dates on Wednesday afternoons. We opened the gates in between the classes, so all the learners could access both classrooms and all learning zones.

This gave the learners opportunities to practise their skills in different environments.

The Role Play area, Sand area and Reading area were all a hit!

Both classes enjoyed interacting with different learners and they all greeted each other with "Hello", a wave and some learners even asked: "Can I play with you?"

We look forward to working and playing with our friends when we come back in autumn!



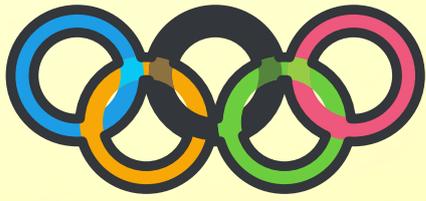


Luna class ready for summer!

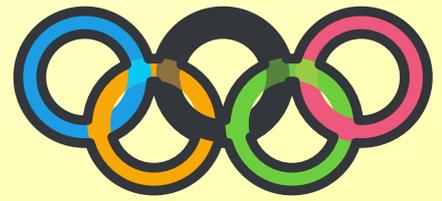
This term Luna have been learning about preparing for the summer holidays. Now our learners know what to pack when going on an adventure. We've been also learning about how to stay safe in the sunny weather.

Luna class have been showing their brilliant communication skills while using available equipment in the learning zones. They have also been developing their maths skills by counting objects and identifying numbers,





Leo class Olympics












 Leo Class have been learning all about the Olympics and Paralympics.







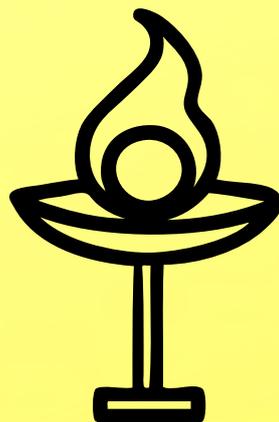



 We've enjoyed playing sitting volleyball, designing our own Olympic logos






 and making Olympic Flames.





Andromeda class

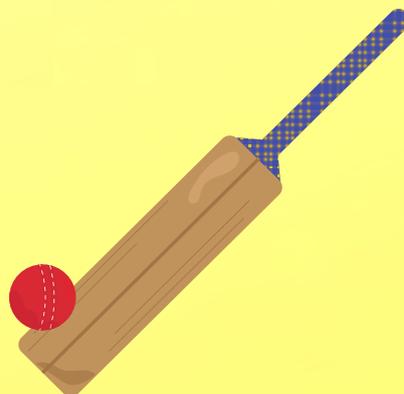
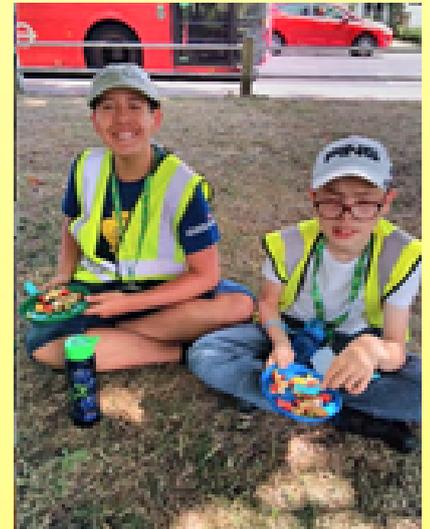


Andromeda have had a fun half term generalising the skills they have learned in class within the local community.

In class students enjoyed practising writing shopping lists, packing a bag to go shopping. They then took their bags and shopping lists to Waitrose to buy the ingredients to make fruit salad.

Back in school the students made fruit salad and later enjoyed eating it at a picnic on Twickenham Green.

Students have also taken part in cricket sessions led by specialist coaches from Middlesex. They have been participating in a variety of games which have helped to develop gross motor skills.





Capella class

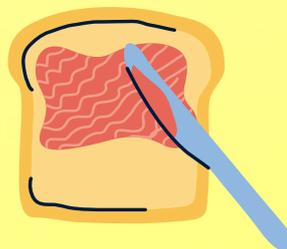
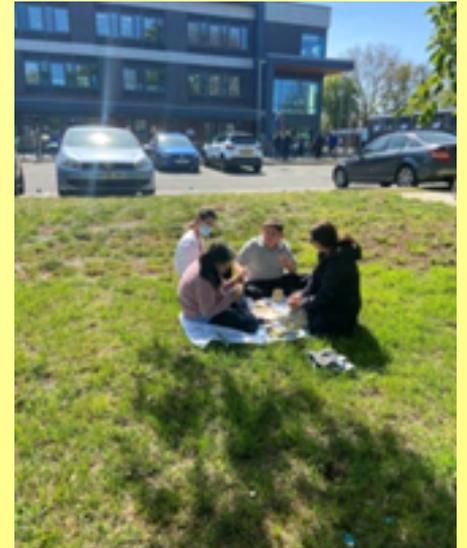


Some Learners this term have been enjoying a picnic on the grass of the school grounds, experiencing the fresh air, wildlife and open space. Encouraging the learners to set their picnic area up independently and to enjoy different social settings was our main goal.

