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A MESSAGE FROM THE HEAD OF SCHOOL

Zoe Ramshaw

I can't quite believe we are already at the end of March, it may have been short but packed with news and activities at Orange Tree School.

We have more students achieving points for our ORANGE TREE Values this term than ever before. Our Orange Tree Values stand for:

Optimistic
Ready to Learn
Achievement
Nice and kind
Good listening
Effort

Team work
Respectful
Engagement
Empathy and Acceptance

“Be yourself - everyone else is already taken”

Oscar Wilde

It has also been lovely to walk around the school and see the excellent teaching and learning happening as well as the Pi Day and the social skills trips.

Students return to school On Tuesday 16th April at 10.30am. Have a lovely restful break, hopefully with some added and much needed Sunshine!

SUBJECT SPOTLIGHT: MATHS

In Maths we had fun discovering about Pi.

Pi Day is an annual celebration of the mathematical constant π (pi).

Pi Day is observed on March 14 (3/14 in the month/day format) since 3, 1, and 4 are the first three significant digits of π .

It was a fun packed day! We listened to the digits of Pi being played on the piano, looked at how Pi had been used to create Art pieces as well as learning about the key role Pi has played in developing all things circular in our everyday world. We even wrote some Piems! They are all on display in school but here is one that really made us smile!

*How(3) I (1)need (4) a(1) sleep(5)
Naturally(9) so(2) bratty(6)
Today(5) bed(3)!*
Millie 😊



Of course Pi day isn't complete without eating Pi!

During lunch we had a great time decorating and eating Pi biscuits & cake!



Song from π ! (Studio Version)

LIVING EGGS - READY TO HATCH!



This month we took part in the Living Eggs Ready to Hatch two-week programme. They delivered 10 chicken eggs which fortunately all hatched!

Our students had the opportunity to play with and care for 10 little chicks throughout one week. They made sure their cage was clean, that they were warm, and that they had enough water and food. It was a lovely experience for staff and students alike. Everyone got a chance to hold one of the little chicks, which would often fall asleep right in our hands!

Lunchtime Clubs

Monday
Crochet Club

Tuesday
Fishkeeping Club

Wednesday
Gardening Club

Thursday
Art Club

Friday
Wellbeing/Touch-typing Club

Activities
Every Day 13:25 - 13:55

PSHE AND SOCIAL LEARNING UPDATES

PSHE

This half term our theme is Staying Safe, Online and Offline. We have been looking at the effect of Drugs, Alcohol and substance misuse. Please find below a selection link to great websites to support this topic.



SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- More info on drinking and drugs - <https://kidshealth.org/en/teens/drug-alcohol/>
- Honest information and help with drugs - <https://www.talktofrank.com>
- Help and information on web or Call 0800 1111 - <https://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/drugs/>
- Drug addiction: getting help - <https://www.nhs.uk/live-well/healthy-body/the-effects-of-drugs/>

Social Learning

This month we have been continuing with our functional skills work in Social Learning, with all students being offered the chance to plan a cooking activity, go to the shop and buy ingredients and make the item.

As well as practising self-help and organisational skills, students have been following recipes and working together to make some delicious dishes, including chocolate mousse and Mexican wraps, soup, chocolate mug cakes and biscotti rocky road. We have also been doing group games and challenges, and practicing conversations skills to get to know our new starters.

Zoe, our OT, has also been talking to students about healthy sleep routines which is something that affects many of our school population. More tips and info in the links below.



More Social Learning tools:

Sleep Strategies: https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/social-stories-and-comic-strip-conversations#H2_9

Autism friendly tips for organising and prioritising daily activities: <https://www.autism.org.uk/advice-and-guidance/topics/behaviour/organising-and-prioritising/all-audiences>

IMPORTANT DATES

Thursday, 14th of March 2024

Pi Day

Friday, 15th March 2024

Comic Relief Day

Tuesday, 26th March 2024

Wild About our Woods Day

Wednesday, 27th March 2024

Geography trip to Olympic Stadium

Thursday, 28th March 2024

End of term

Tuesday, 16th April 2024

Start of summer term (10:30 start)



WILD ABOUT OUR WOODS

Our students enjoyed a 2 hour workshop by Wild About our Woods, a local charity supporting outdoor learning. They had the chance to play group games, make bread, pasta and chocolate fondue over a fire, break wood, and many more fun activities!

Orange Tree School's Safeguarding Team

If you have any concerns about a child or want to talk to a designated or deputy safeguarding lead, please speak to one of the following:

DSL: Zoe Ramshaw

DDSL KS4: Melanie Nichols

DDSL KS3: Keziah Arthur

COMIC RELIEF

Thank you so much for your donations. We raised £205 for Comic Relief and we have planted are Red Noses that Grow! We look forward to sharing beautiful pictures of all the wild flowers in the coming months.



USEFUL RESOURCES

Transition Blog

<https://www.beyondautism.org.uk/blog/>

Autism, Identity and Me

<https://www.ambitiousaboutautism.org.uk/information-about-autism/preparing-for-adulthood/making-friends-as-autistic-young-person>

Short blog with information on how to help children transition back to school after the holidays.

A neuro diversity affirming work book for teens to explore what their diagnosis means to them.

ACTIVITIES

Weekly Wellness and Health tips

If you want to maintain good overall health, it is important to follow these weekly tips.

- Drink at least 8 glasses of water** each day to stay hydrated and flush toxins out of your body.
- Get at least a half an hour of cardiovascular exercise** each day whether it is biking, jogging, walking, swimming, or something else entirely.
- Take out all of the junk food** in your cupboards at home and replace them with healthy snacks like nuts, fruits, and vegetables.
- Find healthy ways to manage your stress** such as meditation, yoga, listening to music, or exercising.
- Try cooking nutritious meals** for yourself and your family at least 5 times a week. Eating out is okay, but only occasionally.
- Plan out your meals for the week** ahead of time so you don't have to do a lot of last minute work.
- Do yoga and/or tai chi** at least once a week to keep your joints flexible and your muscles strong.
- Make sure to focus on strengthening your core muscles** by lifting weights so you can stay healthy and make performing everyday activities like lifting heavy objects easier on your back.

LOWER BODY STRETCH

HOLD EACH EXERCISE FOR 30 SECONDS

6 MINUTES

- STANDING QUAD STRETCH**
30 sec x side
- FORWARD BEND STRETCH**
30 sec
- SIDE LUNGE STRETCH**
30 sec x side
- KNEE TO CHEST STRETCH**
30 sec x side
- GLUTE STRETCH**
30 sec x side
- HIP FLEXOR STRETCH**
30 sec x side
- DOWNWARD DOG**
30 sec



Activities club takes place every day in the morning **(8:50-9:05)** and afternoon **(1:25-1:55)**. The students can engage in various physical activities, including running and playing football.