

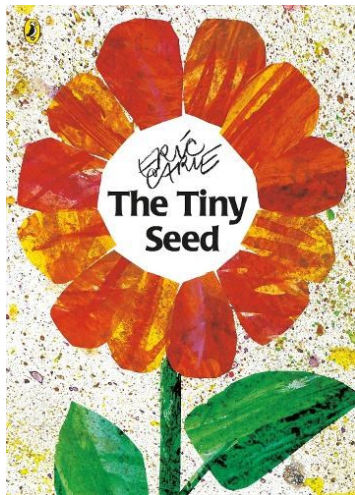


Freddie's Independent Spring/ Summer Term 2021

Letter from the Head

Class FJB

We have had so much fun in FJB this term. We started our whole school theme of 'Awesome Earth' with the book 'The Tiny Seed', learning about seeds, the weather, the seasons, growth and change. We planted sunflower seeds, broad beans, potatoes, onions, tomatoes and grass seeds and have been watching and recording them all grow. We can't wait to taste all the different vegetables we've grown

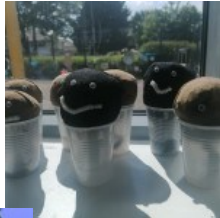


When we returned after the half term break we had a new story, 'The Very Hungry Caterpillar' and had a wonderful surprise awaiting us, our caterpillars had arrived! We cared for them and watched them grow and change until they emerged from their chrysalis' as beautiful painted lady butterflies. We released them in our forest school and watched them fly free to find new homes.

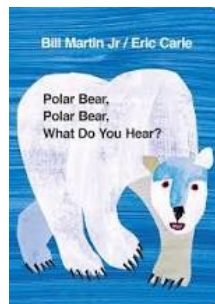


The Tiny Seed.

Our focus during this book was seeds and growing. The children compared sizes of seeds, designed their own green house, planted beans and made grass heads.

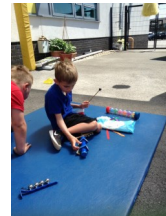


Class HJ



Polar bear, Polar Bear What Do You Hear?

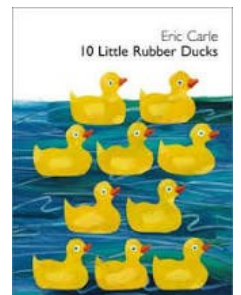
This book allowed us to play lots of listening games and linked really well to our phonics, we explored ice and talked about polar regions. We liked learning about wild animals and making musical instruments.



Bill Martin Jr / Eric Carle



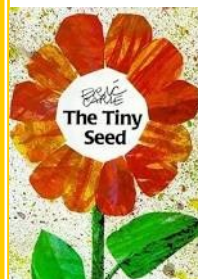
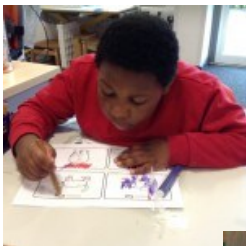
This term our author focus was Eric Carle and we have enjoyed reading lots of his books. The children have all worked incredibly hard exploring and learning using all of their senses.



Brown bear, Brown Bear What Do You See ?

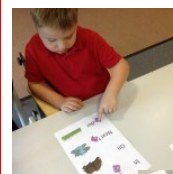
We did lots of colour hunts this week, sorting and matching. We made some coloured telescopes to explore our environment in various colours. We learnt the Makaton signs for colours

and animals.



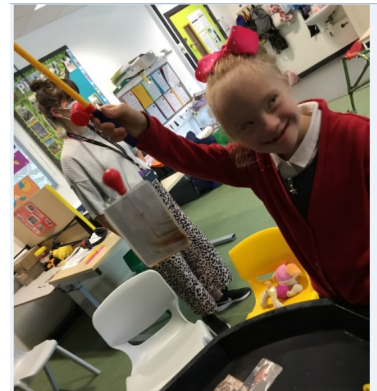
10 Little Rubber Ducks

This week we learned all about prepositions and directions in maths, we also introduced the number 10 and practised ordering numbers. We learned about different sea animals.

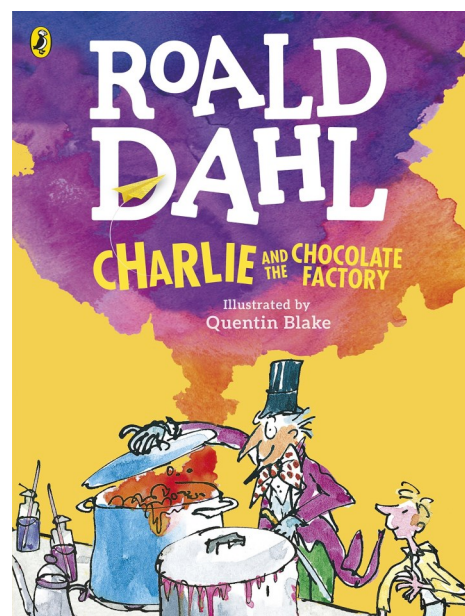


Class BL

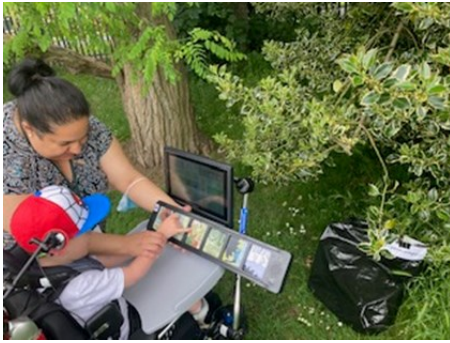
Class BL have had lots of fun with our Charlie and the Chocolate Factory story this half term and enjoyed lots of messy, chocolatey activities. We made our own chocolate scented playdough which smelled good enough to eat, but we resisted and built different sculptures to go into the factory instead. Next, we made our own chocolate river and explored the use of magnets to save Augustus from getting sucked up the tube! After that, we explored different shapes and whether they could roll, just like the Oompa Loompa's rolled Violet out of the factory after she turned into a blueberry. Then, we had lots of fun going outside to throw eggs and decide which ones were good or bad, just like Verruca Salt – luckily we were all good eggs! Finally, we played different games to make ourselves big and small, the same way Mike Teavee shrunk himself with the Wonkavision camera.



