

# TCES Group Bulletin

## Spring 2019



*Celebrating Cultural Week at NWLIS.*



East London  
Independent School



North West London  
Independent School



Essex Fresh Start  
Independent School



Create Service  
Personalised Therapeutic Education



# CEO welcome



We're now well into our 20th year, and the next event to mark the occasion is our annual inter-school football tournament, which will be hosted by the West Ham United Foundation. Excitement is building around the group and we're all looking forward to a competitive, but fun tournament.

During the week commencing 4 November we'll be holding a series of school based celebrations to which everyone is welcome. In addition, we've also booked our 20th birthday party on 8 November! I shall be

hosting a formal event at the House of Commons during the day for a limited number of people, then in the evening I'll be inviting the staff team to celebrate, along with other guests, at the Sea Life London Aquarium to celebrate 20 years of TCES Group.

I recently attended the Care Experienced Conference in Liverpool and met some amazing people who work in this area. Following this, I'm looking forward to meeting up with conference organiser Ian Dickson to further explore the concept of 'care experience' as a protected characteristic, and to look at how TCES Group can champion the 'Every Child Leaving Care Matters' campaign.

We're excited to announce that, following parent consultations, our new app for parents and carers will shortly be launched. The app will help provide more up-to-date information and better communication between them and our schools. We've also renewed our focus on parent/carer groups, and are recruiting parent governors who will be invited to feed back information to our Board of Governors.

Another announcement that we're delighted about is the signing up of our first Alumni Mentor for ELIS, following on from the previous term's signing of ex-pupils at NWLIS. This is a scheme that we're concentrating on building, with our plan being to start integrating it as pupils follow their journey through our schools from Y7 upwards. This is aligned with our significant focus on

young leaders over the next three to five years, both for staff and pupils.

Development of our Create Service site at Custom House continues, both inside and out. We are also working to develop a new TCES Group Therapy Centre in Barking – see page 4 for details, and how you could win £25 by helping us give it a new name!

For EFS we have a mixture of news. Our good news comes from the school being rated 'Good' during its January Ofsted inspection, meaning that all our schools are rated good or outstanding. However, our Witham site is sadly being recommissioned by Essex County Council at the end of the academic year. We are investing a lot of time in ensuring that pupils and staff, wherever possible, are being transitioned into either the EFS Clacton site or to ELIS.

Finally, our reader survey is now live at [www.surveymonkey.com/r/TCES-Group-Bulletin](http://www.surveymonkey.com/r/TCES-Group-Bulletin) and we would really like to hear your views on this bulletin, so please do spend a few minutes giving us some feedback. If you'd prefer a hard copy of the survey, please contact [marketing@tces.org.uk](mailto:marketing@tces.org.uk) or call the team on 020 8543 7878.

**Thomas Keaney, Chief Executive and Schools' Proprietor @TCESgroupCEO**

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This Bulletin is produced by the TCES Group. We run three independent day schools and a specialist service called Create, and provide education for young people aged 7-19 years with Social, Emotional and Mental Health (SEMH) needs or a Autism Spectrum Condition.

#### Our schools are:

East London Independent School (*Stratford Marsh*)  
Essex Fresh Start (*Clacton and Witham*)  
North West London Independent School (*Acton*)

#### Our Create Services are:

Create Service London (*Custom House*)  
Create Service Essex (*Clacton and Witham*)

TCES Group, Park House, 8 Lombard Road, Wimbledon, London SW19 3TZ

**To make a referral, please call:** 020 8543 7878 (*choose option 3*) Email: [referrals@tces.org.uk](mailto:referrals@tces.org.uk) | [www.tces.org.uk](http://www.tces.org.uk) | @TCESgroup





## EFS receives 'Good' Ofsted rating

Staff at EFS were thrilled to learn that their efforts during a January Ofsted inspection didn't go unnoticed, as the school received a 'Good' rating.

CEO Thomas Keaney said: "We are extremely pleased with the outcome, which is the result of the hard work and dedication of the whole school team.

"We are proud that Ofsted recognised how the vast majority of pupils quickly improve their behaviour, because they enjoy attending the school and want to be involved in all the activities that the school offers. Ofsted Inspectors commented positively on the good opportunities for pupils to make choices and decisions for themselves as well as changes to the premises."

Pupils told inspectors that they 'felt listened to, safe and well cared for', and staff talked of their levels of confidence in senior leadership, the provided training, and their own abilities.

The Ofsted report had a number of glowing comments about the school.

One such comment read: "Under the care and support of staff, pupils develop self-confidence and take pride in their

work. Pupils learn to understand their own emotions and improve their personal and social skills through the programme of therapy and support sessions they attend."

Another read: "Teachers know their pupils well and have a secure understanding of their needs. This, combined with strong relationships built on mutual trust and respect, is ensuring that pupils make good progress from their different starting points."

Placing authorities and alternative providers stated that leaders and teaching staff have a positive impact on pupils' attitudes to school, and that most parents believe that their children are safe and well looked after.

