

# Maplewell Newsletter

Preparing for Adulthood

Issue 27

### Staff Success:

Please use this link to donate, Miss Hurst is doing a Skydive for Macmillan. Well done!



[https://www.justgiving.com/page/clara-hurst-1678828858414?utm\\_source=copyLink&utm\\_medium=one\\_page&utm\\_content=page/clara-hurst-1678828858414&utm\\_campaign=pfp-share&utm\\_term=52858877b9ce402e8cc03ddc059d33fc](https://www.justgiving.com/page/clara-hurst-1678828858414?utm_source=copyLink&utm_medium=one_page&utm_content=page/clara-hurst-1678828858414&utm_campaign=pfp-share&utm_term=52858877b9ce402e8cc03ddc059d33fc)

### Post 16 Being Creative:

Each tutor group at Post 16 have been given a task to decorate a wheelbarrow. In the next Newsletter you will see what they have done!

### Reminders:

Please also remember that Maplewell is a nut free school. Please refrain from sending your child to school with any snacks containing nuts. Thank you!

THIS SCHOOL IS NUT FREE



Please remember to label your child's clothes to avoid confusion.

When you are traveling around school, please make sure you are quiet. This is due to exams. Thank you!



1

### KEY DATES

Year 11 Rewards Day!

Thursday 22<sup>nd</sup> June

2

### KEY DATES

Year 11 Leavers Day (All Day)

Friday 23<sup>rd</sup> June

3

### KEY DATES

END OF TERM

Friday 7<sup>th</sup> July



**P4A:**

Year 7 Students in P4A have made some wonderful posters about mutual respect and tolerance, reflecting on our British Values lessons. Students have taken part in some brilliant discussions and have made many thoughtful contributions with how we can be considerate of others, with being kind at the heart of it all. Well done Year 7.



**Post 16 Trip:**

Some of our Post 16 Students have been to visit Brooks Equestrian Academy. They were looking after the horses, changing their waters and cleaning their stables.



**COMPASS:**

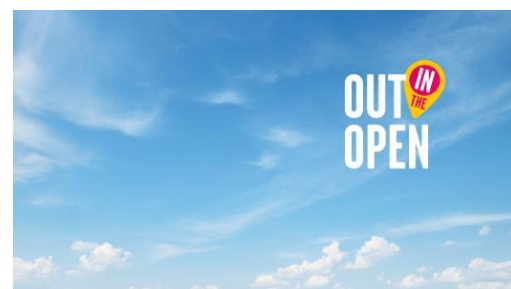


As part of the COMPASS support, students have been enjoying their yoga sessions in the beautiful outdoor space. They practiced yoga with ribbons which involved balances, turns, backbends, side bends, arm circles, warrior poses and twists. They used their fine and gross motor skills and worked on their strength and flexibility, whilst practicing mindfulness and boosting their positivity!



**Physical Activity:**

In May we encouraged students at the Woodhouse Eaves site to take part in Out In The Open, a steps-based challenge which takes place in May. It is run by YoungMinds and encourages young people to talk about their mental health. This year the challenge was to walk 310,000 steps in 31 days. To do this we planned a route around the school site that was roughly 500 steps. We managed an impressive 620 laps, which means we achieved our target! Thank you so much to all of the staff, students and four legged friends that got involved. You can find out more about the work YoungMinds do on their website, there are some great resources for young people, parents and careers.



**Could you help provide opportunities for our students?**

We are always looking for local businesses that will inspire and educate our students and expand our curriculum. If you can provide work experience, please give us a call on 01509 891906.

# Post 16 Harry Potter Trip



Post 16 have been to visit Harry Potter World this week, we all had lots of fun and it was a wonderful experience.



**Maplewell Careers:**

At Maplewell, it is important to us that our definition of Careers is inclusive and acknowledges that full-time, paid employment is not a realistic goal for all our students, and so at Maplewell, Careers is defined as Preparing for Adulthood. Families can find lots of information and resources on the Maplewell Careers website to help them make decisions about next steps, Further and Higher Education, Specialist Providers, The World of Work, Experiences of Work and Employment, by going to: <https://www.maplewell.leics.sch.uk/careers/> or by going to the school website and clicking on 'Pastoral' and then 'Careers'. Research shows that parents have the biggest influence on young people's career choices, so visit the school website to make sure you are as informed as you can be about their career choices and how best to prepare them for adulthood.



