

TCS NEWSLETTER

Autumn 2023

NATIONAL ONLINE SCHOOL

Head's Message

This term has been a bit of a whirlwind for the National Online School. Over the last term and a half we have changed our service delivery dramatically from when we were 'Home Learning', a bespoke tutoring service, to an online school with a full timetable of one to one and small group lessons, assemblies and enrichment clubs.

We have grown in terms of the number of students we support, the number of teachers we have and the number of subjects we can offer.

Last year saw some incredible GCSE results but just as importantly we saw an increase in the number of pupils who were able to transition back to an onsite school and in being able to deliver specific Post 16 options in terms of A levels or more vocational classes.

This term has seen some incredible progress in our students – and celebrating the individual nature of that progress has been key to our Catcha points and celebration assemblies.

We have also increased our delivery of careers and support in preparation for adulthood and in the delivery of our PSHE programme.

This term saw the first of our clinical support webinars being delivered to the parents of National Online School students. This was led by our OT therapist Emily Lutterodt and focussed on practical solutions to supporting pupils and parents who find sleep difficult. We look forward to offering more of these webinars, specifically to the parents and carers who are supporting pupils who are unable to attend an onsite school. If you have any particular areas that you would like discussed, please contact us to let us know.



This has been an incredible term for the National Online School. We hope that every one of our students is proud of the progress they have made this year, and we wish you all a very relaxing holiday break and look forward to seeing you all in the New Year.

Warm regards,
Kirsten Roy

Key dates:

- **Wednesday 20th December (pupils break off for the school holidays) - End of Term**
- **Monday 25th, Tuesday 26th December 2023 & 1st January 2024 – Bank Holiday**
- **Tuesday 3rd January 2024 – Pupil Induction Day**
- **Wednesday 4th January – Start of term for all pupils.**
- **School calendar can be found [here](#):**

From Jess Baird – Zones of Regulation and in the Zone

It has been great to see so many students join our In the Zone and Digital Zone sessions this term. We have had great discussions about identifying our emotions, why we might feel this way and ultimately, what strategies to use to get us back to the Green Zone. By focusing on specific zones each day, we can explore suitable strategies to use and practice them during our sessions. This has led to an improvement in our students' self-regulation and self-awareness skills. Additionally, these sessions have provided our students with a safe and secure space to socialise and interact with both students and staff. It would be great to see even more new faces next term, so feel free to join our daily sessions!

The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

Weekly Reflection

- What happened this week that I am proud of?
- Did I encounter any challenges this week?
- How can I improve next week?
- What is something nice I did for someone else?
- Overall, what would I score this week from 1 - 10?

Competitions

Times Tables Rock Stars (TTRS) – Battle of the Bands



Teachers due to be trounced by students!

1st December - 19th December 2023		Finishes in 2 days
Students	1369	Teachers 263
Info	Class Results	Pupil Results Certificates Edit
Class Average Correct		Class Total Correct
1	Students	1,369
2	Teachers	263

National Online School exhibits at the TES Show



Our TCES marketing team and members of the TCES National Online School Head, Kirsten Roy and our Provision Manager, Stephanie Lee, as well as our Head of Clinical and Therapy Services, David Coulter, attended the TES Show 2023 at the Business Design Centre on, Friday 13th and Saturday 14th October.

Kirsten Roy, and David Coulter, delivered a seminar on 'Early Intervention in Emotionally Based School Avoidance'. The seminar had a great turnout, it generated a lot of interest, and many people were intrigued by the services TCES provides. Many attendees came to listen and hear more about practical strategies from both a therapeutic and educational perspective.

One of the highlights was a parent who had attended the TCES National Online School EBSA webinar. She shared these thoughts: "I watched your EBSA webinar recently and tried some of the strategies with my daughter, and they helped get



her back into school full-time. This is the first time she has completed a full week." – Family Support worker & Peer Educator and a Parent.

It was an absolute joy to have one our students visit us at the TES SEND Show. Riley, from a TCES National Online School, attended the event last week with his mother.

The event was successful and informative, offering valuable insights. It was an excellent opportunity to network and learn more about individual services for practitioners in the field of SEN. There were research-based lectures, CPD seminars and talks, vital to keeping up with current developments.

Clubs this term:

1 Languages Club / Spanish Club:

Pronunciation and engagement have been awesome throughout the term, and that we're moving to Spanish Club rather than Languages Club as a trial, and that anyone is welcome - they won't be left behind even if they haven't joined before.

¿En qué zona estás?

Estoy en la zona...