All our learners have also had the opportunity to experience yoga once a week, allowing all our learners access to a healthy fitness class; absorbing the zen atmosphere and relaxing to deep pressure and stretches.

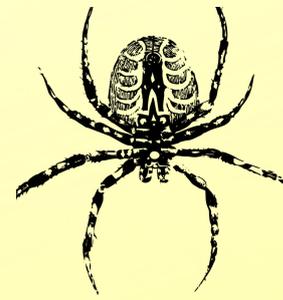
During our Work Experience Learning station our children have been making toasts and spreading their own butter and jam. Engaging all children in Capella to enhance not only their personal but also their physical independence.

Additionally, one learner this term has been given the experience of accessing our local community to attend a coffee shop and to buy herself a drink. Using the Technology provided in the shop, allowing the opportunity to follow instructions, our student is becoming independent within the community, and also promoting an increase of the community around us, enhancing her social and personal development.





Nova class



Nova class loved visiting the Holly Lodge centre to take part in the “Mission Invertebrate” workshop.

We explored the nature trail, using our senses to find out about the different insects that live in the park.

We enjoyed sharing a drink and a snack with our friends and playing in the sunshine.





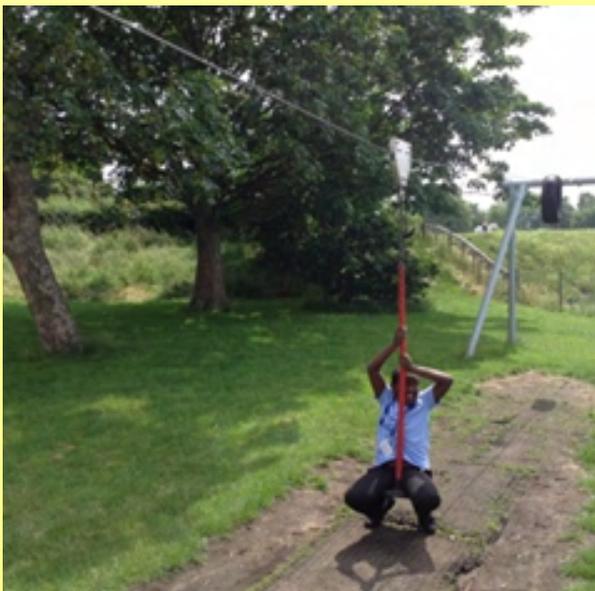
Perseus class



Perseus class have been learning and exercising outdoors using balance bikes. We have been learning how to balance the bike and pedal and the importance of keeping safe by wearing a bike helmet and how to stop our bike by squeezing our brakes.



Perseus class have also gone to Dukes Meadows to explore a new playground and practise some independence living skills.





Phoenix class



Phoenix Class have continued to explore wooded areas in the local area, this term making a weekly trip to Crane Park for

Walking safely

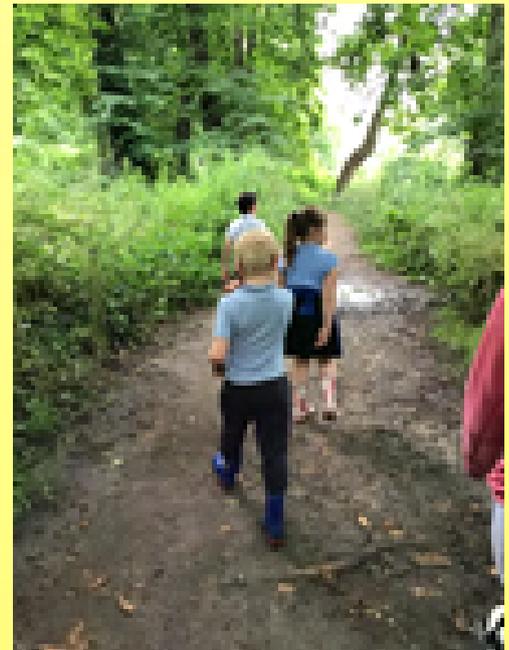
Staying in close distance to adults

Going on a bear hunt, forest track

Paddling in river

Uneven surfaces, up and down hills. No hand-holding.

Physical/OT



<https://www.wildlondon.org.uk/nature-reserves/crane-park-island>



Vega class - It's great outdoors!

Vega class have enjoyed the summer term spending time at Bushy Park. Some pupils have taken their cycling skills learnt in the playground out into the community and have been cycling in Bushy Park once a week. They have overcome this new challenge incredibly well and their confidence has improved week by week.



