



Message from the Head of School

It has been a fantastic term here at Cleeve Meadow, despite some of the recent challenges with COVID. It was with heavy hearts that we had to cancel some of our invites for parents to come in to meet teachers or attend other engagement events. Staff and students were looking forward to showing off our wonderful school! Despite these setbacks however, the students have remained buoyant and optimistic and it is their enthusiasm that makes coming to work such a pleasure for all of our staff.

We have had a very busy term both in the classroom and with extra curricular activities. Our updated curriculum which was started in September has been keeping teachers busy with planning new resources and new ways of teaching. Students have engaged exceptionally well with poetry in English, looking at erosion in Geography, new PHSE topics, new speech and language activities, skillsbuilder, construction in Design and Technology and so much more!

Our year 10 students have made a start on their qualifications and we are delighted with their maturity and commitment to their new subjects which include landscape studies, skills for independent living and teamwork, alongside traditional subjects such as Maths, Science, English and ICT. Year 9 students will be starting to choose their options in February next year and we are starting to put together their option pathways in preparation.

Alongside classwork, we have also enjoyed a jam packed careers day, a theatre event celebrating Windrush, new enrichment activities, daily practice on British Sign Language, a football tournament with other schools and of course our Christmas fair. Students are always keen to take part in activities outside of the classroom and for this reason we have set up extra lunch clubs which include:

- **Health and Beauty**
- **Japanese**
- **Dance**
- **Dungeons and Dragons**
- **Book**
- **Samba**
- **Quiet club**



I would like to take this opportunity to draw your attention to the school website. We have been working hard to increase the amount of information that is readily available to parents about what we do at school. We have created a gallery which will be updated with photos and videos on a regular basis. We also have a lot of information about the KS3 curriculum, please look under subject maps in the curriculum tab.

Please also take a look at our enrichment tab for more information about other activities, including our British Sign Language videos created by Ms Mills to practice at home. You may also note that Baloo has his own page!

I would like to take this opportunity to thank again all our parents for their continued support, we really do feel privileged to be working with your young people.

Wishing all of our families a happy and healthy Christmas!

Ms Juliet Morris, Head of School



Handy tips for getting through Christmas from The National Autistic Society!

Preparing for Christmas: autism resources

Published on 01 December 2021

Author: Christian Hunter



The Christmas period, with lots of change, social interaction, expectations and demands to negotiate, can be a very exciting but often stressful time of the year for many autistic people. We have put together a brief list of useful resources that we hope may prove helpful in making this festive period as special and as stress free as possible for those you work with.

N.B. Most of the resources were written before Covid-19. Although many of the tips will still be relevant, some may not.

Here are a variety of resources that give guidance, advice and ideas for the festive season:

[Preparing for Christmas](#) - National Autistic Society

Our website features a range of advice on preparing for Christmas, including some real-life stories and tips from autistic people and their families.

[Preparing for the festive period](#) – Scottish Autism

Includes some advice on preparing for a post-Covid 19 Christmas, as well as some information on how to approach the period after Christmas and the New Year.

[Autism and Christmas – Teachers are you ready?](#) - Lynn McCann

In this blog Lynn McCann offers some advice to teachers on how to support their autistic pupils in the weeks leading up to Christmas.

[3 tips for an autism-friendly Christmas](#) - Jamie Knight

Jamie, an autistic adult, explains how he prepares for Christmas, including the need for quiet spaces and sensory considerations.

[Coping with anxiety at Christmas](#) - Emma Louise Bridge

In this blog, author Emma Louise Bridge, offers advice on how best to cope with anxiety at Christmas.

[What's it like being autistic at Christmas – autism-friendly Christmas](#) -

IndieAndy

IndieAndy discusses some of the things he finds difficult during Christmas, and how he deals with some of the stresses it brings.

[An autistic person's guide to an autism-friendly Christmas](#) –

AutisticNotWeird

Chris Bonello recommends not conforming to other people's expectations of what should happen at Christmas. Chris also has advice on handling the changes in routine and sensory overload that may occur during the festive period.

[Autism Christmas tips and tricks](#) – Purple Ella

In this video Purple Ella gives some advice to autistic people and their relatives on how to manage some of the challenges of Christmas including gifts, food and socialising.

We Love Reading!

At Cleeve Meadow reading fluency and understanding is at the centre of everything we do. We promote a love of reading and encourage all our students to participate in the Accelerated Reader programme.

All students now have access to the Accelerated Reader programme at home, where they can complete quizzes on books they have read. The link to the Accelerated Reader programme is on our website. All students have their login and password details in their contact books.

The Accelerated Reading programme is "a computer program that helps teachers and librarians manage and monitor children's independent reading practice. Your child picks a book at his/her own level and reads it at his/her own pace. When finished, your child takes a short quiz on the computer."

Research suggests that "reading for just twenty minutes per day builds empathy for others, creates a strong vocabulary, and positively affects and boosts your mental and physical health."

