



**Christmas Donation**

We would like to extend a huge thank you to Gina, Christina and the staff of the Parliament Hill Medical Centre for their generous donation of Christmas presents to children at the Royal Free Hospital. Instead of their traditional Secret Santa gift exchange, they decided to donate Christmas presents to children on the ward. Two large sacks of toys and presents duly arrived, much to the delight of families and young people. Your kindness is greatly appreciated!

**Sophie Makes a Brilliant Choice**

After successfully completing her A' levels at Camden School for Girls, Sophie has returned to RFHCS for a regular work placement as part of her training to become a teaching assistant with a specialist interest in neurodiversity. As a student at RFHCS from 2017 to 2019, Sophie understands first-hand the impact a highly trained teaching assistant can have on a young person's well-being, academic success and overall progress. Welcome back, Sophie!



**Bowling Allez!**

We enjoyed an exciting trip to the local bowling alley as part of this term's observation of wellbeing and celebration of progress. Contrary to the picture opposite, this was a perfect mix of friendly competition and team-building as we celebrated strikes and laughed at the occasional bowling ball in the gutter. A big thank you to our staff for making this outing possible. We're already looking forward to our next adventure!



**Message from the Headteacher**

This picture was taken when Madeleine Bunting, an author and descendent of the Konstam family, visited the school in early December. She was amazed by the wonderful work being done to support each of our students as they make progress on their individual learning paths. Norman and Jack Konstam, in whose name the building was bequeathed to the Local Authority, were Madeleine's great uncles and the idea that the site of a former children's hospital is now a school supporting students re-engage in education was a source of great joy and happiness for Madeleine. To quote our fantastic and long serving English teacher, Mike Kelly, "Education is the best form of therapy". I am delighted with the wonderful progress made by all students over the course of the last term. The effort and determination to achieve great progress is increasing each day and our community is becoming more nurturing and inspiring as a result. As we approach the Spring term, I am delighted with the improvements we have already seen and cannot wait to see the achievements by all students in the weeks and months ahead. Wishing the families of the RFHCS a wonderful holiday season.

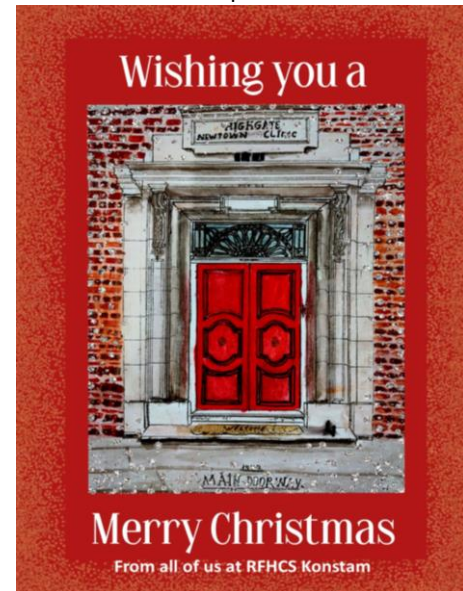
**David Wilson**

**School Christmas Card**

This year's Christmas card was designed by Dion, who has an extraordinary talent for drawing buildings in remarkable detail from memory. Dion is particularly fascinated by the architectural features of the Konstam building, which inspired his design, incorporating the original main doors of the building.



Dion, Madeleine and David in what was once the Matron's parlour



School Christmas card 2024

**The Evolution of Pizza**

Rihana, last term’s recipient of the Jack Petchey Achievement Award, used her funding to organise a pizza-making session from scratch. During the activity, we explored carb counting, weighing the ingredients accurately, discussed high and low glycaemic foods, and decorated the pizza boxes. The Diabetes team was on hand to answer questions, and we all enjoyed an entertaining and memorable evening. The most popular pizza of the evening had to be four cheeses, tomato sauce, onions and pineapple. It was bon appetite once they were taken home.



# WANTED

FOR RESEARCH STUDY

**WHAT'S INVOLVED?**

- **THE STUDY**  
 This research explores how caregivers' stress and resilience shape their experiences of EBSA.
- **SHORT QUESTIONNAIRE**  
 Approx. 20 minutes
- **INTERVIEW (OPTIONAL)**  
 Approx. 60 minutes

**Emotionally-Based School Avoidance**

Children who struggle to attend school due to anxiety or other emotional difficulties (commonly referred to as Emotionally-Based School Avoidance or EBSA) will all have their individual reasons. This study aims to explore these reasons, with the hope of improving support for families facing similar circumstances. If you would like to take part in the study complete the short questionnaire via the QR code or contact the researcher directly via [olivia.m.dawson@durham.ac.uk](mailto:olivia.m.dawson@durham.ac.uk).