Finally, we cheered Charlie on as the Great Glass Elevator smashed through the ceiling and flew high above the town. It's been lots of fun to act out different parts of the story, and through this we've learned lots about shape, magnets, size, and built on our gross and fine motor skills. We hope to continue our stories in the same way in September. Have a lovely Summer everyone!



Communication Class



This Term we have loved our topic of 'Roots, shoots, buckets and boots' which has allowed us to do lots of outside learning. We have slapped on the suncream, put on our hats and had a great time outside. We have had weekly visits to forest school where we have done lots of fun activities including;

- A mini beast hunt where we found lots of creatures with 'cool' features such as ladybirds, earwigs, slugs, a spider and even a blue dragonfly. We had nets and pots with magnifying lids so we could all have a really good look.
- We collected and pressed wild flowers, we put them in some folded paper in a tall pile of books and never peeped for two weeks, we could not believe how thin they were when we got them out.
- We have been pond-dipping
- We dug up worms and made our own mini wormery.
- We took props and switches outside and acted out our story, 'Lollipop and Grandpas Back Garden Safari' which was great fun and really brought the story to life



Class KHA

Class KHa have had green fingers this term and have planted lots of different seeds. We have successfully grown sunflowers, wild flowers, beans, peas, carrots, spinach, potatoes, tomatoes, lettuce and radish! We have also learned about different types of weather and made our own weather reports using the green screen.



Primary Sensory Class (SDe/CRi)

It has been a good term in the Primary Sensory Class. It is the first time this calendar year that we have had the whole class together – which is great

The pupils have done some great work on the theme of 'Awesome Earth' and the topic of 'The Four Seasons'. Whether it has been the work done on the sensory story All Year Round by John Yeoman and Quentin Blake, or the gardening work planting bulbs and seedlings in the playground, the pupils have engaged well and had fun. The sensory stimuli and activities used in class have enabled the pupils to explore the world around them – making choices and expressing preferences as they developed their communication, cognition and technology skills.



Whilst there is lots we could talk about in this short article, we would just like to spend a few sentences focusing on the work the pupils have done in their PSHE lessons – following the Jigsaw Programme. The Jigsaw topic has been 'Relationships' – with a particular exploration of 'Friendship'. The Jigsaw lessons have been so enjoyable and fun this term, as the pupils: have chosen which friends they want to work and play with; have decided which of their friends' 'games' they wanted to play as a class; and, have made friendship tokens for each other. The photos above show some of the friendship tokens the pupils made and then gave to the friend of their choice.

It has been a good term in the Primary Sensory Class – and with Summer Break on the horizon we are sure it will be a great July. We look forward to next term's theme 'Dreams and Imagination' and the topic 'Seeing the Light'.

SCERTS



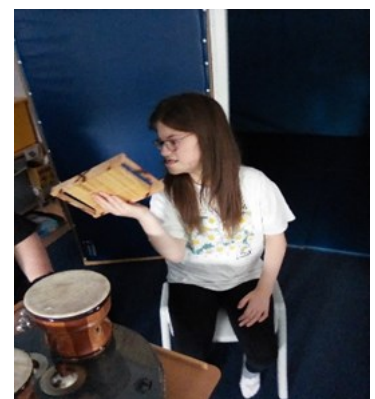
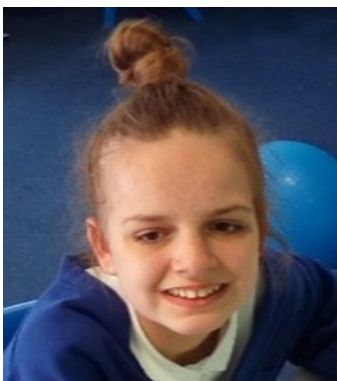
The SCERTS Class have been busy exploring things earth related, following stories such as The Enormous Turnip and Jack and the Beanstalk. We planted garlic, beans and potatoes. We explored sensory trays which included items that the students had collected themselves from the grounds, we even froze some of them.

We completed body awareness and explored self-care items such as hair brushes, hand cream and shaving products.

The second half-term we focused on the sea and read stories such as The Snail and the Whale and The Rainbow Fish. We completed sensory stories and re-enacted scenes such as a storm and explored instruments and lights which we could use to do this.



Nell joined our school recently in the SCERTS class. She seems to have settled in very well. Nell is a very happy young lady and loves singing and dancing. She tries really hard with her work and really enjoys colouring, swimming and sensory stories.



Class LM

Recycling and Sustainability

Class LM's topic this term has been recycling and sustainability exploring how we can live more sustainably at school and at home!

We have designed and built different wind powered vehicles including hovercrafts, paper planes and even our own wind powered car!

We have learnt about different ways we can make energy, from solar power to wind power and how important plants are for our planet.

