



Links Journal



Autumn Term 2023

Dear Parents and Carers

I find it very difficult to believe that I'm writing this letter so soon. I would like to take this opportunity to thank the staff and students for what has been a very challenging but successful term.

You will be aware that RAAC was identified in the main Admin area at Hixberry site resulting in the school being closed for a few days. Following a number of successful meetings with the DfE both on site and virtually, we were able to reopen the school quickly.

I would like to take this opportunity to thank the DfE team who are currently working with their professionalism and support during this interesting time, many of who have been drafted in from other departments to help schools to quick and successful resolutions.

You will be aware that the school will close for Christmas and the festive period at **1.30 pm on**Wednesday 20 December 2023, and will reopen to students on Friday 5 January 2024 for the Student Parent Review Day and fully on Monday 8 January 2024.

Finally, I would like to wish you a very happy, healthy and relaxing festive period and hope you have a successful and prosperous New Year.

Yours faithfully

David Allen, Executive Headteacher





Calendar

Term Ends

Wednesday 20 December 2023 @ 1.30 pm

Spring Term

Thursday 4 January 2024

Staff INSET DAY

No students in school

Friday 5 January 2024

Student Parent Review Day

All students, parents/carers will have an appointment to attend

Monday 8 January 2024

Lessons begin for students

Half Term

Monday 19 February to Friday 23 February 2024

Term Ends

Thursday 28 March 2024

Links Academy welcomes comments from parents/carers and families about any aspect of school life.

Please contact us via our email

admin@linksacademy.herts.sch.uk <u>www.linksacademy.herts.sch.uk</u> to view Ofsted reports, key dates, journals and school information

CEDARS PSB



It has been a busy but exciting term at Cedars. This term, we have welcomed two new members to our class, who have been fantastic additions to our already incredible group. Children have been working hard in all areas of their learning, however we have also managed to find time to fit in a range of fun activities.

Throughout the week, children engage in a range of different lessons, completing lessons in the core subjects of Maths and English and a range of exciting topic lessons.



Each class has a bespoke timetable created to meet the needs of the children within the class. Timetables were created through the advice and expertise from staff and outside agencies. Timetables are target focused.

The children are aware of their target/ expectation for each lesson. The idea of the timetable is for gradual progression towards the

desired outcome and therefore changes as the child becomes confident in each target. The time allocation for each lesson is dependent on the class and will change as the child progresses. We have

also incorporated sensory input (Body Time)

which has been thoroughly enjoyed by the children.



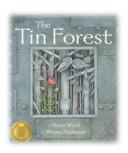






English

Each term, our English lessons are based around a text. This exposes children to a range of different texts and authors and focuses our writing around a theme. During the first half of the term, our lessons were based around visual texts including The Bridge and Wishmaker. These found children using short video clips to create narratives, express characters' thoughts and feelings and even retell a story orally through a puppet show.



In the second half of the term, we embraced the atmosphere of Halloween and used figurative language to describe a haunted house, wrote instructions for our own spell and even followed a set of

instructions to bake and decorate our own Halloween cupcakes. We also met an old man who lived in a small house in the middle of nowhere in the book Tin



Forest written by Helen Ward and created an impressive non-chronological report on Gorillas inspired by the story Gorilla written by Anthony Browne. Children engaged eagerly with the texts and provided their thoughts, feelings and opinions on various aspects and topics introduced through the text. We also found that our children have an

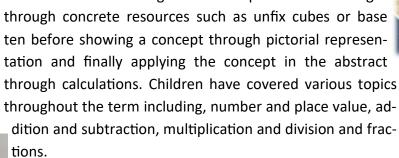


incredible knowledge on wildlife and shared their extensive knowledge on gorillas eagerly with each other.

We also introduced a new phonics program, Little Wandle and children have been working their way through their phase appropriate reading books successfully.

Maths

In Maths, we use a range of resources to support our learning. We teach concrete, abstract, pictorial Maths ensuring that concepts are first taught









History

In History, children have been learning about World War II and have completed a range of exciting activities including growing their own 'Dig For Victory' gardens, creating 3D spitfire models and recreating various air raid shelters. They showed great respect during the 2 minutes' silence on Re-

membrance Day and produced some beautiful Poppy stone art and poetry to hon-

our the fallen soldiers.









Art

The children have also created some impressive art pieces this term. Our focus has been on exploring colour, looking at contrast, complementary colours and greyscale art. Children thoroughly enjoyed creating their own colour wheels by mixing colours to create the needed secondary and tertiary colours.