MAPLEWELL  
HALL SCHOOL



**Pride Month at Maplewell:**

We are running a PRIDE week next week (19th-23rd June) Students will take part in PRIDE themed activities and assemblies. On Friday 23rd June we will be having a non-uniform day where students can bring in £1 (colourful clothing would be well received). Staff will even have their own task of taking part in a PRIDE Bake Off. All the money raised will be going to the PRIDE Trust. The Pride Trust is a life-changing and life-enhancing organisation that supports Lesbian, Gay, Bisexual and Trans (LGBT+) young people. LGBT+ young people face challenges their non-LGBT+ peers do not. Many experience discriminations, bullying, exclusion, and have reported a poorer quality of life. As a school we achieved the Rainbow Flag award last September and we pride ourselves on creating a tolerant and inclusive environment for all who attend Maplewell.

**Up to THE BEACON Sculpture Trail**  
10th June to 17th September 2023

**Award Winning Sculpture Trail**

Harmony and healing for planet and people

Come up to the Beacon Hill Country Park this summer and you will discover fascinating fossils, amazing ants, a new generation of 'tree people' and much more. You will also travel through time as you walk the 2.2 km trail following the geometime markers, taking you from 560MYA to the present day. It is free and open to all, dawn to dusk, at the Beacon Hill Country Park near Loughborough.

We celebrate biodiversity and explore concerns about habitat loss and the climate emergency.

**FREE WORKSHOPS**

'Ways with Words' - Saturday 24 June from 2.00pm to 4.00pm, ArtSpace member and award-winning writer Mary Byrne will be hosting a creative writing workshop. Suitable for all levels, 13-years plus, booking for this is essential.

Drop-in willow weaving workshop - Saturday 22 July 10am - 4pm. Learn to make your own random weave willow sphere with Nita Rao.

There will also be a 'Fascinating Fossil Day' sometime in August, including free willow workshops and talks by The National Forest Company Geoheritage Officer Dr Jack Matthews.

**Please check dates and details via the website [www.artspace-lboro.co.uk](http://www.artspace-lboro.co.uk).**

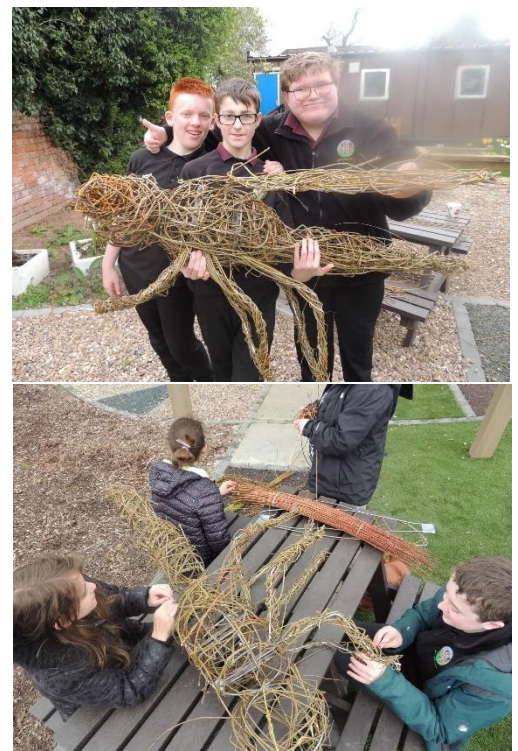
With over 35 works and co-created sculpture with local schools and community groups, we aim to promote environmental sustainability.