We created colourful artwork with sweet wrappers and painted pictures celebrating David Attenborough.

We even hosted a fashion show, showing clothing we made from recycled materials!



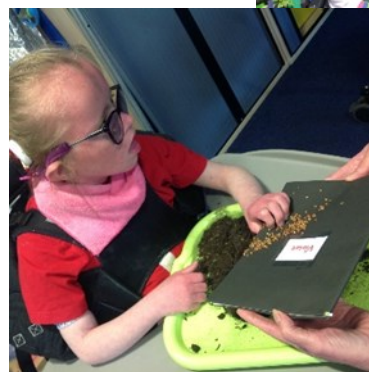
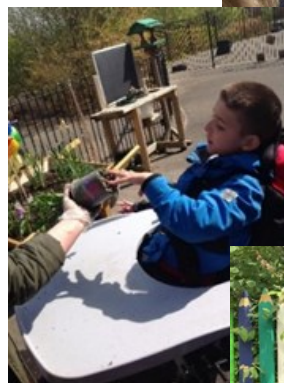
Class FH

This term class FH have been exploring the topic, 'The Four Seasons.' We have taken part in two sensory stories: 'Planting a Rainbow' all about growing seeds throughout the year and 'The Summer Festival Story' about going to a summer music festival. In 'Planting a Rainbow,' we have explored rainbow coloured scarves, planting bulbs and seeds into a tray of soil and experienced scents linked to colours and flowers. In 'The Summer Festival,' we have experienced the mud and rain at a campsite, explored movement/dance using a decorated hula hoop and sound tube, used light up toys and played musical instruments at a concert.

In cooking this term, we have been using switches to operate the food mixers and cooking equipment. We have explored lots of ingredients using our sense of touch and smell and made items linked to the seasons e.g. Apple crumble in autumn and ice cream in the summer.

We have really enjoyed our communication through touch sessions where we have listened to music linked to seasons and had season themed massages. For example, in the Winter Wonderland massage we explored an ice pack and 'shaving foam snow.'

Class FH have also had lots of fun in the outdoor area, making the most of the good weather. We have been potting plants and using a watering can to go out and care for them.





Awesome Earth

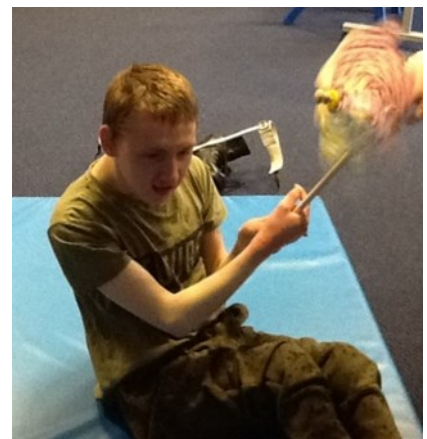
A Sensory Adventure

College Sensory Class

Helen Hambly

During the Summer term the students have been on a Seasonal adventure around the Globe, our sensory story has gone a little bit like this, we hope you enjoy it.

Come on a journey of our Awesome Earth,
With me and all my friends
Marvel at Snowy Antarctica
And see Dutch windmills whirl
An adventure of super seasonal sights
Springtime blossom and oriental lights
A Summer-time rumble in the jungle
And Sunshine along the Nile
As Indian elephants march with pride
While all around them smile.
Springtime tulips and the scent of cheese
As Redwoods bow and bend in the breeze.
Springtime in Holland is a colourful blaze
Amongst the beautiful the tulip maze
We hear the gentle rustling of leaves...
Oh wait, what's that.....can I smell cheese?
Springtime in Holland is a blaze of sound,
Can you hear the windmills turning around and around?
Then there is a knocking coming from the street
It is the sound of clogs they were upon their feet.



A Springtime wonder of the World, The Great Wall stretches far

Reaching to the Tibetan blossoms that grow on delicate bark

In the Tibetan temples you hear the Buddhist's Prayer

The gentle sound of ringing, fills the Springtime air.

Summertime in the Jungle is such an awesome sight

All the bugs, beasts and birds might give you quite a fright.

Tree tops green and heavy are thick above our heads

What curious creatures can you spot in the leafy beds?

Summer time in Egypt is very hot indeed,

Camel's run across the desert at quite a pacy speed.

Lets all ride a camel, who will win the race?

We hold on tightly to the reins as we all start the chase!

California in the Autumn is still the Golden Coast,

The Magical Kingdom is California's biggest boast

People flock from around the world to visit this magical place

And ride high on rollercoasters that launch them into space.

Winter in Antarctica is the Windiest place to be,

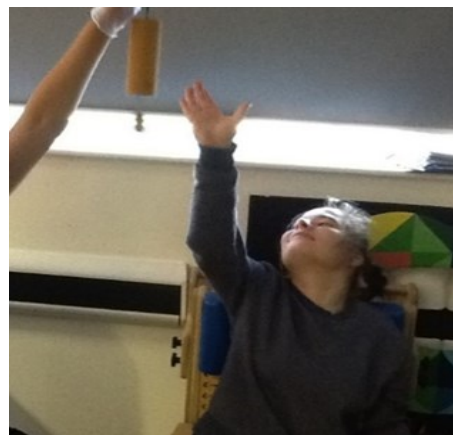
Sometimes its so Windy, it is very hard to see!

The Windy wind howls about this snowy place.....

Be careful you don't end up with a snowball in your face.

