

The Spring Hill Spotlight!

July 2022

Dear All

The past few weeks at Spring Hill have been packed full of activity. GCSE and AS Level exams have come and gone and new staff and students have arrived to join our fantastic school community. There has been a wide range of trips, activities and taster days and I hope this latest edition of the Spring Hill Spotlight gives you a flavour of what has been taking place.

Our Year 11 and Year 12 students have been a true credit to the school during exam season. They approached their exams in a purposeful and calm manner and I have no doubt that they will achieve the grades they fully deserve.

We have had some staffing changes this term. Our former Head of Education, Valerie Clayden, instructor James Edginton and LSA David Glaves have all moved to pastures new; we wish them well. We have welcomed some fantastic new team members: Fyn Lees and Louise Vast join our wonderful team of LSA's and already feel like part of the furniture. We also have a new receptionist, Melissa Newsome who is already proving to be super-efficient and very organised! Sadly, we are saying goodbye to Amanda Moghimi at the end of this term. Amanda has been with us for a number of years and done a super job with some of our post 16 youngsters; she moves to a post nearer home and will be much missed. Melodie Websdale will be joining another specialist setting and we wish her well in her new venture. Mel has been instrumental in establishing the very successful market stall and we do intend to keep this initiative going for the foreseeable future.

We are already looking ahead with anticipation to what promises to be an excellent academic year starting in September. We have taken the decision to run 3 concurrent CPD days for the staff team as we have some intensive training taking place. We look forward to welcoming children back to school on Thursday 8th September, giving them a gentle ease back into the new term. As we supply the school uniform tops for all students, please ensure your child comes to school as per the following:

Provided by Spring Hill	Provided by Home
Spring Hill polo top or T-shirt provided by the school at the start of their Spring Hill journey (school provide 2)	Royal blue t-shirt or top provided by you if the school tops are not sensorially appropriate
	Black trousers or shorts
	Black shoes
	Swimming and PE clothing/trainers
	Additional poo top/T-Shirt when required
In response to student council we will be looking at jumpers/sweatshirts for the winter months. More information will be shared in the new academic year.	

We have a flexible view regarding PE and swimming clothing. As long as items are well-fitting and inoffensive, that's fine. Furthermore, if your child is unable to wear particular material, please feel free to provide sensible alternatives to the above; whilst we prefer tailored black trousers, we understand that this may cause issues and therefore a suitable pair of black trousers would suffice. We do not expect Post16 students to wear our uniform but please do ensure your child wears appropriate clothing for school, thank you.

Please let me extend a genuine and heartfelt thanks to you, as parents/carers, for your unfailing patronage; It is only with your support we can move the school forwards and ensure it really does become a place where everyone can thrive.

Wishing you all a happy and safe summer break.

Your Principal,

Samantha Campbell, NPQ

Dates for Your Diary 2022/23:

Monday 5th

September

TRAINING DAY-School
Closed to Students

Tuesday 6th

September

TRAINING DAY-School
Closed to Students

Wednesday 7th

September

TRAINING DAY-School
Closed to Students

Thursday 8th

September

**SCHOOL REOPENS TO
STUDENTS**

Thursday 20th

October

Half Term Begins @1pm

Friday 21st October

TRAINING DAY-School
Closed to Students

Monday 31st

October

School Reopens

Friday 16th December

Student Showcase
BREAK UP FOR
CHRISTMAS!



Classroom News



ALLERTON WASTE RECOVERY PLANT

We had a great day out at Allerton Waste Recovery Plant. We learnt about how our waste is recycled and how Allerton uses biodegradable waste to generate biogas. It was rather smelly!



SWIMMING AT THIRSK

We have enjoyed swimming sessions every Monday afternoon at Thirsk pool. We have managed to achieve swimming certificates and have added to our Silver Junior Duke Awards.



BRADFORD MEDIA AND SCIENCE MUSEUM

We visited the museum where we learnt about light, sound and energy through a number of interactive display and activities. The hall of mirrors was particularly popular.





TABLE CRICKET COUNTY FINALS

After finishing in the top two teams in North Yorkshire, we went on to the Yorkshire finals where we faced teams from all over. Unfortunately we did not win, but we were able to visit Headingley cricket grounds and meet lots of new students from other schools.



LUNG INVESTIGATION

For PSHE, we have been learning about the effects of smoke inhalation on the lungs. We examined the alveoli that make up lung and had a chance to see the effects tar and smoke particles can have on them.



