



Message from the Head of School

Welcome to term 5 at Cleeve Meadow. Apologies that our newsletter is slightly late getting off the ground but as you can see....it was an exceptionally busy term last term! This term is starting to look equally as busy for the year 11 students as they work their way towards the first round of CMS examinations. We wish them every success and will be with them every step of the way.

Spring has started to warm up and we are starting to think about how we want to improve our school site to make it even more attractive and ECO friendly. In the words of Chris Packham 'don't forget that nature is there for you, it does have that calming breathing space and it does make a real difference to people's lives.' The Cleeve Meadow ECO warriors wholeheartedly agree with this philosophy and Mrs Soutby is inviting parents in to help..... 'We would like to create an even greener environment for our students as well as continuing to build strong links with our families and the community. We hope that this event will contribute towards us achieving Level 5 in the RHS awards'. First event is on 25th April, with more to follow soon.

Along with our plans for the environment we are running trips to local colleges this term, taking some students up in a plane to meet their Supergoals of becoming a pilot, taking year 9 to Woodlands Farm as part of their careers program, organising a careers fair and looking forward to welcoming some actors from 'The Globe Theatre' as part of our focus on Shakespear this term.

We look forward to keeping you posted on all the events at CMS this term, please follow our twitter updates.

Important Department of Education visit

We were excited to welcome to the school an important visit from the Department for Education on Monday 20th March. The DfE were interested in hearing from students their experience of support from our ACE tutor and the impact the program of targeted support has had on their ability to thrive at school.

Our visitors were really interested to hear about our Supergoals Program and all of the talents and areas of interest that make up our enrichment offer, these include:

- **Dance**
- **Gardening**
- **Dungeons and Dragons**
- **Media**
- **Football with Charlton FC**
- **Bike mechanics**
- **Choir**
- **Animal Care**
- **STEM**
- **Music Technology**
- **Health and Beauty**
- **Painting and Decorating**



We were really proud of the students who talked with so much confidence and maturity about their experience of school life and the things they enjoy. The DfE left impressed with our approaches and fantastic relationships that we have in our school community.

Pictured is Lily T preparing flower arrangements to add a touch of Spring to the school to welcome our special visitors

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same; you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrens-online-behaviour-england-and-wales/year-ending-march-2020>

Reading Round-Up

Reading across the school is an important activity that helps our students improve their literacy skills and fosters a love of learning. By encouraging students to read books, we can help them develop a broad perspective and a rich understanding of the world around them.

I have seen great progress in our school's reading culture this term. The reading competitions in school have been a fun and engaging way to promote literacy and a love of reading among our students. Mr Mountain has produced excellent graphics and media content to support our new reading river initiative. Form groups are currently in competition with the school staff to become the **Reading River Champion**. The coveted river trophy will be awarded to the winner at the end of the Summer term. Contests like this foster healthy competition, enhance reading skills, and promote a shared love of books among all students, regardless of their reading abilities.



I am excited to share with you that Cleeve Meadow School has been recognized by Renaissance Learning for our creativity and achievement in reading. We are proud to be the recipient of this award, which reflects our commitment to encouraging a love of reading in our students.



Cleeve Meadow School will also be showcased in the upcoming 'What Kids Are Reading' report, which will be featured in the Renaissance Learning newsletter set to launch on April 24th, 2023. Make sure to keep an eye out for it!

Finally, I hope your child enjoyed reading with the Easter Book Challenge! Student who participated have the chance to win a £10 Amazon voucher by simply having read for 10 minutes a day at home. Reading can enhance their reading and writing abilities, as well as their overall happiness and well-being.

The achievements of all students this term have made me incredibly proud. I am excited to continue promoting a love of reading here at Cleeve Meadow.

