

THE WAVE



Wave Multi Academy Trust - Newsletter 28

Autumn Term 2023



AUTUMN TERM

How did Christmas come so fast? Or maybe it didn't feel like that to you, I have to admit weeks are flying by for me. We continue to see a large rise in the number of permanent exclusions across the schools we serve, I can honestly say I've never seen anything like it.

Practically it means we get fuller, quicker, every year and there appear to be more barriers to getting pupils back into school, which jams up the system. With Glendinning 9 over the originally agreed PAN, there is no area of our Trust that isn't working at full capacity. As you know this brings its own challenges in terms of your daily work life, which we as leaders of the Trust are very aware of. We are doing everything we can to ensure your working life is as high quality as it can be, given the inherent pressure of meeting the needs of the pupil population we have chosen to serve.

I am in the process with Trustees and leaders in drawing up a new 5 year strategic plan for the Trust with publication early in the new year, this will outline the vision and action that will see us well into our second decade as a Trust and hopefully offer some stability to us and our stakeholders at a time when stability and long term vision are very rare. It is also my intention to write into that plan a vision for how we continue to receive and act on feedback from you, to ensure that as a community we continue to reflect the best of what is available for meeting the needs of our pupils, their families and of course you, my colleagues.

Once again, I would like to thank you for your professional generosity, humour, dedication and selflessness that are so obviously on display in your daily practise.

I hope you have a great Christmas and a peaceful New Year.

Rob x



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River Dart

A Taste of LOTC at RDA this year so far

We have enjoyed the green of Haldon Forest, culture capital visits to the R and A Museum Exeter and Dartmoor Prison Museum. We are looking to develop our green areas in the school grounds through visiting garden centres and builders merchants pricing up our proposed plans for a vegetable/wildflower garden and the creation of a natural wild-life pond.



River Dart Art

We are proud to show how pupils are getting busy creating artwork in preparation for their art award.



Pupils are currently working towards their Arts Award and are in the process of creating exciting Artwork, focusing on Poly printing, Lino printing and clay.

Part of the course involves sharing their skills with others, this will range from 2D printing to clay manipulation.

We are looking forward to celebrating the beautiful work created.



Pupils creating work in response to the Art of Disney, Joshua Smith and Graffiti Artists
Keith Haring and Yuvi



Amazing talent & skill building with our budding artists—such a joy to watch and be a part of

CHES

Some Words from Ami

I'm Ami and without CHES I wouldn't have gotten to where I am today if I'm honest. The teachers are supportive and caring. They understood the mental health issues that I have, surrounding past trauma and PTSD. They worked with me to the best of their abilities to make me feel happy, safe and comfortable in a learning environment again after struggling harshly with mainstream schooling. I couldn't recommend the staff here enough, they truly are the reason I was able to pass my exams and carry on into college. I also feel that the practical sessions for science that I did at College with CHES teachers last year has helped me to settle into the college environment this year.



Throughout my time at CHES they helped to encourage me to be myself and pursue my dreams and aspirations, cheering me on every step of the way. I couldn't be happier with how far I've come, with starting powerlifting around the time I left mainstream schooling and carrying on through my time at CHES. It allowed me to have a calm relaxed flexible schedule for my training and learning I've now been able to get onto my college course of choice and I love it! Alongside winning a National Championship while I was with CHES, sport and powerlifting saved me mentally and physically and CHES supported me the whole way one step at a time to get to my goals. No matter what you may be going through always remember there is help and support out there and you are never alone .

Sowenna

A day in the life at Sowenna

Context

Sowenna is a General Adolescent Mental Health Unit situated onsite at Bodmin Hospital. The unit has twelve beds and contains a clinical ward, education suite, therapy rooms, gym, outdoor sports barn, and a quadrant courtyard along with gardening area.

Whilst every day is different at Sowenna the day is based around a well organised timetable that gives the young people a sense of security and routine. The Sowenna team is made up of a devoted mix of teachers and HLTAs who are joined on Tuesdays by an honorary team member



Rex is a favourite with the young people.

the best socks of the day. This session is a very valuable method for Education practitioners to link in with the young people and assess each students' well-being prior to the start of the day.

