

Weekly Newsletter: Friday 14th June 2019

Dear Parents, Carers, and Families,

Here's the news from across the school this week...

School Journey: Arundel Castle

Students in the Upper School packed their bags and set out for a 2-day adventure into the countryside this week. The residential trip to Arundel Castle and stately home gave the learners a taste of the real outdoors with forest and hill-walking, climbing and adventure sports on offer.



The group had an incredible time and showed great maturity in how they managed themselves away from home. Thanks to all the staff who took time out of their evenings to support them too.

Friday Night Supper Club for Young People

We would like to draw your attention to this great opportunity for young people with SEN and disabilities to get out and socialise with their peers at the start of a weekend.

The supper club was set-up by a parent of a young person with PMLD and is open to all those with SEN and learning disabilities from 15 to 30 year olds and their carers. It is a



chance for the young people to socialise in a friendly environment with other people around their age and for carers to make connections too.

The first event will take place today Friday (14th June) at the new Greenwood Centre in Kentish Town. If the event is successful, it is likely it will be developed into a more regular get-together, so please watch out for information of further supper clubs if you can't make today's. Please see the flyer at the end of this newsletter for further details.

Anyone interested in going should contact Alison on 07788 521 693 or email her on alisonjaneturner@hotmail.com.

Parent Eid Celebration

Thank you to all those parents who joined us on Wednesday for the parent Eid celebration with the Family Inclusion Team.

The atmosphere was truly wonderful and it was great to share in the celebration and enjoy the food that was brought to share.

International Evening: Next Week

Preparations for our school International evening are well and truly underway with learners across the school busy making decorations to represent the many nationalities of our school community (and the world).

We spotted some wonderful artwork going up in classes. Here's a sneak preview, but do make sure you join us at school next Tuesday (19th June) from 4.00pm to 5.30pm to see the artwork in person and for the full International Evening extravaganza:



Don't forget, the evening will include stalls, performances, games, food and activities.

Come along on June 19th, don't forget to wear traditional dress, and/or bring some traditional food to share if you feel able to.

In Other News Around the School

Learners in the Early Years came face to face with some hairy caterpillars in their life-cycles project this week linking to our theme of 'Journeys' this term:



Pupils in the middle of the school enjoy another visit from professional musicians who use their talents to encourage communication, interaction and a jolly good time.



Best wishes,

Monika Gaweda
Head of School

Catherine Shipton
Deputy Head of School



Swiss
Cottage
School
Development &
Research Centre

International Evening

2019

Theme: World **MUSIC** Day

Join us for our annual International Evening and enjoy traditional food and dress, stalls, performances and activities.

Wednesday 19th June 2019

4.00 - 5.30pm



Join us at the...



Friday Night Supper Club

at the Greenwood Centre

37 Greenwood Place, Kentish Town NW5 1LB

Friday 14th June 2019

4:30 PM – 7:30 PM

**For 15 yr – 30 yr old adults
with disabilities, special needs
and their parent or carer**

To attend contact: Alison Turner 07788 521 693

or email: alisonjaneturner@hotmail.com

CAMHS Coping Workshop for parents or carers of a child with Special Needs

When Thursday 20th June 11-12.30pm
Where The Greenwood Centre, 37 Greenwood Place, Kentish
Town, NW5 1LB



Do you feel overwhelmed by parenting a child with special needs?
Do you feel that you are running out of steam?
Do you feel stuck in your situation and that things are never going to change?

If you answered yes to any of these questions, then this workshop is for you.

The following topics will be covered in this workshop:

- Expectations of yourself and your child
- Relating back to your experiences as child
- What your child's behaviour brings up in you
- Modelling thinking things through and communicating, even if your child doesn't seem to be listening
- Separation and loss
- Social support – friends and (extended) family
- Time for you ...
- Mindfulness and stress management

This CAMHS workshop will be delivered by Susan Cottam, clinical psychologist, and Adele O'Hanlon, child psychotherapist, who are working with many Camden families.

To book onto this workshop please email maria.schultz@kids.org.uk, call or text
07826 671 523, or call the KIDS office on 0207 431 8476 and ask for Maria or Rachel.

<https://www.facebook.com/CamdenSpecialParentsForum>

