



the Federation Bulletin

Welcome to the Federation Bulletin, your regular newsletter containing a selection of the exciting activities we have been undertaking across the Manchester Federation of EBSD schools.

Castleshaw helps Meade Hill students develop teamworking skills. p.2



FEDERATION STUDENTS ARE IN 'GOOD' HANDS!

As you no doubt already know, all of our Schools were inspected by Ofsted in the last two weeks before the Easter holidays. I am pleased to be able to share with you that the inspectors confirmed that all of our provision continues to be good. Both reports are available on our website.



The way the Federation is structured, the inspectors were based at either Southern Cross or Meade Hill and then spent time at Wythenshawe Campus or Castlefield Campus. As Castlefield Campus has young people from both Meade Hill and Southern Cross, they got inspected twice!

The reports note that we provide a high-quality therapeutic provision with a strong focus on learning. They confirm

that by the end of year 11, pupils achieve a good range of academic and vocational qualifications and that most of our pupils move on to college courses. The safety of our pupils is a priority for school leaders and consequently, there is a vigilant culture of effective safeguarding.

I would like to thank all of the staff, students and parents/carers for the outcome of our recent inspection. Although, we are extremely pleased with the recognition of the good work that we do for all of our pupils, we know that there is still work to be done.

The inspectors acknowledged that leaders have high expectations of staff and pupils alike and that they are determined to continue to improve all aspects of the school's work.

Alan Braven
Executive Head



On the 1st May a group of 18 pupils from Meade Hill went to the Castleshaw Centre in Delph, Saddleworth.

The trip was organised to encourage resilience, determination, team work and self-discipline. The centre was ours for two days but we had to run the centre all on our own. This included making beds, cleaning, tidying, cooking and preparing the centre for the next group. We used the centre as a base to venture on to the Pennines.

The best part of the trip was the long walk around Digley Reservoir in Holmfirth. Here we learnt about the local area, Holme Moss Mast and Saddleworth Moor. We also

**“ RESILIENCE,
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had the opportunity to walk down to Blackpool Bridge where we had our lunch and cooled off in the stream.

Next stop was to visit Green Gates Farm. It was lambing time at the farm and we were lucky enough to see a



baby lamb being born. We had a great tour around the farm seeing some of the equipment and other animals including a newly born calf called Pauline! We all had the opportunity to feed the lambs and Pauline too! All pupils absolutely loved seeing the animals, some of us actually got to hold the lambs and have our picture taken.

Later that night we had a great game of football then had to get our bedrooms ready, get showered and changed before our Chinese was delivered!

The next morning the weather was horrendous so luckily we had organised a pool competition just in case it was. We played pool and then to finish off the trip we went to Flip Out. We were all really tired but there were so many different activities to do the hour flew by.

The residential was fantastic and we had such a good time. We are looking forward to the next one already.



Thank you to Miss Kennedy, Mrs James, Mrs Hulme, Miss Murphey, Mr Openshaw and Mr Garlick for taking us on such a super trip.

Article written by **Tyler Allwood**.



SMS Education via Rubbersoul Music have kindly donated a professional drum kit to Osirus Simms for his outstanding behaviour and enthusiasm throughout the years, in their music provision.

We are extremely proud of Osirus and his attitude towards his education. Mum was delighted with the generous gift. Osirus' music teacher has said 'he has the potential to become a professional drummer!'

Well done Osirus!

MANCHESTER FIRE SERVICE DELIVER CPR TRAINING TO SOUTHERN CROSS PUPILS



Julie from the Fire Service provided advice on how to deal with someone who is unresponsive.

There are many reasons why someone may not respond, these include: smoke inhalation, a hit to the head, a heart attack, epilepsy and a stroke.

She said that in any circumstance, if a person is present they would need to place the body in the recovery position and call 999. Some of our students had demonstrated this with other students. They were involved in placing the body on its side and moving the arms and legs in the proper position. Once all the students were clear on the do's and don'ts, Julie began to demonstrate how to prepare for CPR.

Cardiopulmonary resuscitation is an emergency procedure that combines chest compressions in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. It is recommended in those who are unresponsive with no breathing or abnormal breathing, to help keep a person alive.

One by one our students followed Julie's instructions and began chest compressions on a dummy. All of them thought it looked easy to do, but in reality, a lot of time, strength and effort is needed to do the sets. The rescuer may also provide artificial ventilation by either exhaling air into the subject's mouth or nose or using a device that pushes air into the subject's lungs.

Our pupils enjoyed learning how to do CPR. It is a great feeling to know that if you are ever faced with a crisis, our students will be able to assist whilst waiting for medics and the ambulance. This session is also accredited to their PSHE ASDAN files.



We would like to thank Julie and the British Heart Foundation who have donated a free CPR kit to Southern Cross School. We are now able to provide in-house training whilst linking it to PSHE and Sport.

