

Monday, 1 February 2021

Dear 3K and 3L pupils and parents,

Welcome to February!

Did you know that February fluctuates between having 28 and 29 days? The 29th day only occurs every 4 years during leap years. This must be why, in Welsh, February is sometimes known as "y mis bach" which means "little month." How many days does February have this year?

In this week's newsletter, there are lots of opportunities to get up and be active! Wade brings you three Street Dance sessions, Movement Works has a class for every day of the week and don't forget about your weekly cricket lesson.

The Southwark AST newsletter has excellent advice and suggestions for parents and fun activities for children.

In your art lesson this week you can make your own string den to explore your space in a completely different and fun way.

You met Ranger Stu when he visited our school last year. He is back to tell you more about his amazing animals.

Have a look at the Makaton sign of the week and, if you feel you want to relax, why don't you listen to a story or two?

Parents, we have included information about the Open Sound Ensemble – a great opportunity for children with special needs to experience and create music with others.

This week I want to challenge you to come up with an activity schedule for every day of the week. It will give your day structure, you will get more things done, and it makes time go by really quickly.

Have a great week.

Rian

Street Dance with Wade



<https://youtu.be/Thcc0BtF8hQ>

Humanities



<https://www.youtube.com/watch?v=CNuwgdxZXUA>

Makaton Sign of the Week



<https://www.youtube.com/watch?v=QcBnh4aG7Ck>

Art



<https://www.tate.org.uk/kids/make/sculpture/make-your-own-string-den>

PE: Live Cricket Lesson Wednesday, 3 February at 2 PM



<https://www.youtube.com/watch?v=LXaOhzKQrmq&feature=youtu.be>

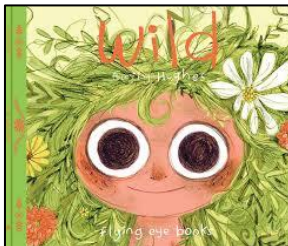
Southwark AST Newsletter

AUTISM SUPPORT TEAM NEWSLETTER 9

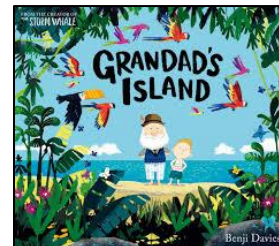
20/01/21



Please see attached below



<https://www.youtube.com/watch?v=o9mamhbLZAE&list=PLFtPjlfGAYjXrik7kNvW4Jc5rnad2nx7r&index=1>



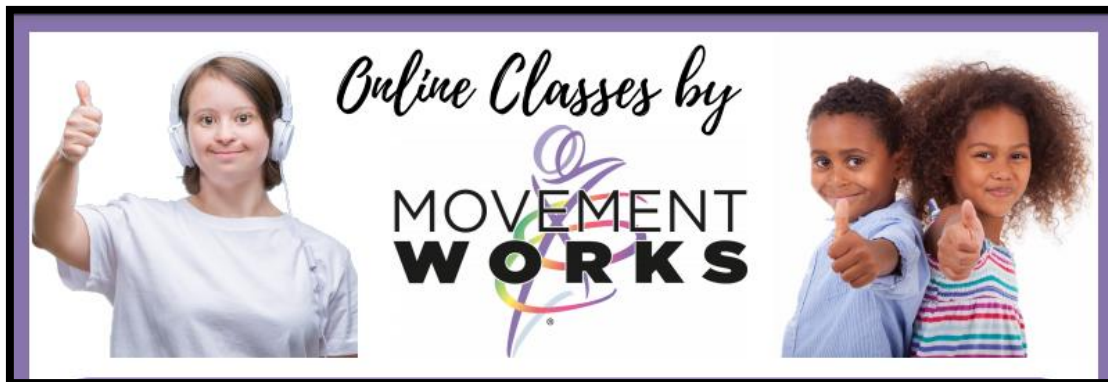
https://www.youtube.com/watch?v=K9_KC3s3lRw&list=PLFtPjlfGAYjXrik7kNvW4Jc5rnad2nx7r&index=2



<https://www.youtube.com/watch?v=KAGRfzu5Zc&list=PLFtPjlfGAYjXrik7kNvW4Jc5rnad2nx7r&index=3>



<https://www.youtube.com/watch?v=kLe9CsNQ4jE&list=PLFtPjlfGAYjXrik7kNvW4Jc5rnad2nx7r&index=4>



Monday 1st February

11.00: Sensory Yoga with Viera

Link to register:

<https://us02web.zoom.us/meeting/register/tZIpDOurT-gpE9OcamtzuyUVLbSaPb8C-MhN>

Tuesday 2nd February

13.45: Autism Movement Therapy® Based Session with Hilary

Link to register:

https://us02web.zoom.us/meeting/register/tZcsduGogzMvEtNI8LY7KZ6f5qHr4_ngsxWq

Wednesday 3rd February

11.30: Rhythm & Rhyme with Tina

Link to register:

<https://us02web.zoom.us/meeting/register/tZEufuCqpwzqHdNHYPsXixgkqzNzQFLZG2Eo>

Thursday 4th February

11.00: Mindful Motor Session with Nicole

Link to register:

<https://us02web.zoom.us/meeting/register/tZMtcOCqz-spHNbTLrAP0mbf8kcCTrV7sJJl>

Friday 5th February

9.45: Developmental Dance Movement® Based Session with Hilary

Link to register:

<https://us02web.zoom.us/meeting/register/tZcodOuorD-MrGdLqx2q9Gf0FQUH2yMmILtpw>

11.00: Laughter Yoga with Hilary

Link to register:

<https://us02web.zoom.us/meeting/register/tZwudO-trDqoHN36IvMWz9II5EhZ-1IEp69W>

Open Sound Ensemble

A free inclusive music-making opportunity for young people with special educational needs and disabilities and their parents/carers in southeast London



Our Open Sound Ensemble is a free, inclusive music-making opportunity for young people with special educational needs and disabilities and their parents/carers in southeast London. Open Sound Ensemble courses run three times a year in school holidays and develop musical skills in a supportive and creative environment. The project is run with the support of the Royal Greenwich Music Hub and Lewisham Music, through the South Riverside Music Partnership.

If you are interested in finding out more about the Open Sound Ensemble, read our guidance below. If you'd like to be notified when applications open for our next course, you can [join our mailing list here](#).

What can I expect from the Open Sound Ensemble?

Working as an ensemble alongside specialist workshop leaders and musicians from the LPO, we rehearse, perform and create our own music. We use a mixture of both traditional and accessible digital instruments to explore sounds, rhythms and melodies, and make music together. We interact with each other as an ensemble, sometimes following cues from the LPO team and each other, and sometimes making our own creative decisions. Open Sound Ensemble courses will often conclude with a short informal sharing moment with family and friends.

Open Sound Ensemble sessions are based on a structure but will always respond flexibly to the individual requirements of the young musicians taking part, creating a musical role for everyone in the group. All professionals involved are experienced and trained to work specifically with young people with special educational needs and disabilities.

During the course we run two different Open Sound Ensemble groups – a morning and afternoon group. In your application you will be asked to select a preference, but if you're not sure which group is right for your young person, don't worry as we will work with parents/carers to find the right group for their young person. Here is a little guidance on this:

Morning group: for young people with little or no prior musical experience. They might have explored a little bit of hand-held percussion (drums, shakers, tambourines) at school or in music therapy sessions, or have encountered an instrument a couple of times.

Afternoon group: for young people with more musical experience – maybe they have played a particular instrument in the past or play one now (e.g. piano, guitar, recorder) or they sing.

Both sessions are two hours long, inclusive of time for participants to access and become orientated with the space and time for breaks as necessary. Places are limited to 10 young people per session.

Who can take part?

The Open Sound Ensemble is designed to be accessible to young people of secondary school age with special educational needs and disabilities. Each young musician will need to be **accompanied by a parent or carer**. Accompanying adults will be required to stay throughout the session and are very welcome to join the ensemble to play alongside their young people if they wish!

While there are no specific entry requirements or audition processes for young participants, we would suggest that the project will be most suited to young people who are:

- aware of their surroundings and able to interact in a group setting
- able to follow guidance from the LPO team, make deliberate creative choices and communicate these (verbally or non-verbally) to the group
- aware of their contribution to the group and able to participate with intention
- able to maintain focus for an extended period of time (note that there will be flexibility in this and breaks can be taken throughout the sessions as required)

Please note that young people do not need to be able to play an instrument (whether traditional or digital) before they join the ensemble. We will discuss all applications on an individual basis so we can best support each young person's specific needs.

Once we have received your application, the LPO Education & Community team will be in touch with you directly to discuss your application in more detail. If you would like to discuss the application before this point, please do not hesitate to get in touch.

How can I apply?

Applications for Open Sound Ensemble are a two-stage process:

- Online application form to provide basic details
- Follow-up conversation with a member of the LPO Education and Community team

Due to Covid-19, our Open Sound Ensemble has moved to Zoom. If you are interested in finding out more about getting involved online, contact Hannah Tripp, Education and Community Project Coordinator hannah.tripp@lpo.org.uk or 07887 501531.