**Practice Makes Perfect**

Traditionally, we have measured good progress by outcomes rather than solely examination results. However, as reflected through Student Voice, we recognise that GCSEs are taken very seriously by our students and are often cited as the main reason they wish to attend school. In preparation for the summer GCSE series, and in line with most Year 11 students, there will be opportunities to sit mock examinations in all subjects. These exams will be spread over two weeks. Subject teachers have also distributed learning lists to support students in their revision.

**Good Revision:  
READ → REDUCE → REVIEW**

Subject	Date	Time
Biology	Tues Jan 14	1pm
Maths	Weds Jan 15	1pm
English	Thurs Jan 16	11am
Art	Fri Jan 17	1pm
Citizenship	Wed Jan 22	11am
History	Thurs Jan 23	11am



**Learning is just what the Doctor Ordered**

Ailya spent over a week on the ward, and from day one, needed no invitation to join the classroom. She was often the first to arrive, sometimes beating the teachers! During her time at RFHCS, Ailya showcased great creativity, excelling in activities such as puppet-making, bracelet crafting, and painting to accompany her comprehension tasks. Her enthusiasm was infectious, and she was a ray of sunshine for everyone in the classroom. As Ailya prepares to return to school before Christmas, we send her our warmest wishes for the future.

**Catch-22 at The Hive**

Our Day School might have left The Hive for our new building at Konstam, but we could never forget the wonderful work still provided there by Catch-22. They run a free drop-in health and wellbeing service to support young people aged 16-24 who are connected to Camden. They offer a comprehensive programme providing help and advice on matters of mental health, life skills and personal development. Find out more here: <https://www.catch-22.org.uk/find-services/the-hive/>

**THE HIVE DECEMBER AT THE HIVE** catch 22

BLUE = PROTECTED SPACE / TARGETED GROUP | RED = BOOKING ADVISED | PINK = OPEN TO ALL

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
10:00-11:00 <b>Music</b> (All ages) 11:00-12:00 <b>Art</b> (All ages) 12:00-13:00 <b>Music</b> (All ages) 13:00-14:00 <b>Art</b> (All ages) 14:00-15:00 <b>Music</b> (All ages) 15:00-16:00 <b>Art</b> (All ages) 16:00-17:00 <b>Music</b> (All ages) 17:00-18:00 <b>Art</b> (All ages)	10:00-11:00 <b>Music</b> (All ages) 11:00-12:00 <b>Art</b> (All ages) 12:00-13:00 <b>Music</b> (All ages) 13:00-14:00 <b>Art</b> (All ages) 14:00-15:00 <b>Music</b> (All ages) 15:00-16:00 <b>Art</b> (All ages) 16:00-17:00 <b>Music</b> (All ages) 17:00-18:00 <b>Art</b> (All ages)	10:00-11:00 <b>Music</b> (All ages) 11:00-12:00 <b>Art</b> (All ages) 12:00-13:00 <b>Music</b> (All ages) 13:00-14:00 <b>Art</b> (All ages) 14:00-15:00 <b>Music</b> (All ages) 15:00-16:00 <b>Art</b> (All ages) 16:00-17:00 <b>Music</b> (All ages) 17:00-18:00 <b>Art</b> (All ages)	10:00-11:00 <b>Music</b> (All ages) 11:00-12:00 <b>Art</b> (All ages) 12:00-13:00 <b>Music</b> (All ages) 13:00-14:00 <b>Art</b> (All ages) 14:00-15:00 <b>Music</b> (All ages) 15:00-16:00 <b>Art</b> (All ages) 16:00-17:00 <b>Music</b> (All ages) 17:00-18:00 <b>Art</b> (All ages)	10:00-11:00 <b>Music</b> (All ages) 11:00-12:00 <b>Art</b> (All ages) 12:00-13:00 <b>Music</b> (All ages) 13:00-14:00 <b>Art</b> (All ages) 14:00-15:00 <b>Music</b> (All ages) 15:00-16:00 <b>Art</b> (All ages) 16:00-17:00 <b>Music</b> (All ages) 17:00-18:00 <b>Art</b> (All ages)

The Social Hub will be closed from the 23rd of December and will re-open on the 6th of January. 121 support will still be available.

**Plot 10 Highlights**

The actors return to showcase the scripts written by our young people.

- The Plays**

  1. The Chasing, by Ahria
  2. Destroy the Government, by Magnus
  3. The Sams, by Oscar
  4. Lucy and Her Husband, by Dion
  5. Michael Scott's Big Dreams, by Arbra
  6. The Mutant Outback, by Bleu
  7. The Damned Life of Count Herbie, by Lemmi
  8. Piggy Bank, by Gustavo