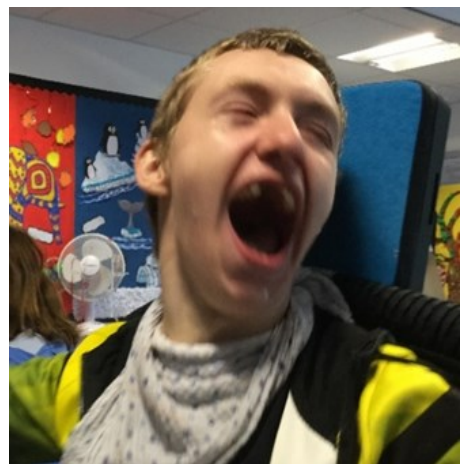
We hope you enjoyed the journey, but it is time for us to go.

Goodbye to the snake charmers, pyramids and snow,





Goodbye to rollercoasters that soared up high,
Goodbye to the Chinese lanterns that floated on by.
Goodbye to the tulips, cheese and windmills that whirl.
Goodbye to the Buddhist chimes that hovered in the air.
Goodbye to the rainy jungle and the creatures of the land.
Goodbye to the Pyramids and hidden treasures in the sand.
Our spectacular seasonal story has been full of joy and mirth
I am sure you will all agree that we have an Awesome Earth.



Sensory Fun in the Summer Sun

College Sensory Class

Helen Hambly



During the Summer term we have had a big focus on how the outdoors can positively affect our emotional wellbeing and make us feel happy, as well as supporting all our amazing pupils to use their developing sensory skills in different environments. We have explored the school grounds and experienced the natural environment through feeling the trees and branches and collected different leaves and flowers to create some beautiful artwork. We have encountered and used equipment and natural materials to plant and grow seeds and strawberries. We have also experienced an outdoor sensory story and anticipated story events and made Summer Berry slush. We have had lots and lots of fun! We hope you enjoy sharing a snapshot of what we have been up to as much as we have taking part!!

Engaging with the World around you; The natural environment.



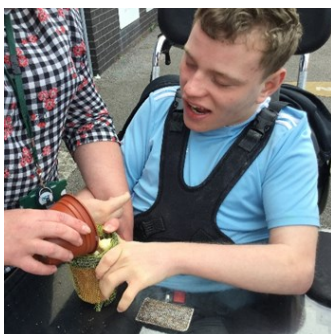
Finley giggling excitedly exploring and digging the compost.



Chloe happily choosing which flower to grow.



Tyler closely watching as he plants a seed.



Jordan giggling happily as he plants his bulb.



Zuzanna watering the flowers.



Ellie-May having fun feeling and bending the branches during our sensory trail.



Zuzanna feeling and stroking the tree bark.



Annie-May calmly watching the branches move in the gentle breeze.



Chloe independently reaching and feeling to gently explore the textures of the branches and leaves.

Jordan watching and listening to the sound of the branches moving.



Engaging with the World around you: Technology: Summer Berry Slush



Annie-May choosing which flavour Summer berry slush we should make.



Ellie-May giggling as she explores the ice with her hands.



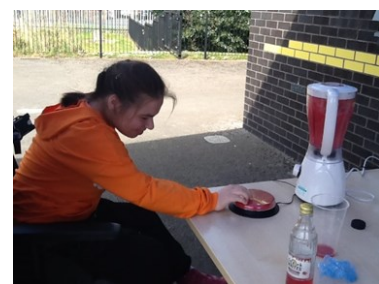
Jordan watching carefully as he feels the cold ice, BRRRR!



Finley tasting the summer berry fruit juice.



Chloe and Zuzanna making the slush using a blender and switch.



Engaging with New Creative Activities; A Summer time scene.



Annie-May and Tyler choosing what summer time colours they would like to paint with.



Finley smiling and watching attentively as he paints the grass.



Chloe happily making swirly blue patterns for the sky.



Ellie-May using her physical skills to hold and use the big paint roller and laughing at the effects.



Engaging with the World around you: Objects; A Sensory Summertime Poem



Tyler coming out of the dark and laughing excitedly as we start our Summer time Sensory poem.



Chloe smiling happily as she listens to the sound of the birds and feels the sunshine on her face.



Annie-May watching and spinning her windmill as the breeze blows.



Finley and Zuzanna enjoying the scent of ice cream.



Class SL

Awesome Earth!

Class SL's topic this term has been Awesome Earth, exploring sustainability and recycling.

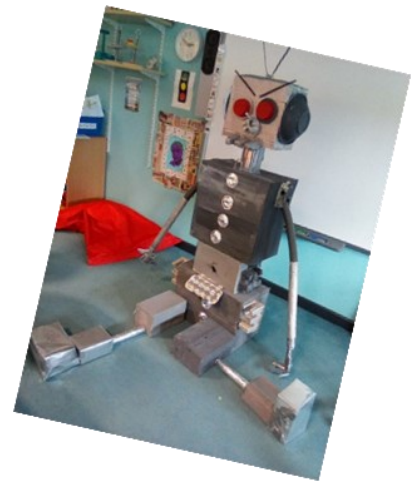
We have looked at How important the Earth is to life and how the Amazon rainforest sustains life. We have looked at the different layers of the rainforest and why many trees are slashed and burned to make way for our modern living. We made posters to make everyone aware how important recycling is.

In science we have been looking at different materials and their properties, including materials changing state. Whereby, we learned how to separate different materials, through magnetism and sieving, as well as experimenting with materials to solidify and melt. During various experiments we made our own soap and paper. We have explored alternative renewable energy such as Hydro-energy, Solar Power and wind energy, making our own anemometer from recycled bottles and pots.



