

Headteacher's Message

In some ways it is hard to believe we have got to the end of another academic year. On one hand it seems to have gone so fast. On the other hand, with weariness growing amongst both pupils and staff at the end of a long and busy term, particularly in the recent high temperatures, perhaps it is a good thing the end of the year is upon us, and it is now time for a break.

I would like to thank all of you for your support over the last six months as without it so much that we achieve as a school would not be possible. I would also like to pay tribute to our staff. Their commitment to providing the best possible education for our pupils is incredible.

Reading through this summer newsletter demonstrates the huge array of opportunities they provide for the young people. I truly believe that we achieve the best possible outcomes for our children when we work in partnership - parents, pupils, and staff - and we look forward to continuing to work with you in the year ahead.

The last few days have been somewhat very busy with school trips, sporting events and I know that some will be disappointed that they could not partake in everything. That said, there has been a nice atmosphere in school and on the trips that have been able to go ahead during these last few weeks and therefore a positive end to the academic year.

Dates for your Diary

Term dates 2023 to 2024

- Term time: Monday 4 September to Friday 20 October 2023.
- Half-term holiday: Monday 23 October to Friday 3 Nov 2023.
- Term two
- Term time: Monday 6 November to Thursday 21 December 2023.
- Christmas and New Year holiday: Friday 22 December 2023 to Friday 5 January 2024.

PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023

COURTESY OF MONEY SAVING CENTRAL

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

TO BE CONFIRMED...

M&S and Farmhouse Inns

Copyright of MONEY SAVING CENTRAL

Lower School News

High Grove Class celebrated the end of Year and the end of Year 6 for some of the class by visiting Chislehurst Caves and Nando's for lunch.



Highgrove created informal letters for our guardians and posted them.

Gatcombe class was able to participate in horse riding session at Mottingham Riding centre. Each child had an amazing time.



Kensington enjoyed making Ice cream, Cheese and bacon waffles, Homemade burgers and wedges, Shortbread biscuits and Classic lasagne. They also went



Rock Climbing!

Clarance House



Ivy class have been making ice lollies in our cooking lessons, have planted seeds and plants and enjoyed our daily bucket time!



This is Nottingham Class, taking part in our mini production of Varjak Paw.

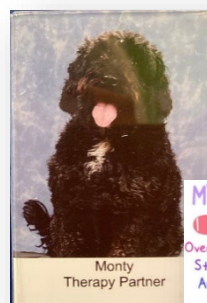


Royal Lodge has had a fantastic summer term, creating wonderful pieces of work that showcase their understanding of



secondary colours, single digit numbers and summertime.

Strike a pose in our O.T fashion show!



MY SELF-CARE TODAY	
Feel...	Need to...
Overwhelmed	Take a break
Stressed	Focus on relaxation
Anxious	Practice my coping skills
Sad	Be loving toward myself
Angry	Find a positive outlet
Drained	Rest (mind, body soul)
Broken	Practice (self)compassion
Upset	Find love & support



Our aims are embedded into our school core values:

- We take care of ourselves.
- We take care of each other.
- We take care of our learning.
- We take care of our school, community and the world.
- We take care of our future.

Upper School News



UK University Fair Summer 2023 KS 4 and KS5 students.



Capel Manor College class of 2023 Gardening Project KS3



Year 11 Graduation

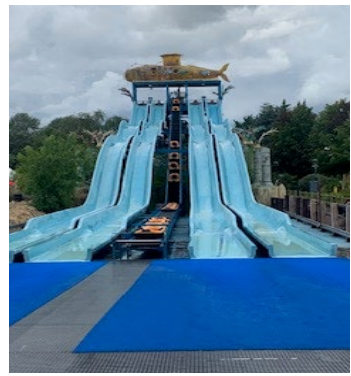


Careers and PSHE Workshops

South End Trip



Thorpe Park Trip



School Trips – Summer Term 2



High Grove become published authors!

High Grove class had created their own chapter for the joint book. The school's team at the Southbank Centre had worked with our copy editor and designer to piece together all the wonderful writing and shared the finished book with children on Wednesday 12th July for the Book Launch. This was amazingly produced by the illustrator, Lucy Farfort and Samuel Perrett, the designer. The children participated in a big celebration to mark the incredible achievement of all the children becoming published authors through the 'Book Launch' performance, where every child received a copy of the book. On the day, there was a live reading of the story, as well as a draw-along and Q&A session. This performance was hosted by this year's featured author Love Ssega.



