



Chadsgrove Educational Trust Specialist College

Newsletter Spring 1



During Mental Health Focus week students took part in a variety of activities to positively benefit their mental health. A favourite activity was very clearly the mini disco, where everyone danced, sang and practiced their DJ skills! Engaging in dance and music activities releases endorphins, promoting a positive mood and reducing stress.

Students enjoyed socialising with their peers in a fun and supportive environment which further supports their communication and interpersonal skills, in turn boosting their confidence and self-esteem.

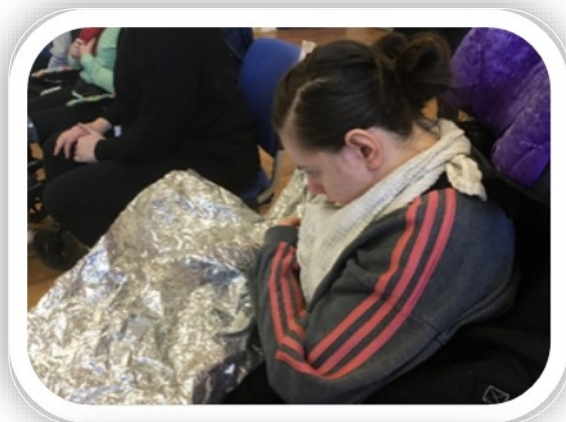
Social Day Care Provisions



This half term students from the Explorer Pathway have been visiting local Social Day Care Provisions. Visits have taken place to The Wendron Centre in Bromsgrove, Spectrum Days in Droitwich and The Resource Centre in Kidderminster. These visits support students and their families in making informed choices about their long-term future and where they would like to go post College.

Final year students who have set placements and attend a day provision alongside College visit these as part of their transition into a full time placement. This ensures we have shared best practices to facilitate a smooth transition into their next stage of adulthood.

The students are always warmly welcomed and are sometimes greeted by ex-students of Chadsgrove who are always happy to show us around. Activities we have joined in with include dance, music, sport, sensory stories and relaxation. We are looking forward to visiting these provisions and more.



The Arts

During 'The Arts' sessions students took part in activities to improve communication and memory. Students looked at opposite emotions such as happy and sad and how to express them through movement and acting. They enjoyed the creative dance sessions.



Sign of the Half Term



Seekers have chosen 'money' for the sign of half term. This has been something they have been learning about across different subject lessons and during offsite activities. The students have been counting their profits from their enterprise projects and have been producing items to sell on the Valentines stall.

Two students went to Barclays Bank to deposit a cheque that has been kindly donated to us from a charitable trust. This will help us purchase a new wheelchair assisted vehicle - watch this space or more information!



Therapies

Hand Therapy is important to our students to help them build and maintain flexibility, strength and movement.

Our Occupational Therapist, Jo, has created personalised plans for students. These form an integral part of their therapy programme which is hugely beneficial.

Students enjoy the activities that make up their plans.



Seekers have started a regular exercise class with Kirsty our Physio Assistant on Wednesday mornings. During these classes students work on strength and cardio. All have joined in the personalised activities with enthusiasm which are aimed at their individual needs and abilities.



Independent Living Skills

Looking after My Environment

During their Independent Living Skills lessons students have been enjoying practical learning sessions on our current topic "Looking After My Environment".

Students have been learning about the importance of keeping areas clean and safe.

Activities include a variety of tasks such as hoovering, bed making, window cleaning, mopping and washing up.



Maths & Thinking Skills

Students have immersed themselves in engaging learning experiences using switches and lights to explore maths and critical thinking skills.

Through the innovative integration of sensory tools, students interacted with various stimuli such as colourful lights and responsive switches to explore maths.

By linking actions with corresponding visual feedback, the students not only enhanced their understanding of maths but also further developed their cognitive abilities and problem-solving skills.

This hands-on approach not only caters to their diverse learning needs but also ignited a sense of curiosity and excitement, creating a stimulating environment for learning and growth.



Work Related Learning

Enterprise

As a college, we made an amazing £311.66 in profit at the Bromsgrove Christmas Market in November!

This is absolutely fantastic and is testament to the incredible efforts made from our students.

We'd like to say a massive thank you to all that helped and supported this event.

Funds raised from these events get reinvested back in to the student Enterprise Fund to provide resources for future projects. Students also get to benefit from the money raised as they get to choose what activities / treats they spend their money on as a reward for their hard work.



This month, in preparation for Valentine's Day, Seekers students have been busy making Valentines themed craft to sell alongside our tuckshop.

Seekers students collectively chose this theme as their focus for this half terms' Enterprise Project from a range of other activities.



Enrichment Day

On Wednesday 7th February we held an Enrichment Day with a mental health focus.

We explored different emotions, including some of the more negative ones, such as what makes us feel angry.

The day included discussion, writing, art and drama activities and finished with a feelings, music and movement session.





More information

Upcoming Charity Awareness Days

- Rare Disease Day, 29th February
 - wear green, blue, purple or pink.
- Down Syndrome Awareness Day, 21st March
 - wear odd socks!

Donations are most welcome for all awareness days, thank you.

Important College Dates for your Diary

- Monday 19th February - College open to students
- Wednesday March 6th - INSET Day, College closed to all students
- Tuesday 19th March - Parent Carer / Advocate Evening
- Friday 22nd March - College closes at 4.00pm for Easter break
- Monday 8th April - College open to students



Youth Board volunteers needed

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Herefordshire or Worcestershire?

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delivered, whilst also **gaining**
experience and skills with training.

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Happy Half Term!