

THAMES VALLEY SCHOOL



**Thames
Valley
School**



NEWSLETTER – 9TH DECEMBER 2022

Message from The Senior Leadership Team

It has been great to see pupils getting into the Christmas spirit this week with the start of our Christmas events. Pupils and staff loved wearing their Christmas jumpers and outfits into school and it was fantastic to see them enjoy themed activities in the afternoon with their tutor group.

Our Christmas Fayre preparations have continued, and we have seen some innovative ideas from across the school that we look forward to showing you next Friday in person!

This week, we must give a huge 'Well done' to our Year 11 pupils who have participated in their mock examinations ahead of their June GCSE's, ending the week with a pizza party celebration to reward them for all of their hard work.

Some pupils headed over to the Avenue School to enjoy a hot drink and cake from their café and Primary pupils were very enthusiastic when exploring their 'Light' topic in Science with some fun investigation work. Members of the Trans Disciplinary Team also enjoyed finally seeing some parents in person at our first Coffee Morning of the Year and we look forward to welcoming you all to our next one on 24th January at 10am.

As recorded in a previous newsletter, all staff have recently undertaken 'Team Teach' training which I strongly believe will have a positive impact upon the school and pupils moving forward by ensuring our staff are suitably trained and have this shared consistent approach to supporting our pupils holistically.

Just to offer more context and information: Team Teach is an accredited award-winning provider of positive behaviour management training. The training focuses on supporting positive behaviours, promoting a balanced approach towards reducing risk, restraint, and restriction. The

physical intervention techniques have been medically risk assessed and undergone comprehensive reviews of the evolving legal framework to ensure that best practice and safeguarding is in place for all young people. The training is designed to reduce reliance upon restraint and restriction and 95% of the course emphasises on de-escalation, caring practice, support planning and being proactive. At times we may need to hold a pupil, but this will always be in line with keeping the individual safe and those around them. This will always, reasonable, proportionate, and necessary as reflected within Use of Reasonable Force in Schools (DFE 20130).

February half term - Consultation

It has been brought to our attention that Thames Valley School's February half term dates differ from our surrounding local authorities (including Reading, Wokingham, West Berkshire, Oxfordshire, Buckinghamshire, and Hampshire). We understand this may cause challenges for our families including those with siblings who attend school in the local area and working parents.

We are therefore consulting with families and staff as to whether Thames Valley School should continue with the term dates currently set (20th – 24th February 2023) or whether to alter these in line with local schools and authorities (13th – 17th February 2023).

Please note that, if feedback indicates a change to term dates, prebooked holidays would be honoured as authorised absences.

Please can any feedback on this matter be sent to office@thamesvalley.reading.sch.uk by 15th December 2022.

School Calendar

Important dates

Wednesday 14th December, 2022	Christmas Lunch
Friday 16th December, 2022	Christmas Fayre
Tuesday 20th December, 2022	Finish for the Christmas break
Wednesday 4th January, 2023	Students return to school

Pupil Awards!

McGuinness: *Marshall, for being able to regulate, return to class and having a positive rest of the day.*

Applegate: *Elliott, For his amazing effort in all of his lessons*

Packham: *Callum, for engaging in class discussions and actively asking for feedback*

Hopkins: *Logan, for making safe choices and regulating well*

Tajiri: *Charlie, for consistently completing all of his work*

Hegerty: *Miles, for his excellent attitude towards learning this week*

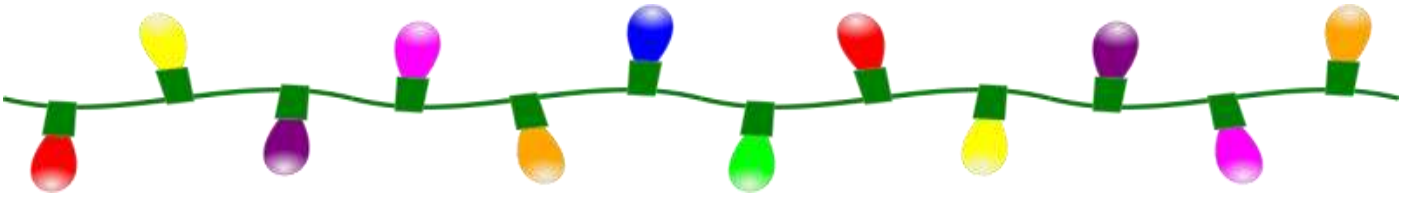
Thunberg: *James, for great participation in lessons and independent work*

Wiltshire: *Aiden, for great communication with staff when distressed and fantastic engagement in lessons*

De Blois: *Daniel, for showing great understanding and support when other students are dysregulated.*

Smale: *Alex, for their effort, concentration, and positive mindset during GCSE mock week*

Christmas Fayre Appeal



Christmas Fayre Appeal

We are planning to run our Christmas Fayre on **Friday 16th December**.