www.artspace-lboro.co.uk

Up to The Beacon Sculpture Trail | @uptothebeacon | #uptothebeacon

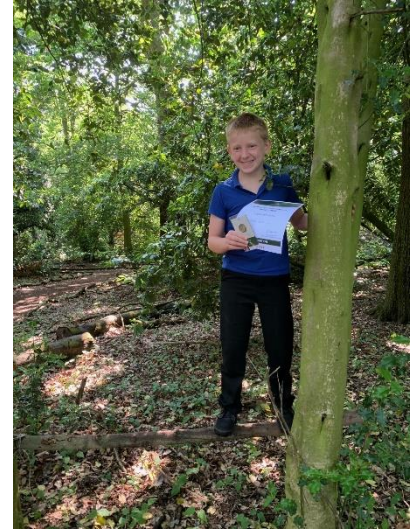
Generously funded by:

- THE NATIONAL FOREST
- Heritage Fund
- COMMUNITY ARTS
- Intelligent Energy
- Community Foundation
- CHARWOOD FOREST GEOPARK
- Leicestershire County Council
- Charwood
- ArtSpace Loughborough



**D OF E:**

Tristan is the first Maplewell student to completed The Queen's Green Canopy RFS Junior Forester Award. In order to gain this Award, he has planted saplings, learnt to identify different trees and shrubs in the school woodlands, improved the site safety for other users, identified mini beasts and animals and improved their habitat, built a balance beam from natural wood to enhance the site and explained some features of the woodland to a visitor. The photograph shows Tristan standing on his balance beam holding his certificate and special Queen's Platinum Jubilee 50p. Well done Tristan!



**Maplewell Gardening:**

Our group of Gardeners have spotted a mother partridge and her baby, and they aren't scared of people.

**COPING STRATEGIES**

**TO EXPRESS EMOTIONS**

- Paint, draw or scribble on a big piece of paper.
- Write down your feelings or draw how you feel.
- Make up a song or a poem about how you are feeling.
- Write down the difficult emotions or thoughts you are experiencing then destroy the paper.
- Listen to music or make a playlist that expresses how you are feeling.

**TO CALM OR SOOTH YOURSELF**

- Massage your neck, hands and feet.
- Listen to calming music.
- Smell something that is comforting to you.
- Watch a favourite film or TV series.
- Have a bath or shower.
- Cuddle a pet or soft toy.
- Wrap yourself in a warm or soft blanket.

**IF YOU ARE FEELING NUMB OR DISCONNECTED**

- Call someone you trust or enjoy talking to.
- Chew something with a strong taste.
- Eat something you enjoy or a favourite snack.
- Hold an ice cube for as long as you can.
- Focus on how it feels to breathe, notice how your chest and stomach move with each breath.
- Have a cold shower.
- Listen to your favourite music.
- Get outside and connect with nature.
- Do something to help someone else.

**IF YOU ARE FEELING ANGRY OR TENSE**

- Make some noise, bang on pots and pans, play an instrument or shout/sing.
- Hit a cushion, mattress or scream into a pillow. Use the pillow to hit a wall.
- Rip something up, magazines, newspaper or an old piece of clothing.
- Squeeze a stress ball.
- Exercise. Run, jump, dance.

**TO REGAIN A SENSE OF CONTROL**

- Write a list (does not have to be a to do list).
- Tidy up or de-clutter.
- Write a letter, this can be to someone or to your past/present/future self.
- Do a muscle relaxation technique (lots of these can be found on YouTube).
- Do something creative, make, draw or paint.

**SUBSTITUTE FOR SELF-INJURY SENSATION**

- Draw on yourself in red felt tip pen or red paint where you want to hurt yourself.
- Create a drawing/pattern on the part of you body where you want to hurt yourself.

**TRY A GROUNDING TECHNIQUE**

5-4-3-2-1

The 5, 4, 3, 2, 1 grounding technique allows your mind to pay attention to the present moment instead of worrying or being scared about what has happened in the past or what might happen in the future.

**START BY TAKING A DEEP BREATH IN AND NOTICE:**



**5**  
things  
you can  
see



**4**  
things  
you can  
touch



**3**  
things  
you can  
hear



**2**  
things  
you can  
smell



**1**  
thing  
you can  
taste