CYCLING

We have all learnt how to ride a bike and will now add that to our lunctime options to develop our confidence when cycling. This will lead nicely into cycling proficiency later in the year.



ENGLISH AND FILMING

Throughout the year we have explored language, reading and writing through drama in addition to our lessons. We have been Kings and Highwaymen, been stranded on boats, survived the amazon and performed our own epic poems.





FOUNTAINS ABBEY

We learnt about the history of the Abbey including the reasons for its founding, and the effect of King Henry VIII's reign on Abbeys. We explored the ruins and learnt how monks spent their day at the Abbey.



COUNTRYSIDE DAYS

We were lucky enough to visit the Great Yorkshire Showgrounds where we made rag rugs, watched some dancing sheep, petted cows, pigs, sheep and goats, built a dry stone wall and went pond dipping for newts. It was such a fantastic day!



HARLOW CARR

We visited Harlow Carr where we were introduced to the different uses of plants as renewable sources of materials. We experimented with plastic bags made from potatoes, explored the ponds, sorted materials and planted seeds in pots - some of which we made ourselves.



We hope you have a fantastic Summer



SCHOOL'S OUT FOR SUMMER

2022 UB CLASS NEWSLETTER

What's been going on?

This term our form has grown and we have welcomed students, Fin, Emma, Patrick and Jayden. They have settled in nicely and have been welcomed by all!

Summer stall

We have had a great opportunity to represent #SHS_pmt at the market place this term, selling amazing products the students made through the term in lessons such as Textiles, Princes Trust and Enterprise. The students involved were very respectful to customers and used great communication skills when conversing with potential buyers.



Achievements

GCSE Some students in our form have worked extremely hard this term Revising for and sitting their GCSEs under strict exams conditions. Although this was quite stressful, students managed very well.

Accredited

We have had some busy bees in class

Outcomes

UB this term, with students getting a whole range of unit awards under their belts. Shout out to Alisha who has managed to gain several AQAs in Food Hygiene, Looking at my Future and also achieving a B-TEC level 2 in Cooking Skills. Jordan has successfully completed AQAs in Work Skills, 2 units as part of his Prince's Trust and 2 Ascentis papers in Maths. Well done!

SWIMMING We have had some amazing progress with students attending swimming lessons on a Wednesday afternoon. Students have come on in leaps and bounds with their skills in the water. Well done to all!

This term has been fantastic

FOOD TECH

with the amount of creative meals class UB has created over the past few weeks. We have some amazing skilled individuals who really have a talent for cooking! They have cooked various meals for everyone to taste or to take back home and enjoy later that evening with family and friends.

Pride 2022

This term we have celebrated Pride in style! Students have come together to celebrate diversity and acceptance and recognize the positive impact LGBTQ+ people have had in the world. One of our students took the time to create a brilliant presentation to spread awareness on the subject and this was shared in all classes. All students celebrated the day making rainbow cakes and other sweet treats and all came together in a fantastically decorated room which was put together by some of our students.

Well done to all students involved!



WORK EXPERIENCE

One of our students, Alisha, has had a great opportunity to help in the community and work with the elderly at Long Meadow care home in Ripon.

Alisha worked alongside staff spending time with residents, playing games and chatting. Alisha even used her cooking skills by baking homemade cakes to give to the residents! She has made such an good impression and has continued to go every Thursday. Alisha has made an amazing effort to support individuals and has enjoyed her time at Long Meadow.

We are currently in the process of organising work experience for Jordan, which will involve him working with animals.



HAPPY SUMMER

From all of us in class UB

WHAT'S BEEN HAPPENING IN 4EH?



Summer 2022

Well done to 4EH for completing their GCSE exams!



Ryan has been using his time effectively after his exams by completing the **FA Playmaker** course. He has also completed the **FA Safeguarding** course. This will support his learning at college next year.



Jay has completed his **GCSE Art** coursework and is currently exhibiting it in one of the classrooms. It looks absolutely fantastic!



Football Success

Spring Hill were crowned winners of the North Yorkshire Inclusive School Sport's Partnership Football Competition which took place at Askham Bryan College. The team were unbeaten and didn't concede a goal!



Some of our students have completed their **Level 2 BTEC Home Cooking Skills** course. This comprised of cooking a two course meal and researching and sourcing ingredients.



Finally, the students in 4EH have been taking part in their **GCSE exams** for a majority of this term. They have conducted themselves in a fantastic manner and we wish them every success!