While learning about wind power we performed lots of experiments. We made balloon rockets, C.D. Hovercrafts, and straw rockets. Within our Design & Technology lesson, we designed and made wind powered vehicles. The children learned how to measure, saw dowelling and make a working axle. After completing their model, they tested them by having a race to find the best vehicle.

In Art We made picture frames from recycled sweet wrappers and old newspaper. The class made a giant 'Iron Man' from recycled boxes and rubbish. We also made some clothes from recycled rubbish and then performed a fashion show for everyone in KS 4&5 to watch. The children paraded down a catwalk to show off their designs.



Class LS

Our Amazing College

This year has been a very strange one for us all, but we have all managed to continue to enjoy our learning and still have a lot of fun and enjoyable experiences. The students have all wrote a few comments about their experiences in the college centre this year:

I like coming to college and seeing my friends. I like doing art and music. Luke



I have enjoyed going to the polytunnel this year and planting different things while there. I liked going in independent living in a morning and making breakfast and eating it with my friends, Katy

I have liked doing music this year and learning new songs to sing with my friends. I have made lots of new friends since moving into the college class and enjoying coming to school every day to see them. Amy



What I really enjoy about college is doing photography, cooking, maths and English but most of all I enjoy doing photography because I like taking photographs using a camera, and I really like my teacher because she is the best. Kaja

I love coming to college it is amazing. I have a lot of friends and I look forward to seeing them every day. I really enjoy my lessons because I have lots of fun and I learn new things. My favourite lessons are maths and English. Morgan



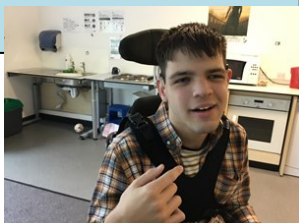
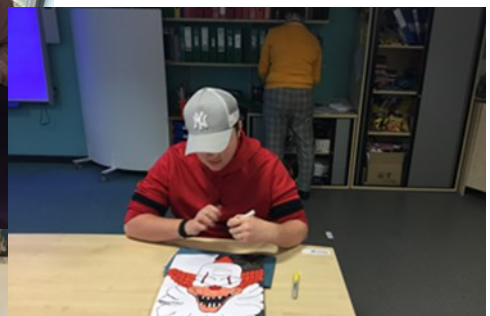
When I came into college I met **Ruhama** and she is my best Friend. Rebecca

Hi, I'm Summer and I'm going to tell you my experience in college. College makes me a good woman. I've been doing cooking, DoFE, drama, math, and English. I love being in the college and I know all my new class are going to like it in college. So thank you for read bye!



I have enjoyed doing cooking and baking. I have made new friends and we have lots of fun together in college. Ruhama

College-, I like to do maths, English, music. I like playing with friends talking, walking in the garden, then doing, cooking and singing.



Number Day 2021



As Number Day was postponed in the Spring term, we were finally able to celebrate this day on Friday 7th May. A whole host of amazing costumes arrived in school- we had staff and pupils dressed up as playing cards, calculators, Number-blocks and some who were just COVERED in numbers!

Classes across the school participated in a wide range of activities throughout the morning- there were sensory songs and activities taking place, number hunts, quizzes and problem solving galore! We ended the day with a virtual assembly where pupils were able to share their costumes and what they had been up to with their friends across the school- something we have really missed doing in person this year. We also played 'Who Wants To Be a Mathionaire?'- the pupils had great fun and I am pleased to tell you that we did win the much coveted £1 Million prize, unfortunately the money was just as virtual as the quiz...!

Thank you to all the pupils and staff (as well as our lovely parents for supporting the day) for getting involved, playing, learning and having fun. We raised £26 along the way for the NSPCC- well done everyone!



Money Week 2021

During the second week in June, the whole school participated in Money Week- each class was set the challenge to 'Make £5 Blossom'. This sparked some fantastic Enterprise Projects from plants and seed bombs to sell to games with prizes, fruit smoothies and car washing, to name but a few! Some classes also participated in a Mini Market at the end of the week, where they were able to sell some of the products and services they had planned and prepared to the rest of the school who visited in Pod groups. The pupils (and staff!) loved to finally see some familiar faces from across the school, in a safe manner.

In total, the classes made £167.22 profit, with Mrs Hambly's class coming in the clear winners with a profit of £43.50! Close runners up were Foundation Stage, Miss Harrison's and the Communication Group, all bringing in £20-25 profit each. Well done to everyone- it was a great success! The money raised will be going back into our Curriculum to enable more exciting opportunities and activities in the future.



Thank you again to parents and staff who supported the ventures of their children and young people everyone went home with significantly lighter purses and wallets that week!

Science Week 2021

In the spring term, the pupils took part in British Science Week. The theme this year was 'Innovating for the Future' and classes used this title to plan and take part in science experiments across the week.

We had lots of interesting work which included making sensory bottles, exploring colours using the skittle experiment, designing and inventing for the future, using forces to make space themed art, exploring the parts of a plant, using bubbles to create art, having balloon races, making patterns in wax and using biscuits, chocolate and icing to build houses.

It would seem we have some excellent scientists and inventors at Frederick Holmes.



The school has also been successful in securing a science grant from the Edina trust in the summer term which we have used to purchase new equipment such as an electrical circuits kit, solar system balls and a shadow creator.