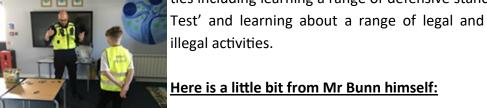


Mini Police

This term, we have had Mr Bunn, our PSCO, lead weekly Mini Police sessions where the children were given their own Mini Police uniforms to wear and participated in a range of educational activi-

ties including learning a range of defensive stances, attempting the 'Bleep'

illegal activities.



Here is a little bit from Mr Bunn himself:

Weekly visits to Cedars and Mini Police - Since the start of the school year I have been spending more time with the students at Cedars and it has been wonderful getting to know the children. We have chatted together and I have helped them with their work. We have completed puzzles, built Lego and, at break time, the children have worn me out playing tag! It has been a lovely way to start a Monday morning. I hope that the children feel that they have benefited and enjoyed me being around as a positive role model and representative of the Police.'

On top of this, throughout November and December I have started the Mini Police programme with the students, where we have practiced Road Safety, become more confident with staying safe online and understood what we define as bullying. I also put the students, and the staff, through their paces by completing the Bleep test!

CEDARS PSB

With so much learning taking place, we have also managed to squeeze in a range of fun activities including painting our pumpkins for Halloween, a trip to Hixberry, Christmas Pantomime and Christmas Dinner. We also put our creativity to the test in our very own biscuit decorating activity.













At the end of this term, we will be saying goodbye to four of our incredible students, as they return to their mainstream schools. We want to express how incredibly proud we are of each and every one of them. We wish them nothing but success and happiness in their return and new adventures. We have

had an incredible term filled with learning, fun and laughter and of course our pizza Fridays!

We wish everyone a wonderful festive season and look forward to another exciting term ahead.

Miss Rachel Gray, PSB Teacher

The secondary Outreach Team have had a busy start to the new Academic year, covering 25 schools across St Albans, Harpenden, Welwyn, Hatfield and Hertsmere, supporting students in their existing mainstream settings.

The team of four, managed by Fiona Haynes, provide a pivotal role providing a service that supports schools in understanding and developing practical and creative strategies to enable students with social and emotional needs and challenging behaviour, to become more successful learners in school.

The Outreach Team work with school staff, parents/carers and the students to help: - To reengage disaffected pupils in their mainstream school - To support students on reintegration or managed moves - To engage and work with parents/careers in their child's educational provision. The Outreach Team use their knowledge and skills to provide practical interventions within mainstream settings and have a proven track record in successfully supporting and enabling schools to aid students with social emotional and mental health needs to find practical, creative ways to meet the needs of the school and students alike.

The team provide 1-1 support developed to suit the needs of the individual and Fiona Haynes and Tracy Mehmet have recently delivered bespoke group work sessions. The team work collaboratively with their schools to help ensure a joined-up approach.

Time to say goodbye

It was time to say goodbye to Dee B. Dee joined Links Academy in 2018 and has been a pivotal team member in the Secondary Outreach Team. The team threw a surprise afternoon tea party, with homemade cakes and biscuits.

Dee brought a wealth of knowledge and wisdom and was much loved by the schools and students she supported and her colleagues. We miss her experience and her sense of humour dearly but we wish her a very Happy Retirement.



New Staff

Eylem Ozdogan joined the Outreach Team in the Autumn term. Eylem was the admin worker at Woollam Crescent but has now branched out to support our secondary schools. This term she has worked across all schools in the Trust and is now running her own case load.

World Mental Health Day

World Mental Health Day was on 10 October 2023 and was recognised by the Secondary Outreach Team.

It was a day to raise awareness of mental health problems. More and more of us are aware of mental health but so many of us still aren't getting the right support.

Awareness is just the start. Now it's time to act.



How do MIND make a difference?

We change minds across England and Wales by making mental health an everyday priority. By standing up to the injustices – in healthcare, in work, in law – which make life harder for those of us with mental health problems.

We support minds – by offering help whenever you might need it through our information, advice and local services.

And we connect minds. Bringing together an unstoppable network of individuals and communities – people who care about mental health to make a difference.

