

*'We build incredible futures by empowering young people to develop their independence, self-esteem and confidence through a relentless focus on learning and caring.'*

# Newsletter: November 2023

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## Message from the Principal:

It has been a pleasure to see our learners' confidence and self-esteem grow since our last newsletter. Pupils and students across the school and college have enjoyed music sessions with our clinical team and Severn Arts. Similarly, pupils at school are also thoroughly engaged with lego, art and craft activities which are built around timetabled lessons. Students at college have enjoyed a range of trips and visits to a local blacksmiths, Redpoint climbing wall and Stimprovisation at Malvern Cube. I am immensely proud of the rich and diverse range of enrichment opportunities that our team across the school and college work hard to provide for our learners and look forward to learners developing their confidence in other activities at Boundless Outdoors in Malvern next term....

**Jon Bell**



**Fire Service visits Bankside School**  
Pupils were treated to a surprise visit from the Malvern's fire service. The fire crew demonstrated lifesaving equipment and other apparatus on the fire equipment. Not only were pupils able to try some of the kit, but they were also able to sit in the fire engine with lights flashing!

We would like to thank the team from Malvern Station for spending time with pupils and staff at Bankside



## Forest School

Pupils and students across Bankside will experience Forest School and Duke of Edinburgh in our extensive school grounds.

### 'Stimprovisation' by Aby Watson

Students at college recently visited Stimprovisation at Malvern Cube.

Stimming is the repetitive movements, behaviours, and/or vocalisations we do to self-soothe, regulate, or stimulate to bring ourselves into balance. We all stim, but for some of our learners who process the senses differently, stimming is particularly important for wellbeing.

Students enjoyed this playful and fun workshop, choreographed by Aby Watson. Students were able to interact with movement, objects and sound in rhythm and repetition, directed by what feels good across the senses.

### Welcome to the team!

As we continue to grow, we would like to welcome new colleagues to the Bankside School team.



Rachel Williams  
Teaching Assistant  
Bankside School



Grace Sichi  
Teaching Assistant  
Bankside School



Charlie Harvey  
Teacher  
Bankside School

### Therapy Team

We would like to introduce to our Therapy Assistants who work with pupils and students across Bankside on 1-1 and small group basis



Carla Pearce  
Therapy Assistant  
(craft, art & design)



Thomas Downes  
Therapy Assistant  
(music)



Russell Odell  
Therapy Assistant  
(horticulture)



Isobel Newton  
Therapy Assistant



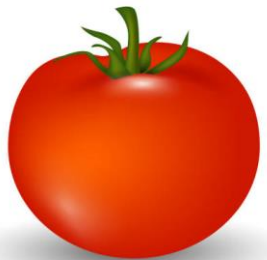
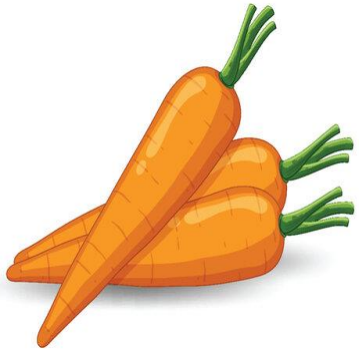
Hollie Congrave  
Therapy Assistant



Natalie Dodd  
Therapy Assistant

### Term Dates

Please find this year's term dates attached to our email. Term 2 ends on 22<sup>nd</sup> December and we look forward to welcoming learners back to school and college on Tuesday 9<sup>th</sup> January.



### Recipe of the Month

We are extremely lucky that Sarah, our Chef at Bankside, cooks a wonderful variety of dishes for learners and staff alike. Sarah will be sharing a recipe that could be completed at home each month which will be curated in 'Bankside Cookbook' at the end of the academic year.

#### 'Stealth Vegetable' Tomato Sauce Recipe

This is a wonderful sauce to use for a variety of different dishes and a great way of getting our students to eat vegetables. At Bankside, we love it with pasta, as a base for bolognese and lasagne, as a pizza topping and in soups.

#### Ingredients:

- 1 large onion/1 leek/2 sticks of celery/2 carrots/2 cloves of garlic/Olive oil
- 1 teaspoon of dried oregano or bunch of fresh chopped basil/
- 2 tins of quality chopped tomatoes/2 tablespoons of tomato purée/Salt and pepper
- 1 teaspoon of sugar

#### Instructions:

- Finely chop all the vegetables by hand or put them through a food processor.
- Put a large heavy based saucepan on medium heat with 2 tablespoons of olive oil. Add the garlic and oregano, fry for one minute then add all the prepped vegetables and the tomato purée. Stir well then cover with a lid.
- Cook with the lid on for 25 minutes until the veg are soft but not coloured stirring regularly.
- Pour in the tinned tomatoes then add one tin of water. Add the seasoning and sugar and fresh basil if using. Simmer for 25 minutes until the sauce has reduced. Leave to cool then blitz with a hand blender or put in a food processor until smooth.

Enjoy!





### Christmas Celebrations

With Christmas just around the corner, we would like to share how we will be celebrating the festive season!

#### Christmas Jumper Day Thursday 7<sup>th</sup> December

All pupils, students and staff are invited to take part in Save the Children's Christmas Jumper Day. We are looking forward to as many people as possible wearing Christmas jumpers on that day.

Please bring £1 to wear your jumper on that day and we will match fund the donation to Save the Children!



#### Bankside College Christmas Tree

Our students have displayed great creativity and collaboration to design and make their Christmas Tree that will be displayed at Worcester Cathedral very soon.

#### Parent Christmas Buffets

Families are invited to enjoy a Christmas buffet at the school and college on the following dates:

- College: 19<sup>th</sup> December (12:30-13:30)
- School: 20<sup>th</sup> December (12:30-13:30)

#### Worcester Cathedral Christmas Tree Festival

School and College have been preparing for the Christmas Tree Festival at Worcester Cathedral. Learners will be visiting Worcester Cathedral on 18<sup>th</sup> December to view their entry and all the other wonderful Christmas Tree designs.

#### College Christmas Disco

Students at college will also enjoy a Christmas Disco on the last day of term on 21<sup>st</sup> December.



## Ask

Student Voice is our top priority. We treat each student as a unique individual with their own likes, dislikes, wants and needs. This is facilitated within a Total Communication Environment, including the use of augmentative and alternative communication. Central to this is our focus on relationship-building, connection and creating an environment of psychological and physical safety. Students are supported to collate their own Profile document to inform us in how we can best support them.

## Accept

Our ethos and approach has a common language, consistency and understanding, based upon neuro-science. We have an empathic understanding based upon relating to the individual perspectives of each student, supported by PACE (Trauma Informed Practice). We respect each student's personal experience to inform what may frighten, preoccupy or distress them. Relationships, connection and belonging are central to our ethos. We create structured and predictable environments, and use communication systems and activities which meet the needs of each student and enable them to thrive and experience positive emotions. Support plans are formulated with the students, their families and our clinical team.

## Develop

We teach our students new skills, abilities and strategies related to the Outcomes within their Education, Health and Care Plans. These are driven to improve their quality of life and well-being through a focus on enablement and empowerment to increase independence and flourish. We do this through positive, evidence-based approaches and positive expectations. We use sensitive but persistent intervention, based upon individual assessment, that uses and supports each student's capacity for emotional regulation and engagement. We accredit achievement using ASDAN qualifications and the Duke of Edinburgh Award scheme. We work in partnership with the student, their family, and all involved professionals.