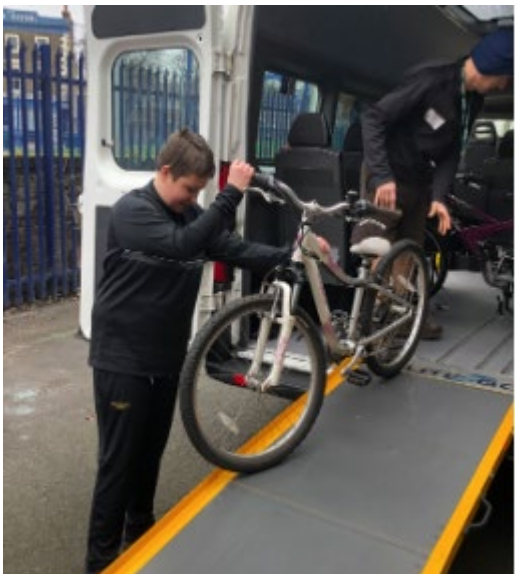
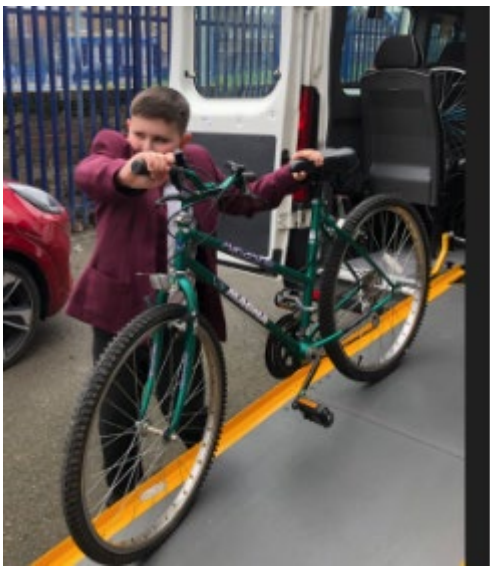
Mrs Simmons, Literacy Intervention Specialist



THE GO PROJECT

On the 21st March a group of Cleeve Meadow Bike Mechanics loaded up the latest stack of renovated bikes which we have been working on during the Spring term.

Thanks to Mrs Parry's magnificent driving skills and patience on the busy A2 at Blackheath, we made it to the Bike Project's Deptford workshop in good time to deliver the bikes. The mechanics at the Bike Project were delighted to see the bikes in such good condition, after all our hard work to dismantle, clean, grease and reassemble each bike, saving them lots of hard work and hopefully time! They gave us 6 more bikes to bring back to school, so we have plenty to keep us busy in the coming weeks.



Cleeve Meadow Singers

Research has shown that singing can be good for you on many levels. It may help lower stress, boost immunity and lung function, enhance memory, improve mental health, and help you cope with physical and emotional pain. One of the best things about singing is that you don't have to be good at it to reap the rewards - luckily at Cleeve Meadow School it turns out that we are pretty good at it!

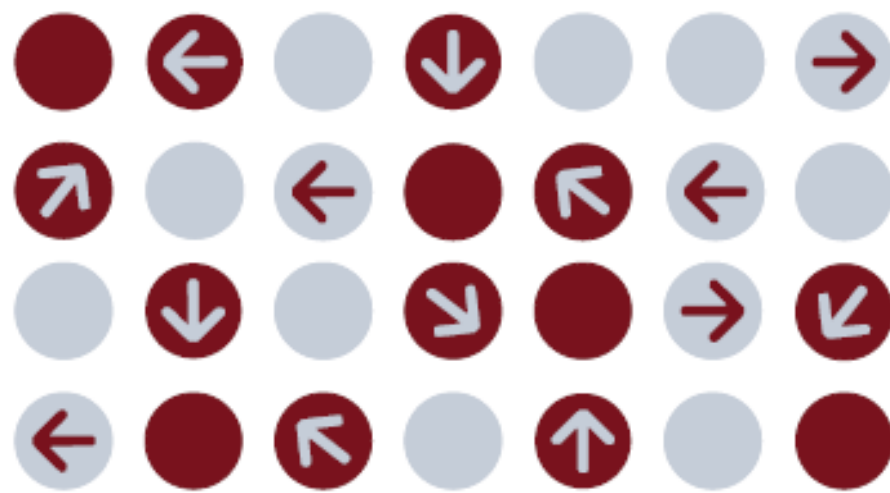
This we found out when an exciting new choir started on a Wednesday afternoon, led by Mr Hughes one of our school governors. Our students meet once a week to develop their vocal chords, learn new songs, have fun and prepare themselves for performances.