Mrs Tracy Mehmet—Outreach Worker

Types of mental health problems

If you've been diagnosed with a mental health problem, the link may help provide you with more information. https://www.mind.org.uk/information-support/types-of-mental-health-problems

Pastoral Hub

Links Outreach Manager Fiona Haynes and Outreach Worker Tracy Mehmet attended the first Pastoral Hub of this Academic year. Hosted by Lisa Gibbons of Townsend school.

Guest speakers included NESSie, Youth Talk, and Sandbox.

NESSie:



NESSie aims to provide therapeutic support for children in Y2-Y7 who may: show signs of developing Emotionally Based School Avoidance (EBSA) be on reduced timetables because of anxiety have trauma and attachment needs that impact on attendance

NESSie provide art therapies (Art, Drama and Music), using creativity and imagination to improve mental health and are particularly helpful to those who prefer a less verbal approach. Children and young people use drama, music or art to explore, express, reflect and recover from difficult or challenging events. Art therapist are clinicians and are registered and regulated in the UK.

Making a referral

NESSie supports children in years 2-7 with moderate mental health difficulties whose needs cannot be better met by another service and fall within the Local Authority's priority areas. Referrals are only accepted from schools and parent consent is needed.

Before making a referral, both the parent and school should complete the Strengths and Difficulties Questionnaire and upload the forms to the referral portal. The information in the questionnaire will help the therapist decide whether NESSie is the right service for the young person.

For more information, please visit: https://www.dspl7.org.uk/nessie-1/

Mrs Tracy Mehmet—Outreach Worker

Youth Talk:



Youth Talk provide free, confidential psychodynamic counselling for young people age 13-25 in St Albans and surrounding areas.

Since 1997 thousands of young people have trusted Youth Talk to help them. Young people face unprecedented demands, disruptions and uncertainties and the demand for their free, confidential counselling service has reached unprecedented and worrying new heights. As a result Youth Talk have launched a new strategy to respond to the significant challenges we are facing, which includes:

Vision

Every young person can talk to someone who can help with whatever's worrying them

Mission

To provide the best possible mental health support to young people in St Albans and surrounding areas

Values

We are open and accepting

We always give our best

We are stronger together

For more information, please visit https://youthtalk.org.uk/

Sandbox:

The Sandbox Livestream 🎮



The Sandbox is an NHS-funded service to support children and young people in South Staffordshire and Hertfordshire with their mental health and well-being.

In addition to providing NHS-funded support, The Sandbox is a central place for resources about common mental health issues, with information on how to access additional support or emergency services.

The Sandbox is for Children and Young People struggling with their mental health. This service is available for anyone registered with a GP in either South Staffordshire or Hertfordshire.

We are an online only service so are not suitable for certain more severe mental health issues or for people who are in crisis.

For more information, please visit: https://sandbox.mindler.co.uk/#:~:text=The%20Sandbox%20is%20for%20for%20Children%20and%20Young%20People,issues%20or%20for%20people%20who%20are%20in%20crisis.

What a positive start it has been this term in the Inclusion Unit!

We welcomed Miss Ross into our teaching team and are very appreciative to her and our students for the fantastic resilience and respect demonstrated in the process of building new relationships.

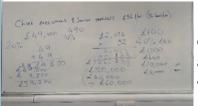
Speaking of welcomes, we have had the pleasure to welcome many new students to Links Academy. It has been a privilege supporting these students in developing an understanding the way of Links and becoming settled before moving to our Hixberry site.

In **English** this term at Woollam, we have been focusing on moving our late Key Stage 3 and Key Stage 4 children through their Functional Skills English qualification. Students have created power points, completed comprehension style activities and built up their writing stamina through targeted writing tasks such as letters and reviews. This has helped the students be able to answer reading questions and then apply the knowledge to write great examples



O.

the types of text we cover. Well done to all the pupils for their dedication and resilience!

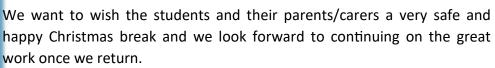


In **Maths** this term, the students have been working hard to developing their mathematical knowledge further in preparation to attempt their Entry Level or Level 1 Functional Skills certificates. We want to congratulate the few students who have passed their Level 1 qualification in Maths this term and are motivated to progress to-

wards Level 2! We have covered a range of topics during our lessons this term, including angles, data representation, algebra, graphs and coordinates. Despite some topics that can easily confuse being covered, the students have shown great resilience to keep trying and taking fantastic responsibility of their learning. Great work everyone!