Vega have also been exploring the park, practicing their coordination, climbing, balancing and social skills. As a special treat pupils got to enjoy an ice cream which they requested and asked for independently.





Aquila class Sensory storytelling

This year in Aquila class, we have focused on our sensory storytelling to raise pleasure for reading, storytelling and work on our students' communication targets.

All our students have personalised communication targets, and the sensory stories have helped some of our learners to remain focused for more extended periods.

Aquila learners are now more independent at beginning interactions with others and increasing the range of pupils and staff they choose to interact with.

They have also been developing their turn-taking when exploring items from stories and sharing space with their peers.

Over Summer 2, we have also had students from Pegasus and Mira classes joining our sessions.





Mira class Staycation



This term Grey Court successfully saw their first group of learners participate in a residential sleepover at school.

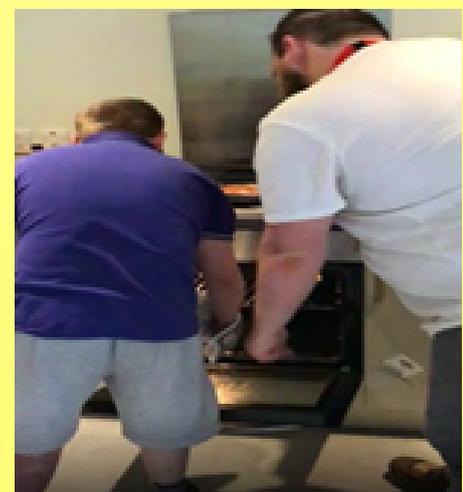
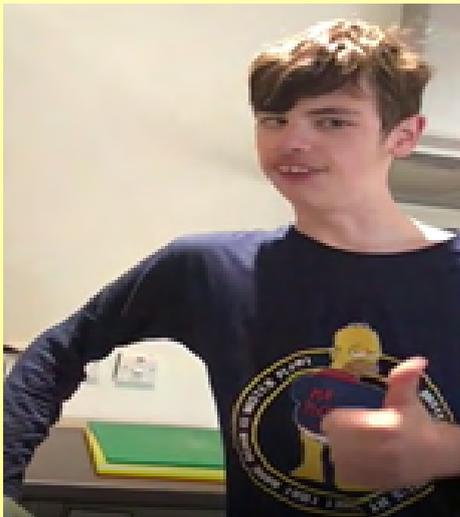
This was a great opportunity for learners to generalise skills from the classroom and into a practical scenario of a sleepover. Skills which included: being in the community, shopping, cooking, and following personal care routines such as dressing, making a bed and brushing teeth to support and develop learners' skills for independence.

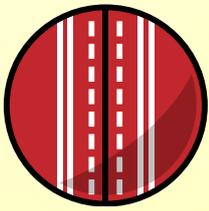
Learners who attended said:

"I want to get ready for college"- Harvey

"I like to see my friend" - Deividas

"I like choosing what to eat" - Robert





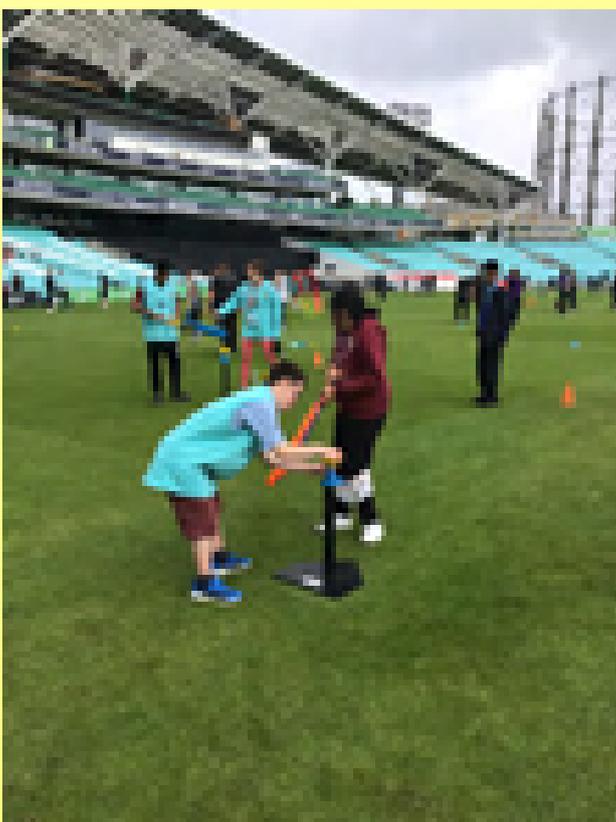
Pegasus class



Students from Pegasus class visited the Oval cricket stadium in South London for Disability Day 2021.