Horticulture

The horticulture group have been working hard to develop the front of the school. We have planted and cared for a variety of different fruit and vegetables for students, their families and staff to enjoy. They have planted some flowers to brighten up the front entrance too.



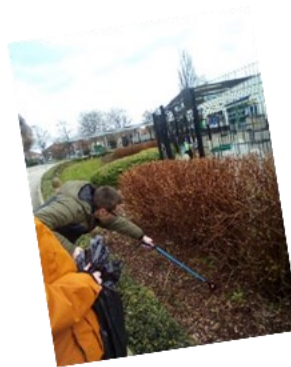
Down at the polytunnel we have planted some potatoes and onions. We have been caring for these as well as growing plants for Mother's and Father's Day. We have continued to work on the Forest School and plant beans down there for all to enjoy.



Duke of Edinburgh

This academic year some of our students have worked towards achieving the Duke of Edinburgh award. In our, weekly, sessions we have been researching the wildlife around our local area and on the school grounds. We have been looking at their habitats and have made a fact file about those animals. We have also made a beetle from recycled shin pads and scattered these around the Forest school.

We used a range of musical instruments to represent the sounds of the rainforest's creatures and the climate, and we recorded the sounds we created.



We have sorted out camping equipment and put up tents. After which, we had our snack inside the tent, which was a lot fun!

We wanted to help the environment so we took part in a litter picking activity, where we went around the school grounds, clearing the entire perimeter. We found that most of the litter comprised of plastic.

We took part in orienteering, learning how to find our way around using a compass. We wrote down the co-ordinates, on route to the forest school.

We recently went for a walk to visit the Hull University, to look at the historical buildings. We sat on some steps to have our drink and snack and then had our photograph taken.

We discovered there were lots of old and new buildings on site.



Fareshare

Frederick Holmes School have been involved with the Fareshare charity which aims to help people in the community and tackle food poverty while also trying to eliminate food waste.

Last year, during the coronavirus pandemic, a lot of families were affected by the lockdowns in lots of different ways. This resulted in a lot of people becoming more reliable on charities like Fareshare for help.

The footballer, Marcus Rashford, joined forces with the Fareshare charity to try and help to tackle the problem.



As a school, some of our 14 – 19 students have been involved with the packing and distributing of bags of food to some of our school community.



"It's horrible to hear about food poverty and I enjoy knowing that I am helping families." George – College

"We have fun together while helping people in need" Ruhama – College

"It's amazing" Rebecca – College

"I know families that have been affected and I like to help them."

Summer – College.

Pupil Awards 2021

This year it was too hard to make the decision to offer certain awards to one pupil and we decided to have some joint awards.

Here are the winners:

- Foundation Stage Cup– Ronnie Kerman & Evie Stubley
- KS1– Nirgez Omar
- KS2-Imogen Chaytor
- KS3– Ellie-May Dickens
- KS4– Bradley Morris & Annie-May Hoyle
- KS5-Kaja Hull
- Communication Cup– Class AH
- Janet Smith Award– Riley
- Senior Communication Cup– Patrick Nwosu
- Citizenship Cup– Andrew Wright
- Paul Vincent Cup of Independence– Oliver Pallister & Alfie McCann
- Work Related Learning Cup– Rebecca
- Basic Skills Cup– Junior D'Andilly
- Class of the Year– Class HH & LS

Well done to all the award winners!



Leavers 2021

Jordan Willis

Helen Hambly



It has come to that time of the year again, when we sadly have to say good bye to some of our pupils at Freddie's as they take the next steps in the journey of adulthood. This year the College sensory class will be saying a very fond farewell to this amazing young gentleman; Jordan Willis. During the process of asking staff to share their happy and funny memories of Jordan, every single comment had the same emphasis on his gentle and kind nature, patience, determination and incredibly winning smile.

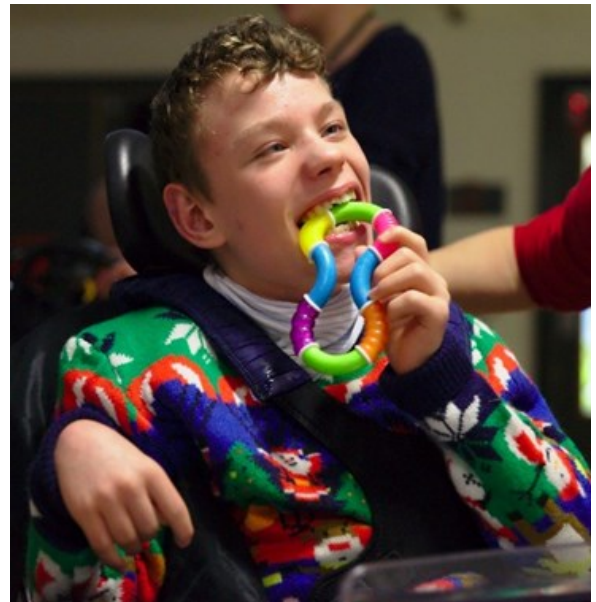
Jordan has experienced and achieved so much during his time at Frederick Holmes and throughout all his highs and lows he has kept on smiling and laughing. Lots of staff have shared that Jordan had a very special bond with his Dad and would laugh hysterically listening to the extra long messages his Dad would record each morning, even if Jordan was feeling a little tired, he would tilt his head to one side and give the biggest giggly 'EEEEEEEEEEEE!!!!' you have ever heard.

Karen Brockwell (Swimming Teacher)

I think the pool area really is Jordan's happy place! He is such a happy person and always listens and tries his best. He has always excitedly kicked his legs and made his helper get their steps in, walking up and down the pool.