Mr Keaney said: "The report reflects a great commitment to pupils placed with us. We will endeavour to continue to build the success of this report, to ensure that pupils are given the very best experience at EFS."

The full report can be found on our website.



## Helping to reduce permanent exclusions

With exclusions and their potential links to safeguarding issues, such as knife crime and running County Lines being discussed prominently by the DfE, Ofsted and the media, TCES Group has been contacted for advice by various organisations, including Mike Bennett, Head Teacher of Ridgeway Academy in Redditch.

This has led to TCES Group developing a 'Reach Out' programme in order to share with mainstream schools and academies some of the systems and processes that have enabled us to avoid a single permanent exclusion since our foundation 20 years ago.

School Improvement Partner, Kevin

Parker who is working with Mike Bennett to develop this programme, says "There is likely to be an advantage for schools and academies in reducing permanent exclusions and at TCES Group, we view it as our moral obligation to contribute to developing a more inclusive society and our mission to harness the potential of **all** our young people to be responsible, productive citizens and young leaders of the future.

"We are confident that if schools can make small incremental improvements, these will accumulate over time to reduce permanent exclusions."

For more information please contact [kevin.parker@tces.org.uk](mailto:kevin.parker@tces.org.uk).

@TCESgroup Apr 5

This week was Culture Week across TCES Group. Today, pupils and staff at ELIS donned native dress, took part in traditional dances and games, cooked traditional food and taught new languages to a panel of judges. Well done to all - especially those representing Mexico, who won!

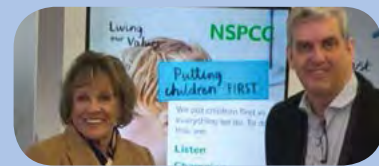


@TCESgroup Mar 26

The @TCESgroup Anti-Bullying conference is underway! Ambassadors from across the group are currently problem solving bullying scenarios to help build their knowledge and skills when supporting their peers. #antibullying

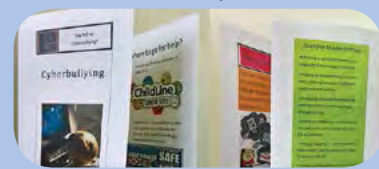
@TCESgroup Mar 7

Our CEO @TCESgroupCEO had a good meeting today at the @Childline offices with our patron Dame Esther Rantzen. Thanks all at @NSPCC for hosting. The @Childline counsellors do such a great job.



@TCESgroup Feb 7

We're impressed by the leaflet one of our students at Create has designed for #SaferInternetDay this week. It talks about #cyberbullying, with examples and details about who to contact for help.



# In the news

## Visit us at the Autism Show!

Once again TCES Group will be exhibiting at the Autism Show, ExCel, London on Friday 14 and Saturday



15 June. Please visit us on stand A15.

## Name our new Therapy Centre and win £25!

Now that London's Create Service pupils are based in the Custom House site, the Barking Therapeutic Hub is being redeveloped as a TCES Group Therapy Centre. This will house various therapists, who will use space to provide a range of individual and group assessments and interventions for young people and their parents/carers from all TCES Group schools and the community.

We are looking for an appropriate name for the new Therapy Centre and are opening this up as a competition for pupils, parents, carers, staff and other readers. The person who suggests the winning name will win a £25 Amazon voucher!

Please send your suggestions to [marketing@tces.org.uk](mailto:marketing@tces.org.uk) by Friday 31 May.

## Curriculum and assessment review

This term, School Improvement Partner, Kevin Parker has been working with both a Curriculum Task Force and a Curriculum and Assessment Group to meet the changing needs of the TCES Group. They are reviewing and developing the organisation's curriculum offer within the expectations of the September 2019 Ofsted Framework, to ensure that the needs of all our pupils are met as they progress into the world of work.

Through a workshop approach, and supported by our Education Governor,

Jill Bainton, Kevin has led a process that has resulted in the first TCES Group 'big picture' of the curriculum. Based on a model used by schools and education departments around the world, this model brings everything together – such as our vision, values and assessment measures – into one curriculum board.

The final version of this board, with some subtle changes to our highly-regarded five-part curriculum, will be launched at the TCES Group Curriculum Day at the end of May. Watch this space!



Curriculum assessment group meeting



## Football tournament

The annual cross company football tournament is going to be extra special this year in celebration of our 20th anniversary. With schools fielding both upper and lower school teams for the first time, the tournament is to be held at the West Ham United Foundation base on Thursday 9 May. New kit, trophies and medals have been ordered for the players and we're anticipating lots of TCES Group supporters. Please try to join us!



## Refer a friend bonus scheme



Did you know that you could earn a bonus of up to £300 if someone you refer to Teaching Talent, our team of SEN education recruitment specialists, is then employed?

The team currently has a wide variety of posts to be filled, including teachers, teaching assistants, support staff, learning support mentors and learning support assistants.

These might be for TCES Group schools and services, or for other schools.

The team is also looking to recruit a number of tutors, either full or part time for their Teaching Talent Tutoring service throughout all London Boroughs.