Here is a breakdown of the day at Sowenna.

Handover

The first part of the day at Sowenna is to attend the morning handover meeting which is a valuable opportunity to bring together all the multi-disciplinary teams on the ward. The meeting is led by the nursing team and gives practitioners a good idea of events that have occurred with young people over the past twenty-four hours. During this meeting, ward staff encourage the young people to get out of bed and establish a morning routine in preparation for the rest of their day.

Sunrise

The next part of the day is the Sunrise session on the ward. This is a daily wellbeing meeting dedicated to the young people on the unit. During Sunrise several routine topics are discussed to create the format of the session. All young people and adults attending are asked about how they are feeling and if they have any requests for the day. Education staff will share the timetable of teaching and learning activities planned for the day. The Sunrise session culminates in *Sock Check*, where a winner is decided based on

Sowenna

A day in the life at Sowenna Contd.

Education Sessions

After the Sunrise meeting, it is time for education to begin. The young people are given time to collect any school equipment before being encouraged to join the education team in the classroom.

The timetable covers all statutory subject areas and includes three curriculum pathways:

- *An academic curriculum pathway*

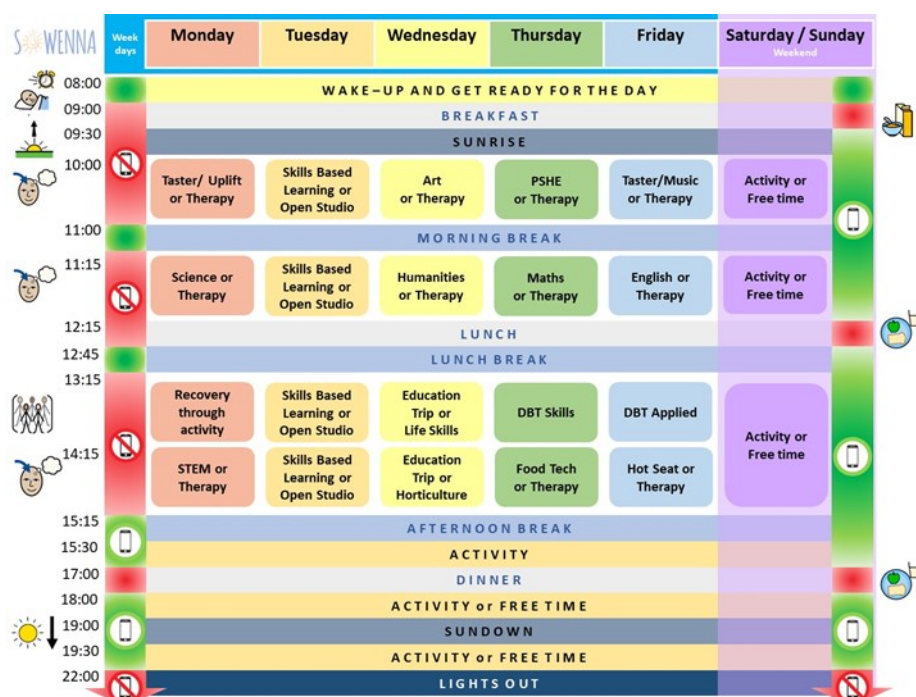
Education staff liaise with a young person's lead school and supports them with schemes of work and targets set by their school.

- *A thematic based curriculum pathway*

Devised by teachers at Sowenna to support individual gaps in learning and provide a broad range of curricular based learning opportunities.

- *A nurture style curriculum pathway*

With a focus on PSHE and skills for learning, this pathway is intended to support young people who have become disengaged in learning or who are too unwell to engage in higher level cognitive activity.



Sowenna

A day in the life at Sowenna Contd.

There are four 1-hour sessions throughout the day. Young people are encouraged to engage with a personalised education offer based on the appropriate curriculum pathway. This is dependent on their mental health recovery journey and school/college enrolment status. The first, second and third session focus on education-based activities. The third session focuses on a therapy group session which is co-delivered by members of the therapy team at Sowenna. Each group runs a different session and includes Recovery Through Activity, Life Skills, Dialectical Behaviour Therapy (DBT) skills awareness and DBT applied practice.