Sue Raywood and Kelly Dent want to say a big thankyou for all the big smiles and giggles you have shared together as well as trapping their hands in those nut cracker knees!!



Ellie Crooks wanted to share Jordan's cheeky nature and a little story about a chat they had one lunchtime. They were sitting together near the fish tank and Jordan was feeling very chatty, she asked if he had a fish tank at home, he said 'Yeh', she asked if he had 30 fish, he said 'Yeh' again and giggled excitedly. When Ellie took him to the bus at the end of the day, Ellie shared the lovely chat they had enjoyed together, to find that Jordan doesn't have a fish tank, that the only small fish tank, with one fish in it was in the Manager's office that Jordan has never seen.



Sandra Brennan wanted to say that she will always remember your wiggly river-dance legs. From being very young, whenever Jordan got out onto the Acheeva bed, he would practice his Micheal Flatley moves.

Sean Saltmer wanted to say a massive thank you for all the workouts he has had helping you get into your standing frame, you have saved him a small fortune on Gym fees!!



Julie Whittaker wanted to say: Jordan is ace, he takes things in his stride, loves being at College, spending time with his friends and has the most gorgeous, beautiful smile. He is one in a million.



I am certain that I say on behalf of everyone who has had the privilege to spend time with and get to know this amazing young man, that our lives have been made all the richer for having you in it. Everyone at Frederick Holmes School wishes you all the very best and warmest wishes for a very happy, hopeful, bright and blessed future.

Emanuela

Emanuela came to Frederick Holmes in 2019, and in this time, we have had the pleasure of watching her grow into the lovely and confident young lady she is. Emanuela has really enjoyed her time in the college and we will miss her cheeky smile and lovely sense of humour. She has many friends and enjoys spending time with them. Emanuela really enjoys drawing, especially drawing penguins and Disney princesses. She loves watching Hollyoaks and enjoys telling me what has happened in the episodes. I am also a fan of Hollyoaks and I have now given her the nickname 'spoiler' as she is always 1 day ahead of me, and finds it very amusing to tell me everything that has happened before I have had the chance to watch it. We are really going to miss her and wish her all the success and happiness for her future.

Emanuela is kind and makes me laugh. She helps me during lessons to do my work and likes to dance with me at school discos.

By Amy



Emanuela is a lovely girl and she is amazing. She has a lovely smile and she is very good at drawing and colouring. She is a good friend and I will miss her.

By Morgan

Emanuela is a very good friend and she is kind and caring, and she is also very good at doing gardening and taking photographs in photography. And she is good at singing and dancing.

By Kaja



Stefania and Emanuela are really good friends, they are always happy, they like to dance and sing karaoke. They are both lots of fun, helpful, generous and cheeky. I will really miss them being in my class.

By Luke

Emanuela is a very nice girl & fun to be with friend.

By Summer

Emanuela has been a good friend and is good at colouring. I like giving her pictures to take home and colour.

By Katy



Emanuela is a very polite young lady who is nice to work with & has a lovely sense of humour.

By Julie.

Emanuela is very quiet but if you talk to her about Hollyoaks then she does not stop talking.

Stefania

Stefania came to Frederick Holmes in 2019, and in this time, we have had the pleasure of watching her grow into the kind, confident and independent young lady she is. Stefania has really enjoyed her time in the college and we will miss her infectious laugh and fantastic sense of humour. She has many friends and enjoys spending time with them, especially dancing and singing. Stefania is a big fan of Hollyoaks and enjoys telling me what has happened before I have had the chance to watch it! She is a very good friend and enjoys helping her peers when they are struggling; she is so kind and caring. We are really going to miss her and wish her all the success and happiness for her future.

Stefania has lots of energy and likes to dance and sing for her friends.

By Kaja

Stefania has lots of energy and like to dance and sing for her friends.

By Katy



Stefania has been a good friend and looked after me in class.

Stefania has grown in independence and during the year. She loves listening to Michael Jackson and Lionel Richie and singing their songs to her friends.

By Amy



Stefania is amazing and she is a very good singer and dancer. She has a fantastic laugh and she makes me really happy. I will miss Stefania because she is my friend.

By Morgan

Stefania is very polite, she always has a smile on her face & is an extremely good dancer.

By Julie.

Stefania is nice person to hang out with & she is very helpful.

By Summer.

Stefania and Emanuela are really good friends, they are always happy, they like to dance and sing karaoke. They are both lots of fun, helpful, generous and cheeky. I will really miss them being in my class.

By Luke



Stefania is nice to talk to. She likes dancing and we do just dance together.

By Ruhama

LUKE

Luke (AKA Mr Cheesy Feet) Joined Frederick Holmes School, when he started in the nursery. We have had the pleasure of watching him grow into the lovely, kind and considerate young man he is now. Luke always manages to brighten up everyone's day with his beautiful smile and infectious laugh. Luke loves being around his peers and is willing to take part in everything. He loves singing and I think since Luke joined the college centre, we must have heard ABBA's Mama Mia 1000000000000 times and we all know the song word for word. I have also acquired the name Mrs Cheesy Feet from Luke, which finds hilarious and will laugh and shout "Leanne...Cheesy Feet" throughout the day. He has a lovely sense of humour and we are all going to miss him very much. We wish you all the success and happiness for your future and we hope you keep in touch!!

Here are some comments from some of the staff and students in the college centre:

Luke has been a good friend and makes me laugh. I will miss listening to Luke laughing.

