



NEWS LETTER

Winter Term 2019

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wellbeing

nurture the health of students

Southern Cross nurture the health and wellbeing of their students. Endeavour Federation staff have been taking the time to increase their knowledge on the importance of wellbeing.

Staff training sessions have been held, including emotion coaching which has taught us the skills required to self-regulate. All our staff are now trained in emotion coaching for young people, and we look forward to embedding these newly learnt approaches into the work we do and monitoring their impact.

The Federation have already implemented several practices to help both students and staff, including the addition of weekly emotion sessions in the PSHE curriculum to meet the needs of our pupils, with emphasis on emotional regulation and wellbeing with a focus on making them feel safe in school. We have also introduced regular supervision and reflection sessions for all of our staff.

Some members of staff from Southern Cross, Meade Hill and Castlefield Campus enjoyed two great days in becoming Mental



Health First Aider's in July to understand how best to build a mentally healthy community and help support colleagues across the Federation with their own wellbeing.

Staff across the Federation watched a screening of the film 'Resilience' to increase the awareness of trauma in children and how to help them develop and succeed in and outside of school life.

Too many students, and staff alike, struggle alone with mental health difficulties which can have detrimental effects on their learning, teaching and general wellbeing. We want to help remove the stigma, create a nurturing environment and support the wellbeing of our students and colleagues. We believe that if you get the emotional support, wellbeing and nurturing environment right, the learning will follow.

With that said, staff organised a wellbeing and enrichment program for students.



They were taken off timetable for the last week of the summer term, w/c 15th July, and participated in a range of wellbeing activities including: mindfulness, meditation, yoga, art, origami, gardening, photography, nature walks, cooking and healthy eating.



Yoga

Pupils undertook a 1.5 hour yoga workshop where they learnt how yoga is both physically and mentally beneficial. We are so proud of our pupils who all persevered through a challenging yoga sequence, which prepared them to safely approach two difficult yoga postures; a headstand and crow pose. We feel it is important to take time out for yourself. Exercises such as yoga and meditation help to release negativity, anger, hate and pain.

Art

In our art classes, pupils used their creative skills to produce a personal tile, contributing to a collaborative piece. Sharpie pens were used to draw onto the tiles whilst pupils thought about different patterns and colours they could use. A lot of hard work went into each and every tile and the finished piece looks fantastic. The tiles will be displayed in the school entrance for pupils, staff and parents to be proud of!

Gardening

It has been proven that being outside can do wonders for mental wellbeing. So we decided to take advantage of our gardening area and give pupils the opportunity to help in making it look presentable. Each day, Miss Gordon spent time with pupils from each class, showing them how to care for the garden, including turning over the soil, removing the weeds and generally giving the place a revamp.

"I really enjoyed the time we had together, seeing the interest in some of the pupils and how well they worked together showing amazing teamwork. I found myself having a lot of really nice engaging conversations,



bonding more with them was just incredible" – Miss Gordon.

Photography

Pupils had the chance to learn a new skill or develop their existing skills in photography over the course of the wellbeing and enrichment week. We wanted to offer pupils more opportunities to spend time outside and explore nature. In groups, we visited Chorlton Water Park to participate in a nature walk whilst taking photos as they go.



Many of our pupils took beautiful landscape pictures of the nature reserve, including the lake itself, which is surrounded by grass and woodlands, home to many animals. Some even went as far as taking close up shots of insects that had landed on the flowers!

We are very impressed with the enthusiasm and creativity our students showed, and hope to have sparked some interest in developing their photography skills further.

Ready, Steady, Cook Challenge

Students were given a selection of ingredients and asked to work in groups to prepare a meal. The meal would include a starter, main course and a dessert. This allowed them to experiment independently, whilst also working as a team within their groups. The meal was then presented and judged by their teachers.

Remember that there is no such thing as bad emotions; they all have a purpose and are important in developing ourselves. We all need to help our young people in learning how to recognise their different emotions and manage them effectively.



WORLD'S BIGGEST COFFEE MORNING

Meade Hill hosted their own Coffee Morning for Macmillan. Pupils, staff, parents and carers all came together on the World's Biggest Coffee Morning to raise money for Macmillan Cancer Support.

It was a great success with over £500 collected for the charity through donations on Friday 27th September at Meade Hill. Almost 100 people took part in the event that included raffles and cake sales.

The delicious array of cakes were made throughout the week by pupils in school along with generous donations from parents, carers and staff. This year's Macmillan Coffee event was our most successful one ever.

Many thanks to everybody involved in making the day a huge success.



A PET Leaver's Story

Osirus came to the Personalised Education Team in September 2017 and was assigned a key worker who would manage his education plan and work with him to bring out his full potential.

Stacey Graham, our PET manager, stated on her first meeting with Osirus that she wants him to leave the Federation with a 'smile on his face and GCSE's in his record of achievement.'

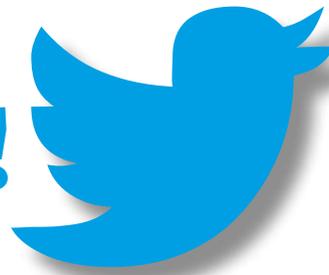
Osirus has a passion for music and is a talented drummer. He attended music provision, focusing on this for his year 9 vocational choice. At first, he was very reluctant to engage with us, but after much work from him and the team, some reassurance and mentoring, Osirus slowly began to attend his education, his music ability flourished and his attendance record really improved.

Although we are sad that Osirus' time with us has come to an end, we are very proud of the hard work he has put into his studies. We are happy to say that he left with a smile and has achieved GCSE's he can be proud of!

Osirus is now attending MANCAT College and doing really well. Keep it up Osirus, we are all so proud of you!



TWEET!!! TWEET!!!



FIND US ON TWITTER & LINKEDIN

Just some of our fantastic pics on Twitter! To help us grow, please join in and share, like and add your comments.

@meade_hill

Meade Hill School
@meade_hill

Class 8CO have been learning about WW1 and braved the weather to pay their respects at The Battle Of The Somme war memorial in Heaton Park. #armistice

@CastlefieldCam2

Castlefield Campus @CastlefieldCam2 · Oct 23
PET students working hard competing for the @EndeavourFederation Christmas Card competition 🌟 #believeinsuccess

Meade Hill School @meade_hill
Class 8CO having a splashing time at kayaking, despite the rain! #pupilenjoymentofschool

@Southern_Cro1

Southern Cross
@Southern_Cro1

Here are our entries for our Class Halloween pumpkin design competition...still awaiting a final entry before the winner can be announced #semh #believeinsuccess #halloween 🎃 #celebrate

3:03 PM · Oct 25, 2019 · Twitter for iPhone

Wythenshawe Campus
@WythenshaweCam1

Great presentation on an Introduction to Sensory Processing Difficulties part 1, staff CPD.



3:40 PM · Sep 19, 2019 · Twitter for Android

@WythenshaweCam1