**For more information call Teaching Talent on 020 8518 3779.**





# Parents and Carers page

## A network for Create Service parents

Create Service's Parent Council is growing steadily, with more than double the number of parents in attendance this term than at the first meeting in November.

The group allows parents to get together to discuss their children's needs and gives them the opportunity to connect with staff from the Create Service. In their latest meeting, parents discussed their children's anxieties and social skills, giving each other tips on dealing with negative behaviour and anxiety on a daily basis. The group also discussed the



safety of their children while online. Create Service will be holding a workshop on e-safety for all parents in May this year.

## Pupil premium

Parents are being advised to see whether or not their child is eligible for 'pupil premium', a service provided by the government that supports care experienced pupils and those eligible for free school meals, by funding therapies, technology or learning resources. Using the grant, pupils across TCES Group sites have attended

workshops in film and music production, therapy sessions including dance and pet therapy, and have received IT equipment and tutoring in swimming and cooking. The form, available by searching for 'pupil premium' on gov.uk, takes roughly ten minutes to fill in. For help, speak with your Head Teacher, or contact Independent Parental Special Education Advice (IPSEA): [www.ipsea.org.uk](http://www.ipsea.org.uk).

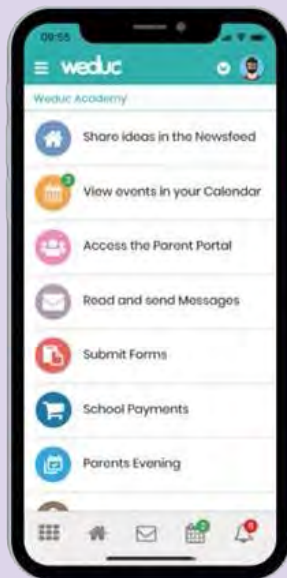
## New app for parents

A new app that allows for better communication between parents and TCES Group schools is launching soon.

The app, named 'Weduc', has been invested in and developed as a direct result of parent feedback. It is free to download, and every parent or carer will soon be provided with their own log-in for the app.

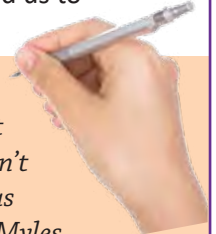
The app contains lots of useful information, such as the school calendar and term dates, reminders, links to helpful websites and resources – plus a unique news feed for each school.

Hollie Riley, Stakeholder Engagement and Group Quality Assurance Manager said: "Our aim is that this app will eventually replace all of our paper, email and text communications, and best of all, it means that you, our parents and carers, will have up to date information at your fingertips. Watch this space!"



## Call to NWLIS parents

A NWLIS mum has asked us to circulate this letter:



*Dear Parents/Carers,  
As we approach the start of the summer term, I can't help but reflect that it has been nearly a year since Myles joined NWLIS!*

*Time has definitely flown and Myles is a completely different person from the one that enrolled. I have so much positive things to say about this school. The one thing I will always say is that this school has helped me and my son so much - endless support and positive vibes no matter how big or small my dilemma or question.*

*Now that Myles is settling in and making friends in his own way, I would like to follow in his footsteps. As I personally drop Myles off daily, I have never had the chance to really see or meet other parents.*

*The few coffee mornings I have attended, I have seen 2/3 regular faces, but I had hoped to meet with other parents or parents from my sons 'class circle'. I would like to encourage all new parents to the coffee sessions. It's a very welcoming environment and plenty of cakes & biscuits are provided. The discussions are light-hearted and everyone is listened to. It's a great opportunity for us as parents to be involved in the school and for once every half a term to all get together. It's not an inconvenience or a difficult commitment.*

*The school take on board and value parents' feedback. So come along and have your say whilst getting to meet other families in similar situations & circumstances as yourselves. It's also a great network to have for support not just for ourselves as parents but also for our amazing children.*

*Best regards,*

**Tray**

*Mother to Myles (Picasso class) ☺*



# Young Leaders

## EFS Student Council newsletter

Here's an image of the front page of the latest newsletter, produced by EFS Clacton's Student Council every half term. What a great initiative, well done Clacton Student Council!



## Ambassadors tackle bullying

Anti-Bullying Ambassadors from across the group met on 26 March at Anglia Ruskin University in Chelmsford for the Spring term's conference. All pupils fully engaged and were proactive in sharing their ideas on tackling the challenges of bullying behaviours. They worked in small groups, looking at different challenges that bullying may present and discussed how to problem solve.

The Ambassadors then talked about an exciting new project to produce an Anti-Bullying Assembly video. This will star representatives from each site and will present the impact of bullying and the ways to deal with it within our schools. All participants are looking forward to the production of this collaborative work and to seeing the final result!



