

**Hanna receives a Standing Ovation**

Hannah, a student from our Day School since September, received a standing ovation after delivering an assembly to a 300 strong audience at Northbridge House School. She explained how the Day School has motivated her to re-engage with education. She also provided a captivating account of the issues faced by many young people regarding mental health. Strive to be your best self, not your perfect self - wise words we can all learn from.



**Message from the Headteacher**

A very busy term - the newsletter shows activity and developments across all areas of the school. Our Alternative Provision programmes are full, and there are some fantastic examples of individual progress. Another highlight from this term is that we had over 1000 delegates attend Jemma and Cat's ACAMH 'LinkEdUp' talk, with interest from all over the world in the approach we take with this specific intervention around emotionally based school avoidance. A big thank you to Northbridge House who have again gone above and beyond raising funds for us at this time of year. Another big thank you to all our volunteers and to the Royal Free Charity who support us with this. We currently plan to deliver another schools' conference next year alongside the RF Eating Disorders Service. There is also some potentially very exciting news around premises that I hope to be able to announce in the Spring term.

**Alex Yates**



**Belfast BSPED**

Following the school's success with the Allergy Team at the Edinburgh BSACI in April, Steve Green, our Deputy Headteacher, and Dr Victoria Dublon, Consultant Paediatrician, gave an oral presentation on the importance of preconception planning in diabetes, at this year's British Society of Paediatric Endocrinology and Diabetes (BSPED) Conference in Belfast this November. The talk was of importance to all young people, not just those with diabetes; emphasising there are risks to all pregnancies and how these risks can be reduced by following simple guidance.

**Thomas Group and Pathways**



Sand Tray Therapy is just one of the many strategies the school can offer at our Pathways and Thomas Group provisions. The approach encourages and links communication to critical thinking by sculpting stories in the sand.

**Excel Careers Fair**

The return of the Skills London Careers Fair proved to be a most worthwhile enrichment for our students. We were treated to an afternoon of talks and displays provided by many of the UK's leading employers and apprenticeship providers. Students gained insight into potential careers that included British Airways, The NHS, The Metropolitan Police, Microsoft, The Royal Air force, The British Army, Google, Border Force, Unilever, Dyson and Ford Motor Company.



**Plot 10**

Plot 10 are a team of professional actors who deliver a scriptwriting programme, teaching the skills of the screen to our young people attending our Day School Futures programme. After 5 weeks in make-up, the plays were performed live on stage by members of the Plot 10 cast, to a live audience of parents, guardians, governors, hospital staff and other distinguished guests. This year's productions included The Girl Who Was Promised, The Survival, Mirror Image, Can of Soup, Rowan's Revenge, Empty and The Sid and Syd Connection. Bravo!





### Building Bridges

To exchange good practice and broaden our understanding of different approaches to common challenges, we are always keen to network with other schools working in the same sector. This term, we were visited by Launa Randles, Head of School for the Children's Trust in Tadworth Surrey, and Zainab Musa, Head of School for the Royal London Hospital in East London. After visiting our hospital and Day School provisions, Zainab said: "The staff were so welcoming and open. It was great to see an outstanding alternative provision in action".

### Does Pasta Grow on Trees?

Who could forget the BBC's three minute, April Fool's broadcast harvesting pasta from a "spaghetti tree"? The general public jammed the switchboards in search of the fib. Fake News aside, this illustrates a more serious issue regarding our ever-decreasing understanding of how food is transferred from farm to supermarket shelves. There is also a broader suggestion that we are spending more time watching celebrity chefs than actually cooking in kitchens ourselves. To dispel any further uncertainty, we spent the day at **Waitrose Cookery School** making our own pasta from scratch! Delicious.

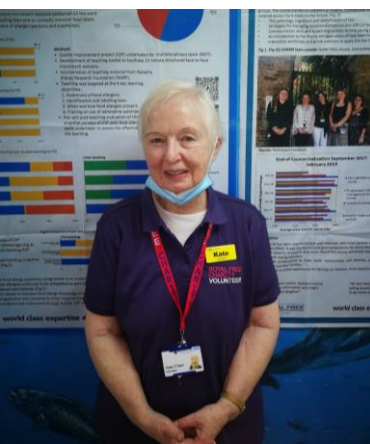


### CAPA Internships

We have worked closely with CAPA for the last 7 years, and have benefited from the quality and enthusiasm demonstrated by every intern. This is what Sam Rebein, a Psychology student from Rollins University, Florida had to say, after her 4 month internship came to an end in December: "I just wanted to say thank you for everything you have done for me throughout my internship experience. It has been such a pleasure working at the school and I have gained so much experience from this internship that I will cherish forever!" You will be missed Sam!

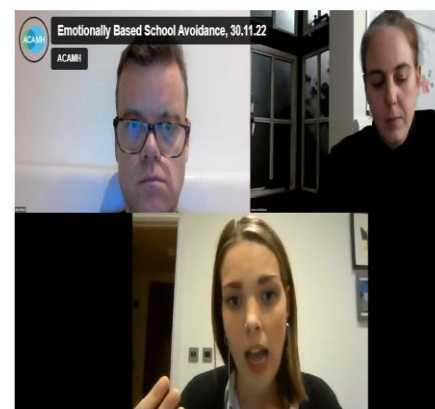
### Crazy Golf Reward Trip

In recognition of improved punctuality and attendance, students from the Day School were treated to Crazy Golf and lunch at a local restaurant. The cost of the trip was funded by a Jack Petchey Achievement Award after Lucca was nominated by staff and students. We have benefited vastly from the Jack Petchey Foundation over the years. They have generously funded projects such as residential trips, theatre tickets, table tennis tables and laptops that continue to motivate and encourage our students to aspire to be their best. Thanks



### Our Wonderful Ward Volunteers

It would be difficult to maintain our effectiveness and quality of provision on the ward without the expertise of our volunteers. Kate O'Neil is a local resident and between rounds at Hampstead Golf Club, has volunteered on the ward for the last 15 years after a 30 year career in teaching. Kate is amongst a growing team of volunteers including artists, authors, a retired judge and a musician to name a few. The volunteer service helps to provide not only a wealth of wisdom, but also a wealth of diversity from which we all benefit.



### Emotionally Based School Avoidance

The school continues to run its 'LinkEdUP' programme, a successful reintegration intervention for students struggling to attend school. The rationale behind the idea was recently explained to over 1000 people in an Association for Child and Adolescent Mental Health webinar by Dr Cat Halligan, from Camden's Educational Psychology Service, and Jemma Michelson, our Safeguarding Lead and Eating Disorders Liaison. The talk explains the approaches we use to help reintegration. <https://www.acamh.org/freeview/emotionally-based-school-avoidance-recording/>