So far the CMS repertoire exists of:

- Hit the Road Jack
- Lean on Me
- One Love
- You got a friend in me
- The Bare Necessities



We cannot wait to get performing, this year Cleeve Meadow...next year the Albert Hall?



CAREERS EXPO 2023

Cleeve Park and Cleeve Meadow Careers Expo



On the 15th March Cleeve Meadow and Cleeve Park joined forces to host our inaugural Careers Expo. With nearly 80 exhibitors in attendance students were exposed to the many varied careers available to them.

From the Uniformed Services sector we had representatives from the Fire Brigade, Police, the Army, the Navy and multiple representatives from the NHS. We also had representatives from the fields of Engineering, Law, Retail (including Amazon and Next), Museums, Ofcom, Hair & Beauty and the Care industry amongst others.

We also had many representatives from Further and Higher Education establishments and Universities.

A big thank you to everyone who attended. It was a very successful event and a great chance for students from booths schools to mix. Next year we hope it will be bigger and better with more representatives from the Arts and Recreation fields.



Careers in Coffee



Year 11 had a very exciting morning at our local Costa Coffee shop involving a Work Experience workshop. The session was run by Goldex who are the largest Costa Coffee franchise company in the UK.

The morning was set out with personalised workbooks for all the students which they brought back to school with them. The workshop covered the fundamentals of coffee excellence, health and safety, and customer service.

We had a great time at this excellent workshop that was both educational and fun at the same time! We would like to say a big thank you to the Goldex team and we hope to work with them again in the future. The free hot chocolate and iced teas went down well too!



GOLDEX

GOLDEX Group (@goldexgroup)

Investing in the future and giving back to the community are two of Goldex Group's core values.

In order to give back to the community, Goldex Group is supporting a local school with a work experience workshop. This workshop covers the fundamentals of coffee excellence, health and safety, and customer service.

We had a great time at this excellent workshop that was both educational and fun at the same time!

#training #congratulations #education #team #costa #coffee #achievement #learning #academy #barista #welldone #proud #goldexgroup #workexperience #workshop #healthandsafety #customerservice #community #school - March 13, 2023

The Parent Perspective' Podcast

"The Parent Perspective" is an exciting podcast series for parents and carers, helping them to support their children with careers advice and guidance. Series 2 is bigger and better than ever, led by new host, Rachel Burden!

Together with Not Going to Uni, we want to make sure that we are supporting parents to feel informed and confident in providing careers support and guidance to their child, so that they ultimately make the best decisions for them. Through the podcast Rachel and guests offer a fun and informative space for listeners to:

- Explore which careers are available today
- Showcase the experiences of interesting and diverse role models
- Provide real-time insights into how the world of work is changing

Each episode Rachel speaks to a diverse mix of parents, bringing their burning questions to expert speakers from the careers world. Together they uncover practical solutions and informative answers, to help you and your child make informed decisions on those all important next steps.



Trip to Ruxley Garden Centre

Year 9 students from Cleeve Meadow were taken to Ruxley Garden Centre for a Careers trip. The aim of this was to see the different job roles within Ruxley and to get a feel of what a working day looks like. The students were given an activity booklet to complete and some students were brave enough to ask members of the Ruxley staff questions about their job roles.

After looking at garden care, outdoor plants, pets & aquatic, homeware and garden furniture we sat in the Mulberry Tree restaurant, ordered a drink, discussed what we enjoyed and completed our booklet. We always really enjoy our morning out to Ruxley, I look forward to taking our new year 9s next year.





I am so pleased to announce that the new Cleeve Meadow Scout Troop had their first meeting this term!

We learnt a little more about what Scouting is, who Scouts are and what they get up to...

Scouting is a worldwide organisation with an international membership of approximately 25 million, and well over half a million in the UK. The Scout Movement is the world's largest voluntary organisation for young people.

Scouts are 'do-ers' and 'give-it-a-go-ers'. Yes, we go camping, hiking, swimming, abseiling, cycling and canoeing. But we also get to hang out with our friends every week – having fun, playing games, working in a team and taking on new challenges... all the while, Scouting provides young people with the skills they need for life.