On Wednesdays, there is a weekly education trip where staff and young people try as much as possible to get out into the natural environment. Trips often consist of locations such as beaches, woodlands, and moorland. Treraven Farm is a favourite place to visit, where young people enjoy exploring the woodland to find the resident pigs.



Treraven Farm – Tamworth Pigs

End of the day

After the education sessions have finished and young people are back to the ward, the end of the day culminates in education staff completing the Weekly Progress Report. This provides a valuable update for each young person and the activities that they have taken part in during the day and is emailed out daily to all Sowenna teaching staff and lead nursing staff. The young people finish their day with a Sundown meeting and then start their evening routine of activities on the ward.

Thank you for taking the time to read about a day in the life at Sowenna

North Cornwall

Zoo Crew

The Thursday zoo crew were tasked with constructing a store for galvanised wire but they could only use second hand and recycled equipment. Here are a couple of photos of the finished store today. This has taken a lot of work from clearing the vegetation, levelling the ground, laying foundations and building retaining walls and a soak-away. They used telegraph posts for the supports, old fences, roofing and shed panels to build the rest and doors to make the storage racks. They found old gutter pipes which they have then made their own brackets for.

The store is bigger than it looks in the pictures and does exactly what it is meant to do. It is watertight!

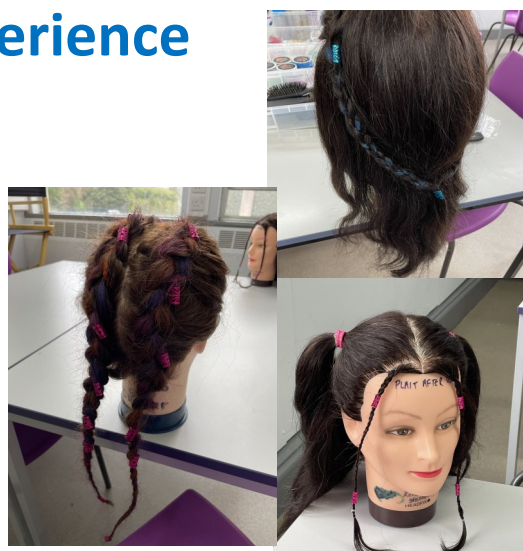
Now onto the next project; compost!



Hair and Beauty College Experience

Some of our pupils recently took part in a St. Austell College day where they experienced Hair and Beauty studies.

Pupils SA and LRS were fabulous asking meaningful questions about the course and totally engrossed in the two activities. Both said thank you to the teacher as we left.



Nine Maidens

What's been happening in Primary

Nurture's topic for this term is 'wonderful world' where pupils will be using world maps to look at continents, oceans, finding out about different climate zones and how that affects the animals that live there. For science, Nurture will be focusing on everyday materials, exploring different things in and around school. Primary 1 will be learning about extreme earth in Geography including volcanoes, earthquakes tsunamis, and tornadoes and how they are caused and the effects they have. They will also be investigating rocks and soil, grouping them based on different properties. As well as finding out how fossils are formed. Primary 2 have been learning about Hokusai, discovering hot and cold colours on a colour wheel, making negative shapes and will be mixing colours to create a finished piece. As a class they will be creating a large Hokusai collage that will displayed at the art exhibition next term. Over the last few weeks they have been making the most of the dry weather to go outside and investigate different types of rocks and soil around the school grounds.



In primary 3 this terms topic is 'enough for everyone' exploring where food and energy comes from and our need for these things to survive, and how to ensure that natural resources are shared so there is enough for everyone. In Science they will be learning all about different forces such as gravity, air/water resistance and friction. Primary 3 have been practicing for an upcoming football match against North Cornwall. Literacy- Song of the Dolphin Boy, pupils will be preparing poems to read aloud, exploring character description and predicting what might happen from what's being implied.

