



## Dear Parents & Carers



### CEO Update

Robin Bush

I hope our newsletter finds you all safe and well. It has been very pleasing to see so many positive images of learning taking place across your households. I hope that you are all taking time to press your own re-set buttons at this time of unprecedented challenge. I would like you to continue to inform us if you feel you need any other particular support relating to any aspect of learning, well-being or information, in the meantime I can assure you we will keep you updated of any new information via email or the school's website. Please be aware that next week we will be observing the statutory bank holiday Friday 8 May, it will be therefore really helpful if you have any pressing communication issues to liaise with class staff by Thursday of next week. We will be delighted if you continue to send us inspiring images of your learning endeavours at home. **Stay safe, Robin.**

## Dear Parents & Carers

Early next week you will all receive a guide to assist you with further learning materials if you choose to use them. There is absolutely no pressure or expectation upon you to utilise the various learning links/websites.



### Headlines

Stuart Jamieson

Please continue to maintain your routines however you see fit and we would like to reassure you on a number of matters. Firstly, individual paper based work resource packs can be replenished as and when you need them so please just ask. Secondly, teaching support and therapy staff will continue to liaise with you on a regular basis. Thirdly, all students have their own dedicated learning folder containing personalised learning resources. Richard Grimmer, our Deputy Head, would be delighted to know if this resource can be added to so please don't hesitate to let us know. We are pleased to share that students can now also gain access to an additional online homework area called Videos for Students. Wishing you all continued physical and mental wellness! **Best wishes, Stuart.**

**Jessica's** window art tribute to some of our key-workers; postman, fireman, nurse, binman, shop worker, policeman.

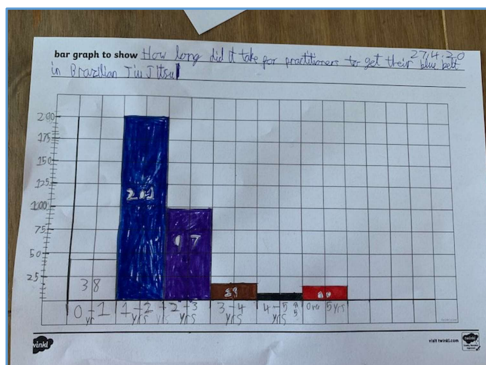


RISE 2 have been getting creative and practical. **Alex, El-Jay** and **Ianis** focussed on different topics each day. They have made Hawaiian necklaces, Mandala designs and made fruit salad.



Welcome back to **Toni** who has supported our students this week in BASE 1. Good to have you back on the team.

"We put a poll on a BJJ Facebook group I'm part of and **Khovan** used the result to make a graph. For English, I printed off a writing sheet from Twinkl about cats and asked Khovan to write about his pet. He loves cats so was very eager to write! His more practical work which he is doing now is putting the rubbish from the kitchen into the correct bin in the garden (general & recycling) then he will be sorting the clean washing into 3 piles - my clothes, his clothes and his sister's clothes ready to be put away. (He will be putting his own clothes away!)" Shireen Khovan



Stay Home, Stay Safe.  
Love Caprice.



**To all the staff at Wargrave House School and LEAP College**

I just wanted to send a little letter, on behalf of the whole church, to encourage you and let you know we're thinking of you all. These are strange and worrying times, and I imagine life at school has changed considerably.

I have so enjoyed visiting the school recently, and it has been a privilege to witness the staff's dedication to the children and young people in their care. Wargrave House is a special place indeed.

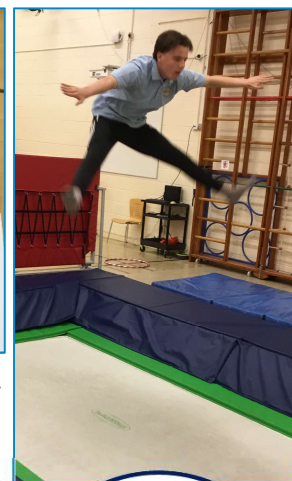
Caring for young people (whether teaching, preparing food, managing the school or even cleaning their classrooms) is always more than a job. It's a vocation, a sacred calling. Perhaps the highest calling of all. I get the sense that staff at Wargrave and LEAP understand this better than most!

I look forward to see you again soon!

God bless,

Rev Gareth and the whole family at St John's.

**Emilie's** handy work. We have made a planter from an old bath. Planted carrots and radish in that. We are growing mangetout and sugar snaps and potatoes also in a box planter we made. Planted tomatoes too. And the delightful painted figure was Emilie's art work of mum.



This week in BASE 2, **Peter** really enjoyed colouring in the mosaic skull pictures. He also had lots of fun on the trampoline at school. *"I enjoyed everything about this week, especially doing my mindfulness colouring".* **Maxim** (far left) has enjoyed playing basketball and following his schedule to do various class activities and exercise.