During our first meeting, we found out about all the different badges that can be earned while being a Scout from Astronautics to Digital Citizen, from Fire Safety to Mechanic and Photography to Swimming, in addition to various challenge awards and eventually the Chief Scout's Gold Award



We also talked about our unique Group scarf and uniform. Every Scout has the opportunity to help decide on the style and colours for these - so, year 8, don't forget to complete the online survey!

Year 8 will be leading the way in our new venture but we hope to roll Scouting out across the school before long! Do have a look at the website: <https://www.scouts.org.uk/> if you are interested in learning more!

Thanks to all the staff that have volunteered their time to leading the Scout meetings.

Mrs Southby



Coaches from Charlton Athletic Community Trust continue to coach Cleeve Meadow students during Enrichment sessions. In fact 5 of our Key Stage 3 students were invited to take part in a football tournament at Crystal Palace's training ground in Beckenham. The tournament involved many other schools and clubs.

It was clear that all of our students' hard work in training paid off. Cleeve Meadow's team finished third overall. It was an amazing result especially given the high standard of play from all teams involved. Tournament organisers commented on how well Cleeve Meadow students worked as a team and the sportsmanship they demonstrated on and off the pitch.

Samuel Mansfield said that the whole experience was "a dream come true".

Our students can be seen here sporting the official Charlton kit and enjoying orange segments at half time.



DUNGEONS DRAGONS

It's all going into high gear now as both groups have arrived in Prismeer and finally the end game comes.

KS3 have been dealing with the foolish frog people of Downfall, a village enamoured with the idea of aristocracy who stand between them and meeting the first witch 'Bavlorna'.

Their mission isn't simple though as they must not only confront the swamp hag, they must steal her wand for the strange inter-dimensional feline businessman 'Garfield, The Deals warlock' who will bestow upon them great items of magic for their journey if they do. Thanks to Otis the shape-changer infiltrating the royal guards they have convinced all the frogmen and their King to trust them with returning a book to Bavlorna and thus a way into her protected cottage.



But what is a D&D game without a quick diversion as the team had to band together to save Scratcheye the wizard from death's door as they are attacked by Darkling elves. Alright to be fair, Scratcheye DID start it but in his defence they were definitely up to something.

As if that wasn't enough Maki and Aether's Magical weapons have started talking to them possessed by strange magic beings that want to help.

Can they safely navigate the witches coven and can they rescue poor Red the Squirrel who disappeared inside and hasn't been seen since?

KS4 have defeated Tiffany the Witch apprentice and Sowpig the ghoulish Child who retreated back into the mirrors before they stepped through into Prismeer. They have been met by Haregons, Rabbit brigands who are out for their possessions and have swiftly defeated them save for one lone Haregon who offers his services. Will he be helpful or more importantly, will the team be able to stop their team mate, the Dragonborn Marshmallow, from eating him.

Each session we have a Powerpoint that plays on the big screen filled with player notes, important people to remember and tips on how to play the game along with a recap of what happened last time. Take a look at a couple of them on the links below to see what our students have been up to.

[KS4 DnD Group Notes](#)

[KS3 DnD Group Notes](#)

Mr Mountain,
aka The Dungeon Master

3D Design and 3D Printing

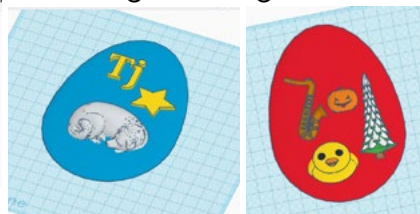
In Supergoals Media (part of Skills Builder) we have been working on designing and creating our own special Easter egg charms.

Using a 3D design app called Tinker Cad the students had to choose from a vast selection of shapes and models to arrange on an Egg template provided for them.

Some chose to resize and flatten pre-made models of ducks and trees while others made villages to create their own 'personal' Easter Islands'



Others went off script, in Year 10 SC decided to use the freehand drawing tool to create a cool Skull and mix it with some thunder and lighting while TM in year 10 went and decided that Christmas wasn't over, but you can't argue with good results!