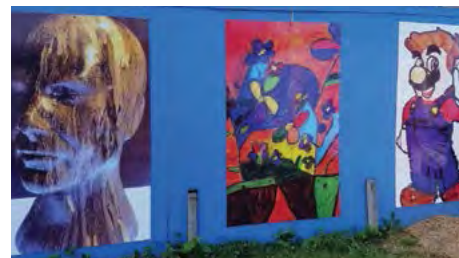
## NWLIS Student Council Garden Project

Following discussions amongst themselves and the student body, the NWLIS Student Council presented suggestions for improving the school's outdoor area to the SLT who were very impressed by their proposals. These included: "We would like to:

- keep the lunch benches but put in artificial grass or astroturf.
- have a mural painted on the walls to brighten up the space. The walls need to be cleaned and painted in a more suitable colour that doesn't show the dirt as much.
- have the lines on the ground repainted and our artwork displayed

on fence panels around the playground.

- have a different style of water fountain, because this one is hard to use and you have to put your mouth quite close to the water spout which isn't very hygienic.
- remove all the outdoor gym equipment because no one uses it. Instead we would like to erect a sensory garden in the corner space next to the garages, which will be fenced off and accessible by a staff member unlocking it to make sure students don't use it inappropriately. In this area we would like the ground to be



resurfaced and evened out and some swings and artificial grass installed.

- have real grass, but we can't maintain it because students constantly run over these areas and the grass cannot grow. During winter it gets very muddy."

Some of the work has started but most of it will be done over the summer break.

## ELIS gains new Alumni Mentor

Former ELIS pupil Maison has returned to school, but will instead be joining the staff team, as the first ELIS Alumni Mentor.

Alumni mentors were first employed at NWLIS last term. The initiative involves mentors participating in the school's group process sessions, working with tutor groups and assisting

staff in delivering key messages to pupils. CEO and Schools' Proprietor Thomas Keaney said: "Maison is one of the bravest young men we've ever worked with. He's overcome obstacles that would knock most of us down. I am very excited to see him take on the role and mentor younger SEND pupils at ELIS."





# LGBT history month



LGBT History Month was celebrated across TCES Group in February.

## EFS Clacton

Pupils enjoyed a range of activities to celebrate and learn more about LGBT History Month and zero discrimination. The highlight of these activities was a poster competition, which was won by Junior. Another was eating the beautiful (and delicious) rainbow cakes baked by a number of pupils! This colourful and creative wall display was produced to clearly celebrate all the achievements over the month – well done Clacton!



## ELIS: We are one, but we are many!

Pupils spent some time during LGBT History Month looking into the history of famous LGBT figures, and producing a large display of artwork.

Leona Talian, Pastoral Care Coordinator said: “During two large assemblies, we talked about the importance of our school and local communities, and all being one. We created a display of rainbow-themed handprints to represent this.”



## Create Service

Create pupils and staff got together in a special assembly to discuss LGBT related issues. This included acceptable and non-acceptable use of language, what it means to be LGBT and how LGBT people have been treated over the years as well as their numerous achievements. By the end of the assembly everyone had agreed on this special pledge.



### OUR PLEDGE

- We agree everyone has the right to feel safe.
- We understand that all people, regardless of sexual orientation and gender identity, should be treated with dignity and respect.
- We work on eliminating homophobia from our own words and actions.
- We do not tolerate anti-LGBT language and behaviour.
- We support each other and know we can seek appropriate help throughout our school community.



## NWLIS: Pride month



Staff at NWLIS are planning a poetry competition for pupils during July's Pride Month. Prizes will be up for grabs!





# Cultural week



## ELIS: “We are all one people”

Pupils at ELIS worked hard throughout Cultural Week to decorate their classrooms, learn traditional games, pick up new languages and more, culminating in a competition at the end of the week.

Groups of parents, Hackney Council representatives and staff from central services were welcomed by Head Teacher Adele Stedman, who introduced proceedings. She said: “The pupils have learnt a mutual respect and acceptance of each other’s cultures and backgrounds this week.

“They’ve learnt to appreciate each other in different ways – it’s not about what gang you’re in, or what area you’re from – they’re gaining a deeper understanding of each other and that we are all one people.”

A walk around the school gave visiting judges a round-the-world trip, with the chance to experience the food and drink, games, traditional dress, music and dance from different cultures.

Parents Paul and Sharon came along to judge. Dad Paul said: “I was really impressed with the knowledge the students had gained. It was incredible – much more than I ever expected. Some of them had learnt way beyond what



they were expected, and you could see that the pupils had done most of the work themselves.”

Judges rated the pupils’ work on food, dress, and cultural knowledge out of ten, and accumulated the results before CEO Thomas Keane announced the winners during assembly. Wellington Class who had spent the week learning about Mexican culture, won the competition, and were awarded a group meal at a Mexican restaurant.

Staff and pupils plan to create a world map display, containing photos of each pupil pinned to where they are from, as a lasting memory of the week.

## Goodbye to Jordan

Staff were sad to say goodbye to Jordan, who left the school at the end of the term when Cultural Week took place. Jordan held his own assembly, in which he stood in front of all staff, and gave his thanks and goodbyes to everyone.

Jordan made a huge amount of progress while at ELIS, and plans to move on and become a successful mechanic, having undertaken work experience in the industry while studying at school. We wish him the best of luck!







## Cultural menu at Create

During Cultural Week, Create pupils enjoyed an international menu of different traditional foods (right). They also studied a variety of classic artworks and put together a display (below).