To foster meaningful and reflective learning experiences for our students, we have facilitated opportunities acknowledging and celebrating key events and celebrations such as **Remembrance Day**. We hope these are new experiences for the young people we support and provides great opportunities for them to broaden their view of the world.





We hope everyone has a very Merry Christmas and a Happy New Year!

Mr Tim Holgate—Inclusion Teacher

CAREERS



It has been an exciting half term for Careers at Links Academy. Students had an assembly on Local Market Information which gave them the opportunity to explore careers that would suit their personality. They then went a step further by looking at particular jobs and the wages, hours per week and qualifications needed. This re-



ally gave the students a real-life insight into what to expect from the working world.



Additionally, Paul Goom from Goom Electrical visited the school and met with several students. He was able to give great advice on how to get a head start when navigating life after school. Paul will continue to work with us at Links and he hopes to offer students opportunities in the future.

Mr Martin Broadbridge-Teacher of PE

PARTNERSHIP AWARD

Officers and staff in St Albans given prestigious awards for going above and beyond

Nine St Albans district police officers and staff were presented with prestigious awards for their outstanding achievements by Group Commander Sean Comerford from Herts Fire and Rescue at St Albans police station yesterday on **Wednesday 6 December 2023.**





Winners of the Partnership Award were David Allen and Charlotte Brown from Links Academy. Their partnership work has helped build positive relationships between local young people and the police, as well as identifying and supporting vulnerable young people at risk of criminal exploitation.

St Albans district Chief Inspector Martin Turpin

HEALTHY LIFESTYLES

For numerous reasons, this term has seen quite a focus upon personal safety.

A wealth of information was made available to students just prior to the summer holidays, providing advice around covering keeping safe over the holidays and into our new term in September.

This included handy hints, tips, and support services for:

- Drugs & alcohol
- LGBT+ issues
- Sun screen/sun safety
- Storm safety
- KOOTH/Spectrum CGL/Papyrus
- On-line/internet safety





Smoking & Vaping awareness/Quit-line.Following on from the anti-smoking advice, October saw our annual push to join the *StopTober* national campaign. This year's theme concentrated on the *benefits* of quitting – improving not only our mental and physical heath, but also our (diminishing) finances. Advice was given in assemblies and during 1:1 sessions, encouraging those who smoke or vape to cut

who don't smoke not to start.

Most smokers want to quit, but it can take several attempts to do so over a lifetime. Research shows that successful abstinence is achieved when support

is sought – Smokers rarely succeed in quitting alone!

down – and ideally stop altogether – and for those

There is no consensus about vaping harms currently and the market place is not as stringently regulated as it should be. It is such a new phenomenon that it can be difficult to find accurate, reliable information.

Vape manufacturers will not admit to deliberately targeting young people, but we all know that the bright colours and delicious 'flavours' have been cynically created with the teenage market in mind. We should remember that the smoking industry relies on recruiting fresh new users to replace all those smoking adults who have died prematurely...

HEALTHY LIFESTYLES

New legislation is due in December, which will see a ban on the manufacture and sale of 'disposable

vapes'. How this will affect the public's use of vapes remains to be seen.

One of the brand names likely to be affected are 'ELF bar' vapes, as there have been reported safety concerns. (Presumably, after using them you need to contact the National Elf Service?)

There are other proposed changes pending, including having graphic pictures on the boxes (like with cigarettes), and a total ban on specific harmful chemicals, which are synonymous with certain 'fruit' flavours.

Hopefully, the ban on disposable vapes will also have a positive impact on the amount of plastic being dumped – an estimated **5 million vapes a week**, in the UK alone.

For those determined to vape, the advice is to purchase them from specialist vape shops, rather than online (this helps to reduce the amount of fake or illegal vapes coming into the UK, which contain more than 2mg of nicotine), to take fewer puffs, and to avoid some fruit flavours.

Despite the changes in law, it looks like vaping is here to stay for the meantime. Perhaps there will be a 'festive' launch of Turkey & Cranberry or Xmas Pudding & Custard flavours?

Finally, we have reminded students that there have been further changes to the drug laws recently.

On November 8th Nitrous Oxide (also known as 'Laughing Gas', 'balloons' or 'Nos'), became illegal to possess as well as to supply.







It is now a **Class C** drug – Placing it in the same category as non-prescribed tranquillisers, anabolic steroids, and Khat.