A message from the Southbank Staff to our Children:

*Good afternoon,
 Congratulations, you are all now published authors! We would like to say a huge thank you to all those who were able to come to Southbank Centre for your Imagine a Story performance today. Your class representatives did an amazing job and It was so wonderful to hear about your experiences, read through all your chapters and see your brilliant character drawings. Even if you couldn't attend, we hope you are able to have a lovely celebration with the children, and you should receive your books shortly! You and your classes should feel so proud of what you have achieved, and it was such a pleasure for us to publish your writing!*

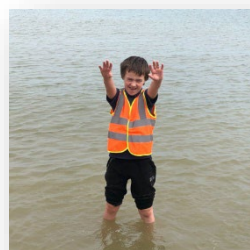
Visiting the beach.



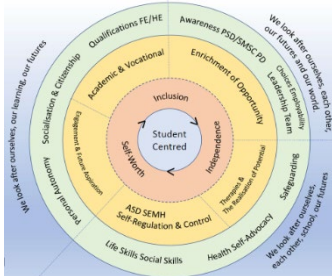
Eltham Park



Chislehurst Caves.



Trip to South End



Investor in Me Awards



What is the Investor in Me Programme?

The Investor in Me programme encapsulates Serenity School’s goals for all students into one comprehensive reward programme.

The programme accounts for attendance, academic, behaviour and therapeutic progression providing a platform for ALL students to experience success.

Students are grouped into categories based on their engagement and progress in the above criteria and rewarded frequently.

What is the criteria?

Formal/Semi-Formal

BRONZE	Silver	Gold
Meeting Attendance Targets	90%+ Attendance	95%+ Attendance
80% Academic Subjects on/slightly below Target	80% Academic Subjects on Target	90% Academic Subjects on/above Target
Beginning to Meet IEP Targets	80%+ IEP Targets Achieved	90%+ IEP Targets Achieved
1000+ Behaviour Points	1000+ Behaviour Points	1000+ Behaviour Points
Bronze Standard ASDAN Qualification	Silver Standard ASDAN Qualification	Gold Standard ASDAN Qualification
80%+ Attendance to Therapy/Intervention Sessions	80%+ Attendance to Therapy/Intervention Sessions	90%+ Attendance to Therapy/Intervention Sessions
On Track PSD Programme.	80%+ Attendance to Personal Development Sessions	90%+ Attendance to Personal Development Sessions

Nurture:

BRONZE	Silver	Gold
Meeting Attendance Targets	90% Attendance	95%+ Attendance
Achieving 1 Equals Strand	Achieving 2 Equals Strands	Achieving 3 Equals Strands
Beginning to Meet IEP Targets	Meeting IEP Targets	Meeting/Exceeding IEP Targets
80%+ Attendance to Therapy/Intervention Sessions	80%+ Attendance to Therapy/Intervention Sessions	90%+ Attendance to Therapy/Intervention Sessions
On Track Mencap Programme.	On Track Mencap Programme.	On Track Mencap Programme.

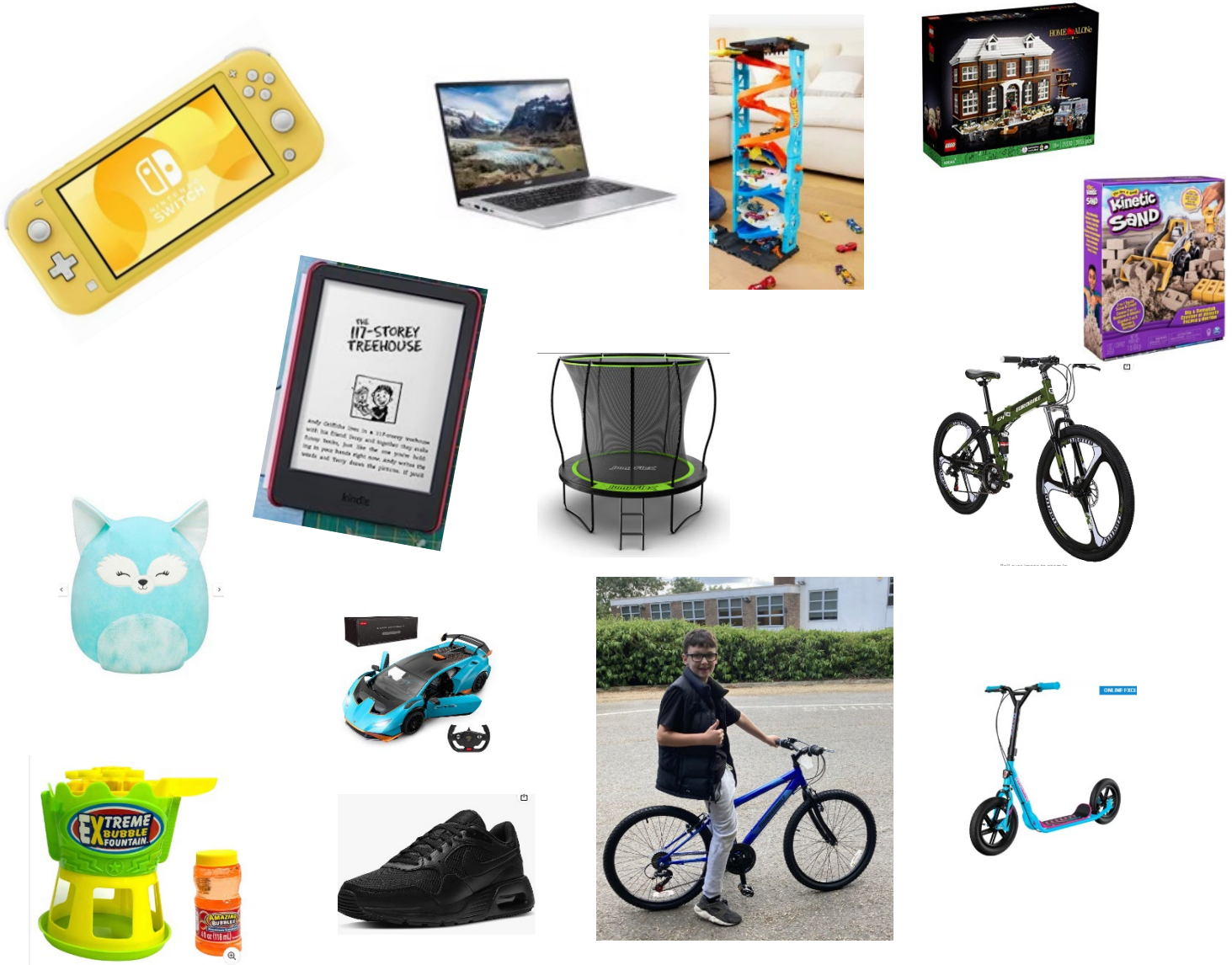
What are the rewards?