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	SPICY ROAST PARSNIP SOUP	CREAM OF MUSHROOM	JAMACAN JERK SWEET POTATO AND CORN SOUP	BROCCOLI & BLUE CHEESE SOUP	LENTIL SOUP
Main Event	ITALIAN CLASSIC LASAGNE GARLIC BREAD	GREEK MOUSSAKA	ROAST PORK WITH TRIMMINGS	JAMACAN JERK CHICKEN LEGS WITH RICE & PEAS BAKED PLANTAIN	BREADED COD FISH FINGERS LEMON WEDGES TARTAR SAUCE
Vegetarian	SPANISH STUFFED PEPPER WITH RICE AND CHEESE	CREAMY MACARONI CHEESE	QUORN PEPPERED STEAKS WITH A CREAMY PEPPERCORN SAUCE	GREEK AUBERGINE WITH TOMATO AND FETA CHEESE BAKE	TOMATO FRESH OREGANO AND MOZZERELLA CHEESE PITTA BREAD PIZZA
To go with	GREEK SALAD	BLACK PEPPER POTATO WEDGES BABY CORN COBS	ROAST POTAO BRAISED SAVOY CABBAGE	GREEK SALAD GREEN BEANS AND CARROTS	OVEN BAKED CHIPS BAKED BEANS
Pudding	VANILLA ICECREAM SPONGE ROLL FRESH FRUIT SALAD	ITALIAN RASPBERRY TIRAMISU	ENGLISH PEAR UPSIDEDOWN CAKE WITH CUSTARD FRESH FRUIT SALAD	AUSTRIAN APPLE & SULTANA STRUDEL WITH VANILLA SAUCE FRESH FRUIT SALAD	GERMANY BLACK FOREST GATEAU CUPCAKES FRESH FRUIT SALAD

## Dressing for the occasion at NWLIS

Pupils across both upper and lower schools at NWLIS were invited to volunteer and take part in a fashion show for Cultural Week.

Participants, including some members of staff, were asked which culture they'd like to represent, and were then tasked with finding and modelling a traditional outfit.

Some decided to highlight their own heritage, whereas others displayed a traditional dress from a culture close



to their heart, or one they found particularly interesting.

An audience of staff, pupils, parents and carers were whisked across the globe, with models showing outfits from countries such as Ghana, Ireland, India, Morocco and more.

Lateefah Elcock, Pastoral Care Coordinator said: "The event really helped pupils gain a better awareness of the variety of cultures and heritage within their peers, and let us celebrate all the different cultures found across the school. Everyone at the show found it incredibly interesting and engaging."

For those who didn't join in the fashion show fun, a classroom dressing competition was held. Similar to ELIS, teachers and pupils decorated their rooms to display a certain culture, and treated visitors to traditional food.



A panel of judges, including a local shop owner and the manager of a nearby café, visited to judge the classrooms. Monet class was declared the overall winner, having represented North and East Africa. Lateefah said: "The competition helped us build connections within the local community, and helped visitors gain a real understanding and respect for our pupils."

## EU on the menu at EFS

Staff and pupils at EFS Witham used Cultural Week as a good excuse to discuss their thoughts on Brexit.

During group process, pupils focused on the European Union, clarifying what it is, and what it means when the UK leaves the EU later this year. They then shared their thoughts and feelings on Brexit, in a neutral and open atmosphere.

The kitchen staff shared their enthusiasm for the topic, by delivering an EU-themed menu to staff and pupils throughout the week. Each day saw them treated to food from a different country – including Italian meatballs, Portuguese piri-piri chicken and German apple strudel.



## Nelson Mandela exhibition

A group of pupils from Drake class (Y11) visited the Nelson Mandela exhibition in February. At the exhibition, visitors are taken on an immersive and interactive experience, learning all about the iconic political leader through a journey of his personal life and ventures.

Leona Talian, Pastoral Care Coordinator said: "The trip was very educational for the class, contributing to their spiritual, moral, social and cultural development."



## Celebrating Chinese New Year

Pupils at ELIS welcomed the arrival of the Chinese New Year in late January, by crafting traditional Chinese lanterns and learning how to use chopsticks.



## Hackney Drama School

Y11 pupil Uriah, who "has a passion and genuine talent for performing arts" according to Assistant Head Teacher Marc May, has been offered a fully funded scholarship from the Anna Fiorentini Theatre & Film School.

Marc said: "They have shown a huge level of investment in Uriah because of his talents, and his attendance has shown how committed he is. He is getting one-on-one tuition twice a week, and has gained a real sense of belonging in his wider community."

The drama school, based in Hackney, is currently working in partnership with ELIS to provide a fun experience that may develop into a future career pathway for pupils interested in the industry.

For more information on the Anna Fiorentini Theatre & Film School, visit [www.annafiorentini.com](http://www.annafiorentini.com).