This means the consequences of being caught in possession could be a maximum of 2yrs imprisonment, and supplying it (for misuse) is 14yrs. There are also unlimited fines which can be ordered by the courts. We have probably all seen the small silver canisters lying around in parks, or on the streets, but things have moved on somewhat. Young people are taking bigger risks by inhaling the gas from increasingly

large cylinders, called 'SmartWhip'.

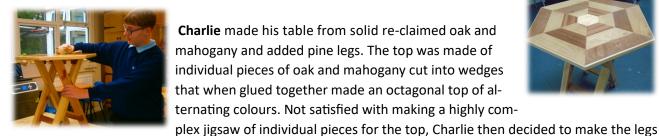
To give you an idea of the scale of usage, here's a picture of the number of canisters dumped during this year's Notting Hill Carnival - All **13 tonnes** of it!

Wishing you all a safe and healthy festive season.



Design & Technology

Congratulations are due to three of our current Year 11 students who have already completed their NCFE Level 2 Construction course and passed! This means that they already have the equivalent of a GCSE qualification before finishing year 11!



Charlie made his table from solid re-claimed oak and mahogany and added pine legs. The top was made of individual pieces of oak and mahogany cut into wedges that when glued together made an octagonal top of alternating colours. Not satisfied with making a highly com-



an X shape to ensure that his Maths skills were used too!

Bruno made his table from pine and laser-etched some inspirational messages across the top. The joints he hand-cut were of a really good standard and included both cross halving and dovetail joints. The top is made from laminated solid pine and has a routed rounded edge. Each part of the table was made with care and a high level of accuracy.





Mujahid made a puzzle box that had a hidden compartment only openable by solving the puzzle. He used reclaimed mahogany laminated with pine and oak to get a triple layer effect. He had to glue all three timbers together before chiselling out the centre, then slicing and re-assembling the parts to make the box and container for the box. Finally, he had to hand-cut the jigsaw piece at the

end through all of the layers of hardwood to make the locking mechanism.

Mrs Jane Heagren, Teacher of D&T

Mock Exams



I would like to congratulate all the Year 11 students for their attendance and efforts throughout the Mock Exam period in November. They took responsibility for exams and demonstrated they could follow the exam rules set by JCQ.

Good luck for the students who have BTEC Hospitality and BTEC Public Service exams in January. Please revise over the festive break.



Mrs Charlotte Brown, Assistant Headteacher



Remembrance Service

The Remembrance Services took place on Friday 10 November 20023 at both Hixberry and Woollam Crescent sites. Representatives from the St Albans Fire Station and from the Local Authority attended. Thank you to the students who worked hard producing the fantastic back drop of poppies and who painted stones in Remembrance. The services were respected by all students and they conducted themselves admirably.









Mrs Charlotte Brown, Assistant Headteacher

Staff Wreath Making

What a way to get into the Christmas spirit, an afterschool session from 3.30



pm until 5.30 pm being creative and mindful with work colleagues. Elaine, the florist, guided us through the base layer and taught us how to build a strong structure before allowing our creativity to run wild. Everyone made unique and



beautiful wreaths for their front doors using the natural resources supplied by SLT. Laughter, creativity and homemade mini banoffee cheese-cakes, thanks Mr Bailey, made this an evening to remember.

I wonder who will win the wreath making competition?



Miss Joe Coulson, Teacher of Maths/Science/Child Care

Rewards Trips

Orbital Trampoline Park



On 19 October 2023, we took a handful of students to Orbital Trampoline Park for their Rewards Trip. Being especially well prepared we arrived early, before the place had opened in fact! This allowed for the anticipation to build up and after a short time, we were in the building, strapping on our special trampoline socks, ready to bounce around for an hour. After diligently watching a briefing video on how to behave and use the equip-

ment, the students (and staff) were let loose in the park. We challenged each other playing basketball and dodgeball, but with extra bounce, we played several games of tag and we raced each other

along the climbing wall. The students didn't stop running for a solid hour, the staff however, needed to take a much-needed coffee break! Everyone enjoyed themselves and no one got hurt!

PCSO Richard Bunn

Ice Skating





On 14 December 2023 our rewards trip was to the Woburn Emporium to go Christmas ice skating.

Although the children had never ice skated before they took to the ice as brave resilient Links Students. Lucky Ms Dziedzic was on the ice to assist and encourage with Ms Wallace taking photos and

cheering them on from the side. With a shakily start they were determined to learn this new skill and even wanted to stay longer as they felt with extra time they would master it, even some

attempting spins. Ms Wallace never laughed so hard and Ms Dziedzic may be a little bruised tomorrow. A good day out for everyone with

smiles all round.