All our students have been participating in a reading raffle. Students must obtain a pass in their quizzes to win a ticket. The more quizzes that they complete the more tickets they can win. We have had a lot of entries and winners will be drawn in assembly on the last day of term. The prizes up for grabs this term are Christmas board games. Alongside the reading raffle, we also have a large display up in the library monitoring the number of words read by every form. There is a trophy for the winning form group, which will be displayed in their form room for the following term. Which form group will win the coveted Accelerated Reader trophy this term?

We have had other literacy interventions running this term. Students have been involved in Echo and precision reading. They have really enjoyed reading together as a group and are always fully engaged with the text they have been asked to read. Their fluency and understanding of what they have been reading have noticeably improved.

Finally, we have introduced the Read Write Inc Fresh start programme this term and many year 7,8 and 9 students have been involved. They have learnt new strategies in the art of reading and really improved their decoding skills. This has enabled them to participate fully in all reading sessions across the curriculum.

We are constantly striving to adapt and innovate our intervention programmes, so they are bespoke to every student and their special educational needs. We are looking forward to working with even more student's next term.

As soon as we can we will be running some parent events where you can learn more about Accelerated Reader and supporting reading at home.
Happy Reading!



Accelerated
Reader



Wild winter activities



#12DaysWild

Click on an activity for more info!

For wildlife

Feed the birds

Make reindeer food

Make a mini pond

Switch to green energy

Write to your MP

Go peat-free

Leave a log pile

Recycle your Xmas tree

Have a plastic-free day

Start composting

Fundraise for your Wildlife Trust

Clean bird feeders

Buy local produce

Leave water for wildlife

For your wellbeing

Take breakfast outdoors

Read a wild book, blog or poem

Walk in your local green space

Listen to birdsong

Exercise outdoors

Watch the sunrise or set

Make a nature mandala

Hug a tree

With your friends & family

Make a glitter-free snowglobe

ID wildlife on a woodland walk

Try our winter scavenger hunt

Have a wildlife photo competition

Have a litter-pick on your street

Try ice decorations

Make a pinecone Xmas tree

Share your wild winter activities with us on social media using

#12DaysWild



Key Stage 4 - Mr Mansbridge

It's hard to believe that only a few short months ago I was wondering what to expect from the new Year 10 students at Cleeve Meadow. I was the new guy and was not sure how I would be welcomed. By the end of the first day, I felt like I had been working here for ages, and that is a feeling that remains to this day - Cleeve Meadow is an incredibly welcoming place, whilst it is amazing to be working in such a new building, the people are what makes this place such a good school - and all the staff and students have made me, and the other new staff, feel very much at home.

The Year 10 students have really got to grips with their new set of subjects, and with our focus on preparing them for adult life - staying safe online, not being exploited by financial scams, learning how to prepare food, working in teams, basic DIY skills - these are things that are not covered at every school, and so our students will be better prepared for the next phase in their lives.

It will not be long before the Year 9s start choosing their options and in September we will welcome them into KS4 as well. I've already been lucky enough to speak to a number of Y9 parents and look forward to meeting the rest of you in due course.

I really welcome any feedback (good or bad) and can always be contacted on paul.mansbridge@cleevemeadow-tkat.org - it's really important that



we work as a team to ensure the best possible outcomes for the students at Cleeve Meadow.

I wish you all a restful and fun holiday time.

Mr Mansbridge - Head of KS4.



Personal, Social, Health and Economic (PSHE) and Relationships and Sex Education (RSE)

PSHE and RSE are important subjects at Cleeve Meadow as we are dedicated to ensure we provide students the tools they need to grow and mature into healthy, resilient and responsible young people. We have been researching PSHE and RSE curriculums that meet our students needs and are pleased to announce that this term we have made the decision to change our PSHE and RSE curriculum, and are now following the curriculum set by [Chameleon PDE](#).

The curriculum fully supports the Personal Development Education curricula for England (including Relationships, Health and Sex Education) set by the Government, and provides high quality resources and topics.

Our schemes of work have been taken from the curriculum, and have been specifically chosen to meet the needs of our students, covering topics such as puberty, friendships, relationships, mental health issues and where to find support in the community. The resources are fully adaptable, which means we have been able adapt them to fully support the learning needs of our students.

A copy of the PSHE and RSE overview has been sent home, if you didn't receive one or would like another copy please contact the office.



Chameleon PDE

Bicycle update

"During recent weeks, groups of students from all year groups have worked hard to develop new talents in bicycle maintenance and mechanics. Strong teamwork and cooperation has developed as they have helped each other complete a range of tasks, from finding and repairing punctures to dismantling, servicing and replacing wheels and front forks.

Towards the end of term, they took part in a project day, during which each group contributed to a full dismantling and renovation of an old, donated bike, which now has a new lease of life following their tremendous efforts."