The fayre will start at **12.30pm** and run to **2:15pm**.

Parents can take their children home at **2:15pm** and taxis will come at **2.30pm** on this day.

We would like to carry out our Annual Christmas Raffle as well as introducing a second-hand book stall. We would be very grateful for any donations.

Raffle Donation ideas:

Pamper hamper – Toiletries, makeup, smellies and pamper products etc.

Confectionary case - assorted sweets, treats and chocolates etc.

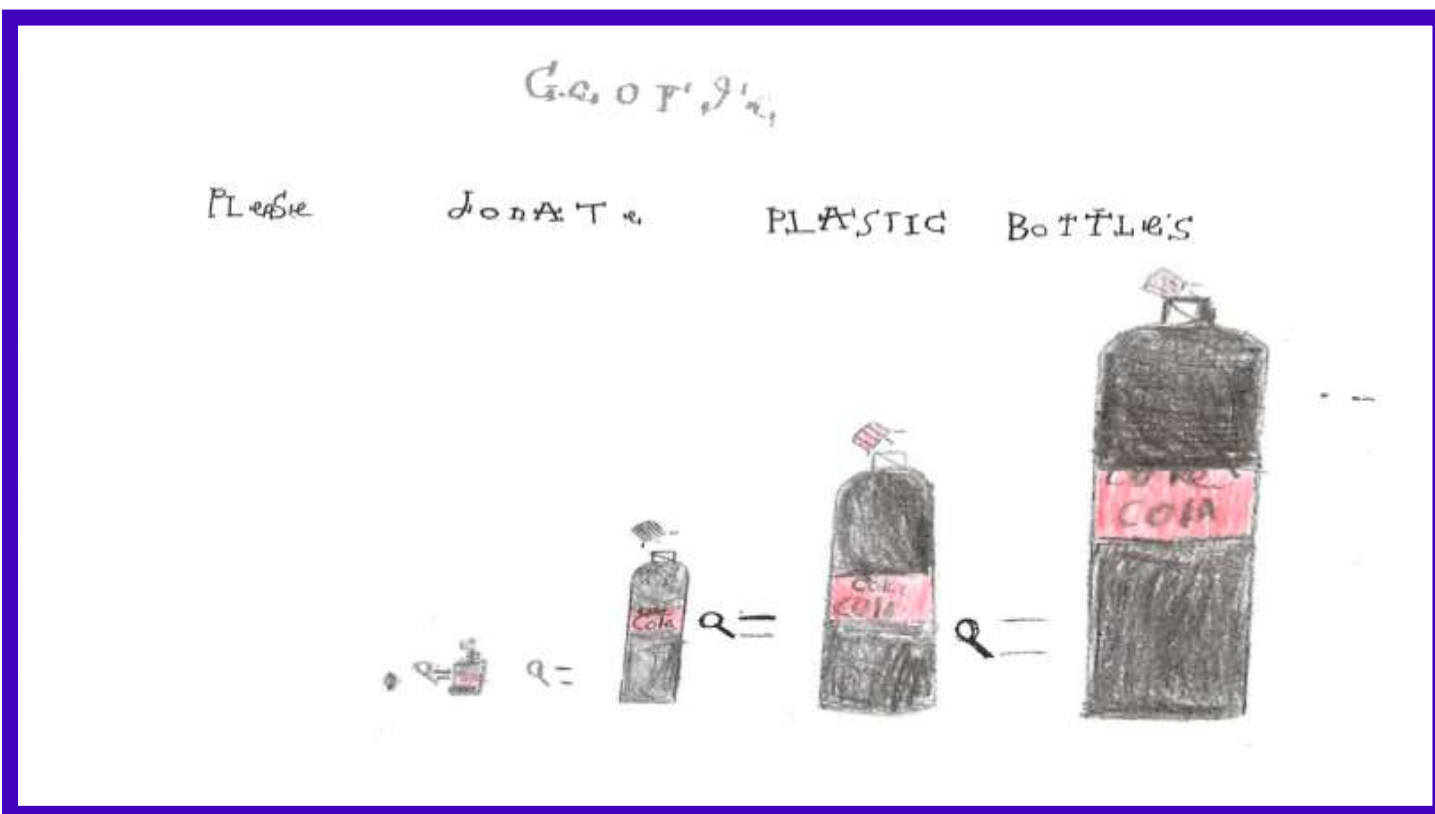
Goodies galore - biscuits, mincemeat, mince pies, gingerbread, Christmas crackers etc.