Miss Magda Dziedzic, Teacher of History



Pantomime

On Wednesday 13 December 2023 a minibus filled with very excited young people headed to the Theatre ready for a magical journey through the enchanting world of 'Sleeping Beauty'. Filled with anticipation and curiosity, we found our seats and waited for the magic to begin and we were not disappointed. We shared in catchy tunes that had us singing and clapping, jokes that had us laughing aloud and breathtaking special effects that had us mesmerized. The children enjoyed chanting, shouting and booing the cast and fully immersed themselves in the experience. At intermission we

enjoyed our snacks and a special ice-cream treat. The second half of the show had us showing off our dance moves in the final song before heading back with a group of tired but happy children. A fantastic time was had by all.



Miss Rachel Gray, Teacher of PSB

Linky the Elf



'We are not going to mention the Elf...'

Go Wild-Hudnall Park

Wellies, gloves and waterproofs have been needed these past few Wednesdays as we have been visiting Hudnall Park. The visits have provided a Forest school type of learning which has provided a break from the classroom environment.



Key stage 3 students have been building shelters, toasting marshmallows, making bread, pop-corn and starting camp fires in the park.

The students were provided with a flint, cotton wool and Vaseline and were asked to start the camp fire. Some found it easier than others. Once the fire was started, the toast, hot chocolate and marshmallows were enjoyed by all.



Once the bellies were full the physical activities started. It became slightly competitive when we completed the shelter building competition. The students and







staff were given some basic materials and resources and were asked to create a shelter that would keep them dry-fortunately they both passed the water test!



We also had an additional guest joining the group called 'Linky the Elf.' He enjoyed toasting the marshmallows but wasn't as great at the shelter building activity—he had a few problems with his rope!

The sessions have provided a great opportunity to haves some fun, play run outs in the woods, enjoy some fresh air and have learning take place outside of the classroom.

Miss Gemma Nash- Assistant Headteacher

Attendance Update

You may be aware from the newspapers and various media outlets that the Government is becoming increasingly concerned of the attendance of young people to school and the tightening of the rules and regulations around student attendance.

We are now legally required to inform the Local Authority's Attendance Team when a child has had the equivalent of 10 days' absence from school. The Local Authority is now legally required to intervene much earlier when a child's absence has reached 10 days.

Whilst fines and court appearances will always be the last resort both schools and Local Authorities are expected to impose these sanctions when all else fails.

If any child's unauthorised absences and lateness to school reaches more than 15 sessions (1 day = 2 sessions, therefore approximately 7 school days), parents could be at risk of a Fixed Penalty Notice. It remains parents/carers legal responsibility to ensure that a child attends school regularly and on time. This means that a child must attend every day that the school is open, except in a small number of allowable circumstances such as being too ill to attend or being given permission for an absence in advance from school.

This is essential for a child to get the most out of their school experience including their attainment, well-being and wider life chances. Additionally, regular attendance to school can act as an important protective factor and the best opportunity for needs to be identified and support provide.

Fortunately, through the work of schools Attendance Teams and the support of parents most attendance issues can be resolved before we need to resort the legal actions. However, the Local Authority will be notified of irregular attendance and consecutive unexplained absences and parents/carers in-

formed should this apply to your child.

With the Autumn Term coming to a close there was time to celebrate some fantastic individual attendance at Links Academy. Eight students achieved over 90% attendance and were invited to visit Mrs Brown for hot chocolate and marshmallows in recognition of their achievement.

Unusually, our students had a moment of being camera shy, but never the less we persevered in capturing the moment.





A huge well done to all and more of the same next term.

Mrs Sarah Porritt—Attendance Officer

PSB Treasure Hunt



The Cedars PSB students took a special trip to Links Academy, Hixberry School on Friday 15 December 2023.

A very big thank you to Miss Nash who organised a fantastic treasure hunt around the school building. The students loved going around finding the Christmas pictures - there was lots of smiles and laughter! All Hixberry teachers and secondary students interacted with the Cedars students and helped them to find their chocolate



treasure in the classrooms. Before departing, Cedars made some festive placemats that they will use on our Christmas Dinner day on Tuesday 19 December 2023. Fantastic trip had by all involved!







Miss Megan Crawford—Lead Practitioner PSB







Merry Christmas All