Rewards for the investor in me programme differ based on pupils’ position. Students select their rewards from the bespoke catalogue (1 from bronze, silver, and gold) and receive the prize that corresponds to their position on the programme at the end of the year. A breakdown of prizes is listed below:

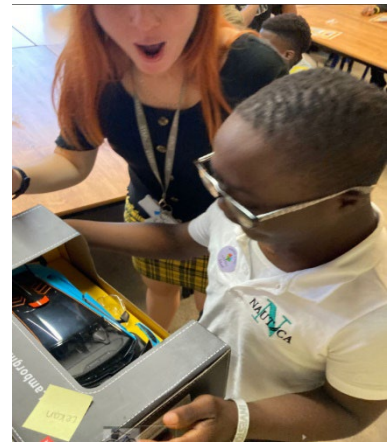
BRONZE	Silver	Gold
End of Year Personal Reward (Bronze Catalogue)	End of Year Reward (Silver Catalogue)	End of Year Reward (Gold Catalogue)
Weekly Small Steps Rewards	End of Term Trips	End of Year Trip (DAA/Overnight)
Entry into the ‘Crack the Code’ Prize Draw	Tutor Group Prizes	End of Term Trips
	Entry into the ‘Tri Prize’ Draw	Entry into the ‘Tri Prize’ Draw
	Entry into the ‘Crack the Code’ Prize Draw	Entry into the ‘Crack the Code’ Prize Draw

The children worked hard to meet the criteria of 'Invest in Me' We were able to award the following Awards. Children choose their prizes from the catalogue.

	Lower School	Upper School
Gold Award:	23	4
Silver Award:	7	7
Bronze Award:	15	20



Investor in Me Celebration Assembly



Final Thoughts from Headteacher:

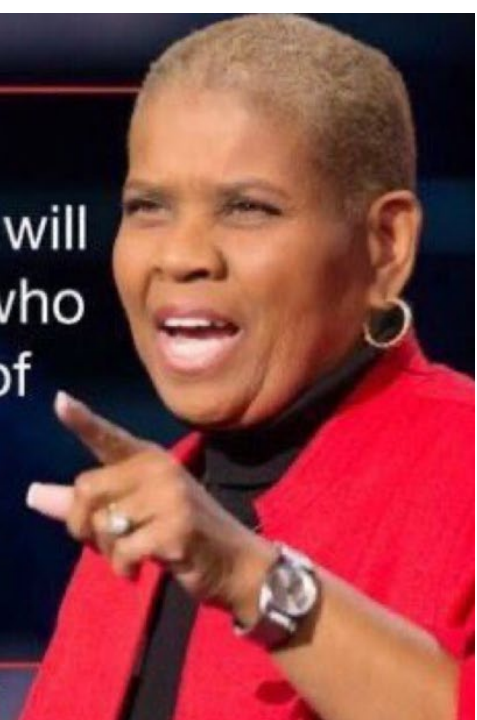
At this time of year we do, however, have to say farewell to departing colleagues:

Mrs Constance Osuji, the SENCO, who is going to work nearer home, Miss Melville, who is going back to university, Mrs Wigley, who is moving out of London and Mrs Spreadborough who is pursuing a different school setting. They have all contributed significantly to the education and success of our pupils, some over the last year and some over the years. It is sad to see them go but we wish them well for the future and I would like to extend a big thank you for all they have given to Serenity Eltham.