Toytastic – Small toys, games, fiddle gadgets, coloring in etc.

Any books for children or adults



Artwork by some of our students



CAN YOU PLEASES



DONATE
PLASTIC
BOTTLE



ALP12201 11/22
CAN YOU PLEASE
DONATE
PLASTIC BOTTLES



Coffee Van Fridays



iHeartCraftyThings.com

Cafe Menu at The Avenue School

Every Friday until Christmas!

12 - 2pm

Americano - £1.50

Latte - £2.00

Cappuccino - £2.00

Add Gingerbread, Caramel or Hazelnut Syrup for 30p

Hot Chocolate - £2.50

Deluxe Hot Chocolate (Cream and marshmallows) - £3.00

Tea - £1.50

Fruit Tea - £1.50

Cold Drinks - £1.00

Biscuits - £1.00

Crisps - £1.00

Baked goods £1.00

Students pay 50p - limited to 2 items

07979018705

jennie@thebutterflycommunitycafe.com

Speech and Language news

Tip of the Week: Focus on Supporting Self-Awareness

Week 3

Supporting your child to embrace challenges to develop self-awareness:

All children have things they do well and things that are hard for them. Most children have moments when they say, "I can't do it!" or "That's too hard!" Encouraging children to take on challenges can help to build self-esteem. When challenges are overcome, children will tend to feel confident and good about themselves and believe themselves to be capable and worthy.

What can you say or do when your child is facing a challenge:

Here are some ideas:

- Praise them when you see them taking on a new challenge.
- Acknowledge your child's strengths, even when they are not finding success/ achieving their goals. For example, "I know you can't answer this question yet, but keep trying because you're showing such **determination** and **persistence** and that will pay off."
- Help frame obstacles as something your child can deal with rather than allowing them to give up, for example by explaining to them that:
 - a) challenges are a normal part of life faced by everyone, and that
 - b) as no one is perfect, perfect performance is not normal or expected, especially when someone is new to dealing with a given challenge.
- Saying, "I know this is hard for you." Acknowledge that learning new things can be hard for the child. Sometimes all the child needs is to feel validated for their feelings. Let them tell you how they are feeling and for them to know you hear them. Next you can try to come up with a solution together to help your child overcome any mental roadblocks.
- Saying, "Have I ever told you about..." If you have a similar story from your childhood or know someone else who has where you overcame challenges, share it. It helps the child relate.
- Saying, "you are learning a new skill, it takes some time" Sometimes, all the child needs is a reminder that even though they can't do it just yet, doesn't mean they won't do it ever again.

At home focus on the learning process and effort taken rather than final outcomes e.g. giving praise for determination/ new skills learnt etc.

When the child does complete their tasks or learn that new skill make sure to praise their efforts and persistence. Be specific in your praise to boost confidence in your child.