Best wishes,
Stuart



Buddy scheme

The year 7 students have been enjoying getting to know their buddies, and we have now decided that we will use the Buddy scheme to promote reading in the school.

This started really well this term, with the year 7 students in Simmonds class reading to their buddies. All the students really enjoyed the session, and it was wonderful to see the confidence this promoted in the year 7 students reading aloud.



BUG HOTEL/MANSION



Reading about nature is fine, but if a person walks in the woods and listens carefully, they can learn more than what is in books. George Washington Carver
Sonny had a wonderful idea. He said, 'let's build a **BUG MANSION**, think big not small'. Wow what a brilliant idea!

We walked, we talked, we ran, we played. Our Bluewater nature trail was fun.

Amidst wooded areas we discovered an incredible, giant wooden caterpillar sculpture and a spider climbing frame.

In the lakes we spotted Egyptian geese, swans and lots of ducks and if you look up you see people whizzing by like planes coming into land.

We plan, we talk, we carry, we stack. We enjoy being outside, our project has us excited.

Taking the DT curriculum outdoors can have a considerably beneficial impact on the learning and development of our pupils. From enhancing problem solving skills to communication and resilience, outdoor learning provides endless opportunities for exploration, experimentation and contextual learning.

We wore Wellington boots, pushed a wheelbarrow and got our feet wet. We helped each other carry branches, snapped sticks and found stones hidden in brambles.

Together we experimented with materials, shapes and sizes.

All this in a quiet space at the back of Cleeve Meadow School.



Parent Virtual Coffee Morning with Dean Beadle

Cleeve Meadow parents and staff were invited to attend a virtual workshop this December on autism and anxiety facilitated by the amazing Dean Beadle.

As a child Dean attended schools in South East London and is autistic.

As an autistic adult, Dean successfully presents to communities all around the country and abroad talking about his own personal experiences of autism and anxiety and how to manage when anxiety feels out of control.

This was both a fascinating and warm exploration of what it is to be autistic in an ever changing world. Both parents and staff were highly impressed by Dean and the feedback has been excellent. We are planning to invite Dean back again in the new year so watch this space.

We want this workshop to be the first of many celebrating the talent and expertise of the autistic community and how we can empower our own students through learning about their own diversity and disability.

Thank you Dean!

'Dean's presentation was amazing. I loved it. I found it very helpful.'

'This workshop has helped me understand my child better, thank you Dean.'

'Can't wait for Dean to come back!'

'I learned so much from this wonderful presentation from someone who really knows what it is to be autistic.'

Feedback from Cleeve Meadow Parents and staff December 2021.



Arts & Crafts Club

This half term the children were busy making Christmas decorations for the Christmas Fair. They've made wonderful items to sell in the Christmas fair such as:

- Jewellery dishes
- Ornaments
- Birds of paradise
- And Bottles of non-alcoholic 'Christmas Cheer'!

They've even enjoyed making Christmas cards, maybe YOU'LL be getting one too!



Wellbeing Wishes



Students across all year groups produced such beautiful work in Art that we decided to turn some of their paintings into **Wellbeing Wishes** cards.

They contain a unique message designed to make you smile or feel comforted.

Guess Who's Back?



Teddy the Elf has visited 8 Jaylen again. When Teddy visited last year he played lots of tricks and gave Jaylen lots of Christmassy things to do. It has been the same story this year too. Whether it is making decorations, solving riddles or taking part in his magic tricks Teddy the Elf really keeps 8 Jaylen busy during December. This year he even announced his return with his very own music video (you can watch it [here](#)).

Jaylen love it when Teddy the Elf visits - well that is everyone apart from Mr Coulter who Teddy seems to particularly enjoy playing his tricks on.



Bespoken Theatre Visit November 2021

As part of our Compassion in Crisis interactive workshops and performances we explored the topic of the Windrush and the lives of the individuals who came over to Britain to support the rebuilding of the country after the Second World War.

Cleeve Meadow school commissioned Bespoken Theatre to create an interactive workshop on the history of the Windrush. We worked with two professional actors Abi Halley and Gabriella Shillingford who told the true story of her grandmother Zelig and her early life in Dominica before coming to Tottenham, London in the 1950's on the Windrush ship.