Our learners had the opportunity to use a variety of special sports equipment and tried many different skill games. We were able to go onto the famous pitch and played cage cricket in the underground nets.

We developed our skills for independence in an unfamiliar and busy environment and interacted with the coaches and mascots.





Summer playtimes

By Louise Ross



When the sun has his hat on the sprinklers, water trays and water pistols are out to play!

The learners have enjoyed the water play opportunities created by the excellent play leaders. Water play gives many opportunities to increase fine and gross motor skills and has the added bonus of being motivating and keeps the learners cool.

Water can provide hours of entertainment and can be used in a variety of different ways by encouraging pouring, scooping, squirting, stirring, squeezing, running, problem-solving, and communication.

If you want to borrow a sprinkler or water tray as part of our **resource loaning system**, then please email Louise at pe@strathmore.org.uk



Family support and Wellbeing



By Natalie Arciero, Family Support Worker

Hello Strathmore Families,
Summer holidays are approaching and below are some links to some fun Summer holiday activities happening in the boroughs:

SENsational Saturday Club – Marble Hill Playcentres

Supporting children and young people with disabilities and their families (yordaadventures.co.uk)

Kingston Playscheme for Disabled & Non-Disabled Children

Challengers Challengers - (disability-challengers.org)

Richmond Youth scheme for Disabled Young People

Challengers Challengers - (disability-challengers.org)

SEN Classes | WLPA 2020 Update

(westlondonperformingartsacademy.com)

Remember to keep an eye on your borough's local offer page for updates on clubs and events.

AfC Info website - Kingston and Richmond : SEND Local Offer

Synergy (hounslow.gov.uk)

Wandsworth's SEND Local Offer | **THRIVE** Wandsworth

Our final **Family Yoga** is Wednesday 7th July and it has been lovely seeing the families join in with this over the past 7 months. From September our weekly face to face **coffee mornings** will take over from this.

I have also been joining our 2021 leavers with their induction days at their new colleges. This has been a mixture of excitement and nerves rolled into one for both learners, and their families. They all did so well and Strathmore could not be prouder of the young adults they've become. I wish them all so much luck and look forward to visiting them in their new settings in the Autumn term.

Andromeda class travelled to Grey Court Campus and joined Mira class for the NCS skills booster sessions. They learned various life skills on these fun and informative Fridays and I really enjoyed making the journey with them.

I have also been meeting our new families joining in September across all 3 Campuses and we are all hoping COVID restrictions ease more come September and we can run our full programme of events.

I hope to see you at future parents' coffee mornings and as always, please don't hesitate to contact me with the everyday challenges that pop up.

Take care of yourselves and each other and of course enjoy your Summer!

Best wishes from Natalie





Resource lending - Sharing the love

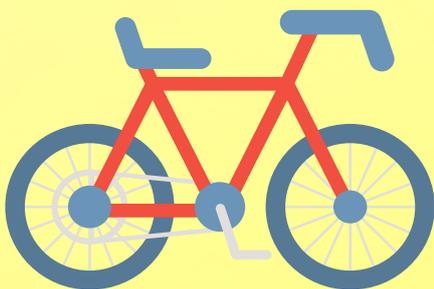
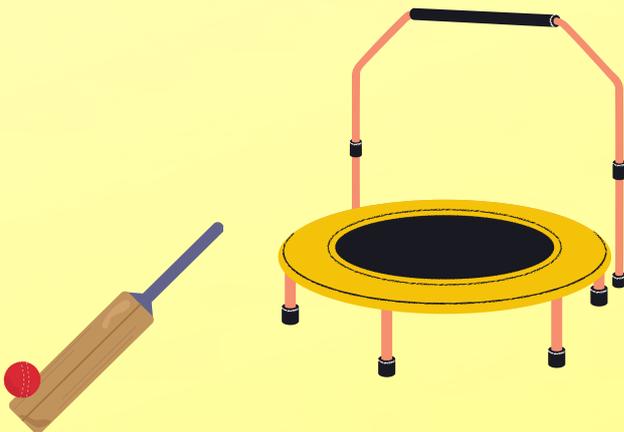
By Louise Ross, PE lead

A massive thank you to everyone who took part in the resource loaning system this year. Over 40 families borrowed equipment including mini trampolines, wheelie boards, ezyrollers, scooters, bikes, aiming games and cricket equipment for the school holidays.

We all know consistency is key to our learners and making progress so you taking items home and using them over the holidays means the learners get to generalise their skills and continue to strengthen and maintain their skill set.

We will continue to offer this service for future school holidays so if you have anything you would like to borrow please contact me on pe@starthmore.org.uk and we will do our best to accommodate.

Thanks again to parents, transport, admin and the teaching staff for making this happen and to those parents who have given a voluntary contribution which helps keep the service going.





