



Bankside School

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Visible Consistency, Visible Kindness

What a busy week we have had!

The highlights have been cooking and eating pancakes as well as celebrating World Book Day! Please see the photos below.

We are seeing some really constructive academic work as well and those pupils studying and preparing for examinations are producing some great work. Well done everyone!

The weather has been fantastic this week allowing pupils to enjoy the sunshine and the outdoors thereby supporting both their physical and mental health.

Let's hope the weather continues for the weekend!

Enjoy!

Word of the Week

As a school we have introduced Word Aware. Each week we pick a word and explore it's meaning to extend vocabulary and to develop understanding of more complex words.

Next week, our Word of the week will be '**emotions**'.

Just as a reminder we are a **NO NUT** School, we have a number of pupils who have allergies, this includes for some pupils, coconut allergy, please be mindful of pupils using sprays or body lotions as they can be sensitive to this.

Important Dates

Spring Term

11th April – Last day of Term

14th – 25th April – Easter holidays

[SCHOOL-TERM-DATES-25-26.pdf](#)

This week's recognition...

The Swimming Group	A big shout out and well-done to all the students in the swimming group. They are showing confidence and determination in the water. They worked hard this week.
Stanley	Great resilience in Maths.
Millie and Bryan	For working really hard on their GCSE Maths.
Owen	excellent cooking and doing all his washing up and cleaning without being prompted.
Joe	for attending all his lessons for weeks now! Go Joe!
Millie, Willam, Harrison and Sylvie	for showing excellent teamwork and communication at Boundless this week. They problem solved together to help each other complete the tasks set by the instructor and were cheering for each other to succeed. They created a great Team ethos.
Oliver	for fantastic engagement and creativity in Computing (Minecraft Education software design).
Teddy	For being wonderful, patient and kind whilst teaching a staff member, how to complete a rubix cube. He is a genius! Highlight of their week.
CaPe Class	for great team work and for their general kindness towards each other when carrying lots of equipment to the Forest area.
Millie, Holly, Zena and Bryan	for English KS4 - superb use of literary devices, discourse markers and structure in creative writing.
Tom, Zak, Jake, Ollie	for PSHE - showing respect and positive engagement when thinking about mental health and the language we use towards our friends, peers and people generally.
Archie	for persevering to use and becoming more confident with the methods we are showing him for column addition.

Clinical Team News

How much self-soothing are you doing?

Focusing on creating a content, safe and connected space every so often is important for helping us manage our emotions. This comes from a therapy called 'compassion focused therapy' which explains we have three systems: 1) our resource focused system- focused on giving us emotions that guide and motivate us to seek resources to survive and prosper 2) threat system- focused on picking up threats and giving us emotions such as anxiety to self-protect 3) soothing and contentment system- focused on bringing peace and soothing to restore balance.



In today's world it's easy for these to be out of balance- we probably notice we are much more engaged with managing our anxiety as part of our threat system and trying to keep on top of things using our resource focused system! Introducing our soothing system can maintain a balance, make things feel more manageable and keep our emotions regulated. Here's some things we can do to self-soothe

- Talk to ourselves in a gentle way- as we would speak to those we love or our pets.
- Spend some time thinking about a place that makes us feel calm and at peace- this may be your favourite beach or a meadow filled with your favourite flowers.
- Do one kind deed for yourself- this may be taking a quick walk in the afternoon.
- Pause and smell something that brings you peace and comfort- this may be your favourite candle or your pet.

World Book Day

Lots of staff and pupils enjoyed dressing up for the day. The school chose a couple of winners and runners up as well as giving all those who participated in the day a treat.

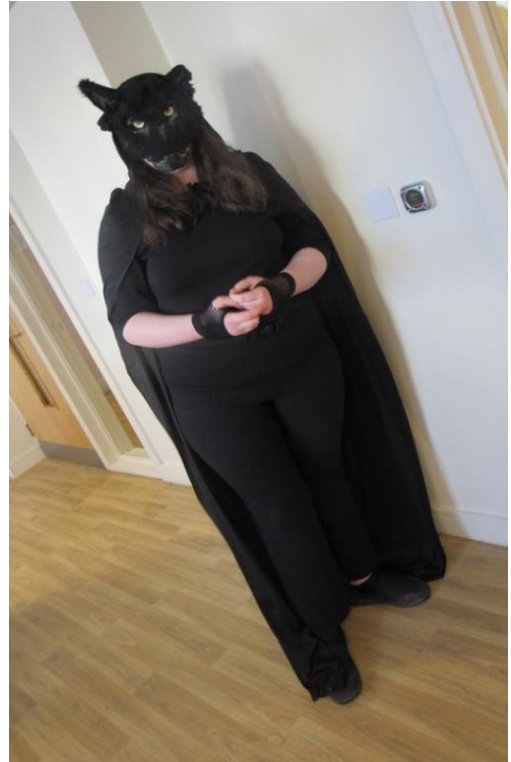


Best dressed Pupil

Winner – Sylvie



Runner Up - Clare



Best dressed Staff member - Tom!



Pancakes!

Pupils enjoyed making the mixture, cooking the mixture and eating the mixture!! Great co-operation shown working together; some fantastic professional 'flipping skills' displayed and the ability to cook indoors and outdoors! All in all, pupils had a *'flipping, good time!'*