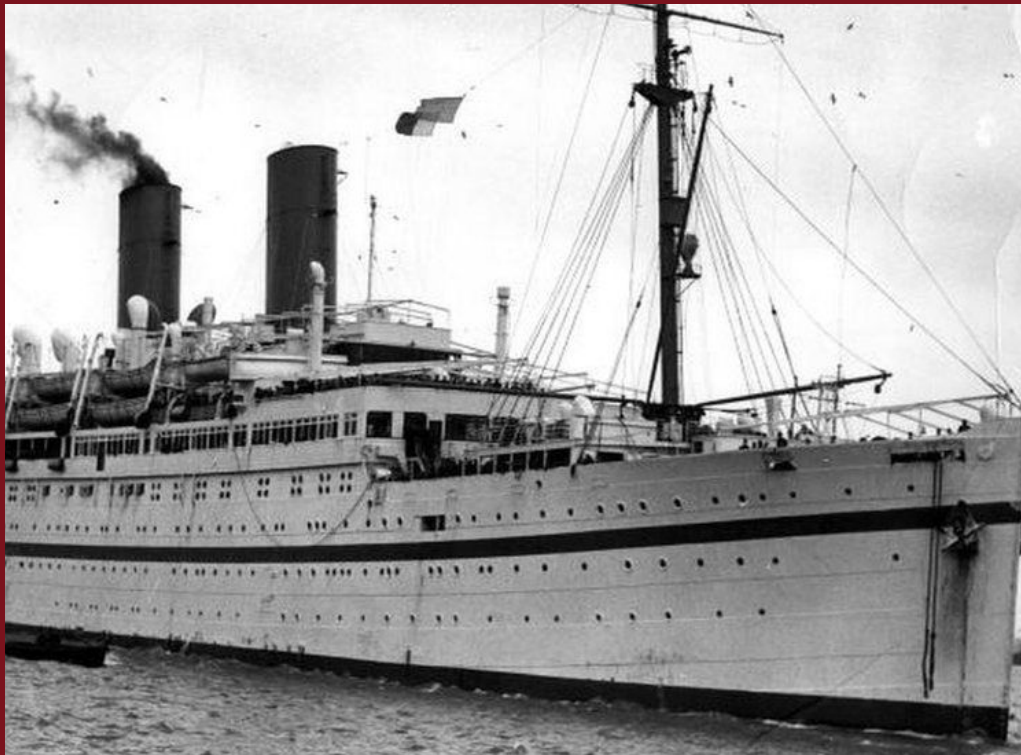
The day was an opportunity for students to learn about the different cultures and communities the people who travelled on the Windrush came from.

To reflect on the challenges faced by people as they started a new life in Britain and to celebrate the hard work and commitment this generation gave to Britain, now and then.

Thank you so much to the supportive staff and fantastic students who made this day truly inspiring. We made Windrush boats as part of the workshop which were displayed as a special installation in the school library.



Who are the Windrush generation?



People arriving in the UK between 1948 and 1971 from Caribbean countries have been labelled the Windrush generation.

It refers to the ship MV Empire Windrush, which docked in Tilbury on 22 June 1948, bringing workers from Jamaica, Trinidad and Tobago and other islands, to help fill post-war UK labour shortages.

The ship carried 492 passengers - many of them children.

CHRISTMAS

FAYRE

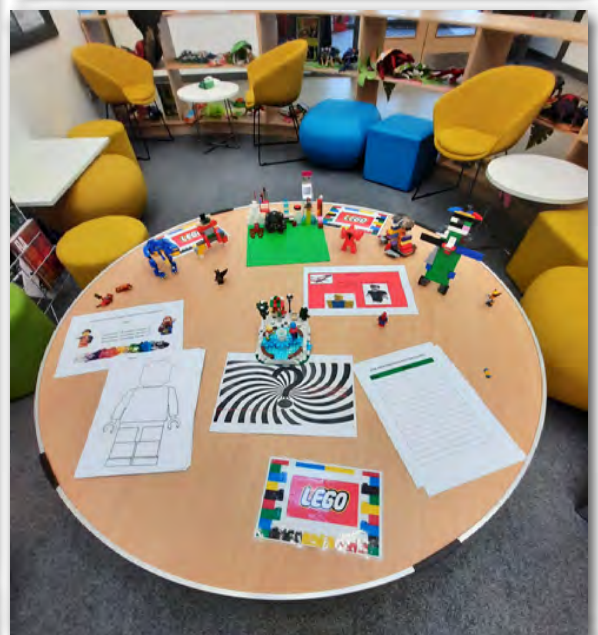
On Friday 10th December the students held their Christmas Fayre -Students worked really hard at making items to sell, including Christmas Wreaths, Bottles, Keyrings, Chocolate Cones, Christmas decorations and much more....

Students had hoped to invite parents and carers in to the school to buy their wears but unfortunately this wasn't possible. Students also ran various tombola style stalls with lovely prizes up for grabs.

Special guest attendees included Mickey and Minnie Mouse and the Man in Red himself. The dance students also entertained visitors with a special Christmas performance of 'All I want for Christmas'.

To see more photos from the event please click [here](#)





Update from the Eco-Committee



The newly formed Eco-Committee has had a busy term beginning our journey to becoming an Eco-School. Just a few of the things we have been getting up to...