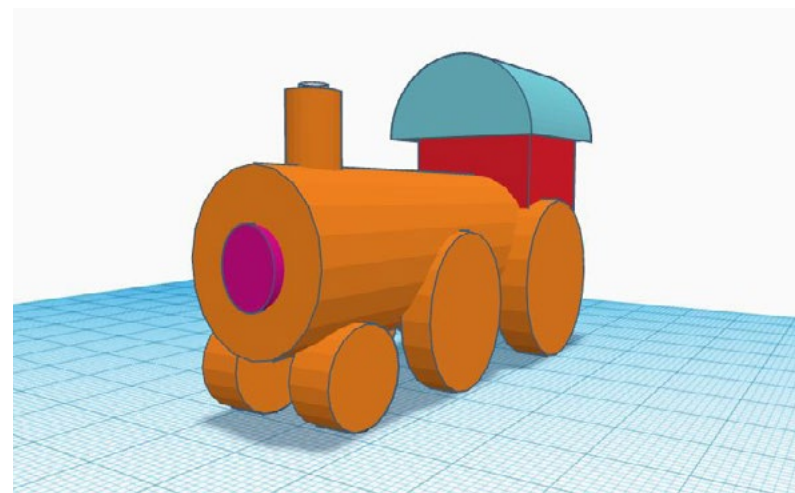
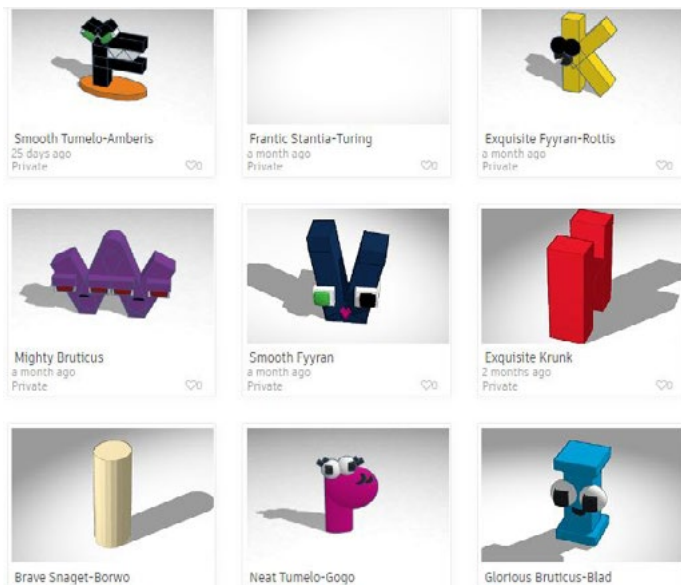


CAD (Computer Aided Design) is a very common place tool in art and design so using something as easily accessible as this has prepared them for more complex programmes later on in school where Year 11s have been using it to design parts of their Design & Technology projects that we then create on our 3D printer.



Tinkercad is free to use and accessible to use from any internet browser like Chrome or Safari, any student would like to try their own hand at this at home need only to log onto <https://www.tinkercad.com/> and sign up using their school email address.

In Year 10 JJ went and made himself a cool 3D Train and TM has been creating characters from Alphabet Lore. What will YOU make?



Mr Mountain, Supergoals Media Lead





It's all about the MATHS'

In Spring 2 we have covered volume and capacity, addition and subtraction, measurement, fractions, multiplication and division and statistics. Phew! Our Cleeve Meadow Students have been working hard. One thing we are really trying to push is learning multiplication tables;

Why Is Multiplication Important?

You may be thinking, "a calculator can easily solve large sums, so is multiplication really that important?". Learning times tables by rote is one of the fundamental building blocks of a child's education for a reason.

We all know how essential maths is for personal growth and success. Not only does arithmetic skill help ease the transition into adult life, but it can bolster one's talent in other important subjects like science. A good knowledge of multiplication can give children a sense of independence and teach them to think on their own by reducing over-reliance on technology. It can be considered a form of daily mental training that can considerably improve cognitive functions, boosting your child's brain power to help them achieve goals and foster long term self-confidence.

Maths in the workplace:

1. Builder/ Architect – Measuring, area and perimeter, quantities of materials (cm/m/km/kg)
2. Hairdresser – Mixing dyes (ml)
3. Nurse/Doctors/Pharmacist – Measuring medication (ml)
4. Cleaner – Measuring cleaning liquids (ml/l)
5. Chef – Weight (g and kg),
6. Plumber – Measuring, angles, area
7. Cashier – Money (totals, change)
8. Baker – Weight (g/kg), Money (totals/change/profit)
9. Taxi/Bus Drivers – Money (totals, change), distance (miles, kilometres)
10. These are only a few examples!! Can you think of any more?