## Red Nose Day

Everyone at ELIS got involved in raising money for Red Nose Day in March, by wearing red and donating £1 each. Pupils held a cake sale, and some wrote poems, including the one below by Kiarn (Obama) and Odene (Mandela):

Red Nose Day helps donate money

Everyone deserves happiness

Donating money is important

No one goes without

Old people deserve somewhere to stay

Stand up to make a difference

Eating with people is better than eating alone

Dreams can come true

A person's life can change TODAY!

You have the power to make a change

## A new place at ELIS

ELIS staff are celebrating with pupil Jonathan, as he moves over to the school from our Create Service.

Jonathan has made huge progress, having overcome his anxieties and problems originating from mainstream school. Adele Stedman, Head Teacher said: "During his time as a Create Service pupil Jonathan has demonstrated a high level of commitment, positive attitude and resilience to his personal

development and progress. He is a highly creative young man in art and written texts, but his true passion is as an aspiring young chef."

"He continues to be a positive role model to young pupils as well as his peers. He recognises how his attitude and behaviour has developed since transitioning to ELIS. He has achieved many successes and without a doubt he will continue to achieve many more."

Find out more: [adele.stedman@tces.org.uk](mailto:adele.stedman@tces.org.uk)

## World Poetry Day

Pupils celebrated World Poetry Day in March. We particularly enjoyed Kleberton's poem (below) about our 20th Anniversary!

*TCES 20<sup>th</sup> STRENGTH*

**Strong and amazing**

*Try your best and never give up*

**ROLE MODEL LEADERSHIP**

**Education and success**

*Never be negative*

*Giving a chance is our flag*

*Together we stand*

*Helpful and kindness we give to our world*







# North West London Independent School (NWLIS)

## The importance of women

Discussions were held across NWLIS during International Women's Day to highlight the importance and contributions from women towards today's society.

Lower school classes gathered in their classrooms, while upper school classes met as one, to have a series of talks on a variety of topics, including the difference in opportunities between the two genders.

Pupils also shared their knowledge on the struggles and contributions of women in the



past, such as the Suffragettes and their fight for the right to vote.

Pastoral Care Coordinator Lateefah Elcock said: "The conversations helped a lot of our pupils learn about issues

women have faced, both past and present, and have raised a better awareness and understanding of gender inequality as a whole."

## Building a sense of self-confidence

A group of KS3 pupils took part in an 'I-CAN' workshop in February – a series of sessions in which participants learn about a number of topics through arts, crafts, games and role-play.

Covering subjects such as self-awareness, communication, stress and anxiety, the fun, friendly and interactive workshops help participants build confidence and positive attitudes to learning.

Pupil feedback on the sessions included the following:

"They helped me build my resilience and know how to address life's challenges"

"I feel more confident to self-reflect and respond as opposed to reacting"

"I didn't have any self-worth and the workshops have made me feel more confident, have self-belief and now feel I have more of a purpose in life."

## Red Nose Day

NWLIS staff and pupils wore red and donated £1 each in order of Red Nose Day.

Staff also held a food tasting challenge, in which participants donated to the charity and were then challenged to identify five different foods while blindfolded.

Out of the many people who took part, Y11 pupil Romeo correctly identified all the foods, which were Maltesers, Wotsits, ketchup, jam and avocado.



## Health and safety a top priority

NWLIS did so well in its recent health and safety audit by Judicium Education that the school was rewarded with a plaque and a certificate.

The annual audit is incredibly thorough and follows benchmarks put in place by the government's Health and Safety Executive (HSE).

Facilities Manager Dean Page said "Well done to Saima, the NWLIS School Business Coordinator who worked really hard to get everything in place for the audit. It is quite rare for Judicium to award a plaque, so this is great news."



Find out more: [katrina.medley@tces.org.uk](mailto:katrina.medley@tces.org.uk)



## Callum makes everyone proud!

In March, EFS Clacton pupil Callum attended a Diana Award Anti-Bullying Training session, alongside representatives from high schools based across Essex.

Despite some initial anxieties, Callum flourished, and his confidence throughout the training was evident. This was acknowledged and reflected in a group activity and by the training organisers who awarded him Anti-Bullying Ambassador of the day! Staff at EFS Clacton are immensely proud of this achievement.

Callum was able to join forces with another school group and work with them to problem solve and come up with solutions. He was quickly

able to take a lead with this and fed back to both his group and the entire forum on their findings.

Speaking to Elainor Lloyd, Site Lead at EFS Clacton, CEO Thomas Keaney praised Callum and the staff team, saying: "It makes me so proud to see the voice Callum had at the Anti-Bullying training. This is genuinely amazing and is testament to you and your team's inclusive practice. I have watched the way that you've supported Callum throughout his time with us and how you've got everyone on board so that Callum's had a very real voice in your school. This is the fruit of your collective labour and you should be immensely proud of yourselves and of Callum."



## English Speaking Board

Key Stage 2 and 3 pupils at EFS undertook their English Speaking Board exams in March – with 100% of participants passing the test.

Elainor Lloyd, Assistant Head Teacher of Inclusion and Site Lead said: "Congratulations to everyone who took part – especially to Preston and Dillon, who passed with 'Merit+'. Outstanding work!"