CAREERS GUIDANCE: HELP AND SUPPORT TO PREPARE YOUR CHILD FOR LEAVING SCHOOL

Across all campuses of the Federation we consider it important that our children have the right personal help and support they need to plan what they will do when leave the Federation at the end of year 11.

Our professionally qualified Careers Adviser, Mike Solomon, works with all years but particularly closely with our year 11 pupils to provide them with careers guidance. This guidance takes account of their interests, abilities and the changing job market. All year 11 pupils get a personalised plan and support so they can make a happy and successful first step from the Federation towards a career of their choice.

Help for pupils from years 7 to 10 is also available on request particularly in preparation for or following their Education Health and Care Plan annual review.

Some examples of the help offered include:

- Visits to colleges or youth training providers to learn more and see for themselves what they are like.
- Help with application forms, CVs and attending college or training interviews, in and outside of school hours, and extending this offer to parents so they can meet the staff at the college.
- Making sure the college or training providers have a good understanding of the needs of our children so they can provide the right help with settling in and doing well.
- Coaching to help our children further develop the skills they need to achieve their goals and cope with the change and challenges they may face on leaving school.

In addition, Mike will be available on GCSE results day, 23rd August 2018, to help make sure enrolment is successful. He will remain in touch with every ex-pupil and their parent/carer to help make sure their chosen destination is successful. If for any reason there are problems he will work with you to revisit plans and be a point of contact for any issues or queries that you may have.

For further information about our Careers Education Information, Advice and Guidance provision, the options your child has on leaving the Federation or where our 2017 leavers progress onto please see: <https://manchester-ebisd.co.uk/careers>

If you have any queries about your child's future that you would like to discuss with Mike please e-mail Michael.Solomon@careerconnect.org.uk or phone or text 07736476961.

SLEEP FOR SUCCESS!

We tend to think of sleep as a time when the mind and body shut down. But this is not the case; sleep is an active period in which a lot of important processing, restoration, and strengthening occurs.

One of the vital roles of sleep is to help us solidify and consolidate memories. As we go about our day, our brains take in an incredible amount of information. Rather than being directly logged and recorded, however, these facts and experiences first need to be processed

and stored; and many of these steps happen while we sleep.

Many young people find getting enough sleep very difficult. Getting a good night's sleep requires a good routine and a relaxed frame of mind.

What happens if we don't get enough sleep?

We know that our young people become more aggressive, are more argumentative, cannot concentrate or retain information at school and can feel physically ill when they do not sleep properly.

What can we do to help?

Consequently, due to its importance, we have designed a sleep routine for our young people and will be providing them with complimentary sleep packs with the necessary things in it to allow them to train themselves to get a good night's sleep.

Sleep Packs:

- **2 x sachet hot chocolate** – lots of our young people like to drink energy drinks and other fizzy pop all the way through the day. These act as a stimulant and can contribute to keeping them awake. Encouraging a very set routine starting with a warm milky drink will start to trigger the brain to preparing for sleep.
- **A lavender bubble bath** – Taking a bath before bed relaxes your muscles and releases muscular tension. The bubbles keep the water hotter longer. Studies have shown that the scent of lavender acts as a mild sedative, helping you to relax and relieve anxiety.

- **2 x lavender sachet bags** – researchers have found that lavender increased slow-wave sleep, the very deep slumber in which the heartbeat slows and muscles relax. Putting a pouch/sachet of lavender on your pillow or somewhere you can smell it whilst you sleep will give you a better quality of sleep.

- **Sleep tight balm** – acting in a similar way to the lavender pouches, the sleep balm is rubbed onto your chest – and will create a gentle aroma as you sleep. All of these scents will become psychologically associated with gentle sleep and support the sleep routine.

- **Guatemalan Worry Dolls** – I have been using the Worry Dolls with pupils over a period of time to support them through particularly anxious and worrying times. They have loved the story behind them and not one student has thought they were childish or silly. In fact, many report back that they use them when they are worried and it helps and as a consequence they have them by their beds or carry them in their pockets!

- **1 eye mask** – sleeping in a dark room is the best way to get good quality sleep. Some young people report not having very thick curtains or blinds or not having any at all, so including a sleep mask will give them the opportunity to have total darkness.

- **Links to 5 minute meditation sessions** – through mindfulness many of our young people use 5 minute meditation sessions and report that they find them very relaxing and supportive. In order to sleep well you need to be relaxed and calm and this is a good way to settle the mind and focus on calmness and tranquillity.

- **Link to calming music** – in the same vein as the meditation sessions, calming music helps to relax and to support a deep and restful sleep. The more the young person plays relaxing music as part of their bedtime routine, the more this music will help to induce sleep.

- **One sleep routine card** – this card reminds the young person of when and how to start preparing for sleep and in which order to do things.

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