'Maths at home challenge':

Measuring is a wonderful and very useful area of maths which is so important to everyday life. However, this challenge requires you to be inventive with your measuring. Have you ever wondered how tall you are? Probably! You may even have measured yourself, but have you ever wondered what your height is in £1 coins? How would you work this out? Do you become more or less valuable if you stack the coins in different ways?

How many tins of baked beans do you weigh?

What would you predict before you start calculating?
For this challenge I would love to know all about your measurements, but I don't want you to use any normal measuring tools (rulers, tape measures, scales...). I would like you to be really inventive and show me how you have worked out your answers.

If you can take photos of your measuring that would be great—you could email them to me (alison.palmer@cleeve-meadow-tkat.org) if you can't print them. Have fun and let your imaginations run wild!

Mrs Palmer, Maths Teacher

UAS Construction and the Built Environment

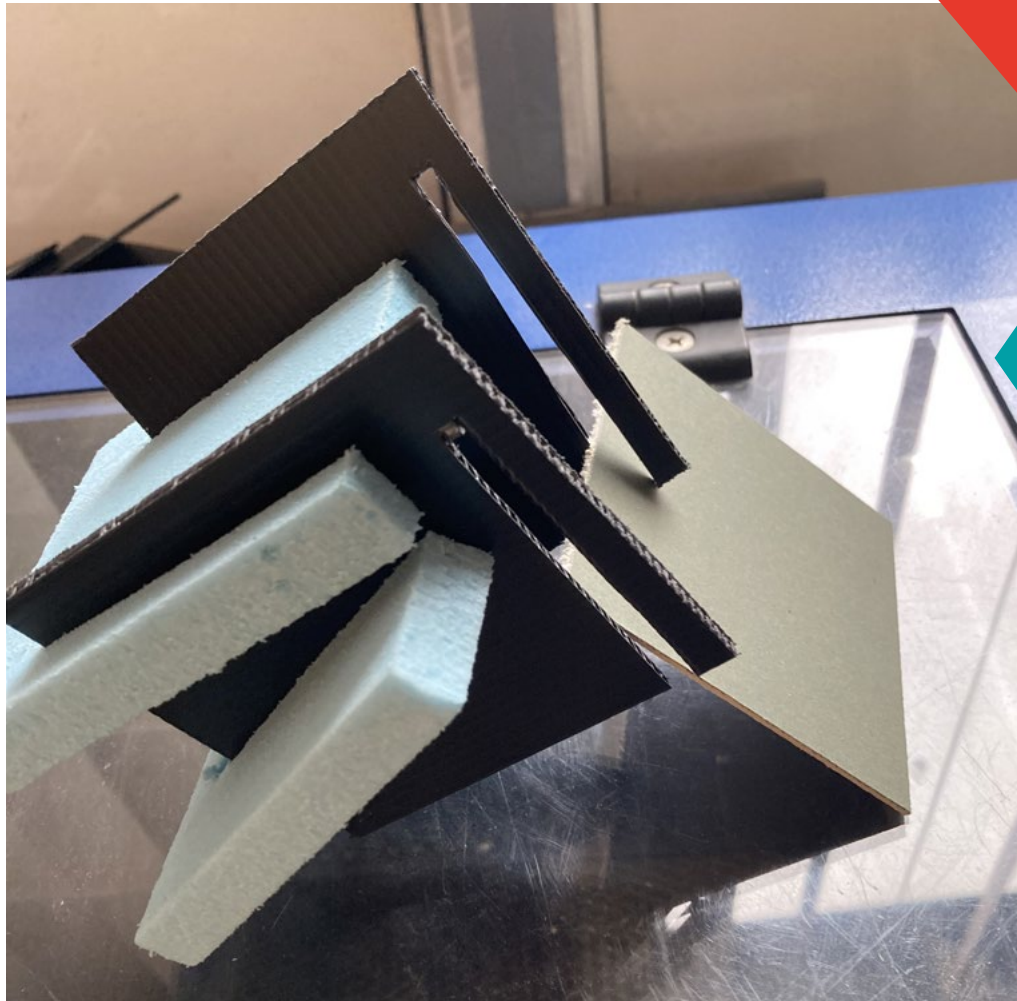
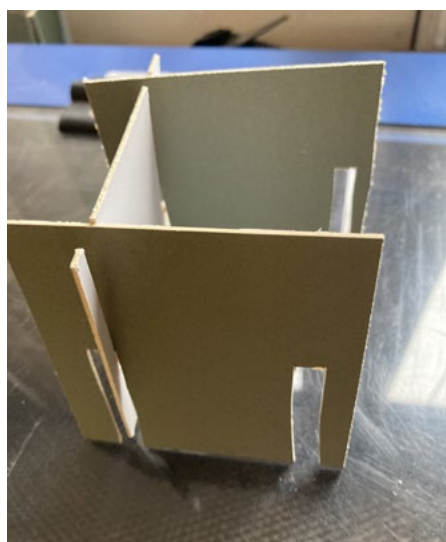
My perfect home...