## Red Nose Day

Despite muddy weather, EFS staff and pupils gathered outside in their trainers for Red Nose Day, taking turns at shooting penalties. A small donation to the charity was asked for in order to have a go – with a total of £65 raised by everyone involved.



## Sam gets his Wellies On

EFS pupil Sam has starred in a short film for local charity 'Wellies On', who entered the National Lottery's 'People's Projects' initiative and subsequently won a grant of £49,000. In the film, Sam explains how the charity's community events have helped him: "I was scared of animals, and since I've been coming here, I've learnt that animals are just like humans – there are some nice ones out there!"



Find out more: [cheryl.rutter@tces.org.uk](mailto:cheryl.rutter@tces.org.uk)

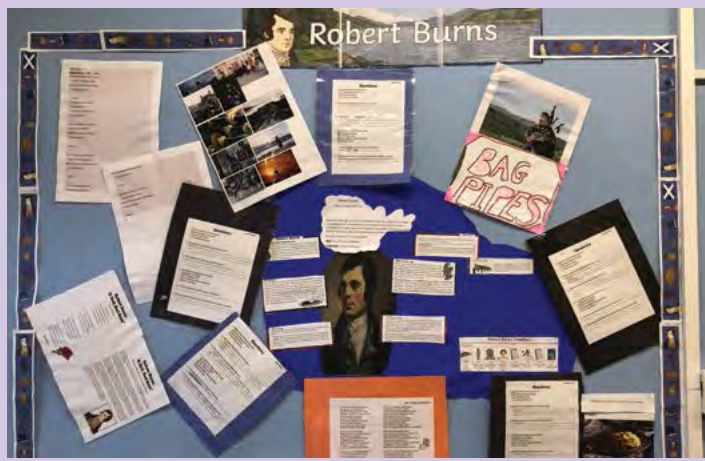




## Celebrating Robert Burns

In late January, Create Service pupils celebrated Burns Night – the popular Scottish holiday which celebrates the work of poet and author Robert Burns.

They took part in an interactive assembly and consolidated their learning in English and Humanities by writing poems and completing comprehension activities.



## A new kitchen for Create

The kitchen at Custom House has been fully remodelled and renovated as part of the building refurbishment project.

The area was in desperate need of renovation, with broken equipment and storage areas meaning staff and pupils would often rely on local cafés and takeaways.

An array of fixtures and equipment has been added to the area, including flooring, lighting, plumbing, white goods and extra storage.

Dean Page, Facilities Manager said: “We now have a new kitchen that meets all hygiene regulations and compliance, is fit for purpose and fitted with all new modern equipment. We have since employed a chef who can prepare healthy and nutritious meals for the school.”



## International Women’s Day

Pupils made up a display to celebrate International Women’s Day, highlighting some of their role models.



## Garden project

Work has been underway to create a wonderful outdoor area for Create Service pupils. Building on the amazing artwork featured on the front cover of our winter bulletin, the junior play area now has similar colourful fence panels, made up out of pupils’ artwork.

In addition, planting boxes have been created so that pupils can enjoy planting and growing a selection of plants and vegetables.

The next phase of the project, currently in the planning stages, is to put up basketball related artwork around the basketball play area. At the same time, the play surface will be decorated with games, such as hopscotch and snakes and ladders.



Find out more: [evangelia.theochari@tces.org.uk](mailto:evangelia.theochari@tces.org.uk)





# Catherine Bullen Foundation

## EFS welcomes Roger Bullen

EFS hosted a special presentation by Catherine’s father Roger in February, followed by an auction and cake sale.

During Roger’s presentation, he highlighted the Foundation’s success so far, and shared their aims for the future.



Pupils had spent time during the week baking cakes for the event – the larger of which were sold at auction after the presentation. Guests were then treated to a buffet lunch.

Elaine Renker, School Business Coordinator said: “There were some splendid cakes up for grabs. We held an assembly to congratulate pupils for their achievements during the week, and then sold the rest of the cakes to visiting parents and carers via a bake sale. It was a really lovely afternoon.”

Thanks to their efforts, EFS raised over £240 for the Foundation.

## ELIS Student Council raise funds

Members of the Student Council at ELIS decided to ask fellow pupils and members of staff to wear something yellow, brown or black, and donate £1 to the Catherine Bullen Foundation.

An assembly was also held in honour of Catherine, with staff highlighting the importance of her legacy, and why TCES Group supports the charity where possible.

## NWLIS card sales

NWLIS pupils have been raising funds for the Catherine Bullen Foundation throughout the year by designing and selling greeting cards.

Lateefah Elcock, Pastoral Care Coordinator said: “Pupils volunteered to sell cards at our Parent’s Day in January, and the parents supported us and the charity by purchasing almost all of the cards!”





# E-Safety Corner

## Staying safe online

*New to the bulletin, Safeguarding and Child Protection Lead Sonia Ghaznavi's e-safety corner will provide parents and carers with advice on online safety.*

There is a new game in town called **Apex Legends**. If you are aware of the popular game *Fortnite*, it's very similar – players group into teams and drop into an online 'arena' and fight it out until one team remains.