School Meals menu

Secondary LUNCH MENU



Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 02.01.2023 30.01.2023 27.02.2023 27.03.2023	Chicken, Chickpea & Carrot Korma with Brown Rice and Pasa Sweet Potato, Chickpea & Carrot Korma with Brown Rice and Pasa Cheddar Cheese, Butter & Crackers	Jacket Potato with Tuna Mayo sauce and Cucumber Slices Jacket Potato with Baked Beans and Cheddar Cheese Fruit Cake	Beef & Lentil Cottage Pie with Green Beans Lentil & Butter Bean Cottage Pie with Green Beans Carrot Cake	Thai Chicken Noodles with Red Peppers and Broccoli Thai Mushroom Noodles with Red Peppers and Broccoli Cherry Flapjack	MSC Mackerel Mac 'n' Cheese with Carrots and Garlic Bread Cherry Tomato Mac 'n' Cheese with Carrots and Garlic Bread Orange & Mango Jelly
Week 2 09.01.2023 06.02.2023 06.03.2023 03.04.2023	Chicken Burger in a Brioche Bun with Roast Potatoes and Cucumber Slices Veggie Burger in a Brioche Bun with Roast Potatoes and Cucumber Slices Blueberry Muffin	Chicken and Sweetcorn Wholewheat Pizza Pasta Bake with Mozzarella Topping, Carrots and Garlic Bread Spinach, Butterbeans and Squash Wholewheat Pizza Pasta Bake with Mozzarella Topping, Carrots and Garlic Bread Lemon Drink Cake	Lamb, Lentil and Pea Rogan Josh Pilaf with Broccoli Chicken, Lentil and Pea Rogan Josh Pilaf with Broccoli Cheddar Cheese, Butter & Crackers	Jacket Potato with Tuna Mayo sauce and Sweetcorn Jacket Potato with Mexican Bean Chili and Cheddar Cheese Tin Green	MSC Cod and Pilchard Fish Cake with New Potatoes and Pasa Vegetable Sausage with New Potatoes and Pasa Chocolate Brownie
Week 3 16.01.2023 13.02.2023 13.03.2023 10.04.2023	Jacket Potato with Tuna Mayo sauce and Cucumber Slices Jacket Potato with Baked Beans and Cheddar Cheese Fresh Green Profiteroles with Chocolate Sauce	Chicken, Potato and Carrot Curry with Brown Rice and Broccoli Chickpea, Carrot and Potato Curry with Brown Rice and Broccoli Fruit Sauce with Butter and Jam	Spaghetti Beef & Mushroom Bolognese with Sweetcorn and Garlic Bread Spaghetti Mushroom & Lentil Bolognese with Sweetcorn and Garlic Bread Fruit Cake	Chicken and Vegetable Casserole with a Cheesy Potato Waffle Topping with Pasa Cannellini Bean and Vegetable Casserole with a Cheesy Potato Waffle Topping with Pasa Carrot Cake	MSC Breaded Pilchard Filled with Roast Potatoes and Green Beans Vegetable Fingers with Roast Potatoes and Green Beans Cheddar Cheese, Butter & Crackers
Week 4 23.01.2023 20.02.2023 20.03.2023	Beef Burger in a Brioche Bun with Potato Wedges and Carrots Vegetable Burger in a Brioche Bun with Potato Wedges and Carrots Cherry Flapjack	Sausage, Spinach and Cheese Wholewheat Pizza Pasta Bake with Pasa and Garlic Bread Spinach, Cannellini Beans and Cheese Wholewheat Pizza Pasta Bake with Pasa and Garlic Bread Strawberry Jelly	Jacket Potato with Tuna Mayo sauce and Cucumber Slices Jacket Potato with Barbecue Beans and Cheddar Cheese Lemon Drink Cake	Mexican Beef and Bean Chili with Rice and Sweetcorn Mexican Sweet Potato and Bean Chili with Rice and Sweetcorn Chocolate Brownie	MSC Pilchard Fish Fingers with Potato Wedges and Baked Beans Vegetable Fingers with Potato Wedges and Baked Beans Tin Green

All Our Dairy Products are Red Tractor Assured

MSC - Approved by the Marine Stewardship Council



CRUMBS

FOOD CO

www.crumbsfoodco.com

A type of Bread or Tortilla Chips and Fresh Salad is available every day



Reduced Salt and Sugar

School Website

We now have a new website address you can find us at:

www.thamesvalleyschool.org.uk

Safeguarding Information

Safeguarding at Thames Valley School

Thames Valley school is committed to safeguarding and promoting the welfare of children and young people.

At Thames Valley School, safeguarding means:

- Protecting students from maltreatment
- Preventing impairment to children's health or development
- Ensuring students are growing up with the provision of safe and effective care
- Taking action to enable all pupils to have the best outcomes

Meet the Safeguarding Team at Thames Valley School

Miss Archer



Mrs Buley



Ms Pettersen



Everyone has the right to feel safe at ALL times.

If you or anyone you know has been harmed or is at risk of being harmed in any way, then please speak to a member of staff. We will be able to offer you help and support. You can talk to any staff member. The information you discuss will be shared with a member of the designated safeguarding team so that appropriate support can be put in place.

Useful Contacts:

Thames Valley School

0118 9442 4750

CHILDLINE

0800 1111

OUT OF HOURS SOCIAL

CARE

01344 786543

NSPCC

0800 800 500

KOOTH

As part of Mental Health service for young people. It is a free online counselling and emotional wellbeing support service providing young people aged 11 – 25 years with free, safe and secure means of accessing support with their emotional health and wellbeing from a professional team or qualified counsellors.