Bikeability Level 1



Congratulations to the 10 learners from SRR and GC campuses who passed their Level 1 bikeability course on Friday 25th June and Monday 5th July.

The learners showcased their cycling skills and the instructors commented on their excellent ability to navigate around the playground equipment without crashing.

The learners particularly enjoyed the bike course which was set up to challenge and test bike control. The course aims to develop mastery in cycle handling in an off-road environment and prepares riders for cycling on the road.

To be able to take part in the course all riders must be able to cycle. All learners take part in weekly cycling session at school to develop their cycling skills.

Bikeability will be returning every year to train more riders.

This is an amazing achievement and well done to everyone involved.

CONGRATULATIONS





Sports Day



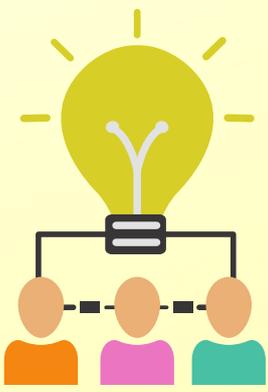
Sports Day was a huge success on all campuses. The learners have been practising their opening ceremony dances for Summer 2 and they didn't disappoint. A huge thank you to Liam and Annie who joined us on the day to lead the dances and get us warmed up before we started the activities.

The teachers didn't disappoint with their creative sporting flair concocting a range of fun activities including water transportation, messy treasure hunts, bubble popping, mini trampolines, sensory circuits and volleyball.

The races were a joy to watch with all learners getting involved in old and new races. My personal favourite was the wheelie board pull but I know the students loved the water balloon throwing race especially when they got to soak the teachers!

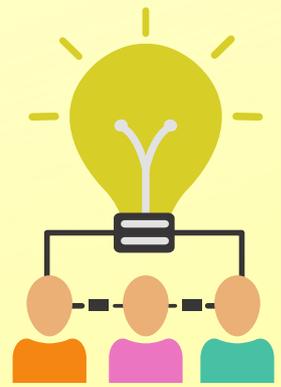
Such a lovely morning had by all and we look forward to welcoming parents and carers back to Sports Day next year.





School Council

It was another wonderful term for the student council.



Councillors from Strathmore at Grey Court and St Richard Reynold campuses were very busy choosing the winner of the Jack Petchey Student Award and how to spend the money from this and The Jack Petchey Leaders Award grant.

GC site chose to have music sessions including favourite instruments and songs. Councillors from SRR campus chose the mobile foldable bookcase for our reading club and foldable garden trolley to carry the equipment during school trips.

Councillors across three sites gave amazing suggestions on what topics they would like to learn in the next academic year. Here are some examples of their ideas:

travel and transport, jobs, fashion and design, healthy food, music, seasons and weather and exploring. These ideas were shared with teachers so they could include them in their planning.

As we approached the end of the summer term the student councillors also took part in making decisions about end of year celebration and they suggested watching a movie with friends in the hall and having a summer party.

During the academic year, the Strathmore students have enjoyed playing with the outdoor toys and games chosen by the Student Council and kindly donated by FOSS.

Pupils also participated in community walks as well as trips to the shops and parks as suggested by the councillors. The shops, parks and local area became the most popular destination of the school trips this term.

Taking part in the Student Council meetings had a great impact on the councillors. It helped improve their communication and social skills as well as their ability to make choices and work as a part of team and increased their independence and self-confidence. We are all very proud of them!

We would like to say a big thank you to the Student Council members across three campuses for their hard work, commitment and contribution to this academic year.

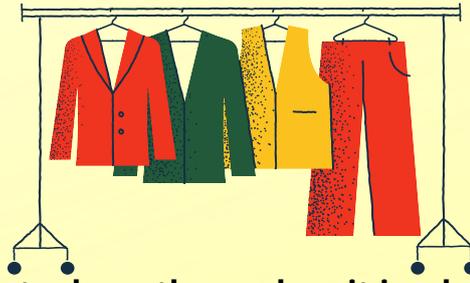
On behalf of the councillors and the Student Council Leaders we want to wish you all a wonderful Summer holiday.

SLT would also like to thank the leads of the student council, Renata (SRR) Eden (RUSS) and Kathryn (GC). You have had a huge impact on our learners this year and ensured their voices were heard! Thank you so much.