Much like *Fortnite*, Apex Legends has a 'cartoon' feel, with fun-looking superhero-type characters that appeal to a younger audience. However, the game is classified by the PEGI (Pan-European Game Information) system as 'Age 16 or above', due to the amount of aggression, language and violence displayed.

Parents have highlighted other concerns with the game, such as – despite the game being free across all platforms – there is a wide selection of payable 'downloadable content' (DLC), which for up to £8 per pack, provides cosmetic upgrades and items for in-game characters. There is a social



pressure among players to buy these packs, which can quickly build up and cost a lot.

Each online battle can last up to an hour, and players can feel an intense pressure to stay in the game until it is over. This can cause extra anxiety if younger players have restricted hours with their electronic devices, or are asked to turn it off and go to bed.

For any more information regarding Apex Legends, please discuss it with your school's Inclusion Manager, or myself: [Sonia.Ghaznavi@tces.org.uk](mailto:Sonia.Ghaznavi@tces.org.uk).

## Group Process

*Jackie Lindeck, Head of Inclusion & Clinical Services*

Our schools hold twice-weekly 'group process' sessions for pupils, in which they meet up to discuss a wide variety of topics, including knife crime, LGBT rights, bullying and cultural diversity. Every pupil is entitled to share their views in a respectful, neutral environment, and the sessions often end with the pupils having gained perspective and respect for one another.

Discussions can be about issues that are in the news, however, frequently it will relate to certain behaviours that have been observed in the school that we would like to change. When this is the case, pupils are encouraged to think in a solution-focused way about how we might resolve the issue. Pupils then lead the discussion, guided and supported by staff who ensure everyone's opinions are acknowledged and respected, and that everyone feels safe enough to participate.



The sessions have proved to be very effective, and feedback from external agencies who have observed our group process sessions in action has also been extremely positive. Local Authority Officers have described this whole school group approach as "unique", and "a model of excellence".

To help deliver this effectively we run group process training for our staff team, in which they develop their knowledge in a number of areas, including self-reflection, relational work, group maintenance, diversity and respect.

Staff have found the sessions hugely helpful, with some going on to receive further training, learning about different techniques that can be used with our most complex learners to support them in understanding and changing their behaviours. We are currently training staff in different mentoring models, with a particular focus on helping our pupils identify their preferred future, and the steps that they need to take to get there. We are also exploring ways to apply the group process model to our line management, and how we can establish reflective supervision sessions for staff.



# Children's Mental Health week

## NWLIS stays mindful

Mental health was on the agenda for both staff and pupils at NWLIS, who undertook different activities to raise awareness of mental health and wellbeing.

Fitness Coach Ben Green visited staff to host wellbeing sessions, in which they were treated to relaxing massages. They also took some time out for themselves to consider the impact of mental health and improving personal wellbeing on their work, pupils, and daily lives.

Pastoral Care Coordinator Kane Taylor held mindfulness sessions for pupils, in which they learnt how to meditate and stay focused during periods of stress. Pupils were also invited to attend mini workshops, where they addressed a number of myths and facts about mental health.

They spoke about common misconceptions, such as attitudes towards autistic people or those with ADHD, and discussed the impact of conditions such as anxiety.

Pastoral Care Coordinator Lateefah Elcock said: "Some of our SEND pupils didn't realise the connection between mental health and their own needs, so were very keen to discuss the topics. The workshops really helped to provide a greater understanding of mental health, in all its forms."



## Keeping fit both mentally and physically

ELIS pupils took part in a number of activities to gain a deeper understanding of mental health during Children's Mental Health Week.

"Healthy: Inside and Out" was the theme of the week, so pupils spent some time learning about the positive impact of keeping fit on their mental health.

Fitness Coach Ben Green visited the school to help pupils research different foods, and the benefits they have on the mind and body. Pupils then developed their own healthy smoothie recipes, and used a novelty 'smoothie bike' (pictured) to blend them together.

Leona Talian, Pastoral Care Coordinator said: "The bike was a great way to promote how fun and fitness can work together, and pupils were rewarded with a great smoothie at the end."



## EFS

EFS Witham pupils put together a display board as a result of their Mental Health Week learnings.



## Uniform reminder

Parents and carers are being reminded that all pupils must adhere to TCES Group's uniform policy.

Schools provide a number of school branded items, including blazers, jumpers, polo shirts and ties, and parents/carers must provide the rest – including black skirts or trousers, black shoes and white shirts.

No logos or brands, including on trainers and shoes, are allowed, other than school logos.

Please contact your school administrators for advice on uniform, or visit

[tces.org.uk/school-uniform](https://www.tces.org.uk/school-uniform) for the full guide and information on how to order.



## Reader survey

To ensure that our TCES Group bulletins are relevant, readable and informative and are providing what you, as a reader, are most interested in, we would be grateful if

you could complete our short survey, providing as much information in your responses as possible. The survey takes less than five minutes to complete and can be found at [www.surveymonkey.com/r/TCES-Group-Bulletin](https://www.surveymonkey.com/r/TCES-Group-Bulletin)