As part of our students enthusiasm for creativity in their learning we have introduced the AQA Unit Award Scheme/UAS in Construction and the Built Environment. Here students will learn how to design a plan for their perfect home and model using a range of materials.

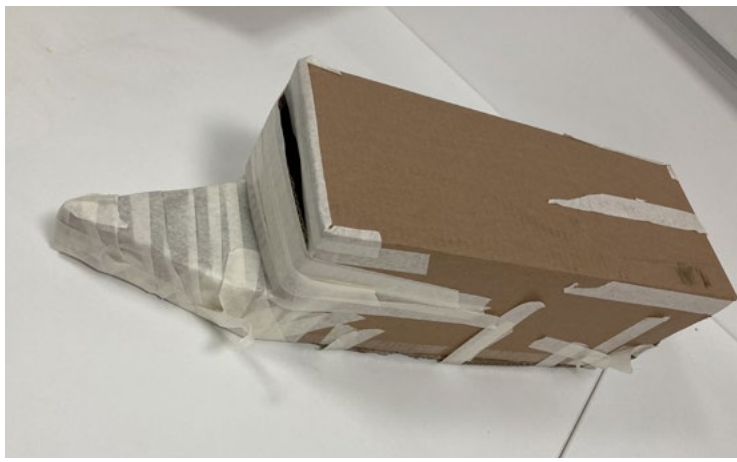
The students split their time between Cleeve Meadow and Cleeve Park Schools. Where, in the latter they choose and use a range of workshop tools and equipment safely to model and develop structures that reflect their ideas.

The opportunity for our students to share facilities between schools promotes group cohesion, a belief in themselves and an expectation that anything in their future is possible.

Mr Watkins and Mrs Bootle



Student designs for their 'Perfect Homes'



Back to the Old School

Six students from Key Stage 4 visited Parkway Primary School to answer questions from the Year 6 pupils about life at secondary school. We have 5 pupils joining us from Parkway in September, so it was very helpful for them to find out all about the food, teachers and clubs that we offer.

It was also interesting to see how the Parkway staff reacted to seeing some of their old pupils returning - Franklyn, Edward, Ellie and TJ were all back in familiar surroundings. Maria and Ruby also gave some really good answers. After the questions, the Parkway pupils took our students on a tour of the school. We look forward to welcoming the Parkway pupils here for another visit soon.

Mr Mansbridge
SENDCo



Update from the Year 11s

We have had a great half term. We have done loads and loads of work towards our qualifications. We have been working towards our speeches for our English assessments.

Ellie is speaking about horses, Ruby about her family members and Aliamin about sports video games.

In Art we are prepping for our GCSE exams and we have finished our caricature sculptures. Have a look at the pictures and guess who is who!

This term we have also done Barista training at Costa Coffee in Sidcup and we have visited Bexley College to see what courses we might be interested in when we are older. Aliamin and Mariana visited the Cleeve Park Careers Expo along with some students from other year groups. Some of us have been to the new choir which was fun!

We are looking forward to preparing for Sixth Form next term and getting into our new kitchen to create our new dishes.

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