



Clarity Independent School

18th December 2024

Dear Parents and Caregivers,

Headteacher's Newsletter



As we approach the end of this busy term, I want to express my gratitude to everyone for their hard work and dedication. The Christmas break is just around the corner, and it's well-deserved after a term full of growth and success!

Children's Progress

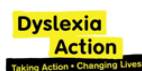
I am delighted to announce the following young people's Headteacher's Awards this term. These will be published on the school's website, where you can see their work examples where relevant, as well as being displayed in the school Reception area:

- Art (Understanding of tone, creating a portrait): Lexie Ward
- Being a great peer mentor: Daniel Skitch
- Taking care of peers: Reggee-Lee Cole
- Personal progress towards One Plan targets: Summer Straw
- Going above and beyond in English: Reggee-Lee Cole
- Producing excellent Science work and excellent teacher support: Harry Groves
- Endeavour in English (extended effort and work): Lexie Ward
- Personal Progress, English (impressive progress in approach to English lessons, work input and resilience): Harry Buckley
- English Achievement (Extended and detailed answers in his practice GCSE paper): Daniel Skitch
- Endeavour in English (feeling confident in working independently in English): Alex Meyer

I'm delighted to share further progress observed in all the pupils. Together, we've made significant progress in promoting wellbeing and regulation within our whole school this term. We've seen far fewer incidents of young people becoming dysregulated, contributing to the calm atmosphere around the school. This achievement is a testament to the collective efforts of our staff, students, and, importantly, the support from parents and caregivers. Your role in helping our young people access and attend school is vital, and we couldn't do it without you.



Approved Assessments for
Disabled Students'
Allowance



Guild Member
Assessment Practising
Certificate Holder



INPP
Practitioner



AMBDA Status

Clarity SEN Consultancy Ltd. Company Number: 11567895 DfE Number: 881/6073. URN: 146 804

Bridge Farm Barn (Opposite Mayes Lane), Woodhill Road, Sandon, CM2 7SG Tel: 01245 408 606

Email: admin@clarity.essex.sch.uk Web: www.clarity.essex.sch.uk

Wellbeing

Over the Christmas break, Beacon House has put together some fantastic activities you can do with your young people at home as a family or one to one. These ideas are designed to support children through their break from school and make the sometimes-intense sensory experiences of Christmas more enjoyable. Please check out their resources here:

<https://beaconhouse.org.uk/winter-resources/>

Attendance

With the winter season upon us, we are all aware that seasonal illnesses such as flu and norovirus are impacting school attendance, which is vital in supporting the children to get the most out of every day of their education. Please refer to the NHS guidance and UKHSA advice below to help you determine when a child is too ill for school and when they could still attend with some extra support (medication, rests, extra nurture etc.) Generally, pupils can attend school with a cough or cold unless they have a fever or are experiencing diarrhoea and vomiting. More detailed advice can be found from the links below.

When to keep your young person off school, or not, and advice on how to treat at home:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

General advice on keeping children and young people healthy this winter:

<https://ukhsa.blog.gov.uk/2024/09/04/a-parents-guide-to-keeping-kids-healthy-this-school-year/>

To reduce the spread of illness, we continue to promote good ventilation and hand hygiene at school. Please encourage these practices at home as well so we can all join together in this approach.


Days out / activities

Our recent pantomime trip on 12th December was a great success, and I am pleased to report that all pupils (and staff!) behaved exceptionally well. Thank you for your support in preparing them so well for this event.

On the same day, our Christmas jumper day was well supported with a total of £24 being raised for 'Save the Children'. Thank you for your support again for this important cause.

Staff News

This term, we said goodbye to Ms. Howe and Mr. Dearman, who left us just after half-term and the end of term, respectively. We wish them well in their future endeavors.



The screenshot shows the Beacon House website's 'Winter Resources' page. The page header includes the Beacon House logo, contact information (Chichester: 01243 239 900, Cuckfield: 01444 413 939), and a menu icon. Below the header, there is a sub-header 'Winter Resources' and a paragraph stating: 'Resources specially designed by our therapists to support regulation, connection and rest during December. Download for free here and share with family and friends so everyone can access what they need during this busy time.' The main content area features a grid of 20 resource cards, each with a title and a 'Click to download the audio file' button. The resources include: 'A Christmas Present', 'Christmas An Alternative Sensory Guide', 'Christmas Curiosity', 'An Unburdening Meditation', 'The Christmas Storm: Surviving & Thriving at Christmas', 'Gaming Connections', 'The Ghosts of Christmas: A Self-Reflection Exercise', 'Guided Body Scan: To lower stress levels and connect with your body', 'Guided Deep Relaxation Breathing Technique', 'Managing Your Sensory Systems This Christmas', 'The Little Stressed Elf', 'Make your own Sensory Advent Calendar', 'Managing the Christmas Sensory Overload', 'Mindful Moments', 'Out With the Old, In With the New: Christmas Traditions', 'PACE at Christmas Time', 'Positive Paper Chains', 'Short Guided Mindful Breathing Technique for lowering heart rate and reducing anxiety', 'A Winter Collage', and 'Winter Walk Bingo'.



In January, we are thrilled to welcome Miss Saba Anjum, who will join our ICT/Support staff, and Mr. Sam Powell, who will be teaching Science/Stingrays. There are more details about them coming soon to our website www.clarity.essex.sch.uk/about-our-staff.

Policy updates

We continue to update our policies regularly. This month, we highlight the update to our Behaviour Policy, now available on our website following a parent consultation period.