Summer Term

Class 4AM 2022

This has been a wonderful term for class 4 AM. The boys have worked hard, achieving targets and having fun. This summer term we will say goodbye to Noah and Hugh and would like to wish them all the success in their new adventures. Let's take a look at the boys in action..





The boys have been working hard in Textiles making various items that have been sold on our market stall in Ripon.



Princes Trust - In our session we looked at 'What is money?'. We carried out a variety of activities focusing on what we spend our money on, different forms of money and how important it is to save money and keep pin codes/passwords safe.



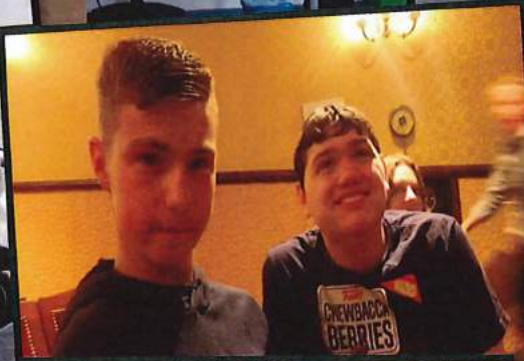


The boys are having fun in art using a canvas to paint using a stencil.

The boys enjoy cooking lessons and have made various meals during Summer Term.



Summer Fun





Noah and Kian working hard in DT to make a Train.

They have used different types of wood and materials to complete their project.

SUMMER, 2022

5CL NEWSLETTER



THIS TERM IN SUMMARY

FOOTBALL
TOURNAMENT

EXAMS

GO-KARTING

AND MUCH MORE...

Extra-Curricular activities

This term the students of 5CL have undertaken a variety of activities outside of the classroom. This includes working in the croft, cooking and music therapy.

This is combined with a variety of different activities on lunchtimes.



Go-Karting

The students decided on go-karting for the class trip. The students were well behaved throughout the trip and seemed like they had a great time! This was a great chance for the students to relax after a stressful exam period.



Football Tournament

The students took part in a North Yorkshire football tournament. Despite being placed in the top group the team went undefeated and didn't concede a single goal! An excellent performance from all of our class who went.

Also, the team demonstrated excellent sportsmanship throughout and they were very kind towards the one lower ability team they played.

All-in-all a fantastic display for Spring Hill!



Exams

All the students in this class have undertaken some exams this term, whether it was GCSE exams, LIBF or AS levels. All the students have worked really hard to make sure they have achieved their full potential and I am sure they will look back and be glad they worked as hard as they have these last two months.

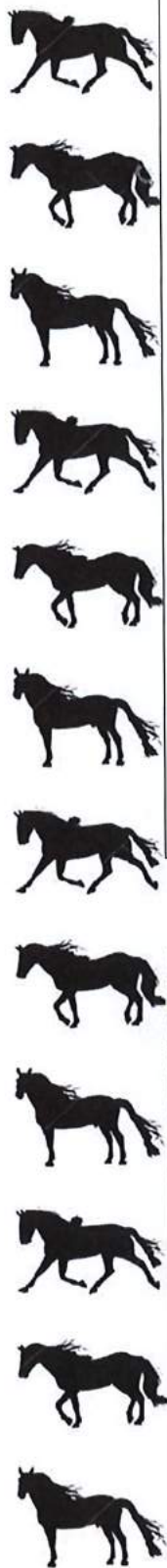
Hopefully they all get the grades they deserve in August!

FINALLY, HAVE A GOOD SUMMER!



Horse riding during Summer Term 2022

Currently we have 3 students who go to Boltby Trekking Centre on a regular basis. When we arrive they all go and find their hats, boots and hi-viz independently and mount in the stable yard using the mounting block. For their ride they trek along the main lane in the village, turn down a narrow track, cross a river and continue along the track quite often doing our trotting practise. Sometimes Alex will turn left out of the yard and go through some fields as he has become very competent in walk, trot and canter. He also often rides different horses each week including one called Fanta who is a little bit more spicy and forward going than some of the others, but Alex handles her very well. When we return to the yard, students are asked to untack and groom the horses, and all students are gaining in confidence. Taylor is continuing to work towards riding more independently for longer periods of time and is gaining in confidence. The ponies we use are Domino, Teddy and Calli and Fanta.



Forest School newsletter

Summer 2022



Summer Term 2022 has seen more students join in our Forest School activities. We have lit a lot of small fires this term and every student has had a chance to light their own small fire using the flint and steel. Some are still working on making sparks but a few students have perfected the art of lighting a fire with only a few attempts.

