

Royal Free Alumni join the NHS Workforce

Natalie, Maddie and Lesma have been reunited in various clinical roles to join forces in order to share their passion for helping others. All three have been working alongside medical professionals within the hospital. After leaving the Royal Free Hospital School, Natalie and Maddie secured their roles as Administrative and Clinical Assistants through Project Choice, an NHS specialist college providing tailored educational support, and supported internships. Lesma successfully enrolled onto the NHS Nursing Apprenticeship scheme in September and is now providing care, working and learning alongside healthcare professionals on a busy ward.



Interns Make a Lasting impact

Hillary Brooklyn from the University of Buffalo in Singapore and Jackson Schwartz from Chicago University kicked off their four-month internships with enthusiasm and dedication! As Psychology undergraduates, they have gained invaluable experience in clinical and classroom settings; from writing a research proposal on hospital schools to planning an Eating Disorders Conference for local schools, these two have been making a real impact. We're so inspired by their creativity and hard work!



£500 Donated by Local German School

This very large cheque from the Hampstead German School was welcomed on 6 North with open arms and appreciation. The generous contribution will help support the various programs and activities provided on both the ward and throughout other provisions. We have been supported by the school for a number of years, and this truly reflects the spirit of the local community, and is a reminder of how important it is to care and consider one another at all times.



Message from the Headteacher

Such a strong team developing here at RFHCS. We are now able to meet a growing range of need, particularly with our two new programmes PATHS and LinkEd Up which is enabling us to provide opportunities for young people who would struggle initially in larger group settings.

We have had some fantastic news around premises - an official announcement will be made in the summer term, and I am looking forward to sharing details of our proposed move in the next newsletter! With the exception of ward teaching, the prospect of having all our geographically separate provisions under the same roof presents such exciting possibilities for growth as a school, and all of us here are thrilled by what this could mean.

A regular thank you must also go out to our 16 volunteers who make such invaluable contributions not only towards pupil progress but also general school life - we can't wait. We also look forward to welcoming back more of our PAT dog friends in the coming months.

Alex Yates



Examination News

Through Access Arrangements and Special Consideration, we try our very best to ensure appropriate adjustments are made to minimise the impact that a medical condition might have on exam performance. Students are advised to contact personal tutors if unsure of the outcome and implications of the tests completed by our new Educational Psychologist, Emma Chettiar.



Jack Petchey Achievement Award

For dedication to his studies and increased resilience, Rex was voted by both staff and students as this term's well-deserved recipient of the Jack Petchey Achievement Award. A keen sportsman, Rex has decided to use the award to extend the variety of sporting equipment in order to meet the needs of a the wide variety of students attending the new sessions now run by our specialist Sports Coach, Tom Coughlan, sourced through the Local Authority.



Hermione's update from WAC Arts:

Thank you for making a difference! Having spent 2 very happy years at the RFCHS I was encouraged to apply to Wac Arts studying for a UAL, the art equivalent of a BTEC, and have never looked back, as I hope to apply to certain universities. My course is diverse, exciting and involved. So far, I have studied film making, media, horror movies and comics. I chose to concentrate on all things Marvel and I now have an in-depth knowledge of their comics from the 40s, 60s, 80s, 90s and early 2000. I would thoroughly recommend this course to anyone undecided about their future. It's relevant, interesting with lots of potential.

**Team Building at the Roundhouse**

We recently took the students to the Roundhouse for a drama based workshop that was nothing short of dynamic! We played games and did activities designed to promote communication, team building skills and boost student well-being. The energy in the room was contagious - everyone from staff to students were laughing and smiling throughout. At the end of it all, one pupil said they didn't want it to end - now that's enthusiasm! We can't wait until next time . . . and maybe even do something special specifically for staff well-being too!

**Oil on Canvas at Chelsea Hospital School**

We had a wonderful opportunity visit Chelsea Community Hospital School - an Alternative Provision in a different borough who operate very similarly to ours. We were given a tour of one of their sites where they support secondary young people with mental health challenges. The school offers a variety of creative therapies through their Artist in Residence who will providing training and collaboration opportunities, enriching our curriculum and accreditation offer through Artsmark and other activities that are both creative and therapeutic.

**Pathways to Building Confidence**

The Thomas Group based at the Camden Learning Centre is our feeder provision for our Year 11 Futures programme based at The Hive. Its purpose is to re-engage students back to education after long periods of absence due to medical or emotionally based reasons for not attending school. For some, it has been a long road, but they are gaining confidence and returning to school on a regular basis with enthusiasm and taking back control of their education and a brighter future.

Andoni Home after 3 Weeks

Message from Dad: "It was a real pleasure meeting everyone at the school, along with others like Iris the student nurse, Fahima, the lady who serves breakfast every morning, Nata the other nurse, the brilliant surgeon Mr Ahrens and his dedicated anaesthetist. We are so very grateful and we hope Andoni recovers at home soon. Thank you ever so much for all your teaching and also your enthusiasm, patience and understanding." Orazio and Jaione

**Breathing Deeply Really Works**

Breathworks is a powerful tool for reducing stress and anxiety. Earlier in the term, we were lucky enough to take part in an introductory session run by Dr Marjolein Broers. The session involved taking slow, deep breaths from the belly whilst focusing on blowing bubbles through a straw. With regular practice, Breathworks can be used as a powerful tool for reducing the anxieties associated with everyday life and during times of intense stress or fear. We look forward to seeing Dr Broers again!