Student Councillors at work and some of their ideas



Tips to get dressed - part one



When children learn how to dress themselves it is a huge accomplishment. Independent dressing is a skill that needs to be taught and practiced. Here are some tips for teaching a child how to dress:

1. Children will usually learn to undress first. Remember to allow children practice time to undress. Praise them for being independent when undressing (if appropriate).
2. Be patient. Do not try to teach dressing skills if you are in a rush. It takes children a long time to dress themselves. Perhaps pick out clothes the night before to eliminate one step.
3. Provide verbal cues as necessary. Try to use the wording on each step by step direction for consistency. As the child becomes more independent, reduce the verbal cues until they can be discontinued completely.
4. Try teaching dressing using backward chaining. Backward chaining means that an adult provides assistance throughout several steps until the child can complete the last steps independently. For example - you help the child hold the shirt, put arm through, put overhead and put other arm through. The child then completes the last step independently of pulling the shirt down. Continue this process by advancing to the child completing the last two steps...then last three steps...etc until the child is independently putting on the shirt.
5. If you are not sure where to start, try the easiest items first - elastic shorts, elastic pants or shirts without buttons.
6. Lay the clothes out in the proper order and direction for the child. Make sure all the clothes are turned right side out.
7. Practise dressing skills with larger dress-up items to increase motivation levels.
8. Model the steps by dressing a doll first. The child can practise dressing and undressing dolls or stuffed toys.
9. If the child is sensitive to clothing, try cutting tags out of the shirts or purchasing seamless clothing. Try washing the clothes several times before wearing.
10. If the child needs complete assistance for certain steps, try doing hand over hand to complete that step until the child becomes more independent.
11. Once the child can complete the dressing tasks independently, practise the skills in different environments (i.e. bathroom versus bedroom) or with different types of clothing (i.e. tighter fitting versus looser fitting).
12. Try practising getting dressed in front of the mirror unless it confuses the child.
13. Try completing the dressing skills while sitting on the floor or on a bench if it is too difficult while standing.
14. If the child has one side of the body weaker or tighter than the other, dress that side first. If undressing, remove the weaker/ tighter side last.

Tips to get dressed - part two



OTHER OPTIONS TO MODIFY A DRESSING ROUTINE:

Get Dressed with Balance & Co-ordination Challenges:

- 1) Sit down. This alleviates the challenge of balancing on one leg when attempting to put underwear or pants on.

Get Dressed with Spatial Orientation & Front/Back Difficulty:

- 1) Teach your child to locate the tag first.
- 2) Have your child lay the clothing on the bed front-side down so they can put it on easily without putting it on backwards.
- 3) Make an effort to buy jackets that have a different colour or pattern on the inside. This provides a visual cue for when an arm is inside out, etc.

Difficulty reaching feet for socks and shoes:

- 1) Have your child lean against a wall to stabilize their core and tuck their knee under their chin. This brings the foot close enough to don a sock or shoe, while taking away the additional chore of holding the trunk upright.

Difficulty doing socks:

- 1) Teach your child how to “gather” the sock in their hands. You can do this by showing them “thumbs up and in”. Meaning, stick the two thumbs up, then in the “mouth” of the sock, and then scrunch, scrunch, scrunch. Next, teach your child to get the sock over the pinky toe first. Once the pinky toe is in, it’s much easier to slip the “mouth” of the sock over the rest of the toes.

If your child has difficulty getting the “heel part” of the sock lined up with their heel, you can:

- Buy ankle socks so there is less material for little hands to manipulate.





Goodbye to Amelia and Maureen

We are sadly saying goodbye to Amelia and Maureen, our Speech Therapy colleagues.

Amelia has worked at Strathmore for 3 years and has supported us so much with assisting our learners in developing their speech. Amelia has also trained our staff in a range of specialist strategies such as using visuals and schedules, fun with food, speech programmes and zones of regulation. We will continue to use these strategies and wish Amelia all the best in her new job.

Maureen has been working alongside Amelia and is continuing her training by joining Essex University this year to become a Speech Therapist with the NHS. Good luck Maureen and fingers crossed you return to join us when you finish your degree!

Details of our new Speech Therapy team will be given to all our families in September

THANK YOU





The Meadow Project

We are delighted to announce a new project which Friends of Strathmore School and The Russell School are working in collaboration on (our first joint project) and a testament to the strong relationship and inclusive vision of the two schools.

With the tragic passing of Sophia, a much-loved Strathmore School pupil at The Russell campus, in March this year, her family and the school decided they wanted to have a memorial to commemorate Sophia and a place where all her friends could remember her and celebrate her life. Sophia had a deep connection to nature and animals, and with this in mind...working with Friends of Strathmore School and The Russell School, an idea instantly came to mind to create a beautiful, open, wild-flower meadow that would provide a place for reflection but also a learning space for current and future children, as well as supporting native pollinators including butterflies, moths and bees. The new meadow will be opposite the woodland area and Strathmore School's playground. We have many wonderful ideas brimming including an exploration path that takes a journey through the meadow and wooded areas; a seated area offering a viewing point to admire and learn about the wild-flowers and insects; sensory plants and elements; and much much more.