We have cooked quite a lot of flatbreads, hot dog sausages, s'mores and practised our toasting marshmallow skills. Each student has had the chance to improve their whittling skills, sawing skills and bill hook skills. We have made shelters and we are building hurdles to create windbreaks around the perimeter of the parachute area. One of the main things that we have seen is that all the students are increasing in confidence using the tools and lighting fires and all have a sense of achievement.

Our plans are to further develop our range of camp fire foods, to learn how to use more tools, to make something out of wood, to develop the site by building more hurdles and also edging the pathways that we are creating. We have also been doing a lot of Himalayan Balsam pulling, it is all over the wood and so we are trying to clear areas and get this wild plant under some sort of control – this will be an ongoing process over the next several years. All of this will make our Forest School area a very special and magical place for everyone to use. Most students have completed 2 AQA unit Awards in Bushcraft skills which demonstrates that they are becoming much more confident and proficient at using the tools, shelter building, fire-lighting, cooking and all whilst remaining safety conscious.





iSTART newsletter Summer 2022



iSTART Programme		What is it?
i	<i>Induction</i>	<p>The iSTART Programme is a targeted induction programme for all our students at Cambian Spring Hill School (CSHS). Over a period of 6-12 weeks or less (depending on the individual), students will be supported by a specific team to allow them to settle, familiarise themselves with their environment and expectations, build relationships with key staff and undertake a range of academic and therapeutic assessments in order to prepare them for learning.</p> <p>Placing the child's needs at the centre, we take this time to understand what is important to the them, their parents and/or carers and how we can improve their quality of life. We want to know what they are interested in, what they are motivated by, how they want to be supported and crucially what they want to learn!</p> <p>We want to know if prior learning information is correct, if their EHCP targets are still appropriate and most importantly, if we can continue to meet their needs. A successful placement at CSHS requires a level of commitment from both the school and the individual and therefore is imperative that this process gives us the right information to achieve the best possible outcomes for that young person.</p> <p>The final aim of this process is to ensure a young person transitions in to the most appropriate class, receives the correct support, access an appropriate yet challenging curriculum and is given the opportunity to succeed and reach their potential!</p>
S	<i>Student</i>	
T	<i>Therapy</i>	
A	<i>Assessment</i>	
R	<i>Review</i>	
T	<i>Transition</i>	



We have Isaac who comes in for 4 days a week as part of a long transition into full time education that meets his needs. He is settling in very well and meeting the staff and students in a very structured way. Isaac is very keen to be involved in all parts of his development and is able to let us know when he is ready for the next stage of his transition. He has embraced everything we have offered him and he particularly likes being outside accessing outdoor education and Forest school. Here is a photo of him using a saw in the woodland. He prefers not to have his face photographed and that is perfectly ok, we respect his wishes.

We look forward to welcoming a lot more students in September 2022 and developing iSTART further. We will be welcoming Thomas, Harry, Oliver and Brax to iSTART and we hope that they enjoy their time at Cambian Spring Hill School. Isaac will also be staying in iSTART for part of the Autumn term.



STAY SAFE ONLINE THIS SUMMER

How many tips can you find?

UNSURE?
ASK A TRUSTED
ADULT



What Parents & Carers Need to Know about GROUP CHATS

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Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

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Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Sources: <https://www.theguardian.com/technology/2018/feb/22/online-safety-social-media-chat-apps> | <https://www.gov.uk/guidance/keeping-children-safe-online-social-media-chat-apps>

LONELINESS ONLINE:

What Causes It and Ways to Feel Better

Have you ever been online and felt a little bit lonely?
In a recent study, 14% of 10–12-year-olds said they often felt lonely, so you're not the only one who sometimes feels that way. We spoke to a group of children and teenagers, who told us some of the things that make them feel isolated when they're online.

CAUSES OF LONELINESS ONLINE

-  Seeing photos or videos of friends having fun without me
-  Being excluded from group chats or games with friends
-  Friends or family not replying to texts or answering my calls
-  People being unkind to me online
-  When friends leave my group chat



WHAT CAN YOU DO?

So if these things happen to you and you start to feel down, what can you do? The same young people also told us how they make themselves feel less lonely when they're online – and we've collected some of their advice to share with you.

- Tell a friend or a trusted adult that you feel lonely
- Watch funny videos of cats and pandas
- Watch yoga videos and do some exercises
- Play single-player games you enjoy
- Listen to happy music
- Listen to your favourite audiobooks
- Send nice messages to your friends and family
- Play games with friends who you trust, if they're online too



TAKE A BREAK

Sometimes the best thing you can do is to take a break from technology and do something offline that makes you feel happy.