Nine Maidens

What's been happening in Secondary:

This half term, there have been several careers sessions, with visits from the British Army, Falmouth University and the founder of Big Box Advertising.



Science has been full of practical experiments such as, magnifying different objects discovering texture and patterns, and investigating osmosis using potatoes with a selection of water based solutions. Students have also been learning about the organ system, and dissecting different organs, including a heart and lungs.



Math; discovering the importance of mathematics and how to apply it in everyday life. In P.E the two main sports for this term have been basketball and football, learning different techniques and participating in mini matches. Art: Steampunk bugs, students have created pieces that incorporate technology with aesthetic designs, stained the paper, and made their own frames decorated with cogs and buttons.



Caradon

Nurture Sessions Sep-Oct 2023

The nurture group have been taking part in activities on a Monday afternoon as part of their learning. This half-term has had a fitness theme with pupils attending various public outdoor fitness and sports venues. With fitness challenges and circuit training being the main activities pupils competed against each other and the clock to gain rewards.



We were very lucky with the weather and the fresh air was a welcome break from the classroom. Everybody achieved rewards for their efforts but notable performances came from Z and N who gained the most achievements. We are hoping to return again in the spring term.



Torlands

Forest School

The Forest School group has slowly been developing their own Forest School camp in an area of local woodland, with pupils being involved in practical activities such as levelling the site, digging steps to improve access and the ever on-going task of collecting firewood. The arrival of a new canopy has made a significant difference to the shelter, with a larger and more robust canopy providing greater protection from the weather and creating a more homely feel to the camp.



During our sessions in the wood, we have been developing skills around use of a fire for cooking and for activities such as casting pewter. Many of these activities have an element of exploration about them, with a range of strange and wonderful recipes being tried; the muffins baked in hollowed-out oranges were a limited success! And baked apples proved much more popular than the baked bananas! We tried pewter casting using cuttlefish 'bones' we had collected on a previous beach-cleaning visit. Working on the idea of 'making mistakes is how we learn', we have learned that our designs carved into the cuttlefish will need to be a lot deeper next time we attempt this again.



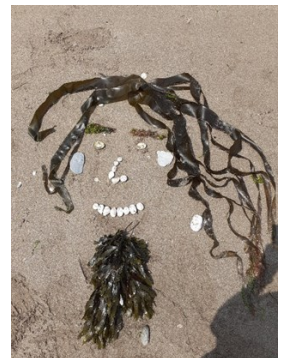
Torlands

Hapa Zome printing the Forest school group created natural shapes and colours from the forest floor



Alongside our sessions in the wood, the group has been spending time in a variety of different landscapes across the county. As a group, the Forest School pupils have been undertaking a regular beach-cleaning commitment to a couple of local beaches. It has been interesting to note how different weather and tidal conditions can affect the amount of plastic waste that appears on the beaches. Sadly, there is always something for us to collect.

Here are some happy faces created at Scabbacombe Cove – making the most of the warm weather in September.



On a recent visit to Dartmoor, pupils made a first ascent to the summit of Rippon Tor, to take in the view and to investigate the role of the National Park Authority in conserving the value of Dartmoor. Whilst we were there, we took the opportunity to look at some of the potential risks associated with spending time in wild areas, by practising the use of an emergency shelter. Pupils were impressed at the positive difference made by getting out of the wind to each your lunch.



It has been so lovely receiving such wonderful colourful creative Christmas Cards from our academies for our virtual Christmas card competition. Congratulations to the Winners!



Primary Category winner designed by Poppy

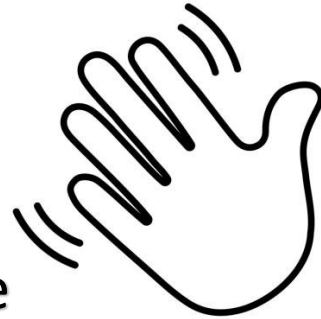


Secondary Category winner designed by Jack

Greetings & Goodbyes

Wave Hello!

Wishing a very warm welcome
to all new starters.



Wave Goodbye!

Wishing leavers all the
best for the future.
Thank you all for being
part of something special.