Noun then adjective: 'the zone green': 'la zona verde'
"Estoy in la zona verde"

3 Sports Skills Club:

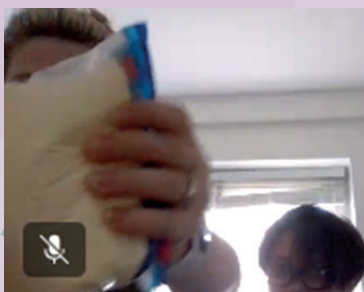
In our sports skills club, we have been working hard towards our AQA unit awards. We have completed one session on football skills and are working towards gaining an AQA award in football 'keepy-uppy' skills. We have also started looking at health and fitness and are looking at getting an AQA award in sport and wellbeing where not only do you have to do 3 fitness / time to train session but also be able to identify 3 sports that benefit you physically as well as identify what changes in the body when we start to exercise and what foodstuffs are good for us.



2 Edible Science & STEM Club:

In Edible Science,

Making butter:



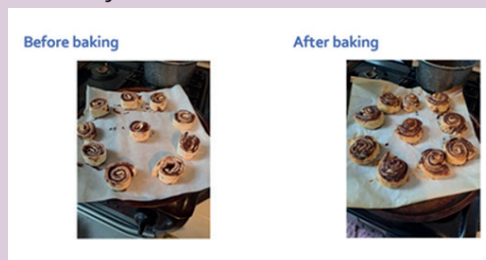
Using a microwave to measure the speed of light

METHOD

- Take out the wheels inside your microwave that make your food spin around while it's cooking. We want the plate to stay still for this experiment
- Place the chocolate bar upside down on the plate so there is a long, smooth chocolate surface. Put the plate in the microwave and heat it on high for 15 seconds.
- Remove the plate and look for the melted spots on the chocolate. Use the ruler to measure the distance between the close edges of two melted spots in centimetres. These two spots are where the light wave went into the chocolate bar and came out again, and is equal to half of a wavelength. Use your calculator to divide that distance by 100. This is the distance in meters. Multiply that number by 2 to get the full wavelength in meters.
- Look on the door or at the back of your microwave to find the frequency of the light waves it uses to cook your food. Most microwaves have a frequency of 2450 MHz, which is 2,450,000,000 waves per second. Multiply the full wave length in meters by 2,450,000,000 waves/second to get the speed of light. You should get something close to 300,000,000 meters/second...

4 Cooking Club:

Thursday 5th Oct '23 - Chocolate Swirl



Thursday 19th Oct '23 - Spaghetti Bolognese

"Buon appetito"



RM - Assisted by parents

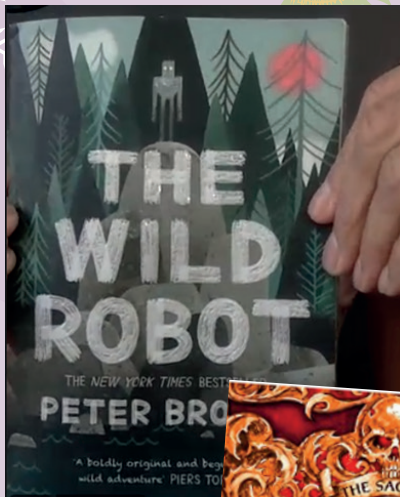
Other enrichment:

1 DEAR time: (Drop Everything and Read)

This term we have read *The Wild Robot* by Peter Brown, and we are currently mid-way through *Cirque du Freak* by Darren Shan.

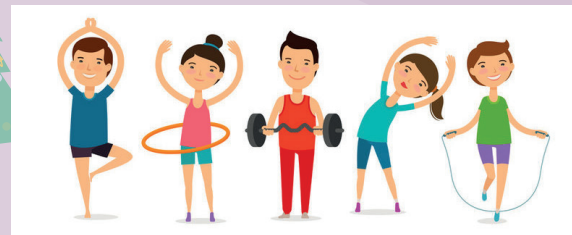
DEAR Time, is a daily 15-minute drop-in session to listen to instalments of a story. It happens every weekday from 12:15pm-12:30pm.

Recent stories have explored moral dilemmas surrounding saving the life of an enemy, meeting robots which are programmed for kindness and encountering vampires.