Here's what our group suggested!

- Paint or draw pictures
- Play with a pet
- Write about your feelings
- Hang out with your family
- Get outdoors & enjoy nature



FURTHER SUPPORT

Remember, it's normal to feel a bit lonely sometimes – but if it's really upsetting you, and you have no-one to talk to, you can call Childline for free on

0800 1111



National Online Safety®

#WakeUpWednesday



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SUMMER in Ripon

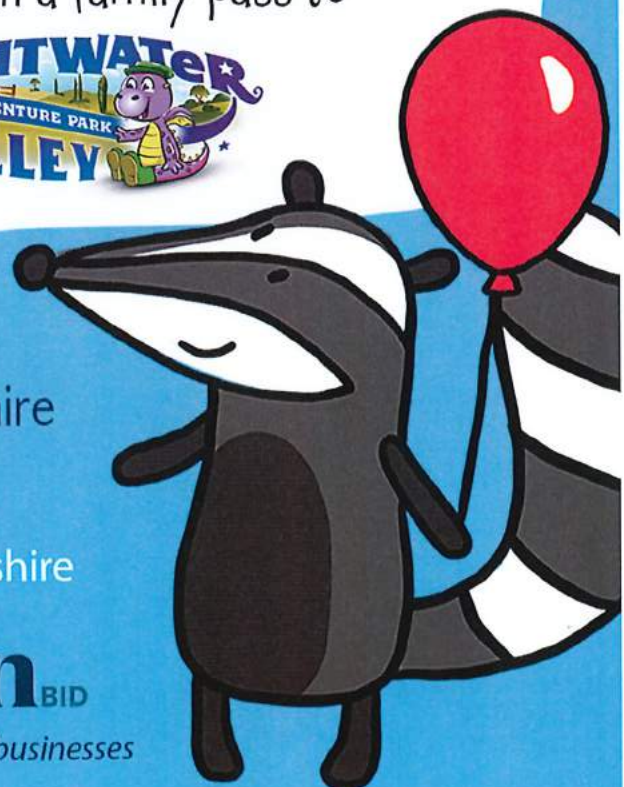
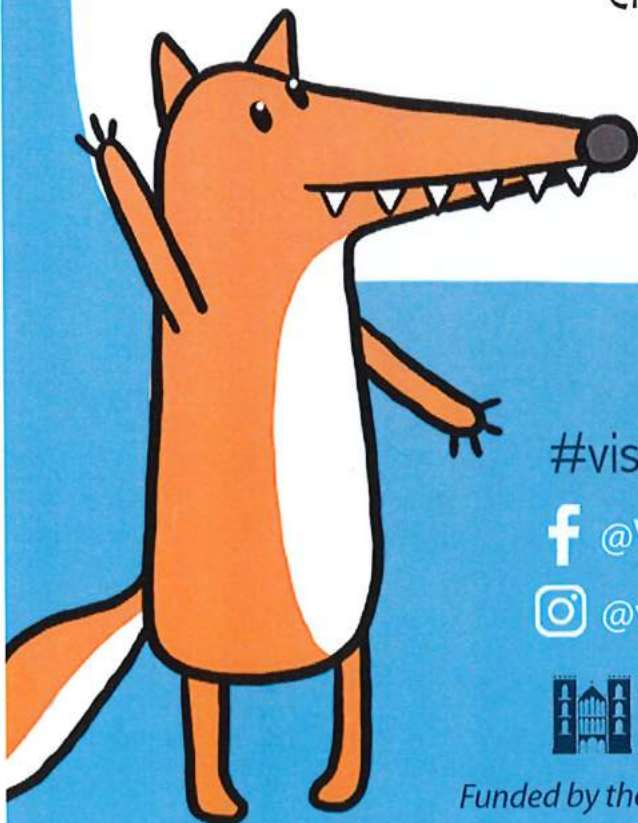


Enjoy our summer trail,
find the balloons around Ripon, fill in the
trail map and complete the puzzles.

23rd July to 4th September

Collect & drop off your trail map at
Cathedral, Booths, G Craggs, Library or Pet Shop
or download it from www.visitripon.co.uk/news

Complete the Summer Trail and
enter our weekly competition for a
chance to win a family pass to



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 **Ripon**_{BID}

Funded by the Ripon city region businesses