We have several new colleagues joining us in September and I look forward to introducing them in due course. The Year 11 students have started to receive their results and we have been celebrating with the students. We are so proud of their performance, and we will share their results in due course.

In September we return to school on Monday 4th September. In the meantime, I wish you all a very enjoyable summer break.

Ms Koza
Headteacher



"Every child deserves a champion: an adult who will never give up on them, who understands the power of connection and insists they become the best they can possibly be."

- Rita Pierson, Educator

SIGNPOSTING FOR SUICIDE AND SELF-HARM

NHS Choices

nhs.uk
Provides a wealth of information on treatments available through the NHS.

The Mix

themix.org.uk
Essential mental health support for people aged under 25.

Childline

childline.org.uk
A free, private and confidential service for children and parents.

Young Minds

youngminds.org.uk
The UK's leading charity fighting for children and young people's mental health.

Harmless

harmless.org.uk
Useful resources and confidential support for people who self-harm.

Samaritans

samaritans.org
Offering emotional support for everyone, 24 hours a day.

SIGNPOSTING FOR PTSD

NHS Choices

nhs.uk
Provides a wealth of information on treatments for PTSD available through the NHS.

NAPAC

napac.org.uk
NAPAC offers support for all types of childhood abuse, including physical, sexual, emotional abuse or neglect.

ASSIST trauma care

assisttraumacare.org.uk
Information and specialist help for people with PTSD and anyone supporting them.

Young Minds

youngminds.org.uk
One of the UK's leading charities fighting for children and young people's mental health.

NSPCC

nspcc.org.uk
The UK's leading children's charity. Working to prevent abuse, help rebuild children's lives and support families.

PTSD UK

ptsduk.org
Dedicated to raising awareness of post-traumatic stress disorder – no matter the trauma that caused it.

SIGNPOSTING FOR GENERAL MENTAL HEALTH CONDITIONS

NHS Choices

nhs.uk
Provides a wealth of information and guidance on all mental health conditions.

NSPCC

nspcc.org.uk
The UK's leading children's charity. Working to prevent abuse, help rebuild children's lives and support families.

Mind

mind.org.uk
Promotes the views and needs of people with mental health problems.

Young Minds

youngminds.org.uk
The UK's leading charity fighting for children and young people's mental health.

SAMH - Scottish Association for Mental Health

www.samh.org.uk
Support for anyone with mental health problems in Scotland.

SIGNPOSTING FOR EATING DISORDERS

B-EAT

b-eat.co.uk
Beat is the UK's leading charity supporting anyone affected by eating disorders.

National Centre for Eating Disorders

eating-disorders.org.uk
Everything you need to know about eating disorder treatments, information and professional training.

SEED

seedeatingdisorders.org.uk
Support and empathy for people with eating disorders.

NHS Choices

nhs.uk/eatingdisorders
Comprehensive information and guidance relating to eating disorders.

Anorexia and Bulimia Care

anorexiabulimiacare.org.uk
Providing on-going care, emotional support and practical guidance for anyone affected by eating disorders.

Scottish Eating Disorders Interest Group

www.sedig.org
Scotland's charity for supporting, connecting and informing anyone who is affected by eating disorders.

SIGNPOSTING FOR BULLYING

NSPCC

nspcc.org.uk
The UK's leading children's charity. Working to prevent abuse, help rebuild children's lives and support families.

Childline

childline.org.uk
A free, private and confidential service for children and parents.

Young Minds

youngminds.org.uk
The UK's leading charity fighting for children and young people's mental health.

Kidscape

kidscape.org.uk
Our mission is to provide practical support, training, and advice to challenge bullying and protect young lives.

SIGNPOSTING FOR DRUGS AND ALCOHOL

Adfam

adfam.org.uk
Support and information for family and friends for people with drug or alcohol problems.

Alcoholics Anonymous

alcoholics-anonymous.org.uk
National network of local alcoholics to help recover from alcoholism.

Drinkaware

drinkaware.co.uk
Aims to reduce alcohol misuse and harm.

DrugWise

drugwise.org.uk
Provides drug information which is topical, evidence-based and non-judgemental.

FRANK

talktofrank.com
Offers free confidential drug information and advice 24 hours a day.

We are with you

Wearewithyou.org.uk
Services for people who are dependent on drugs and alcohol, and their families.

“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve from the overflow. You cannot serve from an empty vessel.”

ELEANOR BROWN
author