- updating our new Eco-Notice board... do have a look if you are passing!
- considering Eco-issues that we'd like to tackle during the year.
- sharing an Eco-Advent Calendar with the whole school - encouraging everyone to reveal a small Eco-Act of kindness behind each advent door - something you can do at home and/or school to look after our world!
- collaborating with the Site Representatives, setting up a litter picking rota to look after our school grounds.
- becoming Young Tree Champions by planting five fruit trees and a variety of hedgerows, donated to us by Orchards for Schools and the Tree Council.
- completing an environmental review of our school... It's amazing to see what we are already doing as well as highlighting lots of things we can still do to be even more eco-friendly!

We're busy working on how we will share our findings with you all! Watch this space to see our Eco-Action Plan in the new year!

A big thank you to our Eco-Reps: Ruby, Alfie, Kai, Milly, Lily, Lee, Joshua and Isla-Mai for their enthusiasm and hard work so far!

Mrs Southby



12 Days Wild is a festive nature challenge, encouraging you to do one wild thing a day from the 25th December to the 5th January, the traditional 12 days of Christmas! In those weird days between Christmas and New Year, winter wildlife is just waiting to be explored!

Your wild acts could be little things to help nature - like recycling your Christmas tree

or feeding the birds – or ways to connect to the natural world, like walking off your Christmas dinner in the woods or admiring the beauty of a winter sunset!

Take a look at the **#12DaysWild** Winter activity ideas or try some of your own. They don't have to be big, but they'll make a big difference to your wellbeing and that of the environment! For more inspiration visit: www.wildlifetrusts.org/12dayswild

We'd love to see how you have been keeping wild, so do take some photos to share with us! Our Eco-Committee is interested to see how our students are considering the environment while they are at home as well as at school! Have fun, keep safe and stay wild!

Mrs Southby



It's Good to Grow

from **Morrisons**



A huge **THANK YOU** to everyone who donated their 'It's Good to Grow' vouchers from Morrisons! We raised a grand total of...

2,286 Grow Tokens

Grow Tokens A



With these, we will be ordering some gloves, secateurs, a netting tunnel to protect our vegetable plants and a variety of seeds. These will keep our gardening club very busy! We look forward to seeing the plants grow into the new year! Keep an eye out for next year's 'It's Good to Grow' scheme and hopefully we'll be able to increase our gardening and outdoor resources even more!

Stay safe online

This term has seen the students elect a new board of representatives across various departments, including Online Safety. Our Online Safety representatives have been initially discussing all that they know collectively about accessing online services and the risks they entail. A topic which appeared to be well received by the students was apps on devices, in particular the use of social media apps such as Instagram and TikTok which the majority of our Online Safety representatives claim to be familiar with accessing on a daily basis.

Our Online Safety representatives have identified ways to stay safe online and are currently working towards establishing their own 10 Commandments for keeping safe online, e.g. strong passwords and keeping personal information secure. With the students so far being able to identify multiple risks that can occur when interacting with the aforementioned social media apps, the staff at Cleeve Meadow believe this knowledge possessed by the students should prove to be a promising groundwork for them to establish their 10 Online Safety Commandments upon.

The goal for the Online Safety representatives is to establish the 10 Online Safety Commandments so that they can be shared with the rest of their peers at Cleeve Meadow, in order to foster the message of Online Safety which plays a significant role in many of the students' lives.



What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

PLAY NOW

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CAN WE HAVE A CHAT?

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



NOS
National Online Safety®
#WakeUpWednesday

Sources: <https://www.education.gov.uk/Documents/about/program/bullying/prevention/age-appropriate.pdf> | <https://www.education.gov.uk/Documents/about/program/bullying/prevention/age-appropriate.pdf> | <https://www.education.gov.uk/Documents/about/program/bullying/prevention/age-appropriate.pdf>

If the kids are united, they will never be divided.

Anti-Bullying Week 2021

Cleeve Meadow
Assembly

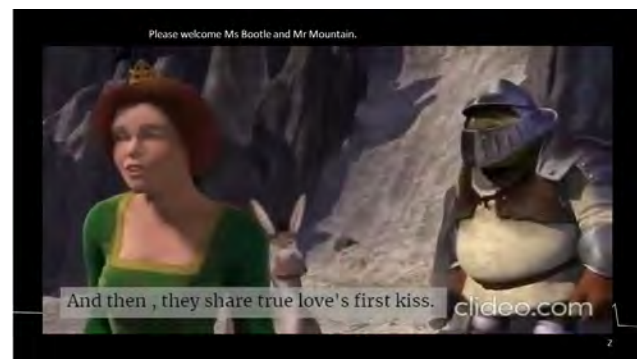
ONE KIND WORD

#ANTIBULLYINGWEEK

As part of **Anti-Bullying Week 2021** Mr Osman presented a whole school assembly using the medium of 'Vidi-Oke' and a scene from Shrek where Princess Fiona judges Shrek on his appearance alone.

To bring the scene alive Mr Osman played the role of Donkey, Mrs Bootle the role of Princess Fiona and a very **green** Mr Mountain the role of Shrek!