## Time Out

Choose one activity that you do at least once a day, for example washing up, cleaning your teeth, showering or washing your hands. For one week, commit to undertaking this activity mindfully, with your full attention; noticing the sensory experience of carrying out the task instead of getting caught up with your thoughts or rumination.

Write down what you noticed while doing this. You may find it useful to reflect on the three components of mindfulness:

» Concentration: could you identify what it was important to pay attention to during the activity? How easy was it to concentrate on that aspect of the experience?

» Sensory clarity: were you able to observe your experience as it was or did you notice that judgement arose in your mind about your experience or performance? Did your mind fill with thoughts about different things that distracted you from the sensory experience?

» Equanimity: did you become frustrated or want the experience to be over? Did you start to cling to a positive aspect of your experience? To what extent could you be open and accepting of what was happening?

**Coronavirus (COVID-19): an easy-read guide provides straightforward information and visuals to support hand washing, information about the virus and why we have to stay at home for the time being:**

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/874281/COVID-19\\_easy\\_read.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874281/COVID-19_easy_read.pdf)

**A link to online resources and games to support good hygiene for our students to access at home:**

**Google Search: ebug junior**

**COVID-19: guidance for Parents/Carers on supporting children and young people's mental health and wellbeing:**

**Google Search: covid childrens mental health**

**The NSPCC has a number of resources to support the mental health of children, young people and families through this challenging time:**

**Google Search: nspcc Supporting children and young people's mental health**

**See the link below to access a book list for children who are worried or anxious:**

**Google Search: nspcc library worry anxiety**

### Sleep and physical activity

Sleep may be difficult during the normal routine so when life has changed so much, as it has recently, maintaining a normal sleep pattern becomes a lot more important but even more of a challenge. If you need any support or advice to support your son or daughter regarding this please contact a member of the therapy team to discuss the issues over the phone or email. Resources can be shared via post and/or email. Physical activity as well as raising your mood and improving physical health also helps to maintain a good sleep pattern and gives your brain something to focus on. Exercise can be a positive coping strategy for these difficult times.

### Share your feelings

Now it is more important than ever for us to share our feelings with our friends, relatives or close family. Staff are also still at school and college to support you during this time even if your son/daughter is not currently attending. Most importantly please remember do not keep any worrying or upsetting feelings to yourself.

Nobody's perfect... we all make mistakes. Show the same understanding and forgiveness to yourself as you would show to others.

### Ask for Help

Please see below additional useful resources to support your emotional health:

[Actionforhappiness.org](https://www.actionforhappiness.org)

[Annafreud.org](https://www.annafreud.org)

[Barnardos.org.uk](https://www.barnardos.org.uk)

[Cwmt.org.uk](https://www.cwmt.org.uk)

[Mind.org.uk](https://www.mind.org.uk)

[Mentalhealth.org.uk](https://www.mentalhealth.org.uk)

[Samaritans.org](https://www.samaritans.org)

(Telephone 116 123 at any time)

## Wargrave Tutorial Videos



**Why not have a go at following one of our Wargrave House tutorials??** Students can now access a folder in the SharePoint called 'videos for students'. On here you will find a range of tutorials designed to get you at home involved. You can try baking activities such as scones, banana loaf and lemon drizzle cake by following the work system and video tutorials. If you try any at home please send us your photos. Are there any video tutorials you would like us add? You can send your requests in by email.

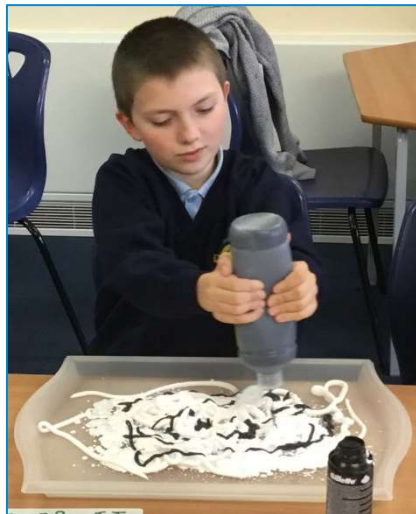
## RISE 1

**Tamara** and **Ebube** have made rainbow patterns using skittles and lava lamps using water and glitter.



## BASE 2

**Patryk**, **Samyukth**, **William** and **Alexis** have been baking, shaving foam printing tiger stripes and Alexis read Dear Zoo to the class!



## Bourne at Home

**Sean** and **James** have done some excellent work at home. **Sean** has been developing his geographic knowledge focusing on reading maps and topics such as erosion. These have helped him to understand geographical features and locate areas when playing games. Sean has gained a certificate in atlas skills from an online course with Barcelona Field Studies as well as a certificate from code.org following the completion of one of his online projects. Sean is currently working through an online first aid course.

**James** has been exploring sound through using the didgeridoo, keyboard, guitar, drums, violin and his ukulele. James also enjoyed collaborating on baking with Sean, particularly breaking the eggs! James also enjoyed an online birthday party and opening presents. He was very excited about completing his Gruffalo and Over the Hedge collections!