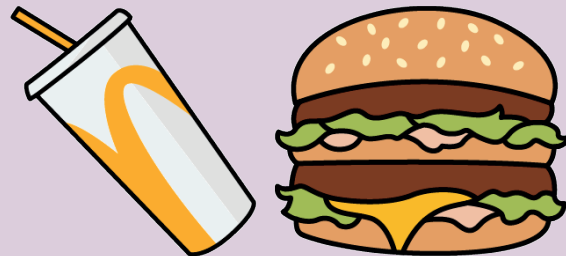


2 Time to Train

In our 'time to train' sessions we have recently been doing HIIT sessions – short fast bursts of exercise that are designed to burn off lots of calories. We have been using weights and doing kettle bell circuits as well. Just remember to start off with lighter weights. Kettlebell exercises are great because they use the whole of the body at the same time – some moves we are using our leg muscles as well as our back and shoulders. We are also building up core strength in our abdominal muscles too!



It is important to train and exercise at least one session a week, which burns between 150 and 400 calories per session - about 1 and a half McDonalds' cheeseburgers per week!



3 Zones of Regulation

Below is a diagram that illustrates this.

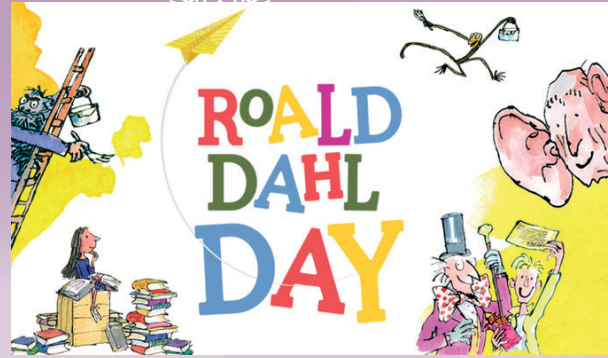
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4 Assemblies (see topics below)

Leadership Week (What is Leadership)
Roald Dahl Day
International Day of Democracy
Welcome to the Week
Jeans for Genes Week
Celebrating Us/National Fitness Day
International Day of Peace & National Day of Non-Violence)
Black History Month
World Mental Health Day
Careers presentation (Niota - Careers Lead)
ADHD Awareness Month

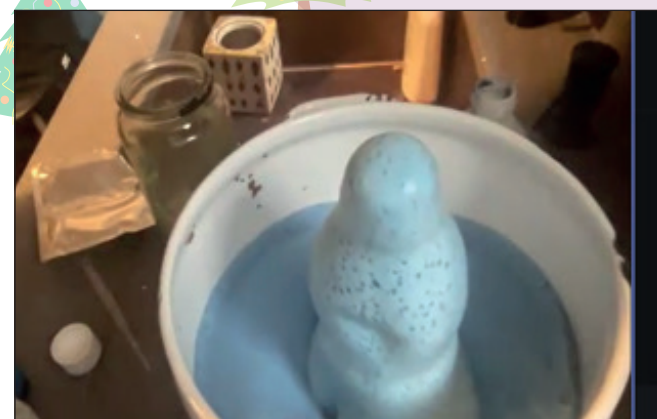
Halloween (31/10) / All Saints'/All Hallows' Day (01/11) / All Souls' Day (02/11) / Día de los Muertos (02/11) [BC]
Guy Fawkes/Bonfire Night
Armistice Day & Remembrance Day
Careers segment: BC introduce Wednesday talk
CAREERS TALK: Simon Everest (internal TCES speaker)
Diwali (Sun.12/11/23)
+RM All About Me Assembly

13-17/11/2023: Anti-Bullying Week & Cyber-safety [+World Kindness Day, International Day for Tolerance, Inter-Faith Week] [BC]
Careers segment: visiting speaker Ayse Biseem (15 mins) - Apprenticeships & Employability (LMI)
19-25/11/2023: Road Safety Awareness Week
Celebrating Us / recap theme
Careers segment (Claire on genetics in medical profession)
World AIDS Day (01/12/23)
St Nicholas Day (06/12/23) & Christmas Jumper Day (07/12/23) - observe in school on Th.07/12/23 (tbc)
Winter festivals (Bodhi Day, Hannukah, Christmas and other winter festivals)
Weekly segments on:
Looking forward to the week ahead...
On this week in history...
Careers segments
Celebrating Us celebration assemblies
Student-led 'All About Me' assemblies.



Our Student's Creative artwork

Here are some examples of our students' work this term, focusing on landscape paintings and comics.



TCES THE COMPLETE EDUCATION SOLUTION

CREATING UNIQUE JOURNEYS FOR LIFE AND LEARNING

www.tces.org.uk

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TCES is committed to safeguarding vulnerable children and young people and safeguarding is the responsibility of us all.



Merry Christmas