After the performance students were asked to discuss how the situation could have been handled better by Princess Fiona.



OUR CALL TO ACTION

ASK IF SOMEONE'S OK. SAY YOU'RE SORRY. JUST SAY HEY.

IN A WORLD THAT CAN SOMETIMES FEEL LIKE IT'S FILLED WITH NEGATIVITY ONE KIND WORD CAN PROVIDE A MOMENT OF HOPE.

IT CAN CHANGE THEIR DAY.

IT CAN CHANGE THE COURSE OF A CONVERSATION AND BREAK THE CYCLE OF BULLYING.

BEST OF ALL ONE KIND WORD LEADS TO ANOTHER. KINDNESS FUELS KINDNESS. SO FROM THE PLAYGROUND TO PARLIAMENT AND FROM OUR PHONES TO OUR HOMES TOGETHER OUR ACTIONS CAN FIRE A CHAIN REACTION THAT POWERS POSITIVITY.

IT STARTS WITH ONE KIND WORD. IT STARTS TODAY.

The Anti-Bullying Reps at Cleeve Meadow are:

Year 7 ; Zachary and Frankie

Year 8 ; Jay, Sonny and Joe

Year 9 ; Timothy and Jessica

Year 10; Mariana and Lucy



Careers day

Cleeve Meadow students had a full day of fun activities gaining experience within different job roles from local businesses.

We were very lucky to have:



Charlton AC - They spoke with the students about different job roles within the football community, what training and qualifications they achieved within Charlton and what job opportunities they give to young people. They also ran a small football activity at the end of the session.



Bexley Confetti Balloons - Bexley confetti are a balloon company who specialise in making balloons for events such as weddings, birthdays, parties and even for celebrities. Charlotte spoke about how she started her business by herself and explained what she needed to run her own business. The students then had a chance to make their very own balloon display to take home.



Underground - David who works for a busy London underground station had fun with the students. They had challenges set on the day to find stations on a large tube map and scenarios to complete. They also got to wear the underground uniform.



Car Mechanic - John was very happy to come into Cleeve Meadow to talk about his career within the mechanic trade he has worked in for over 25 years. He discussed his day to day role, health and safety, showed the students tools and uniform, the students even had the chance to have a look at a car engine.



Army - We were very lucky to have Tim who spoke about his career within the army. He brought along medals, sleeping bags, food, and equipment. They students got to wear helmets, jackets and even tried food that soldiers would have.



Landscaping - A local landscaping company helped the children plant and design a planting area within our school grounds. They made small plant beds, filled them with soil and planted some lovely flowers and small shrubs. The children had lots of fun.



Carer - Mr Freeme a senior TA here at Cleeve who in his spare time helps a young adult who is disabled. Mr Freeme spoke about what he does when he is caring for the young adult. The students had lots of questions and they even took it in turns to help their peers make them a drink, tie their shoelace and help with their shirt buttons.





English Round Up

We have beautiful examples of some of our poems made into posters and put up around the school. They look FABULOUS and are a great celebration of the writing, filming and performances that made our Poetry SLAM! so special last term. Some of the videos can be viewed [here](#)

This term **Year 10s and Year 7s** have been reading, listening to and enjoying **Myths and Legends**. Thinking about; what makes a story?; what heroic acts look like and how we can make our writing exciting for our readers.



Haiku

My knees are heavy
Sad like autumn is ending
But I am happy

Jo-Jo Smith

Meadow Songs 21



Year 9 have been reading the fantastic verse novel **The Weight of Water** by the brilliant Sarah Crossan - the tale of a girl from Poland who comes to the UK with her mother. What happens to Kasienka, the struggles she has, the questions she asks and the power she finds within herself to meet the challenges she faces are presented beautifully. I have been delighted with the students' responses to this book - it's a real 'empathy builder'. (Speaking of empathy there will be more news on The Freedom Lab in the New Year when the booklist for 2022 is announced).



Last but not least, **Year 8** has been working on Charles Dickens - **A Christmas Carol**. A classic and one of our nation's best loved books. We have got to know **Scrooge** and the spirits; Bob Cratchit and his family and many of the wonderfully written characters. Try our quick **Christmas Carol quiz** and see how much you can remember. Maybe ask a year 8 expert to help you out.

A Quick Christmas Carol Quiz

1) Who appears in Scrooge's door-knocker?

- a) Jacob Marley's ghost
- b) Fan's ghost
- c) The Ghost of Christmas Yet to Come

2) Which of the spirits do not speak to Scrooge?

- a) The Ghost of Christmas Yet to Come
- b) The Ghost of Christmas Past
- c) The Ghost of Christmas Present

3) What is Scrooge's typical response to "Merry Christmas"?