To raise much-needed funds for the project, we are hosting an online "Pop-Up Shop" selling beautiful garden items which have kindly been donated by a well-known wholesaler as brand-new stock. Everything we have on offer is at a 20% discount from any other retailer, you won't find it cheaper than on our site! Plus, you will be raising money for a wonderful project and cause. But Hurry!, the clue is in the title and the shop won't be open for long. If you order before the 23rd of July and live within a 3 miles radius of the school campus, we will even deliver your order free of charge!

www.themeadow.shop

We hope the children will feel very special and proud to be a part of this magical project creating their own wild-flower meadow. Look out for more news coming soon.

Thank you for your support and happy shopping!

You can pre-order a Bee-Bomb on the site -all our pupils on the campus (both schools) will be invited to help scatter the seeds in Autumn so that by next Spring, the meadow will be awash with colour, a real treat for the eyes, and teeming with wildlife!

If you would like to get involved and volunteer for the meadow, or if you know of any wholesales selling seeds or even additions for our products on the site, please do get in touch **info@themeadow.shop**

If you would like to support the project by making a donation, please visit **<https://www.justgiving.com/fundraising/themeadow>**





Strathmore's Big Pedal – 7th July 2021

THANK YOU FROM FRIENDS OF STRATHMORE SCHOOL

A big thank you for all the generous donations amounting to an unbelievable £6K for our Strathmore's Big Pedal event which took place on Wednesday, 7th July 2021. Your willingness to help our amazing children in our school community makes all the difference to our pupils and helps to support their everyday learning, and for each child to reach their potential.

The event was a huge success, and the children thoroughly enjoyed the challenge! All our pupils got involved and did their part in-turn over a 4-hour period where our special-adapted trikes were kept moving non-stop. We would like to thank all our pupils and staff for participating and for making us feel so proud. Well done Team Strathmore!

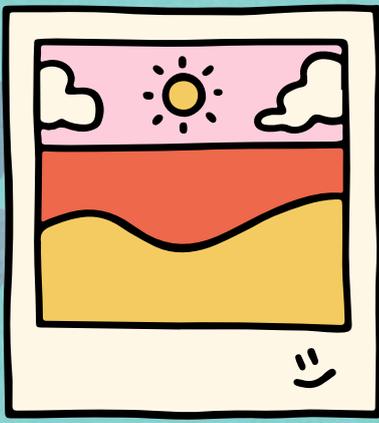
With the funds raised, we will be building a much-needed new outdoor setting. Our pupils flourish in a sensory-rich environment and we will be making improvements and enhancements in our new playground to provide this.

Please do pass on our thanks to your family, friends and to all those who kindly sponsored our event. You and other people like you have brought us closer to our goal and we are full of gratitude for your generosity.

- Friends of Strathmore School (FOSS)
FOSS@strathmore.org.uk







Ham Fair

The Ham fair is due to take place on Saturday 11th September 2021.
As part of this we have been invited to take part in the photo and art competition.

We would love as many of our learners to take part.

ART COMPETITION

A drawing or painting, in any medium, on any subject matter, maximum size A3.
Please use stiff paper or card with your child's name, age and school written clearly on the back.

Send it back to school on **Monday 6th September**

All art entries will be displayed in the Art Marquee at Ham Fair on Saturday September 11th.

PHOTOGRAPHY COMPETITION

We're looking for photos that are interesting and artistic.

Young people, up to 16 years old, can submit up to 3 photographs taken in Ham or the surrounding area. These could be of the scenery, wildlife, buildings, pets, flowers, or anything else that makes an interesting picture.

Photo entries can be sent or delivered to the address below by **Saturday 4 September**.

Matthew Rees
Ham Fair Committee
1 Northweald Lane
Kingston upon Thames
KT2 5GL

07780 618450

The winning entries and those of merit will be displayed in the Art Marquee.



Staying out for the summer

Breaking up for the summer holiday marks the end of what for all will have been an unusual school year. Whatever you've got planned, whether it's chilling at home, or maybe a holiday, it's important to keep safe. Whilst we hope the relaxation of restrictions brings welcome opportunities, we want to share ideas to keep you safe and where to get help if you are having difficulties both over the holidays and beyond.

For the latest advice on COVID-19 including any restrictions and how to reduce your risk of infection, you can visit the following website: <https://www.gov.uk/government/publications/how-to-stop-the-spread-of-coronavirus-covid-19/how-to-stop-the-spread-of-coronavirus-covid-19>

Getting it on...

Getting it on provides information and advice on local services for teenagers in South West London on sexual health, mental health, drugs and alcohol, and relationship issues. For their top tips on staying safe over the summer and more visit <https://www.gettingiton.org.uk/summer-safety-guide>

Achieving for Children's Health and Wellbeing Hub provides confidential advice to young people aged 18 years and under, as well as their parents & carers, about alcohol and drugs. They can be contacted in confidence on 0208 547 6920.