Katy

Luke is my friend and he makes me laugh

He likes to say good afternoon to the class every day.

He loves mamma mia

Ruhamia

Luke has taken the register every afternoon checking in with his friends making sure they have had a good day. At every opportunity Luke makes the request to have Mama Mia played so he can sing and dance around the classroom!

Julie

Luke is a good friend and he tells funny jokes, and also he always does the good mornings and the good afternoons and he always makes me smile and laugh.

Kaja



Luke has been my friend for long time. He is funny and he always make me happy. When we play hangman he says "mm" when he is thinking. I will miss him.
By Summer

Luke has been a good friend for lots of years. He makes me laugh and smile with his funny laugh.

Amy

Luke is wonderful and nice and he always has a smile on his face. He is my friend and I am going to really miss him. I am also going to miss Luke doing our afternoon register.

Morgan

Luke is funny and make everybody laugh and smile. He like mr tumble he is nice person. Fredrick holmes college he has got lots of friends because we talk and work as a group in team with good people

Stefania

Luke is funny, nice and a good friend. He loves playing the song mamma and cartoon Mr Tumble. Luke likes dancing, singing and a party. Luke is a good person.

Emanuela

Staff Leavers

We are very sorry to say goodbye to Scott who will be leaving us after working at Fred-dies for 10 years. Scott has worked across all areas of the school and in particular has supported students with rebound therapy and caused many students to have fits of giggles and lots of smiles during these sessions. At after-school club he supported students to create their own rules, choose their own activities and have lots of fun. Scott cares greatly about all our students and always strives to promote their independence. One of Scott's more memorable moments include; dancing a little too hard to Rasputin during lockdown and splitting his trousers!

We all want to wish Scott lots of luck as he starts his full time position at Lime-tree Court. I'm sure Scott will always keep in touch with the school and some of our children and young people will see him still at Lime-tree.



At Easter we said goodbye to the lovely Emma as she left to have her baby, Caleb. Emma worked in KHa until Christmas, then taught groups on Teams until Easter. The staff & pupils in KHa loved keeping in touch online and enjoyed meeting the beautiful Caleb recently. We wish Emma, Rob & Caleb all the best and hope to see you again soon!



Music Therapy – by Vivian Querido

Even if you do not play an instrument, you will probably respond noticeably to music. Does it affect your mood, make you want to dance or take you back to a certain memory or place? Through music, we can explore emotions, behaviours and social interactions. We can also offer support to people with neurological conditions and those wishing to develop motor skills.

Music therapy can take on many different forms. **Active** music therapy involves the therapist and the client co- improvising on musical instruments. For example, the therapist might use a client's vocalisations or explorations of an instrument to create a spontaneous song. **Receptive** music therapy is focussed on music listening.

I have been offering music therapy sessions at Frederick Holmes School since 2018, first as part of a student placement and later as a qualified music therapist, registered with the Health and Care Professions Council (HCPC). The master's level qualification draws on creativity and musicianship, as well as the study of psychology, child development and various disorders. Advances in neuroscience are starting to explain the mechanisms of how music therapy is so effective.

In 2019, we were awarded a grant from Jessie's Fund, a music therapy charity based in York. Since then, nine students have benefitted from an average of four to ten sessions, either individually or in a small group. These sessions take place in a private space with minimal interruptions, thus giving students the opportunity to concentrate and be heard.

In some ways, the first stages of this therapy are like "intensive interaction" through musical instruments and singing. It is important to get to know and trust one another before working on specific targets, such as strengthening limbs, regulating emotions or listening to one another. Music therapists welcome a wide range of emotional expression and behaviours, which may be difficult to manage in other situations. For example, crying or playing an instrument constantly and loudly are acknowledged by the therapist and recognised as a need for emotional expression or release. This could, for instance, be related to inner sadness or anxieties. In response, the therapist could offer a reassuring lullaby or reflect a client's playing before gradually helping them to create more space in their improvisations. For students with autism, these techniques can be applied to encourage them to widen their range of acceptance of sounds, rhythms and activities. Gradually, this flexibility may be transferred to other parts of their lives.

A specific example of my work at Frederick Holmes is that of a student who has developed the use of both hands and who has worked on strategies to channel anxious behaviour into playing on a keyboard or tambourine. This work was done in close association with the class teacher and the individual's targets.

My time at the school is coming to an end, but I encourage you to support the continuation and development of a music therapy service. This therapeutic intervention is most effective if sustained over a period of at least 3-6 months, and I anticipate there to be an increased need for it to support mental health difficulties resulting from the recent prolonged lockdowns. The beauty of music therapy is that it offers a real alternative to talking therapies. Music enables us to reach a deep level of communication, without the need (necessarily) for words.

If you would like to know more about the referral process for Music Therapy please don't hesitate to ask your child's teacher or enquire through reception.



Term Dates 2021-2022

Autumn 2021

Training Days– 6th & 7th September

Re-open to Pupils– Wednesday 8th September

Close– Friday 22nd October

Re-open to Pupils– Monday 1st November

Close– Friday 17th December

Spring 2022

Training Day– Tuesday 4th January

Re-open to Pupils– Wednesday 5th January

Close– Friday 18th February

Re-open to Pupils– Monday 28th February

Close– Friday 8th April

Summer 2022

Training Day– Monday 25th April

Re-open to Pupils– Tuesday 26th April

May Day Bank Holiday—Monday 2nd May (School Closed)

Close– Friday 27th May

Re-open to Pupils– Monday 6th June

Close– Friday 22nd July