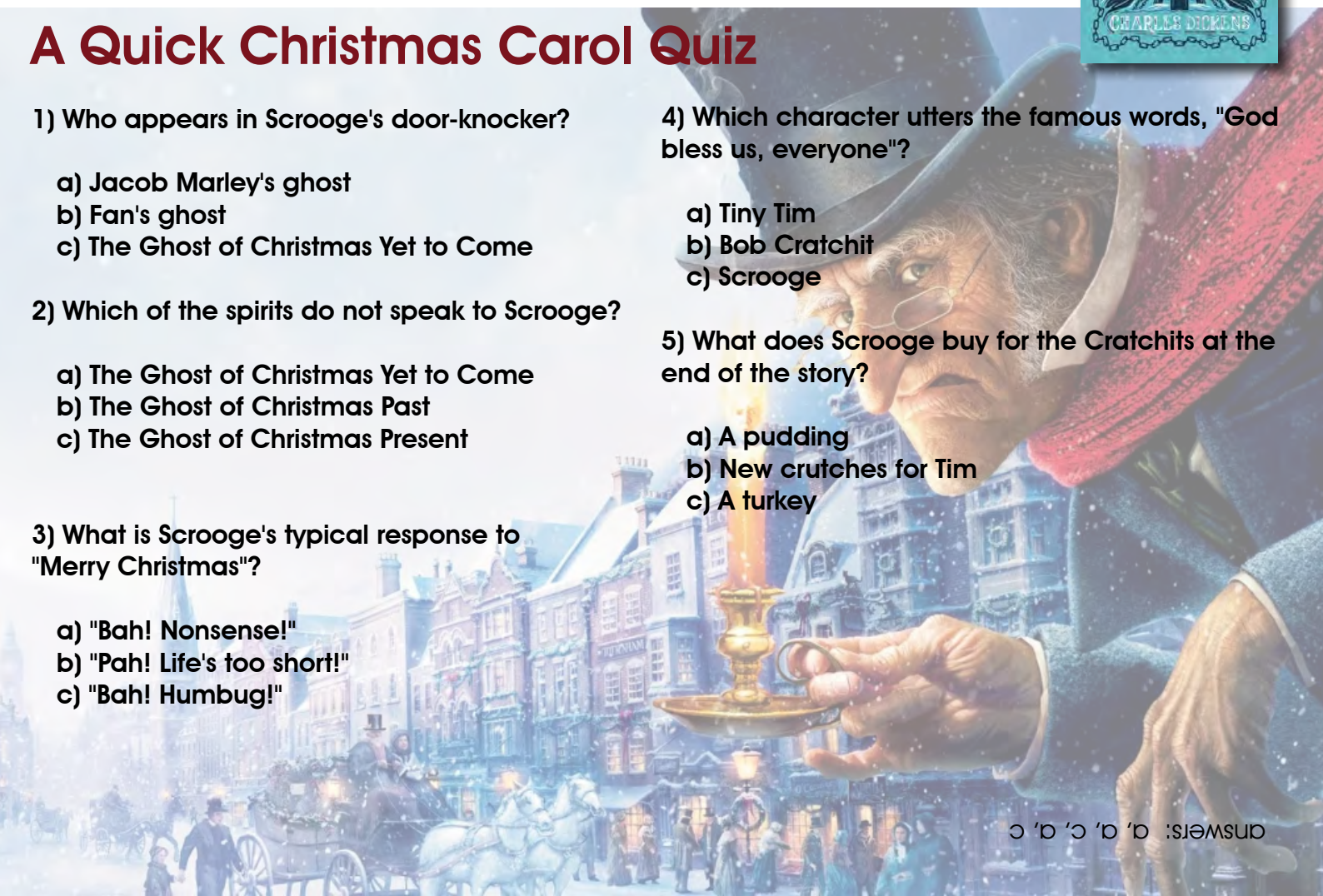
- a) "Bah! Nonsense!"
- b) "Pah! Life's too short!"
- c) "Bah! Humbug!"

4) Which character utters the famous words, "God bless us, everyone"?

- a) Tiny Tim
- b) Bob Cratchit
- c) Scrooge

5) What does Scrooge buy for the Cratchits at the end of the story?

- a) A pudding
- b) New crutches for Tim
- c) A turkey



Dungeons & Dragons Club

What is Dungeons & Dragons? The Dungeons & Dragons roleplaying game is about storytelling in worlds of swords and sorcery. Like games of make-believe, D&D is driven by imagination. It's about picturing a crumbling castle in a darkening forest and imagining how a fantasy adventurer might react to the challenges that scene presents.

In this fantasy world, the possibilities are limitless.

Unlike a game of make-believe, D&D gives structure to the stories—a way of determining the consequences of the adventurers' actions. Players roll dice to determine whether their attacks hit or miss and whether their characters can scale a cliff, roll away from the strike of a magical lightning bolt, or pull off some other dangerous task. Anything is possible, but the dice make some things more probable than others.

