



# HLA News



Friday 25<sup>th</sup> October 2024

Dear Families,

Here we are at the end of the first half term of the year. It has been a long one (nearly 8 weeks for staff!) but the children have been working so hard. They have all deserved a break!

We are still moving forward with our planning for the 50 place extension. We have had initial meetings with the local authority with regards to filling the spaces that the new build generates. They are very understanding of our existing needs as a school and have suggested plans of a phased opening so that the impact upon existing students at the school can be minimised. When plans are confirmed we will of course share them with you. The planning application is still progressing and can be viewed on the Littleport and East Cambridgeshire planning portal.

Apologies to anyone who was having difficulties paying for meals or activities via Arbor this week. The system had gremlins and wouldn't process anything for a bit. You will be pleased to hear that this has all been resolved and parents can make payments as usual again.

A reminder that SOHLA are hosting a Halloween Bingo Event this evening Friday 25<sup>th</sup> October 2024 at Littleport Leisure Centre, doors open at 6.30pm with eyes down at 7pm. There will be a raffle with the top prize of a £50 dining out voucher with lots of other great prizes. Fancy dress is welcomed and there will be a prize for the best dressed Halloween outfit. We look forward to seeing you there!

Today we said goodbye to Emily A who begins her maternity leave after half term. Emily has conducted a thorough handover to Amanda who will be teaching her class full time until she returns. Amanda already works with the class so is very familiar with the students' needs and how to support them effectively. We wish Emily all the best and look forward to seeing her bundle of joy when she arrives.

This week I had the pleasure of giving some constructive feedback to H3 for their bake off challenge. The students were in groups and had to research, shop and make their treats independently from start to finish. Along with accepting positive feedback the students were working on being able to accept constructive feedback upon how they could improve next time. The students were very reflective and accepted the feedback well. The bakes were delicious and needless to say I am now very full up!

Students in S5 have been working brilliantly in a cross curricular manner in their Romans themed learning. Students combined their art and design skills along with learning about Roman armies. They created some great shields and really applied learning values in thinking and creativity.

We hope you all have a good half term and look forward to welcoming the students back to school on **Tuesday 5<sup>th</sup> November**.

With all best wishes,

Yvonne Skillern

Headteacher



## Important Information



- Please ensure that you connect to both Arbor and Evidence for Learning so that you are kept up to date with all school activities. Everyone has been sent a password so please make sure you connect. If you need an invite please do let us know.
- SOHLA have organised a Halloween Bingo tonight, Friday 25<sup>th</sup> October, doors open 6.30pm with eyes down at 7pm at Littleport Leisure Centre. Please let us know if you would like to reserve a table.
- We try to promote healthy choices of food for students at lunchtimes. We understand that some of our learners have specific tastes and sensory needs but we ask for you to please work with us to help your child make healthy choices.
- Please remember we are a **NUT FREE** school due to severe allergies. This includes sun creams and other products.

## School Attendance

This week's whole school attendance was 90.2%. This is a lot lower than last week, hopefully we can improve on this figure after the half term break. Please remember any school term time holidays will not be authorised. **According to new direction from the trust families who take unauthorised holidays during term time will be face a penalty notice.**

### Online Safety Tip of the Week:

**Too much of anything can be bad,  
use the internet wisely.**

### Emotion of the Week – Love



Try to talk to your child about love and how this makes them and their body feel. There are also different types of love so talk to your child about the differences. Talk about how we can manage these feelings.

### Mental Health Tip of the Week:

**5 TIPS TO HELP TEENS COPE WITH STRESS**

<p><b>GET SOME SLEEP</b></p> <p><b>Zz</b></p> <p>Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about <b>8-10 hours each night.</b></p>	<p><b>FOCUS ON YOUR STRENGTHS</b></p> <p>Take time to <b>think about what you're good at</b> and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.</p>	<p><b>DO THINGS THAT MAKE YOU HAPPY</b></p> <p>Find activities or hobbies that make you happy and incorporate them into your daily life.</p>	<p><b>ENGAGE IN PHYSICAL ACTIVITY</b></p> <p>Exercise takes our mind off stress and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.</p>	<p><b>TALK TO SOMEONE</b></p> <p>It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find ways to manage your stress.</p>
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