They advise that the only way to avoid the dangers of using drugs and alcohol is not to use them at all, but if someone chooses to use them, it's important they have the right information about the risks and effects.

- Stay safe - It's always cooler to be able to speak in coherent sentences, say no before enough is enough. There's no need to drink just because your mates are, or try drugs just because they're available. However if you do use drugs or alcohol, be extra careful and visit <https://www.talktofrank.com/news/easing-lockdown-tips> for post-lockdown advice.
- You may be able to buy drugs such as 'laughing gas' (Nitrous oxide) and you think it's harmless but it isn't true and there are a number of immediate and long term risks including dizziness, falling unconscious and accidents. Visit <https://www.themix.org.uk/drink-and-drugs/legal-highs/laughing-gas-9995.html> for more information.
- Remember that illegal drugs can vary in strength and purity - unless drugs have been tested, you can never know exactly what is in them or how strong they are or how they will affect you.
- Watch your drinks - drink spiking is when a person deliberately adds alcohol or another drug to your drink without you knowing. This can make you drunk or feel 'out of it' unexpectedly. Don't share with or accept drinks from people you don't know or trust.
- Stay hydrated – the sun can knock you out. Avoid dehydration by refilling your water bottle regularly, especially if you're drinking alcohol.

Achieving for Children's Youth Service

The Youth Service runs activities at its various projects and centres around Richmond and Kingston throughout the year, every evening of the week after school, and also provision during the school holidays. Priority for their offsite holiday activities is usually given to their regular attendees, so you would need to go along during term time so you can become a youth club member.

For more information on youth service activities during term time and in school holidays please visit https://kr.afcinfo.org.uk/young_people#youth-centres-and-activities

Achieving for Children's Single Point of Access is a team that can be contacted if you or a young person you know needs some support or is at risk of harm. Call 020 8547 5008.

Kingston & Richmond Safeguarding Children Partnership

The Kingston & Richmond Safeguarding Children Partnership brings together all the local professionals involved with children, young people and their families to make sure we're working together well to ensure your well-being. Their website has lots of resources and links you may find useful including how to keep safe online, and details of bereavement support. Visit <https://kingstonandrichmondsafeguardingchildrenpartnership.org.uk/children-young-people.php>

Water Safety

As tempting as a dip in the river may seem on a warm day it is really important not to swim in the Thames. It may look calm and peaceful on the surface, but there are very strong currents which can drag you under. The Thames is also notoriously cold, averaging around 12 degrees during the height of summer. Cold water shock can occur under 15 degrees and can happen to anyone, no matter their fitness level. Entering cold water suddenly can cause your body to begin to shut down, meaning a self-rescue is much more difficult. For more information on keeping safe near water, visit <https://rnli.org/youth-education>

Online Safety

Spending lots of time online? Thinkuknow is a great source of advice about staying safe when you're on a phone, tablet or computer. <https://www.thinkuknow.co.uk/>

Childline

Childline offers a free, private and confidential service where you can talk about anything. You can contact them on 0800 1111 or visit their website for other contact options <https://www.childline.org.uk/>

South West London & St George's Child and Adolescent Mental Health Service

If you need mental health support in a crisis you can call our 24/7 Mental Health Support Line on 0800 028 8000 which offers emotional support and advice to people who are affected by urgent mental health issues. The line is open to both children and adults of all ages.

Papyrus

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice. Call: 0800 068 4141, Text: 07860039967, or email: pat@papyrus-uk.org. Their website is <https://papyrus-uk.org/>

London Marathon



October 2021

During the holidays I will be continuing to train for the London Marathon in October. I will be raising money for The Victoria Foundation, a Richmond based charity that supports many local health related charities, providing funds for accessible minibuses, motorised wheelchairs for young children, communication devices for Strathmore. The Foundation also provides Toolkit Grants and Elective Bursaries to medical students from lower socio-economic backgrounds - helping to support the wonderful NHS junior doctors of the future.

TVF supports widening participation in medicine by awarding Toolkit Grants of c£250 each year to over 80 medical students from lower socio-economic backgrounds to help cover the cost of textbooks, study materials, medical equipment and travel to hospital placements. In addition TVF funds textbooks for c70 students studying on the Extended Medical Degree Programme at Kings College, London in partnership with The Worshipful Company of Barbers and Surgeons. Widening participation in medicine aims to ensure that the NHS is reflective and understanding of the needs of its patients in the future. The Victoria Foundation does not award grants to cover tuition fees.



As part of the training I am taking part in the London Landmarks Half Marathon thanks to the Victoria Foundation providing me with a place.

If you would like to sponsor me for either or both, please donate at <https://uk.virginmoneygiving.com/IvanPryce>

A handwritten signature in blue ink that reads 'Ivan'.