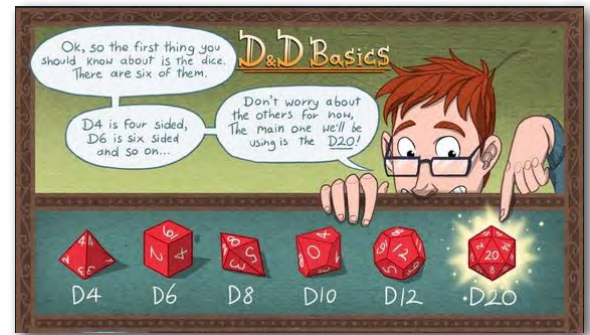
The students in this new Club have thoroughly enjoyed learning the basics, creating characters (such as a skilled fighter, a devout cleric, a deadly rogue, or a spellcasting wizard) and, mainly, rolling 20 sided dice (and lots of other fancily shaped dice) and listening to Dungeon Master (DM) Mr Mountain tell the story in a multitude of voices and guide the players through the game by acting as referee of the games rules, working with the players to save the day...or just get lots of treasure.

There is some great footage on the website showing one of the players rolling a 'natural 20' on the first roll of the game – pretty impressive stuff! You can watch the magical moment [here!](#)

So will our heroes become the Saviours that the land needs or will they look out for themselves and get rich on dragon's gold? Only time and the roll of the dice will tell....

As well as being great fun to play some of the possible mental health & wellbeing benefits of D&D are:

- Improved social skills with peers
- Increased self-esteem and self-confidence
- Ability to express yourself and your needs assertively
- Improved impulse control and practice with turn-taking
- Stronger creative thinking and problem-solving skills
- D&D is collaborative. Rather than competing against each other, players must find a way to get along and work together.
- Playing as a character who is different from yourself allows you to literally see the world through someone else's eyes, which can build empathy.
- Because the game is based in role-playing, it's a great way to try out new ways of interacting with other people in a low-stakes, fun environment.
- Playing the game tends to help people bond and build friendships. D&D provides a structured way to get to know new people that might feel less awkward than making small talk with a stranger.
- D&D players have almost unlimited creative freedom, which can be liberating. Do you want to be a 1,000 year old elf sorcerer with purple hair and a pet mongoose? You can do it in D&D.



Wellbeing

Wellbeing with
Mrs Hughes



Mental Health and Crisis Support Over Christmas

Although the Christmas holidays are traditionally seen as a time to celebrate, get together and have fun. The reality of financial worries, family pressures, bad weather, Covid rules and restrictions whilst managing your child's disability can lead to further stress and anxiety for everyone.

Here is a reminder of some important mental health contacts and links to services that will be operating over the Christmas holidays and at any time should you need any support or advice.

Happy Christmas and stay safe everyone!

Family Lives Helpline: 0808 800 2222 (confidential support for parents and carers) www.familylives.org.uk

<https://www.thecalmzone.net/>

Support for males who are experiencing suicidal thoughts and self-harm

<https://youngminds.org.uk>

Brilliant website for young people and those who support young people experiencing mental health concerns.

Lots of advice and guidance relating to lockdown and managing anxiety around Covid-19

<https://www.autism.org.uk/what-we-do/help-and-support/helpline>

<https://www.koothplc.com/our-products/young-people>

Mental health app for young people to chat and text professionals about mental health issues.

<https://www.thesilverline.org.uk/>

Friendship and support for older people who feel isolated

<https://careservices.bexley.gov.uk/Services/1598>

Support for LGBTQ families within Bexley

<https://metrocharity.org.uk/youth/metro-shine>

Support for young people questioning their identity and other LGBTQ issues

<https://nopanic.org.uk/>

No Panic supports those who experience panic attacks, OCD, Phobias and other related anxiety disorders.

<https://mindinbexley.org.uk/>

Local support for those living with mental health conditions. Over 18's service, for children and young people look at the young minds website.

<https://careservices.bexley.gov.uk/Services/819>

Support for anyone affected by rape and sexual abuse

<https://blacklivesmatter.uk/>

Support for black people facing discrimination and prejudice within the UK

<https://www.bexleyvoice.org.uk>

Check out Bexley voice for mental health support groups including (Crisis Café 6pm-10-pm) and Tea and Talk workshops for parents/carers of children with special needs.

<https://www.samaritans.org/branches/bexley/>

24 hour advice and support if you need to talk. Someone will always listen.

<https://www.papyrus-uk.org/>

Offer support for young people or for anyone worried about a young person who may be thinking about suicide

www.childline.org

24-hour helpline 0800 1111 support for under 19's call, email or chat online for any concerns.

www.bexleydomesticabuseservices.org.uk

Support affected by those experiencing domestic abuse.

<https://www.solacewomensaid.org/news/solace-bexley>

Legal and supportive advice for women experiencing domestic abuse



Cleeve Meadow School

020 8269 6523

enquiries@cleevemeadow-tkat.org

www.cleevemeadow-tkat.org