

Dear Parents, Carers and Families,

Welcome to the second newsletter of the Summer Term. As mentioned in last week's newsletter, the theme for the Summer Term is 'water' and this week learners enjoyed engaging in activities linked to this theme. Learners visited the Hyde Park Educational Centre where they experienced gardening - planting wild flowers and watering plants. Learners also explored the life cycle of frogs, observing the sequence of growth from tadpole to fully grown adult frog.



Work Experience

At the end of the Spring Term, some of our older learners completed a link course at the College of NW London and this term are beginning work experience as part of their transition programme. Where possible, learners are travelling and attending placements independently. Placements include: Swiss Cottage Library, WAC, FitzJohns Primary school, Kentish Town Farm, Camden Council, Action for Kids, Foundling Museum.



Post 16 pupils are also enjoying work experience at Skip Gardens, Kings Cross, Shelter Charity Shop and Action for Kids.



Swimming Competition

Last week students from Swiss Cottage School took part in the Swimming Gala at Swiss Cottage Sports Centre. All our swimmers demonstrated their skills in a series of races including front crawl and backstroke before taking part in relays. At the end of the competition everyone celebrated their swimming successes with a medal ceremony! Congratulations to all participants!

Parent Council – 25th April 2018

During our most recent parent council we discussed upcoming school events, where parents and carers can get involved, such as:

- International Evening, June 21st 2018
- School Fair
- School Quiz Night

More detailed planning and preparation towards all of the events will take place during future parent council meetings.

Parent representatives are keen to gather and share information on any holiday and weekend provision for pupils with special educational needs in London. Please share any vital information related to that with your class parent representatives. Thank you!

Sleep Clinic 'drop-in' for Parents

Our NHS colleagues are running a Sleep Workshop at school on **Monday, 30 April** from **10.00am – 11.30am**. The workshop is being run in partnership with Camden MOSAIC Sleep Service, a team of specialised sleep counselors for children with disabilities and/or complex needs who will be sharing tips about sleep and how to help your child sleep better.



The workshop is informal and friendly so please contact the school nurses on 020 7681 8080, Susan 020 3317 2261 e: susan.cottam@nhs.net or Estefi 020 3317 2250 e: e.diaz@nhs.net if you would like to come.

Camden MOSAIC

PMLD Awareness Day, Thursday 3rd May 2018

Next Thursday, 3rd May, we will be celebrating PMLD Awareness Day! We are encouraging everyone to mark it by wearing their brightest coloured clothing. Across the morning there will be different activities for the whole school to take part in from sensory stories and parachute games to a switching disco and music sessions. Please visit the information board in reception on Thursday to learn more about PMLD.



Preparing for Adulthood

Our two day event on **3rd and 4th May** to support transition planning for children and young people with SEND will bring together families, educators, researchers, health and social care professionals and policy makers. **Day 2 on Friday 4th May is free to young people with SEND and their families** and will focus on building meaningful local pathways. You can find out more information about this event via this link:

<http://www.swisscottageteachingschool.org.uk/events/preparing-for-adulthood/>

Autism Friendly Films for May

There are a number of autism friendly films coming up in May. As always, adjustments will be in place for all of the screenings. These include: lights being left on low, no adverts, lower sound levels, people being able to move around the cinema and able to take their own food. Details of films and participating cinemas can be found at:

<https://www.dimensions-uk.org/families/autism-friendly-environments/autism-friendly-screenings/>

Dates for your Diary

A reminder that our next Professional Learning Day (PLD) is on **Friday 4th May**. This is an all staff training day when **the school will be closed to pupils**.

Best wishes,

Monika Gaweda
Head of School



~ Maternal Mental Health Week 2018 ~

To celebrate Maternal Mental Health Awareness Week, Cocoon Family Support will be holding a week of events across London. Please come and join us!

- **Monday 30th April: Walking Group – Golders Hill Park, 10.30am**
Golders Hill Park North End Way, NW3 7HE

Join us for a leisurely walk around the beautiful Golders Hill Park. Meet outside the café at 10.30am. If it is raining, the walk will become tea and cake in the café! No need to book.

- **Tuesday 1st May: Drama Therapy – Somers Town Community Centre, 11am – 12.15pm**
Somers Town Community Association, 150 Ossulston Street London NW1 1EE

Join Kathy, our Drama Therapist, for an hour of drama therapy – a lovely way to express emotions within a safe and supportive environment. *Priority given to Camden residents*
A limited number of childcare places are available. Booking is essential.

- **Wed 2nd May: SewMindful Exhibition –Guys Hospital, 11am-1pm**

Atrium 1, Southwark Wing, (The Shard entrance), Guys Hospital, London SE1 9RT

Come and see the work of the SewMindful project including the group's final piece, the Cocoon Quilt. Come and find out more about Cocoon and try your hand at some sewing. Stay afterward to enjoy a performance from the FB Pocket Orchestra as part of the wonderful Breathe Arts Health Research programme of creative arts.

- **Thurs 3rd May – Mindfulness Day – Clean Break Theatre, Kentish Town**
Clean Break, 2 Patshull Road, London, NW5 2LB

Join us for a day learning about mindfulness and how to pause in your busy lives. Led by the amazing Dr Tamara Russell you will learn about how mindfulness can help to manage mental health issues. *Priority given to Camden residents.*
A limited number of childcare places are available. Booking is essential

- **Friday 4th May – Art Therapy –Stay and Play, Vauxhall Park, 10am-12pm**

St Stephens Children's Centre Stay and Play, Fentiman Road entrance, Vauxhall Park, SW8 1LD
A lovely art activity for parent and child to work together to produce something beautiful. Led by the wonderful Roz Taylor, an art therapist and mother of three. Booking is advised.

Places and childcare can be booked via email
at rosie@cocoonfamilysupport.org or by calling 07500 427122