Next Term

Please refer to your annual calendar (on our website www.clarity.essex.sch.uk/term-dates) for a summary of dates for specialists' visits (such as Occupational Therapist, Career Advisor, Wellbeing / Counsellor and Speech and Language Therapist) and activities for next term (such as Bushcraft, Danbury Outdoors and trips to Bicknacre sports field).

Upcoming dates for your diary (more details to follow):

Monday 6th January 2025: Staff return to school for INSET training

Tuesday 7th January 2025: Pupils return to school

Friday 14th February: pupils and staff break up for half term (3pm)

Monday 24th February: pupils and staff return after half term

Friday 4th April: Half-day – pupils break up for Easter break at 12.30pm, staff 'Easter thank-you event' in the afternoon

Tuesday 22nd April: Staff return to school for INSET training

Wednesday 23rd April 2025: Pupils return to school

Information from the Local Authority:

1. New Resource: Youth Vaping Podcast

I would like to bring to your attention a valuable resource for parents, carers, and anyone working with young people. Essex Public Health, in collaboration with The Training Effect, The Children's Society, and the Essex Child and Family Wellbeing Service, has produced a short podcast on youth vaping. This 21-minute podcast offers insights into the potential drivers behind youth vaping, shares knowledge and awareness around vaping, and provides guidance on how to have supportive conversations with young people.

This initiative is part of a broader effort to reduce current usage and prevent the uptake of vaping among children and young people. I highly recommend listening to this podcast to better understand the issue and how we can work together to address it.

<https://www.escb.co.uk/safeguarding-topics/substance-misuse-and-youth-vaping/>

2. Winter Holiday Clubs and Free Spaces – Now Live to Book with Essex Activate

Across [Essex](#) and [Thurrock](#), more than 300 activity clubs and family experiences will provide free spaces to eligible children, offering a range of festive fun and exciting activities, helping to support families across the winter break. Nutritious hot meals and snacks are also provided, with some of our providers offering free food hampers too!



If you would like to access the programme, please email haf@activeessex.org who will issue a code directly to you.

Please take a look at the flyer attached for support (final page), or visit the [Active Essex](https://www.activeessex.org) website to see what clubs are running across the winter break.

3. Better Housing, Better Health (BHBH)

Essex County Council has appointed Better Housing, Better Health (BHBH) to deliver Energy Advice and Fuel Poverty assistance across Essex, and access funding for home improvements to improve energy efficiency through the ECO4 Flex grant. (Please see leaflet on final page for more information.)

BHBH is a free, impartial service offering advice including financial support and advice regarding making your home warmer and saving fuel costs.

ECO4 Flex is a grant for low-income and vulnerable households, designed to improve the energy efficiency of properties rated D-G for energy performance.

There are many eligibility pathways including:

- Household income below £31,000
- Health Routes: if someone living in the household (including a child) has one of the following conditions: cardiovascular; Respiratory (e.g. child with asthma); Immunosuppression; Limited Mobility. Income does NOT apply for Health Routes.
- Qualifying means-tested benefit (BHBH can advise)
- Free school meals

The application process is easy and takes 2 mins: this can be a self-referral, or via a referral partner, such as school or GP (please get applicant permission to refer). Simply visit www.bhbh.org.uk and complete the form or call 0800 107 0044.

Email (public): warmhomesessex@essex.gov.uk.

More info on BHBH and ECO4 Flex can be found here: [Better Housing Better Health \(https://www.bhbh.org.uk/\)](https://www.bhbh.org.uk/).

4. **More details of everything on offer from Essex County Council can be found on the Essex Local Offer website:** <https://send.essex.gov.uk/>. (Click the purple box 'Search for Support Groups and Activities'.)

Thank you, as always for all your help and support over the last term, it has gone so quickly!
From all the staff here at Clarity, we wish you a wonderful Christmas and Happy New Year!



Clarity Independent School

Yours sincerely,

Debbie Hanson



Debbie Hanson, Head Teacher and Director
BSc (Hons), QTS, PG Dip (Dyslexia and Literacy), AMBDA, APC, NPQH
Member of the Dyslexia Guild
Associate Member of SASC (SpLD Assessment Standards Committee)



Better Housing Better Health

The Warmth & Wellbeing Service

HOME ENERGY ADVICE

Better Housing Better Health (BHBH) is a service working locally to improve your domestic warmth & wellbeing. In a preventative approach, our free helpline provides you with a single point of contact for advice and support in order to help improve the energy efficiency of your property and lower your bills.

FINANCIAL SUPPORT



Our team of experts can work with households to apply for grants and funding to help with your home energy. Schemes like the Warm Home Discount can take £150 off your bills and ECO Funding can replace heating systems as well as install insulation. Call us to see if you're eligible and start the process.

WE ARE HERE.

GET IN TOUCH
0800 107 0044
WWW.BHBH.ORG.UK





Essex

ACTIVate

**Free holiday clubs, fun activities and food
across Essex and Thurrock!**

- ✓ Specialist SEND, mental wellbeing and youth clubs
- ✓ Sports and games, arts and crafts, cooking and so much more!
- ✓ Nutritious snacks and tasty meals
- ✓ Run by qualified, local club providers
- ✓ Family support, resources and guidance
- ✓ Discretionary paid and paid for spaces

WHAT IS ESSEX ACTIVATE?

Essex ActivAte is the name for the exciting activity clubs run by Active Essex! During school holidays, local club providers across the county deliver free holiday clubs and fun activities to get eligible primary and secondary children active, as well as support young people to make friendships and learn new skills, helping to enhance their wellbeing.

Please only book your child/ren a space at an Essex ActivAte club if they will attend. If they are booked on and do not attend, other children may miss out on this beneficial opportunity across the holidays.

www.activeessex.org



@EssexActivAte

SCAN ME



Turn this flyer over
to read more on how
to book a space!

